

forms

CAPO Grading Scale

Men's Incentive

DIV (kg)	Pref	5th	4th	3rd	2nd	1st	Bronze	Silver	Gold	ELITE 1	ELITE 2	ELITE 3	ELITE 4
52	260	285	312.5	340	367.5	395	422.5	450	475	500	532.5	557.5	585
56	277.5	305	332.5	362.5	392.5	422.5	452.5	482.5	510	537.5	567.5	595	622.5
60	297.5	327.5	357.5	390	420	452.5	485	515	545	575	605	635	665
67.5	330	362.5	397.5	432.5	467.5	502.5	537.5	570	602.5	635	667.5	700	732.5
75	352.5	387.5	425	460	500	540	580	615	652.5	690	727.5	755	802.5
82.5	382.5	420	457.5	497.5	540	580	620	660	697.5	737.5	777.5	817.5	857.5
90	400	440	482.5	522.5	565	607.5	650	692.5	732.5	775	817.5	860	902.5
100	422.5	465	507.5	550	595	640	685	727.5	770	815	857.5	900	942.5
110	442.5	485	530	577.5	622.5	670	717.5	762.5	807.5	852.5	897.5	942.5	985
125	457.5	502.5	550	597.5	645	692.5	740	790	835	882.5	930	977.5	1025
140	467.5	512.5	560	610	662.5	712.5	760	810	857.5	902.5	947.5	992.5	1035
140+	487.5	532.5	580	630	682.5	732.5	780	830	860	922.5	965	1007.5	1045
DIV (kg)	Pref	5th	4th	3rd	2nd	1st	Bronze	Silver	Gold	ELITE 1	ELITE 2	ELITE 3	ELITE 4

Women's Incentive

DIV (kg)	Pref	5th	4th	3rd	2nd	1st	Bronze	Silver	Gold	ELITE 1	ELITE 2	ELITE 3	ELITE 4
44	145	160	177.5	195	215	232.5	250	270	290	310	332.5	355	380
48	155	172.5	190	210	230	250	270	290	310	330	350	372.5	395
52	165	182.5	202.5	222.5	242.5	265	287.5	307.5	330	352.5	375	400	425
56	177.5	197.5	220	240	262.5	285	307.5	332.5	355	377.5	400	425	450
60	190	210	232.5	255	280	305	330	355	380	405	432.5	455	480
67.5	207.5	230	255	280	305	330	357.5	385	412.5	440	467.5	495	522.5
75	225	247.5	275	300	330	357.5	387.5	415	445	475	505	537.5	570
82.5	240	267.5	295	325	355	385	417.5	450	480	510	540	572.5	605
90	257.5	285	315	347.5	380	412.5	445	480	512.5	545	577.5	610	645
90+	270	300	332.5	365	400	435	470	505	540	575	610	647.5	685
DIV (kg)	Pref	5th	4th	3rd	2nd	1st	Bronze	Silver	Gold	ELITE 1	ELITE 2	ELITE 3	ELITE 4

Organizers of CAPO/WPC/GPC meets will nominate qualifying standards. These will be minimal standards in order to embrace and encourage newcomers and Novice lifters to take part in our nation's very best Powerlifting competitions. Unless stated as exact qualifying standards, lifters should interpret this SCALE as indicative of what they should aim for in order to establish their lifting competitive competence.

If in doubt, contact your nearest Co-ordinator and/or Meet Organiser.