

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 - OPEN GRADING SCALE

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

		RAW	RAW PLUS		SINGLE PLY		MULTI PLY			
						BRONZE	SILVER	GOLD	ELITE 1	
44kg	175	190	205	217.5	230	245	260	275	290	44kg
48kg	195	210	225	240	255	272.5	290	305	320	48kg
52kg	210	227.5	245	262.5	280	297.5	315	332.5	350	52kg
56kg	225	245	265	282.5	300	320	340	347.5	375	56kg
60kg	240	260	280	300	320	340	360	380	400	60kg
67.5kg	260	287.5	305	327.5	350	370	390	410	430	67.5kg
75kg	275	297.5	320	345	370	390	410	432.5	455	75kg
82.5kg	290	312.5	335	362.5	390	412.5	435	457.5	480	82.5kg
90kg	300	322.5	345	372.5	400	422.5	445	470	495	90kg
90+kg	305	330	355	382.5	410	435	460	485	510	90+kg

CAPO MENS - OPEN GRADING SCALE

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

		RAW	RAW PLUS		SINGLE PLY		MULTI PLY			
						BRONZE	SILVER	GOLD	ELITE 1	
52kg	325	350	375	392.5	410	432.5	455	472.5	500	52kg
56kg	350	375	400	420	440	465	490	515	540	56kg
60kg	370	397.5	425	447.5	440	497.5	525	552.5	580	60kg
67.5kg	415	442.5	470	495	520	550	580	610	640	67.5kg
75kg	445	475	507.5	535	565	592.5	630	662.5	695	75kg
82.5kg	475	507.5	540	572.5	605	635	672.5	705	740	82.5kg
90kg	505	537	570	605	640	675	710	745	780	90kg
100kg	530	565	600	635	670	707.5	745	780	815	100kg
110kg	550	587.5	625	662.5	700	737.5	775	812.5	850	110kg
125kg	570	610	650	687.5	725	765	805	840	885	125kg
140kg	590	632.5	675	712.5	750	792.5	835	877.5	920	140kg
140+kg	610	650	690	727.5	775	830	885	915	955	140+kg