

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 - MASTERS GRADING SCALE

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

	R 70/74	R 65/69 R+ 70/74	R 60/64 R+ 65/69	R 55/59 R+ 60/64 S 70/74	R 50/54 R+ 55/59 M 75/79 S 65/69	R 45/49 R+ 50/54 S 60/64 M 70/74	R 40/44 R+ 45/49 S 55/59 M 65/69	R+ 40/44 M 60/64 S 50/54	S 45/49 M 55/59	S 40/44 M 50/54	M 45/49	M 40/44				
													BRONZE	SILVER	GOLD	
44kg	87.5	102.5	115	130	145	160	175	190	205	217.5	230	245	260	275	44kg	
48kg	97.5	112.5	127.5	145	160	175.0	195	210	225	240	255	272.5	290	305	48kg	
52kg	105	122.5	140	157.5	175	192.5	210	227.5	245	262.5	280	297.5	315	332.5	52kg	
56kg	112.5	132.5	150	170	190	207.5	225	245	265	282.5	300	320	340	347.5	56kg	
60kg	120	140	160	180	200	220	240	260	280	300	320	340	360	380	60kg	
67.5kg	130	152.5	175	195	215	237.5	260	287.5	305	327.5	350	370	390	410	67.5kg	
75kg	137.5	160	185	205	230	252.5	275	297.5	320	345	370	390	410	432.5	75kg	
82.5kg	145	167.5	195	217.5	240	265	290	312.5	335	362.5	390	412.5	435	457.5	82.5kg	
90kg	150	172.5	200	222.5	250	275	300	322.5	345	372.5	400	422.5	445	470	90kg	
90+kg	152.5	177.5	205	230	255	280	305	330	355	382.5	410	435	460	485	90+kg	

### CAPO MENS - MASTERS GRADING SCALE

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

	R 70/74	R 65/69 R+ 70/74	R 60/64 R+ 65/69	R 55/59 R+ 60/64 S 70/74	R 50/54 R+ 55/59 M 75/79 S 65/69	R 45/49 R+ 50/54 S 60/64 M 70/74	R 40/44 R+ 45/49 S 55/59 M 65/69	R+ 40/44 M 60/64 S 50/54	S 45/49 M 55/59	S 40/44 M 50/54	M 45/49	M 40/44				
													BRONZE	SILVER	GOLD	
52kg	190	212.5	235	257.5	280	302.5	325	350	375	392.5	410	432.5	455	472.5	52kg	
56kg	210	235	257.5	280	305	327.5	350	375	400	420	440	465	490	515	56kg	
60kg	225	250	275	300	325	347.5	370	397.5	425	447.5	440	497.5	525	552.5	60kg	
67.5kg	245	270	297.5	325	355	385	415	442.5	470	495	520	550	580	610	67.5kg	
75kg	265	292.5	322.5	352.5	385	415	445	475	507.5	535	565	592.5	630	662.5	75kg	
82.5kg	280	312.5	345	377.5	410	442.5	475	507.5	540	572.5	605	635	672.5	705	82.5kg	
90kg	300	330	365	400	435	470	505	537	570	605	640	675	710	745	90kg	
100kg	320	347.5	382.5	417.5	455	492.5	530	565	600	635	670	707.5	745	780	100kg	
110kg	335	362.5	400	437.5	475	512.5	550	587.5	625	662.5	700	737.5	775	812.5	110kg	
125kg	350	375	415	455	495	532.5	570	610	650	687.5	725	765	805	840	125kg	
140kg	365	390	430	470	510	550	590	632.5	675	712.5	750	792.5	835	877.5	140kg	
140+kg	380	405	445	485	525	565	610	650	690	727.5	775	830	885	915	140+kg	