

WRPF Latvia
Classification Standards



Revision: August 31, 2023

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.

WRPF Latvia

Raw Powerlifting Men

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
52	402.5	362.5	322.5	280	240
56	437.5	395	350	305	260
60	470	422.5	375	327.5	280
67.5	525	472.5	420	365	312.5
75	577.5	517.5	460	402.5	345
82.5	615	552.5	592.5	430	370
90	647.5	582.5	517.5	452.5	387.5
100	682.5	615	545	477.5	410
110	715	645	572.5	502.5	430
125	747.5	672.5	597.5	525	450
140	770	695	617.5	540	465
+140	790	710	632.5	555	475

Raw Powerlifting Women

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
44	255	220	197.5	177.5	147.5
48	280	245	215	190	162.5
52	305	265	232.5	210	177.5
56	325	285	250	225	192.5
60	345	312.5	270	237.5	205
67.5	372.5	325	287.5	257.5	220
75	395	340	305	275	230
82.5	417.5	365	322.5	290	247.5
90	430	380	335	300	255
+90	442.5	387.5	342.5	307.5	262.5

**Raw Push&Pull
Men**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
52	292.5	252.5	225	195	165
56	310	267.5	237.5	205	175
60	327.5	282.5	250	217.5	185
67.5	355	307.5	272.5	237.5	202.5
75	385	332.5	295	257.5	220
82.5	410	355	315	275	235
90	435	375	335	290	250
100	457.5	395	352.5	305	262.5
110	477.5	412.5	365	317.5	272.5
125	495	430	380	330	282.5
140	515	445	392.5	342.5	292.5
+140	527.5	457.5	405	352.5	300

**Raw Push&Pull
Women**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
44	172.5	150	132.5	115	102.5
48	182.5	162.5	142.5	125	110
52	197.5	172.5	152.5	135	117.5
56	210	182.5	162.5	142.5	125
60	222.5	192.5	170	150	132.5
67.5	240	210	185	162.5	145
75	260	227.5	200	175	157.5
82.5	280	242.5	215	187.5	167.5
90	297.5	257.5	227.5	197.5	177.5
+90	312.5	270	240	207.5	185

**Raw Bench Press
Men**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
52	107.5	92.5	82.5	72.5	65
56	117.5	100	90	80	70
60	125	110	97.5	87.5	75
67.5	142.5	122.5	110	97.5	85
75	155	135	120	107.5	95
82.5	165	142.5	127.5	115	100
90	175	152.5	135	120	107.5
100	185	160	142.5	127.5	115
110	192.5	167.5	150	135	120
125	202.5	175	157.5	140	125
140	210	182.5	162.5	145	130
+140	215	187.5	167.5	150	135

**Raw Bench Press
Women**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
44	55	47.5	42.5	37.5	32.5
48	62.5	55	47.5	42.5	37.5
52	67.5	60	52.5	47.5	42.5
56	72.5	65	57.5	52.5	47.5
60	77.5	67.5	62.5	55	50
67.5	87.5	75	67.5	60	55
75	95	82.5	75	67.5	57.5
82.5	100	87.5	77.5	70	60
90	105	92.5	82.5	75	62.5
+90	110	95	85	77.5	65

**Strict Biceps Curl
Men**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
52	47.5	40	35	30	25
56	50	42.5	37.5	32.5	27.5
60	52.5	45	40	35	30
67.5	60	52.5	45	37.5	32.5
75	65	57.5	50	42.5	35
82.5	70	62.5	55	47.5	40
90	75	67.5	60	52.5	45
100	80	72.5	65	57.5	50
110	85	77.5	70	62.5	55
125	90	82.5	75	67.5	60
140	95	87.5	80	72.5	65
+140	102.5	92.5	85	77.5	70

**Strict Biceps Curl
Women**

Weight category	Master of Sport	Candidate for Master of Sport	I	II	III
44	30	25	22.5	20	17.5
48	32.5	27.5	25	22.5	20
52	35	30	27.5	25	22.5
56	37.5	32.5	30	27.5	25
60	40	35	32.5	30	27.5
67.5	42.5	37.5	35	32.5	30
75	45	40	37.5	35	32.5
82.5	47.5	42.5	40	37.5	35
90	52.5	47.5	42.5	40	37.5
+90	57.5	42.5	47.5	42.5	40