



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
32.0	2.796968	37.0	2.392877	42.0	2.110142	47.0	1.902870	52.0	1.745437
32.1	2.787228	37.1	2.386235	42.1	2.105366	47.1	1.899297	52.1	1.742680
32.2	2.777569	37.2	2.379640	42.2	2.100620	47.2	1.895743	52.2	1.739936
32.3	2.767989	37.3	2.373091	42.3	2.095903	47.3	1.892208	52.3	1.737206
32.4	2.758487	37.4	2.366589	42.4	2.091215	47.4	1.888693	52.4	1.734489
32.5	2.749064	37.5	2.360131	42.5	2.086555	47.5	1.885197	52.5	1.731785
32.6	2.739717	37.6	2.353719	42.6	2.081923	47.6	1.881719	52.6	1.729095
32.7	2.730446	37.7	2.347351	42.7	2.077320	47.7	1.878261	52.7	1.726417
32.8	2.721250	37.8	2.341027	42.8	2.072744	47.8	1.874821	52.8	1.723753
32.9	2.712128	37.9	2.334747	42.9	2.068196	47.9	1.871399	52.9	1.721101
33.0	2.703079	38.0	2.328509	43.0	2.063675	48.0	1.867996	53.0	1.718463
33.1	2.694103	38.1	2.322315	43.1	2.059182	48.1	1.864611	53.1	1.715836
33.2	2.685198	38.2	2.316163	43.2	2.054715	48.2	1.861244	53.2	1.713223
33.3	2.676365	38.3	2.310053	43.3	2.050275	48.3	1.857894	53.3	1.710622
33.4	2.667601	38.4	2.303984	43.4	2.045861	48.4	1.854563	53.4	1.708034
33.5	2.658907	38.5	2.297957	43.5	2.041474	48.5	1.851249	53.5	1.705458
33.6	2.650281	38.6	2.291970	43.6	2.037113	48.6	1.847953	53.6	1.702894
33.7	2.641723	38.7	2.286024	43.7	2.032777	48.7	1.844674	53.7	1.700343
33.8	2.633231	38.8	2.280117	43.8	2.028467	48.8	1.841412	53.8	1.697804
33.9	2.624806	38.9	2.274251	43.9	2.024182	48.9	1.838168	53.9	1.695276
34.0	2.616447	39.0	2.268423	44.0	2.019923	49.0	1.834940	54.0	1.692761
34.1	2.608152	39.1	2.262634	44.1	2.015688	49.1	1.831730	54.1	1.690258
34.2	2.599921	39.2	2.256884	44.2	2.011478	49.2	1.828536	54.2	1.687766
34.3	2.591754	39.3	2.251172	44.3	2.007293	49.3	1.825358	54.3	1.685286
34.4	2.583650	39.4	2.245498	44.4	2.003132	49.4	1.822197	54.4	1.682818
34.5	2.575607	39.5	2.239861	44.5	1.998995	49.5	1.819053	54.5	1.680362
34.6	2.567626	39.6	2.234261	44.6	1.994882	49.6	1.815925	54.6	1.677917
34.7	2.559705	39.7	2.228697	44.7	1.990793	49.7	1.812813	54.7	1.675483
34.8	2.551844	39.8	2.223171	44.8	1.986727	49.8	1.809717	54.8	1.673061
34.9	2.544043	39.9	2.217680	44.9	1.982685	49.9	1.806637	54.9	1.670650
35.0	2.536300	40.0	2.212225	45.0	1.978665	50.0	1.803573	55.0	1.668250
35.1	2.528616	40.1	2.206805	45.1	1.974669	50.1	1.800524	55.1	1.665862
35.2	2.520989	40.2	2.201420	45.2	1.970696	50.2	1.797491	55.2	1.663484
35.3	2.513419	40.3	2.196070	45.3	1.966745	50.3	1.794473	55.3	1.661118
35.4	2.505905	40.4	2.190755	45.4	1.962816	50.4	1.791471	55.4	1.658762
35.5	2.498447	40.5	2.185473	45.5	1.958910	50.5	1.788484	55.5	1.656417
35.6	2.491043	40.6	2.180226	45.6	1.955026	50.6	1.785512	55.6	1.654083
35.7	2.483695	40.7	2.175012	45.7	1.951164	50.7	1.782555	55.7	1.651760
35.8	2.476400	40.8	2.169831	45.8	1.947323	50.8	1.779614	55.8	1.649448
35.9	2.469159	40.9	2.164682	45.9	1.943504	50.9	1.776686	55.9	1.647146
36.0	2.461971	41.0	2.159567	46.0	1.939707	51.0	1.773774	56.0	1.644854
36.1	2.454835	41.1	2.154484	46.1	1.935930	51.1	1.770876	56.1	1.642573
36.2	2.447750	41.2	2.149433	46.2	1.932175	51.2	1.767993	56.2	1.640303
36.3	2.440717	41.3	2.144413	46.3	1.928440	51.3	1.765124	56.3	1.638043
36.4	2.433735	41.4	2.139425	46.4	1.924727	51.4	1.762270	56.4	1.635793
36.5	2.426803	41.5	2.134468	46.5	1.921033	51.5	1.759429	56.5	1.633553
36.6	2.419920	41.6	2.129542	46.6	1.917361	51.6	1.756603	56.6	1.631323
36.7	2.413087	41.7	2.124647	46.7	1.913708	51.7	1.753791	56.7	1.629103
36.8	2.406302	41.8	2.119782	46.8	1.910075	51.8	1.750992	56.8	1.626894
36.9	2.399565	41.9	2.114947	46.9	1.906463	51.9	1.748208	56.9	1.624694

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(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
57.0	1.622504	62.0	1.524372	67.0	1.444627	72.0	1.378870	77.0	1.323989
57.1	1.620324	62.1	1.522615	67.1	1.443187	72.1	1.377675	77.1	1.322985
57.2	1.618154	62.2	1.520864	67.2	1.441753	72.2	1.376483	77.2	1.321986
57.3	1.615994	62.3	1.519121	67.3	1.440323	72.3	1.375296	77.3	1.320989
57.4	1.613843	62.4	1.517385	67.4	1.438900	72.4	1.374114	77.4	1.319996
57.5	1.611701	62.5	1.515656	67.5	1.437482	72.5	1.372935	77.5	1.319006
57.6	1.609569	62.6	1.513934	67.6	1.436069	72.6	1.371761	77.6	1.318020
57.7	1.607447	62.7	1.512219	67.7	1.434662	72.7	1.370591	77.7	1.317037
57.8	1.605334	62.8	1.510511	67.8	1.433260	72.8	1.369425	77.8	1.316057
57.9	1.603231	62.9	1.508810	67.9	1.431863	72.9	1.368264	77.9	1.315080
58.0	1.601136	63.0	1.507116	68.0	1.430471	73.0	1.367106	78.0	1.314107
58.1	1.599051	63.1	1.505429	68.1	1.429085	73.1	1.365953	78.1	1.313137
58.2	1.596975	63.2	1.503749	68.2	1.427704	73.2	1.364804	78.2	1.312171
58.3	1.594908	63.3	1.502076	68.3	1.426329	73.3	1.363658	78.3	1.311207
58.4	1.592851	63.4	1.500409	68.4	1.424958	73.4	1.362517	78.4	1.310247
58.5	1.590802	63.5	1.498749	68.5	1.423593	73.5	1.361380	78.5	1.309290
58.6	1.588762	63.6	1.497096	68.6	1.422233	73.6	1.360247	78.6	1.308337
58.7	1.586731	63.7	1.495450	68.7	1.420878	73.7	1.359118	78.7	1.307386
58.8	1.584709	63.8	1.493810	68.8	1.419528	73.8	1.357993	78.8	1.306439
58.9	1.582696	63.9	1.492176	68.9	1.418183	73.9	1.356872	78.9	1.305495
59.0	1.580691	64.0	1.490550	69.0	1.416843	74.0	1.355755	79.0	1.304554
59.1	1.578695	64.1	1.488929	69.1	1.415508	74.1	1.354641	79.1	1.303616
59.2	1.576708	64.2	1.487316	69.2	1.414179	74.2	1.353532	79.2	1.302681
59.3	1.574729	64.3	1.485708	69.3	1.412854	74.3	1.352427	79.3	1.301749
59.4	1.572759	64.4	1.484108	69.4	1.411534	74.4	1.351325	79.4	1.300821
59.5	1.570798	64.5	1.482513	69.5	1.410219	74.5	1.350227	79.5	1.299895
59.6	1.568844	64.6	1.480925	69.6	1.408909	74.6	1.349134	79.6	1.298973
59.7	1.566900	64.7	1.479343	69.7	1.407603	74.7	1.348043	79.7	1.298054
59.8	1.564963	64.8	1.477768	69.8	1.406303	74.8	1.346957	79.8	1.297137
59.9	1.563035	64.9	1.476198	69.9	1.405007	74.9	1.345875	79.9	1.296224
60.0	1.561115	65.0	1.474635	70.0	1.403716	75.0	1.344796	80.0	1.295314
60.1	1.559203	65.1	1.473078	70.1	1.402430	75.1	1.343721	80.1	1.294407
60.2	1.557300	65.2	1.471528	70.2	1.401149	75.2	1.342650	80.2	1.293502
60.3	1.555404	65.3	1.469983	70.3	1.399872	75.3	1.341583	80.3	1.292601
60.4	1.553516	65.4	1.468444	70.4	1.398600	75.4	1.340519	80.4	1.291703
60.5	1.551637	65.5	1.466912	70.5	1.397333	75.5	1.339459	80.5	1.290807
60.6	1.549765	65.6	1.465385	70.6	1.396071	75.6	1.338402	80.6	1.289915
60.7	1.547902	65.7	1.463865	70.7	1.394813	75.7	1.337350	80.7	1.289026
60.8	1.546046	65.8	1.462350	70.8	1.393559	75.8	1.336301	80.8	1.288139
60.9	1.544198	65.9	1.460841	70.9	1.392310	75.9	1.335255	80.9	1.287255
61.0	1.542357	66.0	1.459338	71.0	1.391066	76.0	1.334213	81.0	1.286375
61.1	1.540525	66.1	1.457842	71.1	1.389827	76.1	1.333175	81.1	1.285497
61.2	1.538700	66.2	1.456350	71.2	1.388591	76.2	1.332140	81.2	1.284622
61.3	1.536883	66.3	1.454865	71.3	1.387361	76.3	1.331109	81.3	1.283750
61.4	1.535073	66.4	1.453385	71.4	1.386135	76.4	1.330081	81.4	1.282880
61.5	1.533271	66.5	1.451912	71.5	1.384913	76.5	1.329057	81.5	1.282014
61.6	1.531477	66.6	1.450443	71.6	1.383695	76.6	1.328037	81.6	1.281150
61.7	1.529689	66.7	1.448981	71.7	1.382483	76.7	1.327019	81.7	1.280289
61.8	1.527910	66.8	1.447524	71.8	1.381274	76.8	1.326006	81.8	1.279431
61.9	1.526137	66.9	1.446073	71.9	1.380070	76.9	1.324996	81.9	1.278576

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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
82.0	1.277723	87.0	1.238395	92.0	1.204732	97.0	1.175754	102.0	1.150692
82.1	1.276874	87.1	1.237670	92.1	1.204109	97.1	1.175216	102.1	1.150227
82.2	1.276027	87.2	1.236947	92.2	1.203489	97.2	1.174680	102.2	1.149762
82.3	1.275182	87.3	1.236227	92.3	1.202870	97.3	1.174146	102.3	1.149299
82.4	1.274341	87.4	1.235508	92.4	1.202253	97.4	1.173613	102.4	1.148838
82.5	1.273502	87.5	1.234792	92.5	1.201637	97.5	1.173082	102.5	1.148377
82.6	1.272666	87.6	1.234078	92.6	1.201024	97.6	1.172553	102.6	1.147918
82.7	1.271833	87.7	1.233366	92.7	1.200413	97.7	1.172025	102.7	1.147460
82.8	1.271002	87.8	1.232657	92.8	1.199803	97.8	1.171498	102.8	1.147004
82.9	1.270174	87.9	1.231949	92.9	1.199195	97.9	1.170973	102.9	1.146548
83.0	1.269349	88.0	1.231244	93.0	1.198589	98.0	1.170449	103.0	1.146094
83.1	1.268526	88.1	1.230541	93.1	1.197984	98.1	1.169927	103.1	1.145642
83.2	1.267706	88.2	1.229840	93.2	1.197382	98.2	1.169407	103.2	1.145190
83.3	1.266888	88.3	1.229142	93.3	1.196781	98.3	1.168888	103.3	1.144740
83.4	1.266073	88.4	1.228445	93.4	1.196182	98.4	1.168370	103.4	1.144291
83.5	1.265261	88.5	1.227751	93.5	1.195585	98.5	1.167854	103.5	1.143843
83.6	1.264451	88.6	1.227059	93.6	1.194990	98.6	1.167340	103.6	1.143397
83.7	1.263644	88.7	1.226368	93.7	1.194396	98.7	1.166827	103.7	1.142952
83.8	1.262840	88.8	1.225680	93.8	1.193804	98.8	1.166315	103.8	1.142508
83.9	1.262038	88.9	1.224994	93.9	1.193214	98.9	1.165805	103.9	1.142065
84.0	1.261239	89.0	1.224311	94.0	1.192626	99.0	1.165296	104.0	1.141624
84.1	1.260442	89.1	1.223629	94.1	1.192039	99.1	1.164789	104.1	1.141184
84.2	1.259647	89.2	1.222949	94.2	1.191454	99.2	1.164283	104.2	1.140745
84.3	1.258856	89.3	1.222272	94.3	1.190871	99.3	1.163779	104.3	1.140307
84.4	1.258066	89.4	1.221596	94.4	1.190289	99.4	1.163276	104.4	1.139871
84.5	1.257280	89.5	1.220922	94.5	1.189709	99.5	1.162775	104.5	1.139435
84.6	1.256495	89.6	1.220251	94.6	1.189131	99.6	1.162275	104.6	1.139001
84.7	1.255714	89.7	1.219582	94.7	1.188555	99.7	1.161776	104.7	1.138568
84.8	1.254934	89.8	1.218914	94.8	1.187980	99.8	1.161279	104.8	1.138137
84.9	1.254157	89.9	1.218249	94.9	1.187407	99.9	1.160783	104.9	1.137706
85.0	1.253383	90.0	1.217586	95.0	1.186836	100.0	1.160289	105.0	1.137277
85.1	1.252611	90.1	1.216924	95.1	1.186266	100.1	1.159796	105.1	1.136849
85.2	1.251841	90.2	1.216265	95.2	1.185698	100.2	1.159304	105.2	1.136422
85.3	1.251074	90.3	1.215608	95.3	1.185132	100.3	1.158814	105.3	1.135997
85.4	1.250310	90.4	1.214952	95.4	1.184567	100.4	1.158326	105.4	1.135572
85.5	1.249547	90.5	1.214299	95.5	1.184004	100.5	1.157838	105.5	1.135149
85.6	1.248788	90.6	1.213648	95.6	1.183443	100.6	1.157352	105.6	1.134727
85.7	1.248030	90.7	1.212998	95.7	1.182883	100.7	1.156868	105.7	1.134306
85.8	1.247275	90.8	1.212351	95.8	1.182325	100.8	1.156385	105.8	1.133886
85.9	1.246522	90.9	1.211706	95.9	1.181769	100.9	1.155903	105.9	1.133468
86.0	1.245772	91.0	1.211062	96.0	1.181214	101.0	1.155422	106.0	1.133050
86.1	1.245024	91.1	1.210420	96.1	1.180661	101.1	1.154943	106.1	1.132634
86.2	1.244278	91.2	1.209781	96.2	1.180109	101.2	1.154466	106.2	1.132219
86.3	1.243535	91.3	1.209143	96.3	1.179559	101.3	1.153989	106.3	1.131805
86.4	1.242793	91.4	1.208507	96.4	1.179011	101.4	1.153514	106.4	1.131392
86.5	1.242055	91.5	1.207873	96.5	1.178464	101.5	1.153041	106.5	1.130981
86.6	1.241318	91.6	1.207241	96.6	1.177919	101.6	1.152568	106.6	1.130570
86.7	1.240584	91.7	1.206611	96.7	1.177375	101.7	1.152097	106.7	1.130161
86.8	1.239852	91.8	1.205983	96.8	1.176833	101.8	1.151628	106.8	1.129753
86.9	1.239123	91.9	1.205357	96.9	1.176292	101.9	1.151159	106.9	1.129345

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107.0	1.128939	112.0	1.110006	117.0	1.093494	122.0	1.079079	127.0	1.066490
107.1	1.128535	112.1	1.109653	117.1	1.093186	122.1	1.078810	127.1	1.066255
107.2	1.128131	112.2	1.109301	117.2	1.092879	122.2	1.078542	127.2	1.066021
107.3	1.127728	112.3	1.108950	117.3	1.092573	122.3	1.078274	127.3	1.065787
107.4	1.127327	112.4	1.108600	117.4	1.092268	122.4	1.078008	127.4	1.065555
107.5	1.126926	112.5	1.108252	117.5	1.091963	122.5	1.077742	127.5	1.065322
107.6	1.126527	112.6	1.107904	117.6	1.091659	122.6	1.077476	127.6	1.065091
107.7	1.126129	112.7	1.107556	117.7	1.091356	122.7	1.077212	127.7	1.064860
107.8	1.125732	112.8	1.107210	117.8	1.091054	122.8	1.076948	127.8	1.064629
107.9	1.125336	112.9	1.106865	117.9	1.090753	122.9	1.076685	127.9	1.064400
108.0	1.124941	113.0	1.106521	118.0	1.090453	123.0	1.076423	128.0	1.064171
108.1	1.124547	113.1	1.106178	118.1	1.090153	123.1	1.076161	128.1	1.063942
108.2	1.124155	113.2	1.105835	118.2	1.089854	123.2	1.075900	128.2	1.063714
108.3	1.123763	113.3	1.105494	118.3	1.089556	123.3	1.075640	128.3	1.063487
108.4	1.123372	113.4	1.105154	118.4	1.089259	123.4	1.075380	128.4	1.063261
108.5	1.122983	113.5	1.104814	118.5	1.088963	123.5	1.075121	128.5	1.063035
108.6	1.122595	113.6	1.104475	118.6	1.088667	123.6	1.074863	128.6	1.062809
108.7	1.122207	113.7	1.104138	118.7	1.088372	123.7	1.074606	128.7	1.062584
108.8	1.121821	113.8	1.103801	118.8	1.088078	123.8	1.074349	128.8	1.062360
108.9	1.121436	113.9	1.103465	118.9	1.087785	123.9	1.074093	128.9	1.062137
109.0	1.121052	114.0	1.103130	119.0	1.087493	124.0	1.073837	129.0	1.061914
109.1	1.120669	114.1	1.102796	119.1	1.087201	124.1	1.073583	129.1	1.061692
109.2	1.120287	114.2	1.102463	119.2	1.086910	124.2	1.073329	129.2	1.061470
109.3	1.119906	114.3	1.102131	119.3	1.086620	124.3	1.073075	129.3	1.061249
109.4	1.119526	114.4	1.101799	119.4	1.086331	124.4	1.072823	129.4	1.061028
109.5	1.119147	114.5	1.101469	119.5	1.086042	124.5	1.072571	129.5	1.060808
109.6	1.118769	114.6	1.101140	119.6	1.085755	124.6	1.072320	129.6	1.060589
109.7	1.118392	114.7	1.100811	119.7	1.085468	124.7	1.072069	129.7	1.060370
109.8	1.118017	114.8	1.100483	119.8	1.085182	124.8	1.071819	129.8	1.060152
109.9	1.117642	114.9	1.100156	119.9	1.084896	124.9	1.071570	129.9	1.059935
110.0	1.117268	115.0	1.099830	120.0	1.084612	125.0	1.071321	130.0	1.059718
110.1	1.116895	115.1	1.099505	120.1	1.084328	125.1	1.071074	130.1	1.059502
110.2	1.116524	115.2	1.099181	120.2	1.084045	125.2	1.070826	130.2	1.059286
110.3	1.116153	115.3	1.098858	120.3	1.083763	125.3	1.070580	130.3	1.059071
110.4	1.115784	115.4	1.098535	120.4	1.083481	125.4	1.070334	130.4	1.058856
110.5	1.115415	115.5	1.098214	120.5	1.083200	125.5	1.070089	130.5	1.058642
110.6	1.115047	115.6	1.097893	120.6	1.082920	125.6	1.069844	130.6	1.058429
110.7	1.114681	115.7	1.097573	120.7	1.082641	125.7	1.069600	130.7	1.058216
110.8	1.114315	115.8	1.097254	120.8	1.082362	125.8	1.069357	130.8	1.058004
110.9	1.113951	115.9	1.096936	120.9	1.082085	125.9	1.069115	130.9	1.057792
111.0	1.113587	116.0	1.096619	121.0	1.081808	126.0	1.068873	131.0	1.057581
111.1	1.113225	116.1	1.096303	121.1	1.081531	126.1	1.068632	131.1	1.057371
111.2	1.112863	116.2	1.095987	121.2	1.081256	126.2	1.068391	131.2	1.057161
111.3	1.112502	116.3	1.095673	121.3	1.080981	126.3	1.068151	131.3	1.056952
111.4	1.112143	116.4	1.095359	121.4	1.080707	126.4	1.067912	131.4	1.056743
111.5	1.111784	116.5	1.095046	121.5	1.080434	126.5	1.067673	131.5	1.056535
111.6	1.111427	116.6	1.094734	121.6	1.080161	126.6	1.067435	131.6	1.056327
111.7	1.111070	116.7	1.094423	121.7	1.079890	126.7	1.067198	131.7	1.056120
111.8	1.110714	116.8	1.094112	121.8	1.079619	126.8	1.066961	131.8	1.055914
111.9	1.110360	116.9	1.093803	121.9	1.079348	126.9	1.066725	131.9	1.055708



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
132.0	1.055502	137.0	1.045927	142.0	1.037603	147.0	1.030395	152.0	1.024185
132.1	1.055298	137.1	1.045749	142.1	1.037449	147.1	1.030261	152.1	1.024070
132.2	1.055093	137.2	1.045571	142.2	1.037295	147.2	1.030128	152.2	1.023956
132.3	1.054890	137.3	1.045394	142.3	1.037141	147.3	1.029995	152.3	1.023842
132.4	1.054687	137.4	1.045217	142.4	1.036987	147.4	1.029863	152.4	1.023728
132.5	1.054484	137.5	1.045041	142.5	1.036834	147.5	1.029731	152.5	1.023615
132.6	1.054282	137.6	1.044865	142.6	1.036682	147.6	1.029599	152.6	1.023502
132.7	1.054081	137.7	1.044690	142.7	1.036530	147.7	1.029468	152.7	1.023389
132.8	1.053880	137.8	1.044515	142.8	1.036378	147.8	1.029337	152.8	1.023277
132.9	1.053680	137.9	1.044341	142.9	1.036227	147.9	1.029207	152.9	1.023165
133.0	1.053480	138.0	1.044167	143.0	1.036077	148.0	1.029077	153.0	1.023053
133.1	1.053281	138.1	1.043993	143.1	1.035926	148.1	1.028947	153.1	1.022942
133.2	1.053082	138.2	1.043821	143.2	1.035776	148.2	1.028818	153.2	1.022831
133.3	1.052884	138.3	1.043648	143.3	1.035627	148.3	1.028689	153.3	1.022721
133.4	1.052686	138.4	1.043476	143.4	1.035478	148.4	1.028560	153.4	1.022611
133.5	1.052489	138.5	1.043305	143.5	1.035330	148.5	1.028432	153.5	1.022501
133.6	1.052293	138.6	1.043134	143.6	1.035181	148.6	1.028304	153.6	1.022391
133.7	1.052097	138.7	1.042964	143.7	1.035034	148.7	1.028177	153.7	1.022282
133.8	1.051901	138.8	1.042794	143.8	1.034886	148.8	1.028050	153.8	1.022173
133.9	1.051707	138.9	1.042624	143.9	1.034740	148.9	1.027923	153.9	1.022065
134.0	1.051512	139.0	1.042455	144.0	1.034593	149.0	1.027797	154.0	1.021957
134.1	1.051318	139.1	1.042287	144.1	1.034447	149.1	1.027671	154.1	1.021849
134.2	1.051125	139.2	1.042119	144.2	1.034302	149.2	1.027546	154.2	1.021742
134.3	1.050933	139.3	1.041951	144.3	1.034157	149.3	1.027421	154.3	1.021635
134.4	1.050740	139.4	1.041784	144.4	1.034012	149.4	1.027296	154.4	1.021528
134.5	1.050549	139.5	1.041618	144.5	1.033868	149.5	1.027172	154.5	1.021422
134.6	1.050358	139.6	1.041452	144.6	1.033724	149.6	1.027048	154.6	1.021316
134.7	1.050167	139.7	1.041286	144.7	1.033580	149.7	1.026924	154.7	1.021210
134.8	1.049977	139.8	1.041121	144.8	1.033437	149.8	1.026801	154.8	1.021105
134.9	1.049787	139.9	1.040956	144.9	1.033295	149.9	1.026678	154.9	1.021000
135.0	1.049598	140.0	1.040792	145.0	1.033152	150.0	1.026556	155.0	1.020895
135.1	1.049410	140.1	1.040628	145.1	1.033011	150.1	1.026434	155.1	1.020791
135.2	1.049222	140.2	1.040465	145.2	1.032869	150.2	1.026312	155.2	1.020687
135.3	1.049035	140.3	1.040302	145.3	1.032728	150.3	1.026191	155.3	1.020583
135.4	1.048848	140.4	1.040140	145.4	1.032588	150.4	1.026070	155.4	1.020480
135.5	1.048661	140.5	1.039978	145.5	1.032448	150.5	1.025949	155.5	1.020377
135.6	1.048475	140.6	1.039816	145.6	1.032308	150.6	1.025829	155.6	1.020274
135.7	1.048290	140.7	1.039655	145.7	1.032169	150.7	1.025709	155.7	1.020172
135.8	1.048105	140.8	1.039495	145.8	1.032030	150.8	1.025590	155.8	1.020070
135.9	1.047921	140.9	1.039334	145.9	1.031891	150.9	1.025471	155.9	1.019968
136.0	1.047737	141.0	1.039175	146.0	1.031753	151.0	1.025352	156.0	1.019867
136.1	1.047554	141.1	1.039016	146.1	1.031616	151.1	1.025234	156.1	1.019766
136.2	1.047371	141.2	1.038857	146.2	1.031479	151.2	1.025116	156.2	1.019665
136.3	1.047189	141.3	1.038699	146.3	1.031342	151.3	1.024998	156.3	1.019565
136.4	1.047007	141.4	1.038541	146.4	1.031205	151.4	1.024881	156.4	1.019465
136.5	1.046826	141.5	1.038384	146.5	1.031069	151.5	1.024764	156.5	1.019365
136.6	1.046645	141.6	1.038227	146.6	1.030934	151.6	1.024647	156.6	1.019266
136.7	1.046465	141.7	1.038070	146.7	1.030798	151.7	1.024531	156.7	1.019166
136.8	1.046285	141.8	1.037914	146.8	1.030664	151.8	1.024415	156.8	1.019068
136.9	1.046106	141.9	1.037759	146.9	1.030529	151.9	1.024300	156.9	1.018969

ALBERTA WEIGHTLIFTING ASSOCIATION



AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
157.0	1.018871	162.0	1.014367	167.0	1.010596	172.0	1.007492	177.0	1.004995
157.1	1.018774	162.1	1.014285	167.1	1.010528	172.1	1.007436	177.1	1.004950
157.2	1.018676	162.2	1.014203	167.2	1.010460	172.2	1.007380	177.2	1.004907
157.3	1.018579	162.3	1.014121	167.3	1.010392	172.3	1.007325	177.3	1.004863
157.4	1.018482	162.4	1.014040	167.4	1.010324	172.4	1.007270	177.4	1.004819
157.5	1.018386	162.5	1.013958	167.5	1.010257	172.5	1.007215	177.5	1.004776
157.6	1.018290	162.6	1.013877	167.6	1.010190	172.6	1.007161	177.6	1.004733
157.7	1.018194	162.7	1.013797	167.7	1.010123	172.7	1.007107	177.7	1.004690
157.8	1.018098	162.8	1.013716	167.8	1.010056	172.8	1.007053	177.8	1.004648
157.9	1.018003	162.9	1.013636	167.9	1.009990	172.9	1.006999	177.9	1.004606
158.0	1.017908	163.0	1.013557	168.0	1.009924	173.0	1.006945	178.0	1.004563
158.1	1.017814	163.1	1.013477	168.1	1.009858	173.1	1.006892	178.1	1.004521
158.2	1.017720	163.2	1.013398	168.2	1.009793	173.2	1.006839	178.2	1.004480
158.3	1.017626	163.3	1.013319	168.3	1.009727	173.3	1.006786	178.3	1.004438
158.4	1.017532	163.4	1.013240	168.4	1.009662	173.4	1.006733	178.4	1.004397
158.5	1.017439	163.5	1.013162	168.5	1.009598	173.5	1.006681	178.5	1.004356
158.6	1.017346	163.6	1.013084	168.6	1.009533	173.6	1.006629	178.6	1.004315
158.7	1.017253	163.7	1.013006	168.7	1.009469	173.7	1.006577	178.7	1.004275
158.8	1.017161	163.8	1.012929	168.8	1.009405	173.8	1.006525	178.8	1.004234
158.9	1.017069	163.9	1.012852	168.9	1.009341	173.9	1.006474	178.9	1.004194
159.0	1.016977	164.0	1.012775	169.0	1.009278	174.0	1.006423	179.0	1.004154
159.1	1.016886	164.1	1.012698	169.1	1.009215	174.1	1.006372	179.1	1.004114
159.2	1.016795	164.2	1.012622	169.2	1.009152	174.2	1.006321	179.2	1.004075
159.3	1.016704	164.3	1.012546	169.3	1.009089	174.3	1.006271	179.3	1.004035
159.4	1.016613	164.4	1.012470	169.4	1.009027	174.4	1.006220	179.4	1.003996
159.5	1.016523	164.5	1.012394	169.5	1.008964	174.5	1.006170	179.5	1.003957
159.6	1.016433	164.6	1.012319	169.6	1.008902	174.6	1.006121	179.6	1.003919
159.7	1.016344	164.7	1.012244	169.7	1.008841	174.7	1.006071	179.7	1.003880
159.8	1.016254	164.8	1.012170	169.8	1.008779	174.8	1.006022	179.8	1.003842
159.9	1.016165	164.9	1.012095	169.9	1.008718	174.9	1.005973	179.9	1.003804
160.0	1.016077	165.0	1.012021	170.0	1.008657	175.0	1.005924	180.0	1.003766
160.1	1.015989	165.1	1.011947	170.1	1.008597	175.1	1.005875	180.1	1.003729
160.2	1.015900	165.2	1.011874	170.2	1.008536	175.2	1.005827	180.2	1.003691
160.3	1.015813	165.3	1.011800	170.3	1.008476	175.3	1.005779	180.3	1.003654
160.4	1.015725	165.4	1.011727	170.4	1.008416	175.4	1.005731	180.4	1.003617
160.5	1.015638	165.5	1.011655	170.5	1.008357	175.5	1.005683	180.5	1.003580
160.6	1.015551	165.6	1.011582	170.6	1.008297	175.6	1.005636	180.6	1.003544
160.7	1.015465	165.7	1.011510	170.7	1.008238	175.7	1.005588	180.7	1.003507
160.8	1.015379	165.8	1.011438	170.8	1.008179	175.8	1.005541	180.8	1.003471
160.9	1.015293	165.9	1.011366	170.9	1.008120	175.9	1.005494	180.9	1.003435
161.0	1.015207	166.0	1.011295	171.0	1.008062	176.0	1.005448	181.0	1.003399
161.1	1.015122	166.1	1.011224	171.1	1.008004	176.1	1.005402	181.1	1.003364
161.2	1.015037	166.2	1.011153	171.2	1.007946	176.2	1.005355	181.2	1.003329
161.3	1.014952	166.3	1.011083	171.3	1.007888	176.3	1.005310	181.3	1.003294
161.4	1.014868	166.4	1.011012	171.4	1.007831	176.4	1.005264	181.4	1.003259
161.5	1.014783	166.5	1.010942	171.5	1.007774	176.5	1.005218	181.5	1.003224
161.6	1.014700	166.6	1.010873	171.6	1.007717	176.6	1.005173	181.6	1.003189
161.7	1.014616	166.7	1.010803	171.7	1.007660	176.7	1.005128	181.7	1.003155
161.8	1.014533	166.8	1.010734	171.8	1.007604	176.8	1.005083	181.8	1.003121
161.9	1.014450	166.9	1.010665	171.9	1.007547	176.9	1.005039	181.9	1.003087

ALBERTA WEIGHTLIFTING ASSOCIATION



AFFILIATED WITH THE WCH AND IWF

Male Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
182.0	1.003053	187.0	1.001623	192.0	1.000661	197.0	1.000133
182.1	1.003020	187.1	1.001599	192.1	1.000646	197.1	1.000126
182.2	1.002987	187.2	1.001575	192.2	1.000632	197.2	1.000120
182.3	1.002954	187.3	1.001552	192.3	1.000618	197.3	1.000114
182.4	1.002921	187.4	1.001529	192.4	1.000603	197.4	1.000108
182.5	1.002888	187.5	1.001506	192.5	1.000589	197.5	1.000103
182.6	1.002856	187.6	1.001483	192.6	1.000576	197.6	1.000097
182.7	1.002823	187.7	1.001461	192.7	1.000562	197.7	1.000092
182.8	1.002791	187.8	1.001438	192.8	1.000548	197.8	1.000086
182.9	1.002759	187.9	1.001416	192.9	1.000535	197.9	1.000081
183.0	1.002728	188.0	1.001394	193.0	1.000522	198.0	1.000076
183.1	1.002696	188.1	1.001372	193.1	1.000509	198.1	1.000071
183.2	1.002665	188.2	1.001350	193.2	1.000496	198.2	1.000067
183.3	1.002634	188.3	1.001329	193.3	1.000483	198.3	1.000062
183.4	1.002603	188.4	1.001308	193.4	1.000471	198.4	1.000058
183.5	1.002573	188.5	1.001287	193.5	1.000459	198.5	1.000054
183.6	1.002542	188.6	1.001266	193.6	1.000447	198.6	1.000050
183.7	1.002512	188.7	1.001245	193.7	1.000435	198.7	1.000046
183.8	1.002482	188.8	1.001224	193.8	1.000423	198.8	1.000042
183.9	1.002452	188.9	1.001204	193.9	1.000411	198.9	1.000039
184.0	1.002422	189.0	1.001184	194.0	1.000400	199.0	1.000035
184.1	1.002393	189.1	1.001164	194.1	1.000388	199.1	1.000032
184.2	1.002364	189.2	1.001144	194.2	1.000377	199.2	1.000029
184.3	1.002334	189.3	1.001124	194.3	1.000366	199.3	1.000026
184.4	1.002306	189.4	1.001105	194.4	1.000356	199.4	1.000023
184.5	1.002277	189.5	1.001086	194.5	1.000345	199.5	1.000021
184.6	1.002248	189.6	1.001066	194.6	1.000334	199.6	1.000018
184.7	1.002220	189.7	1.001047	194.7	1.000324	199.7	1.000016
184.8	1.002192	189.8	1.001029	194.8	1.000314	199.8	1.000014
184.9	1.002164	189.9	1.001010	194.9	1.000304	199.9	1.000012
185.0	1.002136	190.0	1.000992	195.0	1.000294	200.0	1.000010
185.1	1.002109	190.1	1.000974	195.1	1.000285	200.1	1.000008
185.2	1.002082	190.2	1.000956	195.2	1.000275	200.2	1.000007
185.3	1.002054	190.3	1.000938	195.3	1.000266	200.3	1.000006
185.4	1.002028	190.4	1.000920	195.4	1.000257	200.4	1.000004
185.5	1.002001	190.5	1.000902	195.5	1.000248	200.5	1.000003
185.6	1.001974	190.6	1.000885	195.6	1.000239	200.6	1.000002
185.7	1.001948	190.7	1.000868	195.7	1.000230	200.7	1.000002
185.8	1.001922	190.8	1.000851	195.8	1.000222	200.8	1.000001
185.9	1.001896	190.9	1.000834	195.9	1.000214	200.9	1.000001
186.0	1.001870	191.0	1.000818	196.0	1.000205	201.0	1.000000
186.1	1.001844	191.1	1.000801	196.1	1.000197	201.1	1.000000
186.2	1.001819	191.2	1.000785	196.2	1.000190	201.2	1.000000
186.3	1.001794	191.3	1.000769	196.3	1.000182		
186.4	1.001769	191.4	1.000753	196.4	1.000174		
186.5	1.001744	191.5	1.000737	196.5	1.000167		
186.6	1.001719	191.6	1.000722	196.6	1.000160		
186.7	1.001695	191.7	1.000706	196.7	1.000153		
186.8	1.001671	191.8	1.000691	196.8	1.000146		
186.9	1.001646	191.9	1.000676	196.9	1.000139		