

**Nationals Qualifying Standards
Required to lift at CPU National Championships**

Men's Classic National

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	482	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I	-	375	415	452.5	487.5	517.5	545	565	580
Master II	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV	-	282.5	312.5	340	367.5	390	410	427.5	432.5

Men's Equipped National

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	485	535	585	630	670	702.5	730	750
Sub-Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Junior	395	440	485	527.5	570	605	635	662.5	677.5
Master I	-	440	485	527.5	570	605	635	662.5	677.5
Master II	-	375	415	452.5	487.5	517.5	545	565	580
Master III	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master IV	-	317.5	350	382.5	412.5	437.5	460	480	490

Master I - 40 - 49
 Master II - 50 - 59
 Master III - 60 - 69
 Master IV - 70+

**Nationals Qualifying Standards
Required to lift at CPU National Championships**

Women's Classic National

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I	-	210	227.5	245	265	292.5	320	337.5
Master II	-	182.5	195	210	227.5	250	275	290
Master III	-	152.5	165	177.5	190	210	230	242.5
Master IV	-	137.5	147.5	160	172.5	190	207.5	220

Women's Equipped National

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	270	292.5	315	340	372.5	410	442.5
Sub-Junior	170	182.5	195	210	227.5	250	275	290
Junior	227.5	240	260	280	302.5	332.5	365	377.5
Master I	-	240	260	280	302.5	332.5	365	377.5
Master II	-	210	227.5	245	265	292.5	320	337.5
Master III	-	182.5	195	210	227.5	250	275	290
Master IV	-	152.5	165	177.5	190	210	230	242.5