

Ontario Powerlifting Qualifying Standards

IMPORTANT: A lifter's status as "unequipped" must be clearly identified on the contest score sheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped. "Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed.

MEN'S NATIONAL COMPETITION STANDARDS

| Wt. Class | 53 kg | 59 kg | 66 kg | 74 kg | 83 kg | 93 kg | 105 kg | 120 kg | 120+ kg |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|----------------|
| Elite | 515 | 570 | 630 | 687.5 | 740 | 787.5 | 827.5 | 860 | 875 |
| Master | 472.5 | 525 | 577.5 | 632.5 | 680 | 722.5 | 760 | 790 | 802.5 |
| Class I | 407.5 | 457.5 | 510 | 565 | 615 | 657.5 | 695 | 720 | 730 |
| Class II | 360 | 402.5 | 447.5 | 495 | 542.5 | 580 | 610 | 635 | 642.5 |
| Class III | 312.5 | 350 | 392.5 | 432.5 | 472.5 | 505 | 535 | 555 | 560 |
| Class IV | 272.5 | 307.5 | 342.5 | 375 | 412.5 | 440 | 465 | 485 | 490 |
| Class V | 237.5 | 270 | 297.5 | 325 | 360 | 382.5 | 402.5 | 422.5 | 427.5 |

| Men's Required Totals | Equipped | Unequipped |
|------------------------------|-----------------|-------------------|
| Open | Class I | Class II |
| Sub-Junior | Class IV | Class V |
| Junior | Class III | Class IV |
| Master 40-49 | Class II | Class III |
| Master 50-59 | Class III | Class IV |
| Master 60-69 | Class IV | Class V |
| Master 70+ | none | none |

WOMEN'S NATIONAL COMPETITION STANDARDS

| Wt. Class | 43 kg | 47 kg | 52 kg | 57 kg | 63 kg | 72 kg | 84 kg | 84+ kg |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|
| Elite | 297.5 | 315 | 340 | 365 | 395 | 435 | 475 | 497.5 |
| Master | 270 | 285 | 307.5 | 332.5 | 357.5 | 395 | 432.5 | 452.5 |
| Class I | 230 | 250 | 272.5 | 295 | 320 | 355 | 397.5 | 422.5 |
| Class II | 207.5 | 220 | 242.5 | 262.5 | 285 | 315 | 352.5 | 370 |
| Class III | 180 | 195 | 212.5 | 227.5 | 250 | 277.5 | 307.5 | 322.5 |
| Class IV | 155 | 167.5 | 182.5 | 195 | 215 | 237.5 | 265 | 275 |
| Class V | 132.5 | 142.5 | 155 | 165 | 182.5 | 202.5 | 227.5 | 232.5 |

| Women's Required Totals | Equipped | Unequipped |
|--------------------------------|-----------------|-------------------|
| Open | Class I | Class II |
| Sub-Junior | Class IV | Class V |
| Junior | Class III | Class IV |
| Master 40-49 | Class II | Class III |
| Master 50-59 | Class III | Class IV |
| Master 60-69 | Class IV | Class V |
| Master 70+ | none | none |

Note: Any categories that list "none" still require previous experience in a CPU sanctioned contest

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Men's Bench Only Standards

Women's Bench Only Standards

| Wt. Class | 53kg | 59kg | 66kg | 74kg | 83kg | 93kg | 105kg | 120kg | 120+ kg | 43kg | 47kg | 52kg | 57kg | 63kg | 72 kg | 84 kg | 84+ kg |
|----------------|-------|-------|-------|-------|-------|-------|-------|-------|---------|------|------|------|------|------|-------|-------|--------|
| Elite | 120.0 | 140.0 | 152.5 | 165.0 | 180.0 | 187.5 | 197.5 | 205.0 | 215.0 | 60.0 | 62.5 | 67.5 | 72.5 | 80.0 | 85.0 | 92.5 | 97.5 |
| Master | 110.0 | 127.5 | 140.0 | 152.5 | 165.0 | 172.5 | 182.5 | 187.5 | 197.5 | 55.0 | 55.0 | 60.0 | 67.5 | 72.5 | 77.5 | 82.5 | 87.5 |
| Class 1 | 95.0 | 112.5 | 125.0 | 137.5 | 150.0 | 157.5 | 167.5 | 172.5 | 180.0 | 47.5 | 50.0 | 55.0 | 60.0 | 65.0 | 70.0 | 77.5 | 82.5 |
| Class 2 | 82.5 | 97.5 | 107.5 | 120.0 | 130.0 | 137.5 | 145.0 | 150.0 | 157.5 | 40.0 | 42.5 | 47.5 | 52.5 | 57.5 | 60.0 | 67.5 | 70.0 |
| Class 3 | 72.5 | 85.0 | 95.0 | 105.0 | 115.0 | 120.0 | 127.5 | 132.5 | 137.5 | 37.5 | 40.0 | 40.0 | 45.0 | 50.0 | 52.5 | 60.0 | 62.5 |
| Class 4 | 62.5 | 75.0 | 82.5 | 90.0 | 100.0 | 105.0 | 110.0 | 115.0 | 120.0 | 30.0 | 32.5 | 35.0 | 37.5 | 42.5 | 45.0 | 50.0 | 52.5 |
| Class 5 | 55.0 | 65.0 | 72.5 | 77.5 | 87.5 | 90.0 | 95.0 | 100.0 | 105.0 | 27.5 | 27.5 | 30.0 | 32.5 | 35.0 | 37.5 | 42.5 | 45.0 |

Points to Remember

1. You must have qualified within the previous 24 months from the date of the intended Provincial or National Championships.
2. You must satisfy any Ontario additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit. For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.5.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.