



NZPF North & South Island Qualifying Totals

For all weight classes & categories, there is now no qualifying total needed to enter North & South Island Championships.



NZPF National Championships Bench Only Qualifying Totals 2022 (Raw / Classic)

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	67.5	77.5	82.5	85	90	95	100	105	107.5
Junior	82.5	92.5	100	107.5	112.5	120	127.5	132.5	147.5
Open		102.5	115	125	132.5	140	150	160	170
Master I		92.5	102.5	110	117.5	127.5	135	145	160
Master II		80	85	92.5	102.5	112.5	120	127.5	142.5
Master III		70	75	82.5	92.5	97.5	102.5	112.5	120
Master IV		65	70	75	80	82.5	92.5	100	102.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	35	40	47.5	50	55	57.5	60	62.5	65
Junior	37.5	47.5	52.5	57.5	65	67.5	72.5	75	75
Open		55	62.5	70	75	77.5	80	82.5	90
Master I		47.5	52.5	57.5	65	67.5	72.5	75	80
Master II		40	42.5	45	52.5	57.5	62.5	67.5	72.5
Master III		32.5	35	37.5	40	42.5	45	47.5	50
Master IV		27.5	27.5	30	32.5	32.5	35	35	37.5



NZPF International Bench Only Qualifying Totals 2022 (Raw / Classic)

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	75	85	90	92.5	100	105	110	117.5	122.5
Junior	90	100	110	117.5	122.5	130	140	145	160
Open		112.5	125	135	145	152.5	165	172.5	182.5
Master I		100	112.5	122.5	127.5	137.5	147.5	157.5	172.5
Master II		87.5	92.5	100	112.5	122.5	130	140	152.5
Master III		77.5	82.5	90	102.5	107.5	112.5	122.5	130
Master IV		72.5	77.5	82.5	87.5	90	100	110	112.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	37.5	42.5	52.5	55	60	62.5	65	67.5	72.5
Junior	40	50	57.5	62.5	70	72.5	77.5	80	82.5
Open		60	70	77.5	82.5	85	87.5	90	95
Master I		57.5	57.5	62.5	70	72.5	77.5	80	85
Master II		42.5	47.5	50	57.5	62.5	67.5	75	77.5
Master III		37.5	40	42.5	45	47.5	50	52.5	55
Master IV		30	30	32.5	35	35	37.5	40	42.5



NZPF World Championships Bench Only Qualifying Totals 2022 (Raw / Classic)

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	85	95	100	105	110	115	120	127.5	130
Junior	100	112.5	120	130	135	145	152.5	157.5	172.5
Open		125	137.5	150	157.5	167.5	177.5	190	200
Master I		112.5	125	132.5	142.5	152.5	162.5	172.5	187.5
Master II		97.5	105	112.5	125	135	145	152.5	170
Master III		87.5	92.5	100	112.5	117.5	125	135	142.5
Master IV		80	87.5	92.5	97.5	100	107.5	112.5	115

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	47.5	52.5	60	62.5	70	72.5	75	77.5	80
Junior	50	57.5	67.5	72.5	80	85	90	92.5	95
Open		70	77.5	87.5	92.5	95	97.5	100	105
Master I		65	67.5	72.5	80	85	90	92.5	95
Master II		52.5	55	57.5	67.5	72.5	77.5	80	82.5
Master III		47.5	47.5	50	52.5	55	57.5	60	62.5
Master IV		37.5	37.5	40	42.5	42.5	47.5	47.5	50