



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Female Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
28.0	2.494911	33.1	2.115546	38.2	1.860952	43.3	1.680029	48.4	1.545969
28.1	2.485734	33.2	2.109582	38.3	1.856811	43.4	1.677014	48.5	1.543693
28.2	2.476641	33.3	2.103663	38.4	1.852697	43.5	1.674016	48.6	1.541430
28.3	2.467632	33.4	2.097791	38.5	1.848611	43.6	1.671035	48.7	1.539178
28.4	2.458705	33.5	2.091963	38.6	1.844551	43.7	1.668072	48.8	1.536937
28.5	2.449860	33.6	2.086179	38.7	1.840518	43.8	1.665126	48.9	1.534709
28.6	2.441094	33.7	2.080439	38.8	1.836512	43.9	1.662197	49.0	1.532492
28.7	2.432408	33.8	2.074743	38.9	1.832531	44.0	1.659284	49.1	1.530286
28.8	2.423800	33.9	2.069090	39.0	1.828577	44.1	1.656389	49.2	1.528092
28.9	2.415269	34.0	2.063479	39.1	1.824648	44.2	1.653509	49.3	1.525909
29.0	2.406814	34.1	2.057910	39.2	1.820744	44.3	1.650647	49.4	1.523737
29.1	2.398435	34.2	2.052383	39.3	1.816866	44.4	1.647800	49.5	1.521577
29.2	2.390130	34.3	2.046897	39.4	1.813012	44.5	1.644970	49.6	1.519427
29.3	2.381898	34.4	2.041451	39.5	1.809184	44.6	1.642156	49.7	1.517288
29.4	2.373738	34.5	2.036046	39.6	1.805379	44.7	1.639358	49.8	1.515161
29.5	2.365650	34.6	2.030681	39.7	1.801600	44.8	1.636576	49.9	1.513044
29.6	2.357633	34.7	2.025355	39.8	1.797844	44.9	1.633809	50.0	1.510938
29.7	2.349686	34.8	2.020068	39.9	1.794112	45.0	1.631058	50.1	1.508842
29.8	2.341807	34.9	2.014820	40.0	1.790403	45.1	1.628322	50.2	1.506757
29.9	2.333996	35.0	2.009610	40.1	1.786718	45.2	1.625601	50.3	1.504683
30.0	2.326253	35.1	2.004438	40.2	1.783057	45.3	1.622896	50.4	1.502619
30.1	2.318576	35.2	1.999304	40.3	1.779418	45.4	1.620206	50.5	1.500565
30.2	2.310964	35.3	1.994206	40.4	1.775802	45.5	1.617531	50.6	1.498522
30.3	2.303418	35.4	1.989146	40.5	1.772209	45.6	1.614870	50.7	1.496489
30.4	2.295935	35.5	1.984121	40.6	1.768638	45.7	1.612224	50.8	1.494466
30.5	2.288516	35.6	1.979133	40.7	1.765089	45.8	1.609593	50.9	1.492453
30.6	2.281159	35.7	1.974180	40.8	1.761563	45.9	1.606977	51.0	1.490450
30.7	2.273863	35.8	1.969262	40.9	1.758058	46.0	1.604375	51.1	1.488457
30.8	2.266629	35.9	1.964379	41.0	1.754575	46.1	1.601787	51.2	1.486474
30.9	2.259455	36.0	1.959531	41.1	1.751113	46.2	1.599213	51.3	1.484501
31.0	2.252341	36.1	1.954717	41.2	1.747673	46.3	1.596653	51.4	1.482537
31.1	2.245285	36.2	1.949937	41.3	1.744253	46.4	1.594108	51.5	1.480584
31.2	2.238288	36.3	1.945190	41.4	1.740855	46.5	1.591576	51.6	1.478640
31.3	2.231348	36.4	1.940476	41.5	1.737477	46.6	1.589058	51.7	1.476705
31.4	2.224465	36.5	1.935796	41.6	1.734120	46.7	1.586553	51.8	1.474780
31.5	2.217638	36.6	1.931147	41.7	1.730783	46.8	1.584062	51.9	1.472864
31.6	2.210867	36.7	1.926531	41.8	1.727466	46.9	1.581585	52.0	1.470958
31.7	2.204150	36.8	1.921947	41.9	1.724170	47.0	1.579120	52.1	1.469061
31.8	2.197488	36.9	1.917395	42.0	1.720893	47.1	1.576669	52.2	1.467173
31.9	2.190880	37.0	1.912874	42.1	1.717636	47.2	1.574232	52.3	1.465295
32.0	2.184324	37.1	1.908383	42.2	1.714399	47.3	1.571807	52.4	1.463425
32.1	2.177821	37.2	1.903924	42.3	1.711180	47.4	1.569395	52.5	1.461565
32.2	2.171370	37.3	1.899494	42.4	1.707981	47.5	1.566996	52.6	1.459713
32.3	2.164969	37.4	1.895095	42.5	1.704802	47.6	1.564610	52.7	1.457871
32.4	2.158620	37.5	1.890726	42.6	1.701641	47.7	1.562236	52.8	1.456037
32.5	2.152321	37.6	1.886386	42.7	1.698498	47.8	1.559876	52.9	1.454212
32.6	2.146071	37.7	1.882076	42.8	1.695375	47.9	1.557527	53.0	1.452396
32.7	2.139870	37.8	1.877794	42.9	1.692269	48.0	1.555191	53.1	1.450589
32.8	2.133718	37.9	1.873541	43.0	1.689182	48.1	1.552867	53.2	1.448790
32.9	2.127613	38.0	1.869317	43.1	1.686113	48.2	1.550556	53.3	1.447000
33.0	2.121556	38.1	1.865120	43.2	1.683062	48.3	1.548256	53.4	1.445219



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(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
53.5	1.443446	58.6	1.363106	63.7	1.298934	68.8	1.246895	73.9	1.204185
53.6	1.441681	58.7	1.361708	63.8	1.297808	68.9	1.245975	74.0	1.203426
53.7	1.439925	58.8	1.360316	63.9	1.296686	69.0	1.245059	74.1	1.202670
53.8	1.438177	58.9	1.358930	64.0	1.295569	69.1	1.244147	74.2	1.201917
53.9	1.436437	59.0	1.357551	64.1	1.294457	69.2	1.243238	74.3	1.201167
54.0	1.434706	59.1	1.356177	64.2	1.293349	69.3	1.242332	74.4	1.200419
54.1	1.432982	59.2	1.354809	64.3	1.292245	69.4	1.241430	74.5	1.199674
54.2	1.431267	59.3	1.353448	64.4	1.291146	69.5	1.240532	74.6	1.198932
54.3	1.429560	59.4	1.352092	64.5	1.290052	69.6	1.239637	74.7	1.198193
54.4	1.427861	59.5	1.350742	64.6	1.288962	69.7	1.238745	74.8	1.197456
54.5	1.426170	59.6	1.349398	64.7	1.287876	69.8	1.237857	74.9	1.196722
54.6	1.424487	59.7	1.348060	64.8	1.286795	69.9	1.236972	75.0	1.195991
54.7	1.422811	59.8	1.346727	64.9	1.285718	70.0	1.236091	75.1	1.195262
54.8	1.421144	59.9	1.345400	65.0	1.284645	70.1	1.235213	75.2	1.194536
54.9	1.419484	60.0	1.344079	65.1	1.283577	70.2	1.234338	75.3	1.193812
55.0	1.417831	60.1	1.342764	65.2	1.282513	70.3	1.233467	75.4	1.193092
55.1	1.416187	60.2	1.341454	65.3	1.281453	70.4	1.232599	75.5	1.192373
55.2	1.414550	60.3	1.340150	65.4	1.280398	70.5	1.231734	75.6	1.191658
55.3	1.412921	60.4	1.338851	65.5	1.279347	70.6	1.230872	75.7	1.190945
55.4	1.411299	60.5	1.337558	65.6	1.278300	70.7	1.230014	75.8	1.190235
55.5	1.409685	60.6	1.336271	65.7	1.277257	70.8	1.229159	75.9	1.189527
55.6	1.408078	60.7	1.334989	65.8	1.276218	70.9	1.228307	76.0	1.188821
55.7	1.406478	60.8	1.333712	65.9	1.275184	71.0	1.227459	76.1	1.188119
55.8	1.404886	60.9	1.332441	66.0	1.274153	71.1	1.226613	76.2	1.187419
55.9	1.403301	61.0	1.331175	66.1	1.273127	71.2	1.225771	76.3	1.186721
56.0	1.401723	61.1	1.329915	66.2	1.272105	71.3	1.224932	76.4	1.186026
56.1	1.400153	61.2	1.328660	66.3	1.271087	71.4	1.224096	76.5	1.185333
56.2	1.398589	61.3	1.327410	66.4	1.270073	71.5	1.223264	76.6	1.184643
56.3	1.397033	61.4	1.326166	66.5	1.269063	71.6	1.222434	76.7	1.183955
56.4	1.395484	61.5	1.324926	66.6	1.268057	71.7	1.221608	76.8	1.183270
56.5	1.393942	61.6	1.323692	66.7	1.267055	71.8	1.220784	76.9	1.182587
56.6	1.392407	61.7	1.322464	66.8	1.266056	71.9	1.219964	77.0	1.181907
56.7	1.390879	61.8	1.321240	66.9	1.265062	72.0	1.219147	77.1	1.181229
56.8	1.389357	61.9	1.320021	67.0	1.264072	72.1	1.218333	77.2	1.180554
56.9	1.387843	62.0	1.318808	67.1	1.263086	72.2	1.217522	77.3	1.179881
57.0	1.386335	62.1	1.317600	67.2	1.262103	72.3	1.216714	77.4	1.179210
57.1	1.384834	62.2	1.316396	67.3	1.261124	72.4	1.215909	77.5	1.178542
57.2	1.383340	62.3	1.315198	67.4	1.260150	72.5	1.215106	77.6	1.177876
57.3	1.381852	62.4	1.314005	67.5	1.259179	72.6	1.214307	77.7	1.177213
57.4	1.380372	62.5	1.312816	67.6	1.258211	72.7	1.213511	77.8	1.176552
57.5	1.378897	62.6	1.311633	67.7	1.257248	72.8	1.212718	77.9	1.175893
57.6	1.377430	62.7	1.310454	67.8	1.256288	72.9	1.211928	78.0	1.175237
57.7	1.375969	62.8	1.309281	67.9	1.255332	73.0	1.211141	78.1	1.174583
57.8	1.374514	62.9	1.308112	68.0	1.254380	73.1	1.210356	78.2	1.173931
57.9	1.373066	63.0	1.306948	68.1	1.253432	73.2	1.209575	78.3	1.173282
58.0	1.371624	63.1	1.305789	68.2	1.252487	73.3	1.208796	78.4	1.172635
58.1	1.370189	63.2	1.304635	68.3	1.251546	73.4	1.208021	78.5	1.171990
58.2	1.368759	63.3	1.303485	68.4	1.250608	73.5	1.207248	78.6	1.171347
58.3	1.367337	63.4	1.302340	68.5	1.249674	73.6	1.206478	78.7	1.170707
58.4	1.365920	63.5	1.301200	68.6	1.248744	73.7	1.205711	78.8	1.170069
58.5	1.364510	63.6	1.300065	68.7	1.247818	73.8	1.204946	78.9	1.169434

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(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
79.0	1.168800	84.1	1.139269	89.2	1.114489	94.3	1.093618	99.4	1.076003
79.1	1.168169	84.2	1.138741	89.3	1.114045	94.4	1.093244	99.5	1.075686
79.2	1.167540	84.3	1.138214	89.4	1.113602	94.5	1.092870	99.6	1.075371
79.3	1.166913	84.4	1.137689	89.5	1.113160	94.6	1.092498	99.7	1.075056
79.4	1.166289	84.5	1.137166	89.6	1.112721	94.7	1.092127	99.8	1.074743
79.5	1.165666	84.6	1.136645	89.7	1.112282	94.8	1.091757	99.9	1.074431
79.6	1.165046	84.7	1.136125	89.8	1.111845	94.9	1.091388	100.0	1.074119
79.7	1.164428	84.8	1.135608	89.9	1.111410	95.0	1.091021	100.1	1.073809
79.8	1.163812	84.9	1.135092	90.0	1.110975	95.1	1.090655	100.2	1.073500
79.9	1.163199	85.0	1.134578	90.1	1.110543	95.2	1.090290	100.3	1.073191
80.0	1.162587	85.1	1.134065	90.2	1.110112	95.3	1.089926	100.4	1.072884
80.1	1.161978	85.2	1.133555	90.3	1.109682	95.4	1.089563	100.5	1.072578
80.2	1.161371	85.3	1.133046	90.4	1.109254	95.5	1.089202	100.6	1.072273
80.3	1.160766	85.4	1.132539	90.5	1.108827	95.6	1.088842	100.7	1.071969
80.4	1.160163	85.5	1.132033	90.6	1.108401	95.7	1.088483	100.8	1.071665
80.5	1.159562	85.6	1.131530	90.7	1.107977	95.8	1.088125	100.9	1.071363
80.6	1.158963	85.7	1.131028	90.8	1.107555	95.9	1.087768	101.0	1.071062
80.7	1.158367	85.8	1.130527	90.9	1.107134	96.0	1.087413	101.1	1.070762
80.8	1.157772	85.9	1.130029	91.0	1.106714	96.1	1.087059	101.2	1.070463
80.9	1.157180	86.0	1.129532	91.1	1.106295	96.2	1.086705	101.3	1.070165
81.0	1.156589	86.1	1.129037	91.2	1.105878	96.3	1.086354	101.4	1.069867
81.1	1.156001	86.2	1.128543	91.3	1.105463	96.4	1.086003	101.5	1.069571
81.2	1.155415	86.3	1.128051	91.4	1.105049	96.5	1.085653	101.6	1.069276
81.3	1.154831	86.4	1.127561	91.5	1.104636	96.6	1.085305	101.7	1.068982
81.4	1.154248	86.5	1.127073	91.6	1.104224	96.7	1.084957	101.8	1.068688
81.5	1.153668	86.6	1.126586	91.7	1.103814	96.8	1.084611	101.9	1.068396
81.6	1.153090	86.7	1.126101	91.8	1.103406	96.9	1.084266	102.0	1.068105
81.7	1.152514	86.8	1.125617	91.9	1.102998	97.0	1.083923	102.1	1.067814
81.8	1.151940	86.9	1.125135	92.0	1.102592	97.1	1.083580	102.2	1.067525
81.9	1.151368	87.0	1.124655	92.1	1.102188	97.2	1.083238	102.3	1.067236
82.0	1.150798	87.1	1.124176	92.2	1.101784	97.3	1.082898	102.4	1.066949
82.1	1.150229	87.2	1.123699	92.3	1.101382	97.4	1.082558	102.5	1.066662
82.2	1.149663	87.3	1.123224	92.4	1.100982	97.5	1.082220	102.6	1.066377
82.3	1.149099	87.4	1.122750	92.5	1.100583	97.6	1.081883	102.7	1.066092
82.4	1.148537	87.5	1.122278	92.6	1.100185	97.7	1.081547	102.8	1.065808
82.5	1.147976	87.6	1.121807	92.7	1.099788	97.8	1.081212	102.9	1.065526
82.6	1.147418	87.7	1.121338	92.8	1.099393	97.9	1.080879	103.0	1.065244
82.7	1.146861	87.8	1.120871	92.9	1.098999	98.0	1.080546	103.1	1.064963
82.8	1.146307	87.9	1.120405	93.0	1.098606	98.1	1.080214	103.2	1.064683
82.9	1.145754	88.0	1.119940	93.1	1.098215	98.2	1.079884	103.3	1.064404
83.0	1.145203	88.1	1.119478	93.2	1.097825	98.3	1.079555	103.4	1.064126
83.1	1.144655	88.2	1.119016	93.3	1.097436	98.4	1.079226	103.5	1.063849
83.2	1.144108	88.3	1.118557	93.4	1.097048	98.5	1.078899	103.6	1.063572
83.3	1.143563	88.4	1.118099	93.5	1.096662	98.6	1.078573	103.7	1.063297
83.4	1.143019	88.5	1.117642	93.6	1.096277	98.7	1.078248	103.8	1.063022
83.5	1.142478	88.6	1.117187	93.7	1.095894	98.8	1.077924	103.9	1.062749
83.6	1.141939	88.7	1.116734	93.8	1.095511	98.9	1.077601	104.0	1.062476
83.7	1.141401	88.8	1.116282	93.9	1.095130	99.0	1.077279	104.1	1.062205
83.8	1.140865	88.9	1.115831	94.0	1.094750	99.1	1.076959	104.2	1.061934
83.9	1.140331	89.0	1.115382	94.1	1.094372	99.2	1.076639	104.3	1.061664
84.0	1.139799	89.1	1.114935	94.2	1.093994	99.3	1.076320	104.4	1.061395

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104.5	1.061127	109.6	1.048579	114.7	1.038027	119.8	1.029199	124.9	1.021872
104.6	1.060860	109.7	1.048354	114.8	1.037838	119.9	1.029042	125.0	1.021742
104.7	1.060593	109.8	1.048130	114.9	1.037650	120.0	1.028885	125.1	1.021613
104.8	1.060328	109.9	1.047906	115.0	1.037462	120.1	1.028729	125.2	1.021484
104.9	1.060063	110.0	1.047683	115.1	1.037276	120.2	1.028573	125.3	1.021355
105.0	1.059800	110.1	1.047461	115.2	1.037089	120.3	1.028418	125.4	1.021227
105.1	1.059537	110.2	1.047240	115.3	1.036904	120.4	1.028263	125.5	1.021100
105.2	1.059275	110.3	1.047019	115.4	1.036719	120.5	1.028109	125.6	1.020973
105.3	1.059014	110.4	1.046799	115.5	1.036534	120.6	1.027956	125.7	1.020846
105.4	1.058754	110.5	1.046580	115.6	1.036351	120.7	1.027803	125.8	1.020720
105.5	1.058494	110.6	1.046362	115.7	1.036168	120.8	1.027651	125.9	1.020595
105.6	1.058236	110.7	1.046144	115.8	1.035985	120.9	1.027499	126.0	1.020470
105.7	1.057978	110.8	1.045928	115.9	1.035804	121.0	1.027348	126.1	1.020345
105.8	1.057722	110.9	1.045712	116.0	1.035623	121.1	1.027197	126.2	1.020221
105.9	1.057466	111.0	1.045496	116.1	1.035442	121.2	1.027047	126.3	1.020098
106.0	1.057211	111.1	1.045282	116.2	1.035262	121.3	1.026897	126.4	1.019975
106.1	1.056957	111.2	1.045068	116.3	1.035083	121.4	1.026748	126.5	1.019852
106.2	1.056703	111.3	1.044854	116.4	1.034905	121.5	1.026600	126.6	1.019730
106.3	1.056451	111.4	1.044642	116.5	1.034727	121.6	1.026452	126.7	1.019608
106.4	1.056199	111.5	1.044430	116.6	1.034550	121.7	1.026305	126.8	1.019487
106.5	1.055949	111.6	1.044219	116.7	1.034373	121.8	1.026158	126.9	1.019367
106.6	1.055699	111.7	1.044009	116.8	1.034197	121.9	1.026012	127.0	1.019246
106.7	1.055450	111.8	1.043800	116.9	1.034022	122.0	1.025866	127.1	1.019127
106.8	1.055201	111.9	1.043591	117.0	1.033847	122.1	1.025721	127.2	1.019008
106.9	1.054954	112.0	1.043383	117.1	1.033673	122.2	1.025576	127.3	1.018889
107.0	1.054707	112.1	1.043175	117.2	1.033499	122.3	1.025432	127.4	1.018771
107.1	1.054462	112.2	1.042969	117.3	1.033326	122.4	1.025289	127.5	1.018653
107.2	1.054217	112.3	1.042763	117.4	1.033154	122.5	1.025146	127.6	1.018536
107.3	1.053973	112.4	1.042557	117.5	1.032982	122.6	1.025003	127.7	1.018419
107.4	1.053729	112.5	1.042353	117.6	1.032811	122.7	1.024861	127.8	1.018302
107.5	1.053487	112.6	1.042149	117.7	1.032641	122.8	1.024720	127.9	1.018186
107.6	1.053245	112.7	1.041946	117.8	1.032471	122.9	1.024579	128.0	1.018071
107.7	1.053004	112.8	1.041743	117.9	1.032302	123.0	1.024439	128.1	1.017956
107.8	1.052764	112.9	1.041542	118.0	1.032133	123.1	1.024299	128.2	1.017842
107.9	1.052525	113.0	1.041340	118.1	1.031965	123.2	1.024160	128.3	1.017728
108.0	1.052286	113.1	1.041140	118.2	1.031797	123.3	1.024021	128.4	1.017614
108.1	1.052049	113.2	1.040940	118.3	1.031631	123.4	1.023883	128.5	1.017501
108.2	1.051812	113.3	1.040741	118.4	1.031464	123.5	1.023745	128.6	1.017388
108.3	1.051576	113.4	1.040543	118.5	1.031299	123.6	1.023608	128.7	1.017276
108.4	1.051341	113.5	1.040346	118.6	1.031134	123.7	1.023471	128.8	1.017164
108.5	1.051106	113.6	1.040149	118.7	1.030969	123.8	1.023335	128.9	1.017053
108.6	1.050873	113.7	1.039952	118.8	1.030805	123.9	1.023200	129.0	1.016942
108.7	1.050640	113.8	1.039757	118.9	1.030642	124.0	1.023065	129.1	1.016832
108.8	1.050408	113.9	1.039562	119.0	1.030480	124.1	1.022930	129.2	1.016722
108.9	1.050176	114.0	1.039368	119.1	1.030317	124.2	1.022796	129.3	1.016613
109.0	1.049946	114.1	1.039174	119.2	1.030156	124.3	1.022663	129.4	1.016504
109.1	1.049716	114.2	1.038981	119.3	1.029995	124.4	1.022529	129.5	1.016395
109.2	1.049487	114.3	1.038789	119.4	1.029835	124.5	1.022397	129.6	1.016287
109.3	1.049259	114.4	1.038598	119.5	1.029675	124.6	1.022265	129.7	1.016179
109.4	1.049032	114.5	1.038407	119.6	1.029516	124.7	1.022133	129.8	1.016072
109.5	1.048805	114.6	1.038217	119.7	1.029357	124.8	1.022002	129.9	1.015965



ALBERTA WEIGHTLIFTING ASSOCIATION

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Female Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
130.0	1.015859	135.1	1.011005	140.2	1.007177	145.3	1.004265	150.4	1.002171
130.1	1.015753	135.2	1.010920	140.3	1.007112	145.4	1.004216	150.5	1.002138
130.2	1.015648	135.3	1.010836	140.4	1.007047	145.5	1.004168	150.6	1.002104
130.3	1.015543	135.4	1.010752	140.5	1.006982	145.6	1.004120	150.7	1.002072
130.4	1.015438	135.5	1.010669	140.6	1.006917	145.7	1.004072	150.8	1.002039
130.5	1.015334	135.6	1.010586	140.7	1.006853	145.8	1.004025	150.9	1.002007
130.6	1.015231	135.7	1.010504	140.8	1.006789	145.9	1.003978	151.0	1.001975
130.7	1.015128	135.8	1.010421	140.9	1.006726	146.0	1.003931	151.1	1.001943
130.8	1.015025	135.9	1.010340	141.0	1.006663	146.1	1.003884	151.2	1.001911
130.9	1.014922	136.0	1.010258	141.1	1.006600	146.2	1.003838	151.3	1.001880
131.0	1.014821	136.1	1.010177	141.2	1.006537	146.3	1.003792	151.4	1.001849
131.1	1.014719	136.2	1.010097	141.3	1.006475	146.4	1.003747	151.5	1.001819
131.2	1.014618	136.3	1.010016	141.4	1.006414	146.5	1.003702	151.6	1.001788
131.3	1.014517	136.4	1.009936	141.5	1.006352	146.6	1.003657	151.7	1.001758
131.4	1.014417	136.5	1.009857	141.6	1.006291	146.7	1.003612	151.8	1.001728
131.5	1.014318	136.6	1.009778	141.7	1.006230	146.8	1.003568	151.9	1.001699
131.6	1.014218	136.7	1.009699	141.8	1.006170	146.9	1.003524	152.0	1.001670
131.7	1.014119	136.8	1.009621	141.9	1.006110	147.0	1.003480	152.1	1.001641
131.8	1.014021	136.9	1.009543	142.0	1.006050	147.1	1.003437	152.2	1.001612
131.9	1.013923	137.0	1.009465	142.1	1.005991	147.2	1.003394	152.3	1.001583
132.0	1.013825	137.1	1.009388	142.2	1.005932	147.3	1.003351	152.4	1.001555
132.1	1.013728	137.2	1.009311	142.3	1.005873	147.4	1.003308	152.5	1.001527
132.2	1.013631	137.3	1.009235	142.4	1.005815	147.5	1.003266	152.6	1.001500
132.3	1.013535	137.4	1.009159	142.5	1.005757	147.6	1.003224	152.7	1.001472
132.4	1.013439	137.5	1.009083	142.6	1.005699	147.7	1.003183	152.8	1.001445
132.5	1.013344	137.6	1.009008	142.7	1.005642	147.8	1.003141	152.9	1.001418
132.6	1.013248	137.7	1.008933	142.8	1.005585	147.9	1.003100	153.0	1.001392
132.7	1.013154	137.8	1.008858	142.9	1.005528	148.0	1.003060	153.1	1.001366
132.8	1.013060	137.9	1.008784	143.0	1.005471	148.1	1.003019	153.2	1.001340
132.9	1.012966	138.0	1.008710	143.1	1.005415	148.2	1.002979	153.3	1.001314
133.0	1.012872	138.1	1.008637	143.2	1.005360	148.3	1.002939	153.4	1.001288
133.1	1.012779	138.2	1.008564	143.3	1.005304	148.4	1.002900	153.5	1.001263
133.2	1.012687	138.3	1.008491	143.4	1.005249	148.5	1.002861	153.6	1.001238
133.3	1.012595	138.4	1.008418	143.5	1.005195	148.6	1.002822	153.7	1.001214
133.4	1.012503	138.5	1.008346	143.6	1.005140	148.7	1.002783	153.8	1.001189
133.5	1.012411	138.6	1.008275	143.7	1.005086	148.8	1.002745	153.9	1.001165
133.6	1.012321	138.7	1.008203	143.8	1.005032	148.9	1.002707	154.0	1.001141
133.7	1.012230	138.8	1.008133	143.9	1.004979	149.0	1.002669	154.1	1.001117
133.8	1.012140	138.9	1.008062	144.0	1.004926	149.1	1.002632	154.2	1.001094
133.9	1.012050	139.0	1.007992	144.1	1.004873	149.2	1.002595	154.3	1.001071
134.0	1.011961	139.1	1.007922	144.2	1.004821	149.3	1.002558	154.4	1.001048
134.1	1.011872	139.2	1.007852	144.3	1.004768	149.4	1.002521	154.5	1.001026
134.2	1.011783	139.3	1.007783	144.4	1.004717	149.5	1.002485	154.6	1.001003
134.3	1.011695	139.4	1.007715	144.5	1.004665	149.6	1.002449	154.7	1.000981
134.4	1.011608	139.5	1.007646	144.6	1.004614	149.7	1.002413	154.8	1.000959
134.5	1.011520	139.6	1.007578	144.7	1.004563	149.8	1.002378	154.9	1.000938
134.6	1.011433	139.7	1.007510	144.8	1.004513	149.9	1.002342	155.0	1.000917
134.7	1.011347	139.8	1.007443	144.9	1.004462	150.0	1.002308	155.1	1.000896
134.8	1.011261	139.9	1.007376	145.0	1.004412	150.1	1.002273	155.2	1.000875
134.9	1.011175	140.0	1.007310	145.1	1.004363	150.2	1.002239	155.3	1.000854
135.0	1.011090	140.1	1.007243	145.2	1.004314	150.3	1.002205	155.4	1.000834



ALBERTA WEIGHTLIFTING ASSOCIATION

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Female Sinclair Coefficients

(2025-2028)



B. Wt.	Sin. #	B. Wt.	Sin. #
155.5	1.000814	160.6	1.000122
155.6	1.000794	160.7	1.000115
155.7	1.000775	160.8	1.000108
155.8	1.000756	160.9	1.000101
155.9	1.000737	161.0	1.000094
156.0	1.000718	161.1	1.000088
156.1	1.000699	161.2	1.000082
156.2	1.000681	161.3	1.000076
156.3	1.000663	161.4	1.000070
156.4	1.000646	161.5	1.000065
156.5	1.000628	161.6	1.000059
156.6	1.000611	161.7	1.000054
156.7	1.000594	161.8	1.000050
156.8	1.000577	161.9	1.000045
156.9	1.000561	162.0	1.000041
157.0	1.000545	162.1	1.000036
157.1	1.000529	162.2	1.000033
157.2	1.000513	162.3	1.000029
157.3	1.000497	162.4	1.000025
157.4	1.000482	162.5	1.000022
157.5	1.000467	162.6	1.000019
157.6	1.000452	162.7	1.000016
157.7	1.000438	162.8	1.000014
157.8	1.000424	162.9	1.000011
157.9	1.000410	163.0	1.000009
158.0	1.000396	163.1	1.000007
158.1	1.000382	163.2	1.000006
158.2	1.000369	163.3	1.000004
158.3	1.000356	163.4	1.000003
158.4	1.000343	163.5	1.000002
158.5	1.000331	163.6	1.000001
158.6	1.000319	163.7	1.000001
158.7	1.000306	163.8	1.000000
158.8	1.000295	163.9	1.000000
158.9	1.000283	164.0	1.000000
159.0	1.000272		
159.1	1.000261		
159.2	1.000250		
159.3	1.000239		
159.4	1.000229		
159.5	1.000219		
159.6	1.000209		
159.7	1.000199		
159.8	1.000190		
159.9	1.000180		
160.0	1.000171		
160.1	1.000163		
160.2	1.000154		
160.3	1.000146		
160.4	1.000138		
160.5	1.000130		