

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

MENS SQUAT EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	132.5	125	120	115	110	105	95	85	75	67.5	60	117.5	107.5	97.5	87.5
56	142.5	135	125	120	115	110	100	90	82.5	72.5	65	127.5	115	105	95
60	152.5	145	137.5	127.5	122.5	117.5	107.5	97.5	87.5	80	70	137.5	122.5	110	100
67.5	170	162.5	155	147.5	140	132.5	117.5	107.5	97.5	87.5	80	155	140	125	112.5
75	187.5	175	167.5	160	152.5	145	132.5	117.5	107.5	97.5	87.5	167.5	152.5	137.5	122.5
82.5	200	190	177.5	170	162.5	155	140	125	112.5	102.5	92.5	177.5	160	145	132.5
90	210	200	190	177.5	170	162.5	147.5	132.5	117.5	107.5	97.5	190	170	155	140
100	222.5	212.5	202.5	192.5	180	172.5	155	140	125	112.5	102.5	202.5	180	162.5	147.5
110	227.5	217.5	207.5	197.5	187.5	175	157.5	142.5	127.5	115	105	205	185	165	150
125	237.5	225	215	205	195	185	165	150	135	120	107.5	212.5	192.5	172.5	155
145	247.5	232.5	222.5	212.5	202.5	192.5	172.5	155	140	125	112.5	222.5	202.5	180	162.5
145	257.5	245	230	220	210	200	177.5	160	145	132.5	117.5	230	207.5	187.5	167.5

MENS SQUAT UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	117.5	112.5	107.5	102.5	97.5	92.5	85	75	67.5	60	55	107.5	97.5	87.5	80
56	127.5	122.5	117.5	112.5	107.5	102.5	92.5	85	75	67.5	60	115	105	95	85
60	140	132.5	125	120	115	110	100	90	82.5	72.5	65	125	112.5	102.5	92.5
67.5	155	147.5	140	132.5	125	120	107.5	97.5	87.5	80	70	140	125	112.5	102.5
75	170	162.5	155	147.5	140	132.5	117.5	107.5	97.5	87.5	80	155	140	125	112.5
82.5	185	175	167.5	160	152.5	145	132.5	117.5	107.5	97.5	87.5	165	150	135	120
90	195	185	175	167.5	160	152.5	137.5	122.5	110	100	90	175	157.5	142.5	127.5
100	202.5	192.5	180	172.5	165	157.5	142.5	127.5	115	105	95	180	162.5	147.5	132.5
110	210	200	190	177.5	170	162.5	147.5	132.5	117.5	107.5	97.5	190	170	155	140
125	217.5	207.5	197.5	187.5	175	167.5	152.5	137.5	122.5	110	100	197.5	177.5	160	145
145	227.5	217.5	207.5	197.5	187.5	175	157.5	142.5	127.5	115	105	205	185	165	150
145	237.5	225	215	205	195	185	165	150	135	120	107.5	212.5	192.5	172.5	155

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

MENS BENCH PRESS EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	72.5	65	60
56	97.5	92.5	87.5	82.5	75	72.5	65	60	55	50	45	87.5	80	70	62.5
60	105	100	95	90	85	80	70	62.5	57.5	52.5	47.5	95	85	75	67.5
67.5	117.5	112.5	107.5	102.5	97.5	92.5	85	75	67.5	60	55	107.5	97.5	87.5	80
75	127.5	122.5	117.5	112.5	107.5	102.5	92.5	85	75	67.5	60	115	105	95	85
82.5	140	132.5	125	120	115	110	100	90	82.5	72.5	65	125	112.5	102.5	92.5
90	147.5	140	132.5	125	120	115	105	95	85	75	67.5	132.5	117.5	107.5	97.5
100	155	147.5	140	132.5	125	120	107.5	97.5	87.5	80	70	140	125	112.5	102.5
110	160	152.5	145	137.5	127.5	122.5	110	100	90	82.5	72.5	145	132.5	117.5	107.5
125	165	157.5	150	142.5	135	125	112.5	102.5	92.5	85	75	150	135	120	107.5
145	172.5	165	157.5	150	142.5	135	120	107.5	97.5	87.5	80	155	140	125	112.5
145	177.5	170	162.5	155	147.5	140	125	112.5	102.5	92.5	85	160	145	132.5	117.5

MENS BENCH PRESS UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	80	75	72.5	70	67.5	65	60	55	50	45	40	70	62.5	57.5	52.5
56	87.5	82.5	75	72.5	70	67.5	60	55	50	45	40	80	70	62.5	57.5
60	95	90	85	80	75	72.5	65	60	55	50	45	85	75	67.5	60
67.5	105	100	95	90	85	80	70	62.5	57.5	52.5	47.5	95	85	75	67.5
75	117.5	112.5	107.5	102.5	97.5	92.5	85	75	67.5	60	55	107.5	97.5	87.5	80
82.5	125	120	115	110	105	100	90	82.5	72.5	65	60	112.5	102.5	92.5	85
90	135	125	120	115	110	105	95	85	75	67.5	60	120	107.5	97.5	87.5
100	142.5	135	125	120	115	110	100	90	82.5	72.5	65	127.5	115	105	95
110	147.5	140	132.5	125	120	115	105	95	85	75	67.5	132.5	117.5	107.5	97.5
125	150	142.5	135	125	120	115	105	95	85	75	67.5	135	120	107.5	97.5
145	157.5	150	142.5	135	125	120	107.5	97.5	87.5	80	70	142.5	127.5	115	105
145	165	157.5	150	142.5	135	125	112.5	102.5	92.5	85	75	150	135	120	107.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

MENS DEADLIFT EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	140	132.5	125	120	115	110	100	90	82.5	72.5	65	125	112.5	102.5	92.5
56	150	142.5	135	125	120	115	105	95	85	75	67.5	135	120	107.5	97.5
60	160	152.5	145	137.5	127.5	122.5	110	100	90	82.5	72.5	145	132.5	117.5	107.5
67.5	180	172.5	165	157.5	150	142.5	127.5	115	105	95	85	162.5	147.5	132.5	117.5
75	197.5	187.5	175	167.5	160	152.5	137.5	122.5	110	100	90	177.5	160	145	132.5
82.5	212.5	202.5	192.5	180	172.5	165	150	135	120	107.5	97.5	192.5	172.5	155	140
90	225	215	205	195	185	175	157.5	142.5	127.5	115	105	202.5	180	162.5	147.5
100	237.5	225	215	205	195	185	165	150	135	120	107.5	212.5	192.5	172.5	155
110	245	230	220	210	200	190	170	155	140	125	112.5	220	200	177.5	160
125	255	242.5	227.5	217.5	207.5	197.5	177.5	160	145	132.5	117.5	227.5	205	185	165
145	265	252.5	240	225	215	205	185	165	150	135	120	240	215	195	175
145	277.5	265	252.5	240	225	215	195	175	157.5	142.5	127.5	250	225	202.5	180

MENS DEADLIFT UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	132.5	125	120	115	110	105	95	85	75	67.5	60	117.5	107.5	97.5	87.5
56	142.5	135	125	120	115	110	100	90	82.5	72.5	65	127.5	115	105	95
60	152.5	145	137.5	127.5	122.5	117.5	107.5	97.5	87.5	80	70	137.5	122.5	110	100
67.5	172.5	165	157.5	150	142.5	135	120	107.5	97.5	87.5	80	155	140	125	112.5
75	190	177.5	170	162.5	155	147.5	132.5	117.5	107.5	97.5	87.5	170	155	140	125
82.5	202.5	192.5	180	172.5	165	157.5	142.5	127.5	115	105	95	180	162.5	147.5	132.5
90	215	205	195	185	175	167.5	152.5	137.5	122.5	110	100	195	175	157.5	142.5
100	225	215	205	195	185	175	157.5	142.5	127.5	115	105	202.5	180	162.5	147.5
110	232.5	222.5	212.5	202.5	192.5	180	162.5	147.5	132.5	117.5	107.5	210	190	170	155
125	245	230	220	210	200	190	170	155	140	125	112.5	220	200	177.5	160
145	252.5	240	225	215	205	195	175	157.5	142.5	127.5	115	225	202.5	180	162.5
145	262.5	250	237.5	225	215	205	185	165	150	135	120	237.5	212.5	192.5	172.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

WOMENS SQUAT EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
47.5	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
50.5	82.5	75	72.5	70	67.5	65	60	55	50	45	40	72.5	65	60	55
53	85	80	75	72.5	70	67.5	60	55	50	45	40	75	67.5	60	55
55.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	72.5	65	60
58.5	95	90	85	80	75	72.5	65	60	55	50	45	85	75	67.5	60
63	97.5	92.5	87.5	82.5	75	72.5	65	60	55	50	45	87.5	80	70	62.5
70	107.5	102.5	97.5	92.5	87.5	82.5	72.5	65	60	55	50	97.5	87.5	80	70
80	120	115	110	105	100	95	85	75	67.5	60	55	107.5	97.5	87.5	80
90	127.5	122.5	117.5	112.5	107.5	102.5	92.5	85	75	67.5	60	115	105	95	85
90	140	132.5	125	120	115	110	100	90	82.5	72.5	65	125	112.5	102.5	92.5

WOMENS SQUAT UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	62.5	60	57.5	55	52.5	50	45	40	37.5	35	32.5	57.5	52.5	47.5	42.5
47.5	67.5	65	62.5	60	57.5	55	50	45	40	37.5	35	60	55	50	45
50.5	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
53	72.5	70	67.5	65	62.5	60	55	50	45	40	37.5	65	60	55	50
55.5	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
58.5	82.5	75	72.5	70	67.5	65	60	55	50	45	40	72.5	65	60	55
63	87.5	82.5	75	72.5	70	67.5	60	55	50	45	40	80	70	62.5	57.5
70	95	90	85	80	75	72.5	65	60	55	50	45	85	75	67.5	60
80	105	100	95	90	85	80	70	62.5	57.5	52.5	47.5	95	85	75	67.5
90	112.5	107.5	102.5	97.5	92.5	87.5	80	70	62.5	57.5	52.5	102.5	92.5	85	75
90	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80	70	62.5	57.5	110	100	90	82.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

WOMENS BENCH PRESS EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	27.5	37.5	35	32.5	30
47.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	40	37.5	35	32.5
50.5	47.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	42.5	37.5	35	32.5
53	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	45	40	37.5	35
55.5	52.5	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	47.5	42.5	37.5	35
58.5	55	52.5	50	47.5	45	42.5	37.5	35	32.5	30	27.5	50	45	40	37.5
63	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
70	65	62.5	60	57.5	55	52.5	47.5	42.5	37.5	35	32.5	60	55	50	45
80	72.5	70	67.5	65	62.5	60	55	50	45	40	37.5	65	60	55	50
90	80	75	72.5	70	67.5	65	60	55	50	45	40	70	62.5	57.5	52.5
90	85	80	75	72.5	70	67.5	60	55	50	45	40	75	67.5	60	55

WOMENS BENCH PRESS UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	35	32.5	30	27.5	27.5	27.5	27.5	27.5	27.5	27.5	27.5	32.5	30	27.5	27.5
47.5	37.5	35	32.5	30	27.5	27.5	27.5	27.5	27.5	27.5	27.5	35	32.5	30	27.5
50.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	27.5	27.5	37.5	35	32.5	30
53	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	27.5	37.5	35	32.5	30
55.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	27.5	40	37.5	35	32.5
58.5	47.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	27.5	42.5	37.5	35	32.5
63	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	27.5	45	40	37.5	35
70	52.5	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	47.5	42.5	37.5	35
80	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
90	62.5	60	57.5	55	52.5	50	45	40	37.5	35	32.5	57.5	52.5	47.5	42.5
90	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

WOMENS DEADLIFT EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	85	80	75	72.5	70	67.5	60	55	50	45	40	75	67.5	60	55
47.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	72.5	65	60
50.5	95	90	85	80	75	72.5	65	60	55	50	45	85	75	67.5	60
53	97.5	92.5	87.5	82.5	75	72.5	65	60	55	50	45	87.5	80	70	62.5
55.5	102.5	97.5	92.5	87.5	82.5	75	67.5	60	55	50	45	92.5	85	75	67.5
58.5	107.5	102.5	97.5	92.5	87.5	82.5	72.5	65	60	55	50	97.5	87.5	80	70
63	115	110	105	100	95	90	82.5	72.5	65	60	55	105	95	85	75
70	125	120	115	110	105	100	90	82.5	72.5	65	60	112.5	102.5	92.5	85
80	137.5	127.5	122.5	117.5	112.5	107.5	97.5	87.5	80	70	62.5	122.5	110	100	90
90	150	142.5	135	125	120	115	105	95	85	75	67.5	135	120	107.5	97.5
90	157.5	150	142.5	135	125	120	107.5	97.5	87.5	80	70	142.5	127.5	115	105

WOMENS DEADLIFT UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
47.5	82.5	75	72.5	70	67.5	65	60	55	50	45	40	72.5	65	60	55
50.5	87.5	82.5	75	72.5	70	67.5	60	55	50	45	40	80	70	62.5	57.5
53	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	72.5	65	60
55.5	95	90	85	80	75	72.5	65	60	55	50	45	85	75	67.5	60
58.5	100	95	90	85	80	75	67.5	60	55	50	45	90	82.5	72.5	65
63	105	100	95	90	85	80	70	62.5	57.5	52.5	47.5	95	85	75	67.5
70	115	110	105	100	95	90	82.5	72.5	65	60	55	105	95	85	75
80	125	120	115	110	105	100	90	82.5	72.5	65	60	112.5	102.5	92.5	85
90	140	132.5	125	120	115	110	100	90	82.5	72.5	65	125	112.5	102.5	92.5
90	147.5	140	132.5	125	120	115	105	95	85	75	67.5	132.5	117.5	107.5	97.5