

Lifters should interpret this SCALE as indicative of what they should aim for in order to establish their lifting competitive competence. These are minimal standards in order to embrace and encourage newcomers and Novice lifters to take part in our nation's very best Powerlifting competitions. They are not qualifying standards. Organizers of National CAPO meets will nominate qualifying standards per event.

### CAPO WOMENS - TEENS GRADING SCALE

KEY: R = Raw , R+ = Raw + , S = Single Ply, M = Multi Ply

|        | R 13/15 | R 16/17<br>R+ 13/15 | R 18/19<br>R+ 16/17 | R+ 18/19<br>TS 13/15 | S 16/17 | S 18/19<br>M 13/15 | M 16/17 | M 18/19 |               |               |             |                |        |
|--------|---------|---------------------|---------------------|----------------------|---------|--------------------|---------|---------|---------------|---------------|-------------|----------------|--------|
|        |         |                     |                     |                      |         |                    |         |         | <b>BRONZE</b> | <b>SILVER</b> | <b>GOLD</b> | <b>ELITE 1</b> |        |
| 44kg   | 130     | 145                 | 160                 | 175                  | 190     | 205                | 217.5   | 230     | 245           | 260           | 275         | 290            | 44kg   |
| 48kg   | 145     | 160                 | 175.0               | 195                  | 210     | 225                | 240     | 255     | 272.5         | 290           | 305         | 320            | 48kg   |
| 52kg   | 157.5   | 175                 | 192.5               | 210                  | 227.5   | 245                | 262.5   | 280     | 297.5         | 315           | 332.5       | 350            | 52kg   |
| 56kg   | 170     | 190                 | 207.5               | 225                  | 245     | 265                | 282.5   | 300     | 320           | 340           | 347.5       | 375            | 56kg   |
| 60kg   | 180     | 200                 | 220                 | 240                  | 260     | 280                | 300     | 320     | 340           | 360           | 380         | 400            | 60kg   |
| 67.5kg | 195     | 215                 | 237.5               | 260                  | 287.5   | 305                | 327.5   | 350     | 370           | 390           | 410         | 430            | 67.5kg |
| 75kg   | 205     | 230                 | 252.5               | 275                  | 297.5   | 320                | 345     | 370     | 390           | 410           | 432.5       | 455            | 75kg   |
| 82.5kg | 217.5   | 240                 | 265                 | 290                  | 312.5   | 335                | 362.5   | 390     | 412.5         | 435           | 457.5       | 480            | 82.5kg |
| 90kg   | 222.5   | 250                 | 275                 | 300                  | 322.5   | 345                | 372.5   | 400     | 422.5         | 445           | 470         | 495            | 90kg   |
| 90+kg  | 230     | 255                 | 280                 | 305                  | 330     | 355                | 382.5   | 410     | 435           | 460           | 485         | 510            | 90+kg  |

### CAPO MENS - TEENS GRADING SCALE

KEY: R = Raw , R+ = Raw + , E = Equipped, M = Multi Ply

|        | R 13/15 | R 16/17<br>R+ 13/15 | R 18/19<br>R+ 16/17 | R+ 18/19<br>TS 13/15 | S 16/17 | S 18/19<br>M 13/15 | M 16/17 | M 18/19 |               |               |             |                |        |
|--------|---------|---------------------|---------------------|----------------------|---------|--------------------|---------|---------|---------------|---------------|-------------|----------------|--------|
|        |         |                     |                     |                      |         |                    |         |         | <b>BRONZE</b> | <b>SILVER</b> | <b>GOLD</b> | <b>ELITE 1</b> |        |
| 52kg   | 257.5   | 280                 | 302.5               | 325                  | 350     | 375                | 392.5   | 410     | 432.5         | 455           | 472.5       | 500            | 52kg   |
| 56kg   | 280     | 305                 | 327.5               | 350                  | 375     | 400                | 420     | 440     | 465           | 490           | 515         | 540            | 56kg   |
| 60kg   | 300     | 325                 | 347.5               | 370                  | 397.5   | 425                | 447.5   | 440     | 497.5         | 525           | 552.5       | 580            | 60kg   |
| 67.5kg | 325     | 355                 | 385                 | 415                  | 442.5   | 470                | 495     | 520     | 550           | 580           | 610         | 640            | 67.5kg |
| 75kg   | 352.5   | 385                 | 415                 | 445                  | 475     | 507.5              | 535     | 565     | 592.5         | 630           | 662.5       | 695            | 75kg   |
| 82.5kg | 377.5   | 410                 | 442.5               | 475                  | 507.5   | 540                | 572.5   | 605     | 635           | 672.5         | 705         | 740            | 82.5kg |
| 90kg   | 400     | 435                 | 470                 | 505                  | 537     | 570                | 605     | 640     | 675           | 710           | 745         | 780            | 90kg   |
| 100kg  | 417.5   | 455                 | 492.5               | 530                  | 565     | 600                | 635     | 670     | 707.5         | 745           | 780         | 815            | 100kg  |
| 110kg  | 437.5   | 475                 | 512.5               | 550                  | 587.5   | 625                | 662.5   | 700     | 737.5         | 775           | 812.5       | 850            | 110kg  |
| 125kg  | 455     | 495                 | 532.5               | 570                  | 610     | 650                | 687.5   | 725     | 765           | 805           | 840         | 885            | 125kg  |
| 140kg  | 470     | 510                 | 550                 | 590                  | 632.5   | 675                | 712.5   | 750     | 792.5         | 835           | 877.5       | 920            | 140kg  |
| 140+kg | 485     | 525                 | 565                 | 610                  | 650     | 690                | 727.5   | 775     | 830           | 885           | 915         | 955            | 140+kg |