

**WRPF Latvia
Classification Standards**

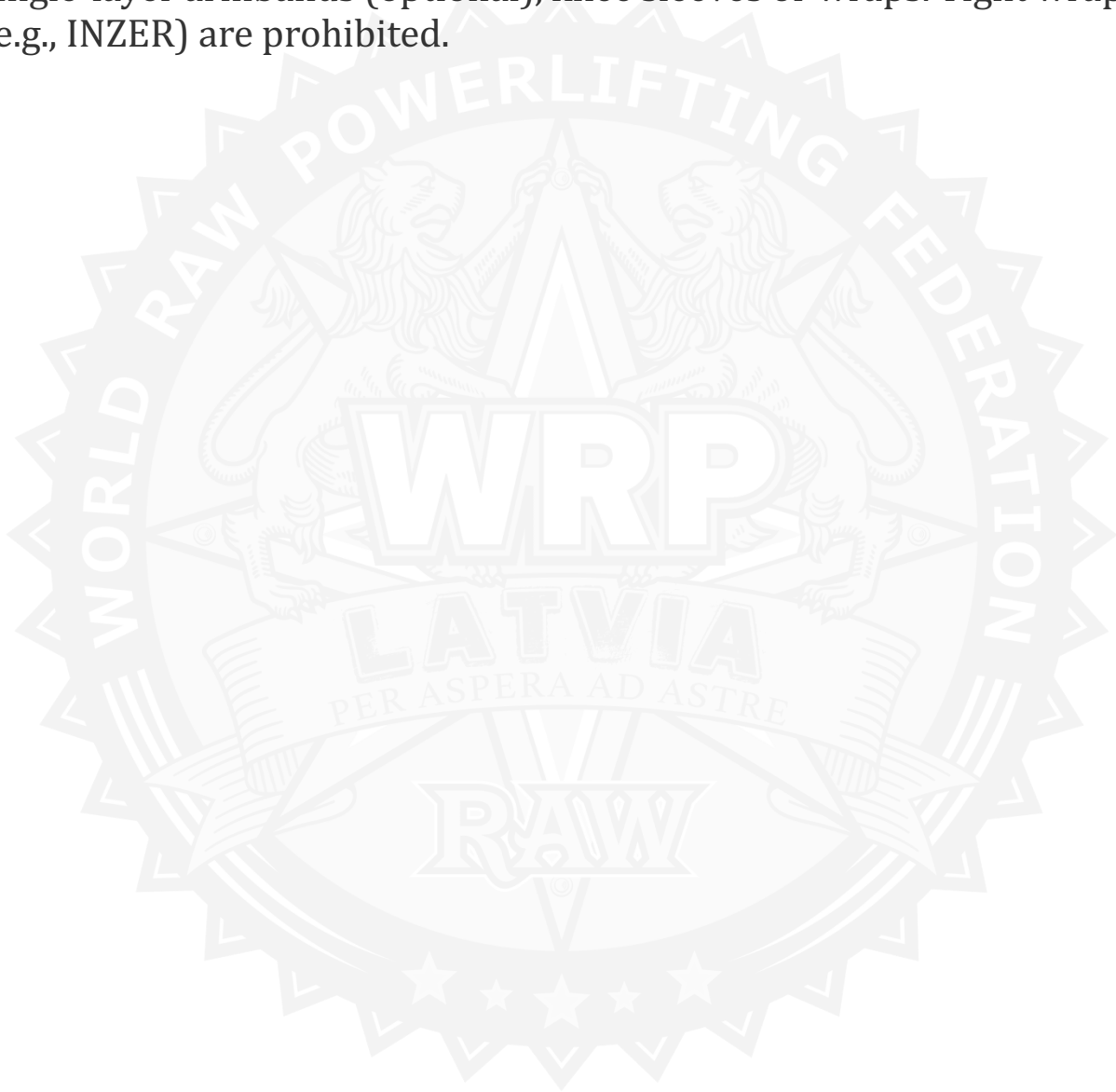


Revision: February 21, 2024

General information

1) Allowed gear for raw powerlifting divisions:

Closing without specific body support consisting of one piece of fabric, single - layer leotard, underwear, socks, belt (optional), shoes and single-layer armbands (optional), knee sleeves or wraps. Tight wraps (e.g., INZER) are prohibited.



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Raw Deadlift Men

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
52	175	162.5	145	132.5	112.5
56	190	172.5	155	140	122.5
60	200	185	165	150	127.5
67.5	220	202.5	180	162.5	140
75	237.5	215	192.5	175	150
82.5	250	227.5	202.5	182.5	157.5
90	260	235	212.5	190	165
100	272.5	245	220	197.5	170
110	280	252.5	227.5	205	177.5
125	290	262.5	235	212.5	182.5
140	297.5	270	242.5	217.5	187.5
+140	305	275	247.5	222.5	190

Raw Deadlift Women

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
44	115	100	90	82.5	70
48	125	110	97.5	87.5	75
52	135	117.5	105	95	80
56	142.5	125	110	100	85
60	150	130	117.5	105	90
67,5	160	140	125	112.5	95
75	167.5	145	130	117.5	100
82,5	175	152.5	135	122.5	105
90	180	157.5	140	125	107.5
+90	182.5	160	142.5	127.5	110

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Bench Press among the athletes with the physical features Men

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
48	92.5	80	72.5	65	55
52	100	87.5	77.5	70	60
56	110	95	85	77.5	65
60	117.5	102.5	92.5	82.5	70
67.5	132.5	115	102.5	92.5	80
75	142.5	125	112.5	100	85
82.5	152.5	132.5	120	107.5	92.5
90	162.5	140	127.5	112.5	97.5
100	170	150	132.5	120	102.5
110	177.5	155	140	125	107.5
125	187.5	162.5	145	130	112.5
140	192.5	167.5	150	135	115
+140	197.5	172.5	155	140	117.5

Bench Press among the athletes with the physical features Women

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
40	42.5	37.5	35	30	25
44	50	42.5	37.5	35	30
48	55	47.5	42.5	37.5	32.5
52	60	52.5	47.5	42.5	35
56	65	55	50	45	40
60	70	60	55	47.5	42.5
67.5	77.5	67.5	60	55	47.5
75	82.5	72.5	65	57.5	50
82.5	90	77.5	70	62.5	52.5
90	95	82.5	75	67.5	57.5
+90	100	90	80	72.5	62.5