



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2021-2024)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
32.0	2.765241	37.0	2.362398	42.0	2.081385	47.0	1.875917	52.0	1.720228
32.1	2.755516	37.1	2.355788	42.1	2.076646	47.1	1.872380	52.1	1.717505
32.2	2.745873	37.2	2.349225	42.2	2.071935	47.2	1.868862	52.2	1.714795
32.3	2.736309	37.3	2.342709	42.3	2.067254	47.3	1.865363	52.3	1.712098
32.4	2.726825	37.4	2.336238	42.4	2.062602	47.4	1.861883	52.4	1.709415
32.5	2.717418	37.5	2.329813	42.5	2.057978	47.5	1.858423	52.5	1.706745
32.6	2.708089	37.6	2.323433	42.6	2.053383	47.6	1.854981	52.6	1.704088
32.7	2.698837	37.7	2.317098	42.7	2.048815	47.7	1.851558	52.7	1.701444
32.8	2.689659	37.8	2.310807	42.8	2.044276	47.8	1.848153	52.8	1.698813
32.9	2.680557	37.9	2.304560	42.9	2.039764	47.9	1.844767	52.9	1.696195
33.0	2.671528	38.0	2.298355	43.0	2.035279	48.0	1.841399	53.0	1.693590
33.1	2.662572	38.1	2.292194	43.1	2.030822	48.1	1.838049	53.1	1.690997
33.2	2.653688	38.2	2.286076	43.2	2.026392	48.2	1.834718	53.2	1.688417
33.3	2.644876	38.3	2.279999	43.3	2.021988	48.3	1.831404	53.3	1.685850
33.4	2.636134	38.4	2.273964	43.4	2.017610	48.4	1.828108	53.4	1.683295
33.5	2.627462	38.5	2.267970	43.5	2.013259	48.5	1.824829	53.5	1.680752
33.6	2.618858	38.6	2.262018	43.6	2.008934	48.6	1.821568	53.6	1.678222
33.7	2.610323	38.7	2.256105	43.7	2.004635	48.7	1.818325	53.7	1.675703
33.8	2.601855	38.8	2.250233	43.8	2.000361	48.8	1.815098	53.8	1.673197
33.9	2.593453	38.9	2.244400	43.9	1.996112	48.9	1.811889	53.9	1.670703
34.0	2.585117	39.0	2.238607	44.0	1.991889	49.0	1.808696	54.0	1.668220
34.1	2.576847	39.1	2.232852	44.1	1.987691	49.1	1.805521	54.1	1.665750
34.2	2.568641	39.2	2.227137	44.2	1.983517	49.2	1.802362	54.2	1.663291
34.3	2.560499	39.3	2.221459	44.3	1.979368	49.3	1.799220	54.3	1.660844
34.4	2.552419	39.4	2.215819	44.4	1.975243	49.4	1.796094	54.4	1.658409
34.5	2.544402	39.5	2.210217	44.5	1.971142	49.5	1.792984	54.5	1.655985
34.6	2.536447	39.6	2.204652	44.6	1.967065	49.6	1.789891	54.6	1.653573
34.7	2.528552	39.7	2.199123	44.7	1.963012	49.7	1.786814	54.7	1.651172
34.8	2.520718	39.8	2.193632	44.8	1.958983	49.8	1.783753	54.8	1.648782
34.9	2.512944	39.9	2.188176	44.9	1.954976	49.9	1.780707	54.9	1.646404
35.0	2.505228	40.0	2.182756	45.0	1.950993	50.0	1.777678	55.0	1.644037
35.1	2.497571	40.1	2.177371	45.1	1.947033	50.1	1.774664	55.1	1.641681
35.2	2.489972	40.2	2.172022	45.2	1.943096	50.2	1.771665	55.2	1.639336
35.3	2.482430	40.3	2.166707	45.3	1.939181	50.3	1.768682	55.3	1.637001
35.4	2.474944	40.4	2.161427	45.4	1.935289	50.4	1.765715	55.4	1.634678
35.5	2.467514	40.5	2.156181	45.5	1.931419	50.5	1.762762	55.5	1.632366
35.6	2.460140	40.6	2.150968	45.6	1.927571	50.6	1.759825	55.6	1.630064
35.7	2.452820	40.7	2.145790	45.7	1.923744	50.7	1.756903	55.7	1.627773
35.8	2.445555	40.8	2.140644	45.8	1.919940	50.8	1.753995	55.8	1.625493
35.9	2.438343	40.9	2.135532	45.9	1.916157	50.9	1.751102	55.9	1.623223
36.0	2.431184	41.0	2.130452	46.0	1.912395	51.0	1.748224	56.0	1.620963
36.1	2.424078	41.1	2.125404	46.1	1.908655	51.1	1.745361	56.1	1.618714
36.2	2.417024	41.2	2.120389	46.2	1.904935	51.2	1.742512	56.2	1.616476
36.3	2.410021	41.3	2.115405	46.3	1.901237	51.3	1.739677	56.3	1.614247
36.4	2.403069	41.4	2.110453	46.4	1.897559	51.4	1.736857	56.4	1.612029
36.5	2.396168	41.5	2.105532	46.5	1.893902	51.5	1.734050	56.5	1.609821
36.6	2.389316	41.6	2.100642	46.6	1.890265	51.6	1.731258	56.6	1.607623
36.7	2.382514	41.7	2.095782	46.7	1.886648	51.7	1.728480	56.7	1.605435
36.8	2.375760	41.8	2.090953	46.8	1.883051	51.8	1.725716	56.8	1.603257
36.9	2.369055	41.9	2.086154	46.9	1.879474	51.9	1.722965	56.9	1.601089



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
57.0	1.598931	62.0	1.502317	67.0	1.423976	72.0	1.359521	77.0	1.305851
57.1	1.596783	62.1	1.500588	67.1	1.422563	72.1	1.358351	77.1	1.304871
57.2	1.594644	62.2	1.498867	67.2	1.421156	72.2	1.357185	77.2	1.303894
57.3	1.592515	62.3	1.497153	67.3	1.419753	72.3	1.356023	77.3	1.302921
57.4	1.590395	62.4	1.495446	67.4	1.418357	72.4	1.354865	77.4	1.301951
57.5	1.588285	62.5	1.493746	67.5	1.416965	72.5	1.353711	77.5	1.300985
57.6	1.586185	62.6	1.492053	67.6	1.415579	72.6	1.352562	77.6	1.300021
57.7	1.584093	62.7	1.490367	67.7	1.414199	72.7	1.351417	77.7	1.299062
57.8	1.582012	62.8	1.488688	67.8	1.412824	72.8	1.350276	77.8	1.298105
57.9	1.579939	62.9	1.487016	67.9	1.411454	72.9	1.349139	77.9	1.297152
58.0	1.577876	63.0	1.485350	68.0	1.410089	73.0	1.348006	78.0	1.296201
58.1	1.575822	63.1	1.483692	68.1	1.408729	73.1	1.346878	78.1	1.295255
58.2	1.573777	63.2	1.482041	68.2	1.407375	73.2	1.345753	78.2	1.294311
58.3	1.571741	63.3	1.480396	68.3	1.406026	73.3	1.344633	78.3	1.293371
58.4	1.569714	63.4	1.478758	68.4	1.404682	73.4	1.343516	78.4	1.292434
58.5	1.567696	63.5	1.477127	68.5	1.403343	73.5	1.342403	78.5	1.291500
58.6	1.565687	63.6	1.475502	68.6	1.402009	73.6	1.341295	78.6	1.290569
58.7	1.563687	63.7	1.473884	68.7	1.400681	73.7	1.340190	78.7	1.289641
58.8	1.561696	63.8	1.472272	68.8	1.399357	73.8	1.339090	78.8	1.288717
58.9	1.559713	63.9	1.470667	68.9	1.398038	73.9	1.337993	78.9	1.287795
59.0	1.557739	64.0	1.469069	69.0	1.396725	74.0	1.336900	79.0	1.286877
59.1	1.555774	64.1	1.467477	69.1	1.395416	74.1	1.335811	79.1	1.285962
59.2	1.553817	64.2	1.465892	69.2	1.394112	74.2	1.334726	79.2	1.285050
59.3	1.551869	64.3	1.464313	69.3	1.392814	74.3	1.333645	79.3	1.284141
59.4	1.549929	64.4	1.462740	69.4	1.391520	74.4	1.332568	79.4	1.283235
59.5	1.547998	64.5	1.461173	69.5	1.390231	74.5	1.331495	79.5	1.282332
59.6	1.546075	64.6	1.459613	69.6	1.388947	74.6	1.330425	79.6	1.281432
59.7	1.544160	64.7	1.458060	69.7	1.387667	74.7	1.329359	79.7	1.280536
59.8	1.542254	64.8	1.456512	69.8	1.386393	74.8	1.328297	79.8	1.279642
59.9	1.540356	64.9	1.454971	69.9	1.385123	74.9	1.327239	79.9	1.278751
60.0	1.538466	65.0	1.453435	70.0	1.383858	75.0	1.326184	80.0	1.277863
60.1	1.536585	65.1	1.451906	70.1	1.382598	75.1	1.325133	80.1	1.276979
60.2	1.534711	65.2	1.450383	70.2	1.381342	75.2	1.324086	80.2	1.276097
60.3	1.532845	65.3	1.448866	70.3	1.380092	75.3	1.323042	80.3	1.275218
60.4	1.530988	65.4	1.447356	70.4	1.378845	75.4	1.322003	80.4	1.274342
60.5	1.529138	65.5	1.445851	70.5	1.377604	75.5	1.320966	80.5	1.273469
60.6	1.527297	65.6	1.444352	70.6	1.376367	75.6	1.319934	80.6	1.272599
60.7	1.525463	65.7	1.442859	70.7	1.375134	75.7	1.318905	80.7	1.271732
60.8	1.523637	65.8	1.441372	70.8	1.373907	75.8	1.317880	80.8	1.270867
60.9	1.521818	65.9	1.439891	70.9	1.372683	75.9	1.316858	80.9	1.270006
61.0	1.520008	66.0	1.438415	71.0	1.371465	76.0	1.315840	81.0	1.269147
61.1	1.518205	66.1	1.436946	71.1	1.370250	76.1	1.314825	81.1	1.268292
61.2	1.516410	66.2	1.435482	71.2	1.369041	76.2	1.313814	81.2	1.267439
61.3	1.514622	66.3	1.434024	71.3	1.367835	76.3	1.312806	81.3	1.266589
61.4	1.512842	66.4	1.432572	71.4	1.366634	76.4	1.311802	81.4	1.265741
61.5	1.511069	66.5	1.431125	71.5	1.365438	76.5	1.310802	81.5	1.264897
61.6	1.509304	66.6	1.429684	71.6	1.364246	76.6	1.309805	81.6	1.264055
61.7	1.507546	66.7	1.428249	71.7	1.363058	76.7	1.308811	81.7	1.263217
61.8	1.505796	66.8	1.426819	71.8	1.361875	76.8	1.307821	81.8	1.262380
61.9	1.504053	66.9	1.425395	71.9	1.360696	76.9	1.306834	81.9	1.261547



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(2021-2024)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
82.0	1.260717	87.0	1.222450	92.0	1.189788	97.0	1.161757	102.0	1.137598
82.1	1.259889	87.1	1.221745	92.1	1.189184	97.1	1.161238	102.1	1.137150
82.2	1.259064	87.2	1.221043	92.2	1.188583	97.2	1.160721	102.2	1.136703
82.3	1.258241	87.3	1.220343	92.3	1.187984	97.3	1.160205	102.3	1.136258
82.4	1.257421	87.4	1.219645	92.4	1.187386	97.4	1.159691	102.4	1.135814
82.5	1.256604	87.5	1.218949	92.5	1.186790	97.5	1.159178	102.5	1.135371
82.6	1.255790	87.6	1.218256	92.6	1.186196	97.6	1.158667	102.6	1.134929
82.7	1.254978	87.7	1.217565	92.7	1.185604	97.7	1.158157	102.7	1.134489
82.8	1.254169	87.8	1.216875	92.8	1.185013	97.8	1.157649	102.8	1.134050
82.9	1.253363	87.9	1.216188	92.9	1.184425	97.9	1.157142	102.9	1.133612
83.0	1.252559	88.0	1.215504	93.0	1.183838	98.0	1.156637	103.0	1.133175
83.1	1.251758	88.1	1.214821	93.1	1.183253	98.1	1.156133	103.1	1.132740
83.2	1.250960	88.2	1.214140	93.2	1.182670	98.2	1.155631	103.2	1.132306
83.3	1.250164	88.3	1.213462	93.3	1.182088	98.3	1.155130	103.3	1.131873
83.4	1.249370	88.4	1.212786	93.4	1.181508	98.4	1.154631	103.4	1.131442
83.5	1.248580	88.5	1.212112	93.5	1.180930	98.5	1.154133	103.5	1.131012
83.6	1.247791	88.6	1.211440	93.6	1.180354	98.6	1.153637	103.6	1.130583
83.7	1.247006	88.7	1.210770	93.7	1.179779	98.7	1.153142	103.7	1.130155
83.8	1.246223	88.8	1.210102	93.8	1.179207	98.8	1.152648	103.8	1.129728
83.9	1.245442	88.9	1.209436	93.9	1.178636	98.9	1.152156	103.9	1.129303
84.0	1.244664	89.0	1.208772	94.0	1.178066	99.0	1.151666	104.0	1.128879
84.1	1.243889	89.1	1.208111	94.1	1.177499	99.1	1.151177	104.1	1.128456
84.2	1.243116	89.2	1.207451	94.2	1.176933	99.2	1.150689	104.2	1.128034
84.3	1.242345	89.3	1.206794	94.3	1.176368	99.3	1.150203	104.3	1.127614
84.4	1.241577	89.4	1.206138	94.4	1.175806	99.4	1.149718	104.4	1.127195
84.5	1.240812	89.5	1.205485	94.5	1.175245	99.5	1.149235	104.5	1.126777
84.6	1.240049	89.6	1.204833	94.6	1.174686	99.6	1.148753	104.6	1.126360
84.7	1.239288	89.7	1.204184	94.7	1.174129	99.7	1.148272	104.7	1.125944
84.8	1.238530	89.8	1.203536	94.8	1.173573	99.8	1.147793	104.8	1.125530
84.9	1.237774	89.9	1.202891	94.9	1.173019	99.9	1.147315	104.9	1.125117
85.0	1.237021	90.0	1.202248	95.0	1.172466	100.0	1.146839	105.0	1.124704
85.1	1.236270	90.1	1.201606	95.1	1.171915	100.1	1.146364	105.1	1.124294
85.2	1.235521	90.2	1.200967	95.2	1.171366	100.2	1.145890	105.2	1.123884
85.3	1.234775	90.3	1.200329	95.3	1.170819	100.3	1.145418	105.3	1.123475
85.4	1.234032	90.4	1.199694	95.4	1.170273	100.4	1.144947	105.4	1.123068
85.5	1.233290	90.5	1.199060	95.5	1.169729	100.5	1.144478	105.5	1.122662
85.6	1.232551	90.6	1.198429	95.6	1.169186	100.6	1.144010	105.6	1.122257
85.7	1.231815	90.7	1.197799	95.7	1.168645	100.7	1.143543	105.7	1.121853
85.8	1.231081	90.8	1.197171	95.8	1.168106	100.8	1.143078	105.8	1.121450
85.9	1.230349	90.9	1.196546	95.9	1.167568	100.9	1.142614	105.9	1.121049
86.0	1.229619	91.0	1.195922	96.0	1.167032	101.0	1.142151	106.0	1.120648
86.1	1.228892	91.1	1.195300	96.1	1.166497	101.1	1.141690	106.1	1.120249
86.2	1.228167	91.2	1.194680	96.2	1.165964	101.2	1.141230	106.2	1.119851
86.3	1.227444	91.3	1.194062	96.3	1.165433	101.3	1.140771	106.3	1.119454
86.4	1.226724	91.4	1.193445	96.4	1.164903	101.4	1.140314	106.4	1.119058
86.5	1.226006	91.5	1.192831	96.5	1.164375	101.5	1.139858	106.5	1.118664
86.6	1.225290	91.6	1.192219	96.6	1.163848	101.6	1.139403	106.6	1.118270
86.7	1.224577	91.7	1.191608	96.7	1.163323	101.7	1.138950	106.7	1.117878
86.8	1.223866	91.8	1.190999	96.8	1.162800	101.8	1.138498	106.8	1.117486
86.9	1.223157	91.9	1.190393	96.9	1.162278	101.9	1.138047	106.9	1.117096



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107.0	1.116707	112.0	1.098600	117.0	1.082884	122.0	1.069238	127.0	1.057394
107.1	1.116319	112.1	1.098263	117.1	1.082592	122.1	1.068984	127.1	1.057174
107.2	1.115932	112.2	1.097928	117.2	1.082301	122.2	1.068731	127.2	1.056954
107.3	1.115546	112.3	1.097593	117.3	1.082010	122.3	1.068479	127.3	1.056736
107.4	1.115162	112.4	1.097259	117.4	1.081720	122.4	1.068227	127.4	1.056517
107.5	1.114778	112.5	1.096927	117.5	1.081431	122.5	1.067976	127.5	1.056300
107.6	1.114396	112.6	1.096595	117.6	1.081143	122.6	1.067726	127.6	1.056083
107.7	1.114014	112.7	1.096264	117.7	1.080856	122.7	1.067477	127.7	1.055867
107.8	1.113634	112.8	1.095934	117.8	1.080569	122.8	1.067228	127.8	1.055651
107.9	1.113255	112.9	1.095605	117.9	1.080284	122.9	1.066980	127.9	1.055436
108.0	1.112877	113.0	1.095277	118.0	1.079999	123.0	1.066732	128.0	1.055221
108.1	1.112500	113.1	1.094950	118.1	1.079715	123.1	1.066486	128.1	1.055007
108.2	1.112124	113.2	1.094623	118.2	1.079431	123.2	1.066240	128.2	1.054794
108.3	1.111749	113.3	1.094298	118.3	1.079149	123.3	1.065995	128.3	1.054582
108.4	1.111375	113.4	1.093974	118.4	1.078867	123.4	1.065750	128.4	1.054370
108.5	1.111002	113.5	1.093650	118.5	1.078586	123.5	1.065506	128.5	1.054158
108.6	1.110630	113.6	1.093327	118.6	1.078306	123.6	1.065263	128.6	1.053947
108.7	1.110260	113.7	1.093006	118.7	1.078027	123.7	1.065021	128.7	1.053737
108.8	1.109890	113.8	1.092685	118.8	1.077748	123.8	1.064779	128.8	1.053528
108.9	1.109521	113.9	1.092365	118.9	1.077470	123.9	1.064538	128.9	1.053319
109.0	1.109154	114.0	1.092046	119.0	1.077193	124.0	1.064297	129.0	1.053110
109.1	1.108787	114.1	1.091728	119.1	1.076917	124.1	1.064057	129.1	1.052902
109.2	1.108422	114.2	1.091411	119.2	1.076642	124.2	1.063818	129.2	1.052695
109.3	1.108058	114.3	1.091095	119.3	1.076367	124.3	1.063580	129.3	1.052489
109.4	1.107694	114.4	1.090779	119.4	1.076093	124.4	1.063342	129.4	1.052283
109.5	1.107332	114.5	1.090465	119.5	1.075820	124.5	1.063105	129.5	1.052077
109.6	1.106971	114.6	1.090151	119.6	1.075548	124.6	1.062869	129.6	1.051872
109.7	1.106610	114.7	1.089839	119.7	1.075276	124.7	1.062633	129.7	1.051668
109.8	1.106251	114.8	1.089527	119.8	1.075006	124.8	1.062398	129.8	1.051465
109.9	1.105893	114.9	1.089216	119.9	1.074735	124.9	1.062164	129.9	1.051261
110.0	1.105536	115.0	1.088906	120.0	1.074466	125.0	1.061930	130.0	1.051059
110.1	1.105179	115.1	1.088596	120.1	1.074198	125.1	1.061697	130.1	1.050857
110.2	1.104824	115.2	1.088288	120.2	1.073930	125.2	1.061465	130.2	1.050656
110.3	1.104470	115.3	1.087981	120.3	1.073663	125.3	1.061233	130.3	1.050455
110.4	1.104117	115.4	1.087674	120.4	1.073397	125.4	1.061002	130.4	1.050255
110.5	1.103765	115.5	1.087368	120.5	1.073131	125.5	1.060772	130.5	1.050055
110.6	1.103413	115.6	1.087063	120.6	1.072867	125.6	1.060542	130.6	1.049856
110.7	1.103063	115.7	1.086759	120.7	1.072603	125.7	1.060313	130.7	1.049658
110.8	1.102714	115.8	1.086456	120.8	1.072339	125.8	1.060085	130.8	1.049460
110.9	1.102366	115.9	1.086154	120.9	1.072077	125.9	1.059857	130.9	1.049263
111.0	1.102019	116.0	1.085852	121.0	1.071815	126.0	1.059630	131.0	1.049066
111.1	1.101672	116.1	1.085552	121.1	1.071554	126.1	1.059403	131.1	1.048870
111.2	1.101327	116.2	1.085252	121.2	1.071294	126.2	1.059177	131.2	1.048675
111.3	1.100983	116.3	1.084953	121.3	1.071034	126.3	1.058952	131.3	1.048480
111.4	1.100640	116.4	1.084655	121.4	1.070775	126.4	1.058728	131.4	1.048285
111.5	1.100297	116.5	1.084358	121.5	1.070517	126.5	1.058504	131.5	1.048091
111.6	1.099956	116.6	1.084062	121.6	1.070260	126.6	1.058281	131.6	1.047898
111.7	1.099615	116.7	1.083766	121.7	1.070003	126.7	1.058058	131.7	1.047706
111.8	1.099276	116.8	1.083471	121.8	1.069747	126.8	1.057836	131.8	1.047513
111.9	1.098938	116.9	1.083177	121.9	1.069492	126.9	1.057615	131.9	1.047322



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2021-2024)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
132.0	1.047131	137.0	1.038261	142.0	1.030627	147.0	1.024094	152.0	1.018547
132.1	1.046940	137.1	1.038097	142.1	1.030486	147.1	1.023974	152.1	1.018445
132.2	1.046750	137.2	1.037933	142.2	1.030346	147.2	1.023854	152.2	1.018344
132.3	1.046561	137.3	1.037770	142.3	1.030206	147.3	1.023735	152.3	1.018243
132.4	1.046372	137.4	1.037607	142.4	1.030066	147.4	1.023616	152.4	1.018142
132.5	1.046184	137.5	1.037445	142.5	1.029927	147.5	1.023497	152.5	1.018042
132.6	1.045996	137.6	1.037283	142.6	1.029788	147.6	1.023379	152.6	1.017942
132.7	1.045809	137.7	1.037121	142.7	1.029649	147.7	1.023261	152.7	1.017843
132.8	1.045622	137.8	1.036961	142.8	1.029511	147.8	1.023143	152.8	1.017744
132.9	1.045436	137.9	1.036800	142.9	1.029374	147.9	1.023026	152.9	1.017645
133.0	1.045251	138.0	1.036640	143.0	1.029237	148.0	1.022909	153.0	1.017546
133.1	1.045066	138.1	1.036481	143.1	1.029100	148.1	1.022793	153.1	1.017448
133.2	1.044881	138.2	1.036322	143.2	1.028964	148.2	1.022677	153.2	1.017350
133.3	1.044697	138.3	1.036163	143.3	1.028828	148.3	1.022561	153.3	1.017253
133.4	1.044514	138.4	1.036005	143.4	1.028692	148.4	1.022446	153.4	1.017156
133.5	1.044331	138.5	1.035848	143.5	1.028557	148.5	1.022331	153.5	1.017059
133.6	1.044149	138.6	1.035691	143.6	1.028423	148.6	1.022217	153.6	1.016963
133.7	1.043967	138.7	1.035534	143.7	1.028289	148.7	1.022103	153.7	1.016867
133.8	1.043786	138.8	1.035378	143.8	1.028155	148.8	1.021989	153.8	1.016771
133.9	1.043605	138.9	1.035223	143.9	1.028022	148.9	1.021876	153.9	1.016676
134.0	1.043425	139.0	1.035067	144.0	1.027889	149.0	1.021763	154.0	1.016581
134.1	1.043245	139.1	1.034913	144.1	1.027756	149.1	1.021650	154.1	1.016486
134.2	1.043066	139.2	1.034759	144.2	1.027624	149.2	1.021538	154.2	1.016392
134.3	1.042888	139.3	1.034605	144.3	1.027493	149.3	1.021426	154.3	1.016298
134.4	1.042710	139.4	1.034452	144.4	1.027362	149.4	1.021315	154.4	1.016204
134.5	1.042532	139.5	1.034299	144.5	1.027231	149.5	1.021204	154.5	1.016111
134.6	1.042355	139.6	1.034146	144.6	1.027100	149.6	1.021093	154.6	1.016018
134.7	1.042179	139.7	1.033995	144.7	1.026970	149.7	1.020983	154.7	1.015925
134.8	1.042003	139.8	1.033843	144.8	1.026841	149.8	1.020873	154.8	1.015833
134.9	1.041827	139.9	1.033692	144.9	1.026712	149.9	1.020763	154.9	1.015741
135.0	1.041652	140.0	1.033542	145.0	1.026583	150.0	1.020654	155.0	1.015649
135.1	1.041478	140.1	1.033392	145.1	1.026455	150.1	1.020545	155.1	1.015558
135.2	1.041304	140.2	1.033242	145.2	1.026327	150.2	1.020437	155.2	1.015467
135.3	1.041131	140.3	1.033093	145.3	1.026200	150.3	1.020329	155.3	1.015376
135.4	1.040958	140.4	1.032944	145.4	1.026072	150.4	1.020221	155.4	1.015286
135.5	1.040786	140.5	1.032796	145.5	1.025946	150.5	1.020114	155.5	1.015196
135.6	1.040614	140.6	1.032648	145.6	1.025820	150.6	1.020007	155.6	1.015106
135.7	1.040442	140.7	1.032501	145.7	1.025694	150.7	1.019900	155.7	1.015017
135.8	1.040272	140.8	1.032354	145.8	1.025568	150.8	1.019794	155.8	1.014928
135.9	1.040101	140.9	1.032208	145.9	1.025443	150.9	1.019688	155.9	1.014839
136.0	1.039932	141.0	1.032062	146.0	1.025319	151.0	1.019582	156.0	1.014751
136.1	1.039762	141.1	1.031917	146.1	1.025194	151.1	1.019477	156.1	1.014663
136.2	1.039594	141.2	1.031771	146.2	1.025071	151.2	1.019372	156.2	1.014575
136.3	1.039425	141.3	1.031627	146.3	1.024947	151.3	1.019268	156.3	1.014487
136.4	1.039257	141.4	1.031483	146.4	1.024824	151.4	1.019164	156.4	1.014400
136.5	1.039090	141.5	1.031339	146.5	1.024701	151.5	1.019060	156.5	1.014314
136.6	1.038923	141.6	1.031196	146.6	1.024579	151.6	1.018957	156.6	1.014227
136.7	1.038757	141.7	1.031053	146.7	1.024457	151.7	1.018854	156.7	1.014141
136.8	1.038591	141.8	1.030911	146.8	1.024336	151.8	1.018751	156.8	1.014055
136.9	1.038426	141.9	1.030769	146.9	1.024215	151.9	1.018649	156.9	1.013970



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2021-2024)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
157.0	1.013885	162.0	1.010023	167.0	1.006885	172.0	1.004406	177.0	1.002528
157.1	1.013800	162.1	1.009953	167.1	1.006829	172.1	1.004363	177.1	1.002496
157.2	1.013715	162.2	1.009884	167.2	1.006773	172.2	1.004320	177.2	1.002465
157.3	1.013631	162.3	1.009815	167.3	1.006718	172.3	1.004277	177.3	1.002434
157.4	1.013547	162.4	1.009746	167.4	1.006663	172.4	1.004234	177.4	1.002402
157.5	1.013464	162.5	1.009677	167.5	1.006608	172.5	1.004192	177.5	1.002372
157.6	1.013381	162.6	1.009609	167.6	1.006554	172.6	1.004150	177.6	1.002341
157.7	1.013298	162.7	1.009541	167.7	1.006500	172.7	1.004108	177.7	1.002310
157.8	1.013215	162.8	1.009474	167.8	1.006446	172.8	1.004067	177.8	1.002280
157.9	1.013133	162.9	1.009406	167.9	1.006392	172.9	1.004025	177.9	1.002250
158.0	1.013051	163.0	1.009339	168.0	1.006338	173.0	1.003984	178.0	1.002220
158.1	1.012969	163.1	1.009273	168.1	1.006285	173.1	1.003943	178.1	1.002191
158.2	1.012888	163.2	1.009206	168.2	1.006232	173.2	1.003903	178.2	1.002161
158.3	1.012807	163.3	1.009140	168.3	1.006179	173.3	1.003862	178.3	1.002132
158.4	1.012726	163.4	1.009074	168.4	1.006127	173.4	1.003822	178.4	1.002103
158.5	1.012646	163.5	1.009008	168.5	1.006075	173.5	1.003782	178.5	1.002074
158.6	1.012566	163.6	1.008943	168.6	1.006023	173.6	1.003742	178.6	1.002046
158.7	1.012486	163.7	1.008878	168.7	1.005971	173.7	1.003703	178.7	1.002018
158.8	1.012406	163.8	1.008813	168.8	1.005920	173.8	1.003664	178.8	1.001989
158.9	1.012327	163.9	1.008749	168.9	1.005869	173.9	1.003625	178.9	1.001962
159.0	1.012248	164.0	1.008684	169.0	1.005818	174.0	1.003586	179.0	1.001934
159.1	1.012170	164.1	1.008620	169.1	1.005767	174.1	1.003547	179.1	1.001906
159.2	1.012092	164.2	1.008557	169.2	1.005717	174.2	1.003509	179.2	1.001879
159.3	1.012014	164.3	1.008493	169.3	1.005666	174.3	1.003471	179.3	1.001852
159.4	1.011936	164.4	1.008430	169.4	1.005617	174.4	1.003433	179.4	1.001825
159.5	1.011859	164.5	1.008367	169.5	1.005567	174.5	1.003395	179.5	1.001799
159.6	1.011782	164.6	1.008305	169.6	1.005517	174.6	1.003358	179.6	1.001772
159.7	1.011705	164.7	1.008243	169.7	1.005468	174.7	1.003321	179.7	1.001746
159.8	1.011628	164.8	1.008181	169.8	1.005419	174.8	1.003284	179.8	1.001720
159.9	1.011552	164.9	1.008119	169.9	1.005371	174.9	1.003247	179.9	1.001694
160.0	1.011477	165.0	1.008057	170.0	1.005322	175.0	1.003211	180.0	1.001669
160.1	1.011401	165.1	1.007996	170.1	1.005274	175.1	1.003174	180.1	1.001643
160.2	1.011326	165.2	1.007935	170.2	1.005226	175.2	1.003138	180.2	1.001618
160.3	1.011251	165.3	1.007875	170.3	1.005179	175.3	1.003103	180.3	1.001593
160.4	1.011176	165.4	1.007814	170.4	1.005131	175.4	1.003067	180.4	1.001569
160.5	1.011102	165.5	1.007754	170.5	1.005084	175.5	1.003032	180.5	1.001544
160.6	1.011028	165.6	1.007694	170.6	1.005037	175.6	1.002996	180.6	1.001520
160.7	1.010954	165.7	1.007635	170.7	1.004990	175.7	1.002962	180.7	1.001496
160.8	1.010881	165.8	1.007575	170.8	1.004944	175.8	1.002927	180.8	1.001472
160.9	1.010808	165.9	1.007516	170.9	1.004898	175.9	1.002892	180.9	1.001448
161.0	1.010735	166.0	1.007458	171.0	1.004852	176.0	1.002858	181.0	1.001425
161.1	1.010662	166.1	1.007399	171.1	1.004806	176.1	1.002824	181.1	1.001401
161.2	1.010590	166.2	1.007341	171.2	1.004761	176.2	1.002790	181.2	1.001378
161.3	1.010518	166.3	1.007283	171.3	1.004716	176.3	1.002757	181.3	1.001355
161.4	1.010446	166.4	1.007225	171.4	1.004671	176.4	1.002724	181.4	1.001333
161.5	1.010375	166.5	1.007168	171.5	1.004626	176.5	1.002690	181.5	1.001310
161.6	1.010304	166.6	1.007111	171.6	1.004581	176.6	1.002658	181.6	1.001288
161.7	1.010233	166.7	1.007054	171.7	1.004537	176.7	1.002625	181.7	1.001266
161.8	1.010163	166.8	1.006997	171.8	1.004493	176.8	1.002593	181.8	1.001244
161.9	1.010092	166.9	1.006941	171.9	1.004449	176.9	1.002560	181.9	1.001222



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2021-2024)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
182.0	1.001201	187.0	1.000379	192.0	1.000022
182.1	1.001180	187.1	1.000367	192.1	1.000019
182.2	1.001159	187.2	1.000356	192.2	1.000017
182.3	1.001138	187.3	1.000345	192.3	1.000014
182.4	1.001117	187.4	1.000334	192.4	1.000012
182.5	1.001097	187.5	1.000323	192.5	1.000010
182.6	1.001076	187.6	1.000312	192.6	1.000009
182.7	1.001056	187.7	1.000302	192.7	1.000007
182.8	1.001036	187.8	1.000291	192.8	1.000006
182.9	1.001017	187.9	1.000281	192.9	1.000004
183.0	1.000997	188.0	1.000271	193.0	1.000003
183.1	1.000978	188.1	1.000262	193.1	1.000002
183.2	1.000959	188.2	1.000252	193.2	1.000001
183.3	1.000940	188.3	1.000243	193.3	1.000001
183.4	1.000922	188.4	1.000234	193.4	1.000000
183.5	1.000903	188.5	1.000225	193.5	1.000000
183.6	1.000885	188.6	1.000216	193.6	1.000000
183.7	1.000867	188.7	1.000207		
183.8	1.000849	188.8	1.000199		
183.9	1.000831	188.9	1.000190		
184.0	1.000814	189.0	1.000182		
184.1	1.000796	189.1	1.000174		
184.2	1.000779	189.2	1.000167		
184.3	1.000762	189.3	1.000159		
184.4	1.000746	189.4	1.000152		
184.5	1.000729	189.5	1.000144		
184.6	1.000713	189.6	1.000137		
184.7	1.000697	189.7	1.000131		
184.8	1.000681	189.8	1.000124		
184.9	1.000665	189.9	1.000117		
185.0	1.000650	190.0	1.000111		
185.1	1.000634	190.1	1.000105		
185.2	1.000619	190.2	1.000099		
185.3	1.000604	190.3	1.000093		
185.4	1.000589	190.4	1.000088		
185.5	1.000575	190.5	1.000082		
185.6	1.000560	190.6	1.000077		
185.7	1.000546	190.7	1.000072		
185.8	1.000532	190.8	1.000067		
185.9	1.000518	190.9	1.000062		
186.0	1.000505	191.0	1.000058		
186.1	1.000491	191.1	1.000053		
186.2	1.000478	191.2	1.000049		
186.3	1.000465	191.3	1.000045		
186.4	1.000452	191.4	1.000041		
186.5	1.000439	191.5	1.000038		
186.6	1.000427	191.6	1.000034		
186.7	1.000415	191.7	1.000031		
186.8	1.000402	191.8	1.000028		
186.9	1.000390	191.9	1.000025		