



NZPF North & South Island All Qualifying Totals

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



NZPF National Championships Qualifying Totals 2021 (Equipment Optional)

3-Lift Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	335	392.5	435	472.5	517.5	530	552.5	572.5	580
Junior	362.5	437.5	490	547.5	582.5	632.5	645	662.5	707.5
Open		452.5	512.5	562.5	605	647.5	665	705	772.5
Master I		392.5	452.5	522.5	532.5	587.5	622.5	670	677.5
Master II		357.5	400	452.5	492.5	532.5	545	585	607.5
Master III		317.5	360	400	430	467.5	475	487.5	492.5
Master IV		260	282.5	295	310	322.5	337.5	352.5	357.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	205	227.5	265	280	297.5	310	322.5	337.5	380
Junior	210	257.5	285	315	337.5	360	382.5	410	415
Open		282.5	315	350	377.5	392.5	407.5	420	457.5
Master I		252.5	300	310	330	337.5	350	360	390
Master II		220	255	262.5	285	292.5	300	305	357.5
Master III		177.5	207.5	215	237.5	242.5	247.5	252.5	257.5
Master IV		160	162.5	165	167.5	170	172.5	177.5	180

Bench-Only Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	80	90	95	100	105	110	115	122.5	125
Junior	95	107.5	115	125	130	140	147.5	152.5	167.5
Open		120	132.5	145	152.5	162.5	172.5	185	195
Master I		107.5	120	127.5	137.5	147.5	157.5	167.5	182.5
Master II		92.5	100	107.5	120	130	140	147.5	165
Master III		82.5	87.5	95	107.5	112.5	120	130	137.5
Master IV		75	82.5	87.5	92.5	95	102.5	107.5	112.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	42.5	47.5	55	57.5	65	67.5	70	72.5	75
Junior	45	55	62.5	67.5	75	80	85	87.5	90
Open		65	72.5	82.5	87.5	90	92.5	95	102.5
Master I		55	62.5	67.5	75	80	85	87.5	92.5
Master II		47.5	50	52.5	62.5	67.5	72.5	80	85
Master III		37.5	42.5	45	47.5	50	52.5	55	57.5
Master IV		32.5	32.5	35	37.5	37.5	42.5	42.5	45



NZPF International Competitions Qualifying Totals 2021 (Equipment Optional)

Proposed Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior		370	432.5	480	520	570	585	610	630
Junior		400	482.5	540	602.5	642.5	697.5	710	730
Open			500	565	620	667.5	712.5	732.5	777.5
Master I			432.5	500	575	587.5	645	685	737.5
Master II			395	440	500	542.5	587.5	600	645
Master III			350	397.5	440	475	515	522.5	537.5
Master IV			287.5	312.5	325	342.5	355	372.5	390

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior		227.5	252.5	292.5	307.5	327.5	345	355	372.5
Junior		232.5	285	315	347.5	372.5	397.5	422.5	452.5
Open			312.5	347.5	385	417.5	432.5	450	462.5
Master I			280	330	342.5	365	372.5	385	397.5
Master II			242.5	282.5	290	315	322.5	330	337.5
Master III			195	230	237.5	262.5	267.5	272.5	280
Master IV			177.5	180	182.5	185	187.5	190	192.5

Proposed Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior		90	100	105	110	115	120	127.5	132.5
Junior		105	117.5	127.5	137.5	142.5	152.5	160	167.5
Open			132.5	145	157.5	167.5	175	185	195
Master I			120	132.5	140	150	160	170	182.5
Master II			102.5	110	120	132.5	142.5	152.5	160
Master III			92.5	97.5	105	117.5	125	132.5	142.5
Master IV			82.5	92.5	97.5	100	105	112.5	117.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior		47.5	52.5	60	62.5	70	75	77.5	80
Junior		50	60	67.5	77.5	82.5	87.5	95	97.5
Open			70	80	92.5	95	100	102.5	105
Master I			60	70	77.5	85	90	95	97.5
Master II			52.5	57.5	60	70	75	80	87.5
Master III			42.5	47.5	50	52.5	57.5	60	62.5
Master IV			35	37.5	40	42.5	45	47.5	47.5



**NZPF World Championships Qualifying Totals
2021 (Equipment Optional)**

3-Lift Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	392.5	457.5	507.5	550	602.5	617.5	642.5	665	675
Junior	425	510	570	637.5	677.5	735	747.5	770	820
Open		570	640	720	790	802.5	862.5	912.5	950
Master I		457.5	527.5	607.5	620	682.5	722.5	777.5	785
Master II		417.5	467.5	527.5	572.5	620	632.5	680	705
Master III		372.5	420	467.5	502.5	545	552.5	567.5	572.5
Master IV		305	332.5	345	362.5	377.5	395	412.5	417.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	242.5	267.5	312.5	330	350	362.5	377.5	395	440
Junior	247.5	302.5	335	370	395	420	447.5	477.5	485
Open		332.5	370	410	440	457.5	475	490	525
Master I		297.5	352.5	362.5	387.5	395	410	420	455
Master II		260	295	310	335	342.5	352.5	357.5	417.5
Master III		210	245	255	280	285	292.5	297.5	302.5
Master IV		190	195	197.5	200	202.5	207.5	210	212.5

Bench-Only Qualifying Totals

Male	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120kg+
Sub-Junior	100	110	115	122.5	127.5	132.5	140	147.5	150
Junior	115	130	140	150	157.5	167.5	175	182.5	200
Open		145	160	172.5	182.5	195	205	212.5	225
Master I		130	145	152.5	165	177.5	187.5	200	217.5
Master II		112.5	122.5	130	145	157.5	167.5	177.5	197.5
Master III		102.5	107.5	115	130	137.5	145	157.5	165
Master IV		92.5	102.5	107.5	112.5	115	125	130	132.5

Female	43kg	47kg	52kg	57kg	63kg	69kg	76kg	84kg	84kg+
Sub-Junior	55	60	67.5	72.5	82.5	85	87.5	90	92.5
Junior	57.5	67.5	80	85	92.5	100	105	107.5	110
Open		82.5	90	102.5	107.5	110	112.5	115	122.5
Master I		75	80	85	92.5	100	105	107.5	110
Master II		62.5	65	67.5	80	85	90	92.5	95
Master III		55	55	57.5	60	65	67.5	72.5	75
Master IV		45	45	47.5	50	50	52.5	52.5	55