GAUTENG POWERLIFTING AND BENCH PRESS - INCENTIVE BADGES AND QUALIFYING STANDARDS

MEN'S INCENTIVE BADGE : 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

MEN'S QUALIFYING STANDARDS POWERLIFTING

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		GREEN	BLUE
J		BROWN	BRONZE
O		BLACK	GOLD
M1		BROWN	BLACK
M2		GREEN	BROWN
M3		ORANGE	BLUE
M4		ORANGE	GREEN

MEN'S QUALIFYING STANDARDS POWERLIFTING UNEQUIPPED

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		YELLOW	ORANGE
J		BLUE	BROWN
O		BROWN	BRONZE
M1		GREEN	BLUE
M2		ORANGE	GREEN
M3		YELLOW	ORANGE
M4		YELLOW	YELLOW

WOMEN'S INCENTIVE BADGE : POWERLIFTING

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
69	210	232.5	257.5	282.5	310	335	362.5	392.5	417.5	447.5	477.5	502.5	530
76	222.5	247.5	275	300	330	357.5	387.5	417.5	445	477.5	510	537.5	565
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

WOMEN'S QUALIFYING STANDARDS POWERLIFTING

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		GREEN	BLUE
J		BROWN	BLACK
O		BLACK	SILVER
M1		BLUE	BROWN
M2		GREEN	BLUE
M3		ORANGE	GREEN

WOMEN'S QUALIFYING STANDARDS POWERLIFTING UNEQUIPPED

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		YELLOW	ORANGE
J		GREEN	BLUE
O		BROWN	BRONZE
M1		ORANGE	BLUE
M2		YELLOW	GREEN
M3		YELLOW	ORANGE

MEN'S INCENTIVE BADGE : 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

MEN'S QUALIFYING STANDARDS BENCH PRESS

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		BLUE	BROWN
J		BLACK	SILVER
O		BRONZE	ELITE 1
M1		BLACK	BRONZE
M2		BLUE	BLACK
M3		GREEN	BROWN
M4		ORANGE	BLUE

MEN'S QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		ORANGE	GREEN
J		BLUE	BLACK
O		BROWN	SILVER
M1		BLUE	BROWN
M2		GREEN	BLUE
M3		ORANGE	GREEN
M4		YELLOW	ORANGE

WOMEN'S INCENTIVE BADGE : 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
69	47.5	52.5	57.5	65	72.5	77.5	82.5	87.5	95	102.5	110	115	122.5
76	52.5	57.5	62.5	70	77.5	82.5	87.5	92.5	102.5	110	117.5	122.5	130
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

WOMEN'S QUALIFYING STANDARDS BENCH PRESS

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		BLUE	BROWN
J		BLACK	BRONZE
O		BRONZE	GOLD
M1		BROWN	BLACK
M2		BLUE	BROWN
M3		GREEN	BLUE

WOMEN'S QUALIFYING STANDARDS BENCH PRESS UNEQUIPPED

		PROVINCIAL COLOURS	NATIONAL COLOURS
SJ		ORANGE	GREEN
J		BLUE	BROWN
O		BROWN	BRONZE
M1		GREEN	BLUE
M2		ORANGE	GREEN
M3		YELLOW	ORANGE