

MENS INCENTIVE BADGE SCHEME : POWERLIFTING

DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
53	265	290	317.5	345	372.5	402.5	430	460	485	510	542.5	567.5	595
59	292.5	322.5	352.5	385	415	445	477.5	507.5	537.5	565	595	625	655
66	322.5	355	390	425	460	492.5	527.5	560	592.5	625	655	687.5	720
74	347.5	382.5	420	455	495	532.5	572.5	607.5	642.5	680	715	752.5	790
83	385	422.5	460	500	542.5	582.5	622.5	662.5	700	740	780	820	860
93	407.5	447.5	490	530	575	617.5	660	705	745	787.5	830	872.5	915
105	432.5	475	520	565	610	655	702.5	745	790	835	877.5	922.5	965
120	452.5	497.5	545	590	637.5	685	732.5	780	825	872.5	920	965	1012.5
120+	462.5	507.5	555	602.5	655	705	752.5	800	847.5	892.5	937.5	980	1022.5

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DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
43	142.5	157.5	175	192.5	212.5	230	247.5	267.5	287.5	307.5	330	352.5	377.5
47	152.5	170	187.5	207.5	227.5	245	265	285	305	325	345	367.5	392.5
52	165	182.5	202.5	222.5	242.5	265	287.5	307.5	330	352.5	375	400	425
57	180	200	222.5	245	267.5	290	312.5	337.5	362.5	385	407.5	432.5	457.5
63	197.5	217.5	242.5	265	290	315	340	367.5	392.5	420	447.5	470	497.5
72	217.5	240	267.5	292.5	320	347.5	375	402.5	432.5	460	490	520	550
84	242.5	270	300	330	360	390	422.5	455	487.5	517.5	547.5	580	612.5
84+	255	285	317.5	347.5	380	412.5	447.5	480	515	547.5	580	617.5	652.5

MENS INCENTIVE BADGE SCHEME : BENCH PRESS

DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
53	60	67.5	75	80	87.5	92.5	100	105	112.5	117.5	125	130	137.5
59	67.5	75	82.5	87.5	95	102.5	110	115	122.5	130	137.5	145	150
66	72.5	80	87.5	95	105	112.5	120	127.5	137.5	142.5	150	157.5	165
74	82.5	90	97.5	107.5	117.5	125	135	142.5	150	160	170	180	187.5
83	90	100	110	120	130	137.5	147.5	157.5	167.5	177.5	187.5	195	205
93	97.5	107.5	117.5	127.5	137.5	147.5	160	167.5	177.5	187.5	197.5	207.5	217.5
105	105	115	125	135	147.5	157.5	170	180	190	200	210	220	230
120	110	117.5	130	140	152.5	165	175	187.5	197.5	210	220	232.5	242.5
120+	112.5	120	132.5	145	157.5	170	180	192.5	202.5	212.5	225	237.5	247.5

WOMENS INCENTIVE BADGE SCHEME : BENCH PRESS

DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
43	30	32.5	35	40	45	50	55	60	62.5	67.5	72.5	80	85
47	35	37.5	42.5	45	50	55	60	65	70	75	80	85	90
52	37.5	42.5	47.5	50	55	60	65	70	75	80	87.5	92.5	97.5
57	40	45	50	55	62.5	67.5	72.5	77.5	82.5	87.5	95	100	105
63	45	50	55	60	67.5	72.5	77.5	82.5	90	95	102.5	107.5	115
72	50	55	62.5	67.5	75	82.5	87.5	92.5	100	105	112.5	120	127.5
84	57.5	62.5	70	75	82.5	90	97.5	105	112.5	120	125	132.5	140
84+	60	65	72.5	80	87.5	95	102.5	112.5	120	127.5	135	142.5	150

2011 MEN POWERLIFTING

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	ORANGE	BLUE
JUNIORS	YELLOW	GREEN	BRONZE
SECONDARIES	GREEN	GREEN	N/A
MEN OPEN	BROWN	BLACK	GOLD
MEN MASTER 1	ORANGE	GREEN	BLACK
MEN MASTER 2	YELLOW	ORANGE	BROWN
MEN MASTER 3	N/A	YELLOW	BLUE

2011 MEN BENCH PRESS

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	YELLOW	GREEN	BROWN
JUNIORS	ORANGE	BLUE	SILVER
SECONDARIES	GREEN	GREEN	N/A
MEN OPEN	BLACK	BRONZE	ELITE 1
MEN MASTER 1	GREEN	BLUE	BRONZE
MEN MASTER 2	ORANGE	GREEN	BLACK
MEN MASTER 3	YELLOW	ORANGE	BROWN

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	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	ORANGE	BLUE
JUNIORS	YELLOW	GREEN	BLACK
SECONDARIES	GREEN	GREEN	N/A
WOMEN OPEN	GREEN	BLUE	SILVER
WOMEN MASTER 1	YELLOW	ORANGE	BROWN
WOMEN MASTER 2	N/A	YELLOW	BLUE

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	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	YELLOW	GREEN	BROWN
JUNIORS	ORANGE	BLUE	BRONZE
SECONDARIES	GREEN	GREEN	N/A
WOMEN OPEN	BLUE	BROWN	GOLD
WOMEN MASTER 1	ORANGE	GREEN	BLACK
WOMEN MASTER 2	YELLOW	ORANGE	BROWN