

# ALBERTA WEIGHTLIFTING ASSOCIATION



AFFILIATED WITH THE C.W.F.H.C. AND I.W.F.

## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
28.0	2.806797	32.2	2.336468	36.4	2.018825	40.6	1.793165	44.8	1.626625
28.1	2.793075	32.3	2.327453	36.5	2.012552	40.7	1.788608	44.9	1.623205
28.2	2.779499	32.4	2.318521	36.6	2.006330	40.8	1.784085	45.0	1.619807
28.3	2.766070	32.5	2.309671	36.7	2.000157	40.9	1.779593	45.1	1.616431
28.4	2.752784	32.6	2.300902	36.8	1.994034	41.0	1.775133	45.2	1.613077
28.5	2.739639	32.7	2.292212	36.9	1.987959	41.1	1.770705	45.3	1.609744
28.6	2.726634	32.8	2.283601	37.0	1.981933	41.2	1.766309	45.4	1.606433
28.7	2.713765	32.9	2.275068	37.1	1.975954	41.3	1.761943	45.5	1.603143
28.8	2.701032	33.0	2.266612	37.2	1.970022	41.4	1.757608	45.6	1.599874
28.9	2.688432	33.1	2.258232	37.3	1.964138	41.5	1.753304	45.7	1.596626
29.0	2.675964	33.2	2.249927	37.4	1.958299	41.6	1.749030	45.8	1.593398
29.1	2.663625	33.3	2.241695	37.5	1.952506	41.7	1.744785	45.9	1.590191
29.2	2.651413	33.4	2.233537	37.6	1.946758	41.8	1.740571	46.0	1.587005
29.3	2.639328	33.5	2.225451	37.7	1.941055	41.9	1.736385	46.1	1.583838
29.4	2.627366	33.6	2.217437	37.8	1.935396	42.0	1.732229	46.2	1.580691
29.5	2.615527	33.7	2.209493	37.9	1.929781	42.1	1.728101	46.3	1.577565
29.6	2.603808	33.8	2.201618	38.0	1.924209	42.2	1.724002	46.4	1.574458
29.7	2.592208	33.9	2.193813	38.1	1.918680	42.3	1.719932	46.5	1.571370
29.8	2.580726	34.0	2.186075	38.2	1.913193	42.4	1.715889	46.6	1.568302
29.9	2.569358	34.1	2.178404	38.3	1.907748	42.5	1.711874	46.7	1.565252
30.0	2.558105	34.2	2.170800	38.4	1.902345	42.6	1.707886	46.8	1.562222
30.1	2.546965	34.3	2.163262	38.5	1.896983	42.7	1.703926	46.9	1.559211
30.2	2.535935	34.4	2.155788	38.6	1.891662	42.8	1.699992	47.0	1.556218
30.3	2.525015	34.5	2.148378	38.7	1.886380	42.9	1.696086	47.1	1.553244
30.4	2.514202	34.6	2.141032	38.8	1.881139	43.0	1.692205	47.2	1.550288
30.5	2.503496	34.7	2.133748	38.9	1.875937	43.1	1.688351	47.3	1.547351
30.6	2.492895	34.8	2.126526	39.0	1.870774	43.2	1.684523	47.4	1.544431
30.7	2.482397	34.9	2.119365	39.1	1.865650	43.3	1.680721	47.5	1.541530
30.8	2.472002	35.0	2.112264	39.2	1.860564	43.4	1.676944	47.6	1.538646
30.9	2.461707	35.1	2.105223	39.3	1.855516	43.5	1.673193	47.7	1.535780
31.0	2.451512	35.2	2.098242	39.4	1.850505	43.6	1.669466	47.8	1.532932
31.1	2.441415	35.3	2.091318	39.5	1.845531	43.7	1.665765	47.9	1.530100
31.2	2.431414	35.4	2.084452	39.6	1.840594	43.8	1.662088	<b>48.0</b>	<b>1.527286</b>
31.3	2.421510	35.5	2.077643	39.7	1.835694	43.9	1.658435	48.1	1.524490
31.4	2.411699	35.6	2.070891	39.8	1.830829	44.0	1.654807	48.2	1.521710
31.5	2.401982	35.7	2.064194	39.9	1.826000	44.1	1.651203	48.3	1.518946
31.6	2.392357	35.8	2.057552	40.0	1.821206	44.2	1.647622	48.4	1.516200
31.7	2.382822	35.9	2.050965	40.1	1.816447	44.3	1.644065	48.5	1.513470
31.8	2.373377	36.0	2.044432	40.2	1.811723	44.4	1.640531	48.6	1.510757
31.9	2.364020	36.1	2.037952	40.3	1.807033	44.5	1.637020	48.7	1.508059
32.0	2.354750	36.2	2.031524	40.4	1.802377	44.6	1.633533	48.8	1.505378
32.1	2.345566	36.3	2.025149	40.5	1.797754	44.7	1.630068	48.9	1.502713

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
49.0	1.500064	53.2	1.401662	57.4	1.323773	61.6	1.261250	65.8	1.210516
49.1	1.497431	53.3	1.399594	57.5	1.322122	61.7	1.259916	65.9	1.209429
49.2	1.494813	53.4	1.397537	57.6	1.320480	61.8	1.258590	66.0	1.208347
49.3	1.492211	53.5	1.395491	57.7	1.318847	61.9	1.257270	66.1	1.207271
49.4	1.489624	53.6	1.393457	57.8	1.317222	62.0	1.255956	66.2	1.206199
49.5	1.487052	53.7	1.391433	57.9	1.315606	62.1	1.254649	66.3	1.205133
49.6	1.484496	53.8	1.389421	<b>58.0</b>	<b>1.313997</b>	62.2	1.253349	66.4	1.204072
49.7	1.481955	53.9	1.387420	58.1	1.312398	62.3	1.252055	66.5	1.203015
49.8	1.479429	54.0	1.385430	58.2	1.310806	62.4	1.250767	66.6	1.201964
49.9	1.476917	54.1	1.383451	58.3	1.309223	62.5	1.249485	66.7	1.200918
50.0	1.474420	54.2	1.381482	58.4	1.307647	62.6	1.248210	66.8	1.199877
50.1	1.471938	54.3	1.379524	58.5	1.306080	62.7	1.246941	66.9	1.198840
50.2	1.469470	54.4	1.377577	58.6	1.304521	62.8	1.245679	67.0	1.197809
50.3	1.467017	54.5	1.375641	58.7	1.302970	62.9	1.244422	67.1	1.196782
50.4	1.464578	54.6	1.373715	58.8	1.301427	<b>63.0</b>	<b>1.243172</b>	67.2	1.195760
50.5	1.462153	54.7	1.371799	58.9	1.299892	63.1	1.241927	67.3	1.194743
50.6	1.459742	54.8	1.369894	59.0	1.298364	63.2	1.240689	67.4	1.193731
50.7	1.457345	54.9	1.367999	59.1	1.296845	63.3	1.239457	67.5	1.192724
50.8	1.454962	55.0	1.366114	59.2	1.295333	63.4	1.238231	67.6	1.191721
50.9	1.452593	55.1	1.364239	59.3	1.293828	63.5	1.237011	67.7	1.190723
51.0	1.450237	55.2	1.362375	59.4	1.292332	63.6	1.235796	67.8	1.189730
51.1	1.447895	55.3	1.360521	59.5	1.290843	63.7	1.234588	67.9	1.188741
51.2	1.445566	55.4	1.358676	59.6	1.289362	63.8	1.233386	68.0	1.187757
51.3	1.443250	55.5	1.356841	59.7	1.287888	63.9	1.232189	68.1	1.186778
51.4	1.440948	55.6	1.355016	59.8	1.286421	64.0	1.230998	68.2	1.185803
51.5	1.438659	55.7	1.353201	59.9	1.284962	64.1	1.229813	68.3	1.184833
51.6	1.436383	55.8	1.351396	60.0	1.283511	64.2	1.228633	68.4	1.183867
51.7	1.434120	55.9	1.349600	60.1	1.282066	64.3	1.227460	68.5	1.182906
51.8	1.431870	56.0	1.347814	60.2	1.280629	64.4	1.226292	68.6	1.181949
51.9	1.429632	56.1	1.346037	60.3	1.279199	64.5	1.225129	68.7	1.180997
52.0	1.427407	56.2	1.344269	60.4	1.277777	64.6	1.223972	68.8	1.180050
52.1	1.425195	56.3	1.342511	60.5	1.276361	64.7	1.222821	68.9	1.179106
52.2	1.422995	56.4	1.340763	60.6	1.274953	64.8	1.221675	<b>69.0</b>	<b>1.178167</b>
52.3	1.420807	56.5	1.339023	60.7	1.273551	64.9	1.220535	69.1	1.177233
52.4	1.418632	56.6	1.337293	60.8	1.272157	65.0	1.219400	69.2	1.176303
52.5	1.416469	56.7	1.335572	60.9	1.270770	65.1	1.218271	69.3	1.175377
52.6	1.414318	56.8	1.333859	61.0	1.269389	65.2	1.217147	69.4	1.174455
52.7	1.412179	56.9	1.332156	61.1	1.268016	65.3	1.216029	69.5	1.173538
52.8	1.410053	57.0	1.330462	61.2	1.266649	65.4	1.214916	69.6	1.172625
52.9	1.407937	57.1	1.328776	61.3	1.265289	65.5	1.213808	69.7	1.171716
<b>53.0</b>	<b>1.405834</b>	57.2	1.327100	61.4	1.263936	65.6	1.212705	69.8	1.170811
53.1	1.403743	57.3	1.325432	61.5	1.262589	65.7	1.211608	69.9	1.169911

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
70.0	1.169015	74.2	1.134874	78.4	1.106696	82.6	1.083413	86.8	1.064202
70.1	1.168123	74.3	1.134139	78.5	1.106088	82.7	1.082911	86.9	1.063788
70.2	1.167235	74.4	1.133407	78.6	1.105483	82.8	1.082411	87.0	1.063377
70.3	1.166351	74.5	1.132678	78.7	1.104881	82.9	1.081914	87.1	1.062967
70.4	1.165471	74.6	1.131953	78.8	1.104282	83.0	1.081419	87.2	1.062560
70.5	1.164595	74.7	1.131231	78.9	1.103685	83.1	1.080926	87.3	1.062154
70.6	1.163724	74.8	1.130512	79.0	1.103091	83.2	1.080436	87.4	1.061750
70.7	1.162856	74.9	1.129796	79.1	1.102500	83.3	1.079948	87.5	1.061348
70.8	1.161993	<b>75.0</b>	<b>1.129084</b>	79.2	1.101911	83.4	1.079462	87.6	1.060948
70.9	1.161133	75.1	1.128375	79.3	1.101326	83.5	1.078978	87.7	1.060550
71.0	1.160277	75.2	1.127669	79.4	1.100742	83.6	1.078496	87.8	1.060154
71.1	1.159426	75.3	1.126966	79.5	1.100162	83.7	1.078017	87.9	1.059759
71.2	1.158578	75.4	1.126267	79.6	1.099584	83.8	1.077540	88.0	1.059367
71.3	1.157734	75.5	1.125571	79.7	1.099008	83.9	1.077065	88.1	1.058976
71.4	1.156894	75.6	1.124878	79.8	1.098436	84.0	1.076592	88.2	1.058587
71.5	1.156058	75.7	1.124188	79.9	1.097866	84.1	1.076121	88.3	1.058200
71.6	1.155226	75.8	1.123501	80.0	1.097298	84.2	1.075653	88.4	1.057815
71.7	1.154397	75.9	1.122817	80.1	1.096733	84.3	1.075186	88.5	1.057431
71.8	1.153572	76.0	1.122136	80.2	1.096171	84.4	1.074722	88.6	1.057049
71.9	1.152752	76.1	1.121459	80.3	1.095611	84.5	1.074260	88.7	1.056670
72.0	1.151934	76.2	1.120784	80.4	1.095053	84.6	1.073800	88.8	1.056292
72.1	1.151121	76.3	1.120113	80.5	1.094499	84.7	1.073342	88.9	1.055915
72.2	1.150311	76.4	1.119445	80.6	1.093946	84.8	1.072887	89.0	1.055541
72.3	1.149506	76.5	1.118779	80.7	1.093397	84.9	1.072433	89.1	1.055168
72.4	1.148703	76.6	1.118117	80.8	1.092849	85.0	1.071982	89.2	1.054797
72.5	1.147905	76.7	1.117458	80.9	1.092304	85.1	1.071532	89.3	1.054428
72.6	1.147110	76.8	1.116801	81.0	1.091762	85.2	1.071085	89.4	1.054061
72.7	1.146319	76.9	1.116148	81.1	1.091222	85.3	1.070639	89.5	1.053695
72.8	1.145531	77.0	1.115498	81.2	1.090685	85.4	1.070196	89.6	1.053331
72.9	1.144747	77.1	1.114850	81.3	1.090150	85.5	1.069755	89.7	1.052969
73.0	1.143967	77.2	1.114206	81.4	1.089617	85.6	1.069316	89.8	1.052608
73.1	1.143190	77.3	1.113564	81.5	1.089087	85.7	1.068879	89.9	1.052250
73.2	1.142416	77.4	1.112925	81.6	1.088560	85.8	1.068444	90.0	1.051893
73.3	1.141647	77.5	1.112290	81.7	1.088034	85.9	1.068010	90.1	1.051537
73.4	1.140880	77.6	1.111657	81.8	1.087511	86.0	1.067579	90.2	1.051184
73.5	1.140117	77.7	1.111027	81.9	1.086991	86.1	1.067150	90.3	1.050832
73.6	1.139358	77.8	1.110400	82.0	1.086473	86.2	1.066723	90.4	1.050481
73.7	1.138602	77.9	1.109775	82.1	1.085957	86.3	1.066298	90.5	1.050133
73.8	1.137850	78.0	1.109154	82.2	1.085443	86.4	1.065875	90.6	1.049786
73.9	1.137101	78.1	1.108535	82.3	1.084932	86.5	1.065454	90.7	1.049441
74.0	1.136355	78.2	1.107919	82.4	1.084424	86.6	1.065034	90.8	1.049097
74.1	1.135613	78.3	1.107306	82.5	1.083917	86.7	1.064617	90.9	1.048755

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
91.0	1.048415	95.2	1.035538	99.4	1.025157	103.6	1.016936	<b>107.8</b>	<b>1.010597</b>
91.1	1.048077	95.3	1.035264	99.5	1.024938	103.7	1.016764	107.9	1.010467
91.2	1.047740	95.4	1.034990	99.6	1.024719	103.8	1.016593	108.0	1.010338
91.3	1.047404	95.5	1.034719	99.7	1.024502	103.9	1.016423	108.1	1.010210
91.4	1.047071	95.6	1.034448	99.8	1.024286	104.0	1.016255	108.2	1.010083
91.5	1.046739	95.7	1.034179	99.9	1.024071	104.1	1.016087	108.3	1.009956
91.6	1.046408	95.8	1.033911	100.0	1.023858	104.2	1.015921	108.4	1.009831
91.7	1.046079	95.9	1.033645	100.1	1.023645	104.3	1.015755	108.5	1.009707
91.8	1.045752	96.0	1.033380	100.2	1.023434	104.4	1.015591	108.6	1.009583
91.9	1.045426	96.1	1.033116	100.3	1.023224	104.5	1.015427	108.7	1.009461
92.0	1.045102	96.2	1.032854	100.4	1.023015	104.6	1.015265	108.8	1.009339
92.1	1.044780	96.3	1.032593	100.5	1.022808	104.7	1.015104	108.9	1.009218
92.2	1.044459	96.4	1.032334	100.6	1.022601	104.8	1.014943	109.0	1.009099
92.3	1.044140	96.5	1.032076	100.7	1.022396	104.9	1.014784	109.1	1.008980
92.4	1.043822	96.6	1.031819	100.8	1.022192	105.0	1.014626	109.2	1.008862
92.5	1.043506	96.7	1.031563	100.9	1.021989	105.1	1.014468	109.3	1.008745
92.6	1.043191	96.8	1.031309	101.0	1.021787	105.2	1.014312	109.4	1.008628
92.7	1.042878	96.9	1.031056	101.1	1.021586	105.3	1.014157	109.5	1.008513
92.8	1.042566	97.0	1.030805	101.2	1.021387	105.4	1.014003	109.6	1.008399
92.9	1.042256	97.1	1.030555	101.3	1.021188	105.5	1.013850	109.7	1.008285
93.0	1.041948	97.2	1.030306	101.4	1.020991	105.6	1.013697	109.8	1.008172
93.1	1.041641	97.3	1.030059	101.5	1.020795	105.7	1.013546	109.9	1.008060
93.2	1.041336	97.4	1.029812	101.6	1.020600	105.8	1.013396	110.0	1.007950
93.3	1.041032	97.5	1.029568	101.7	1.020406	105.9	1.013247	110.1	1.007840
93.4	1.040729	97.6	1.029324	101.8	1.020214	106.0	1.013099	110.2	1.007730
93.5	1.040428	97.7	1.029082	101.9	1.020022	106.1	1.012951	110.3	1.007622
93.6	1.040129	97.8	1.028841	102.0	1.019832	106.2	1.012805	110.4	1.007515
93.7	1.039831	97.9	1.028601	102.1	1.019643	106.3	1.012660	110.5	1.007408
93.8	1.039535	98.0	1.028363	102.2	1.019455	106.4	1.012516	110.6	1.007302
93.9	1.039240	98.1	1.028126	102.3	1.019267	106.5	1.012372	110.7	1.007198
94.0	1.038946	98.2	1.027890	102.4	1.019082	106.6	1.012230	110.8	1.007094
94.1	1.038654	98.3	1.027655	102.5	1.018897	106.7	1.012089	110.9	1.006991
94.2	1.038364	98.4	1.027422	102.6	1.018713	106.8	1.011948	111.0	1.006888
94.3	1.038075	98.5	1.027190	102.7	1.018530	106.9	1.011809	111.1	1.006787
94.4	1.037787	98.6	1.026959	102.8	1.018349	107.0	1.011670	111.2	1.006686
94.5	1.037501	98.7	1.026729	102.9	1.018168	107.1	1.011533	111.3	1.006587
94.6	1.037216	98.8	1.026501	103.0	1.017989	107.2	1.011396	111.4	1.006488
94.7	1.036933	98.9	1.026274	103.1	1.017811	107.3	1.011261	111.5	1.006390
94.8	1.036651	99.0	1.026048	103.2	1.017634	107.4	1.011126	111.6	1.006293
94.9	1.036371	99.1	1.025824	103.3	1.017458	107.5	1.010992	111.7	1.006196
95.0	1.036092	99.2	1.025600	103.4	1.017283	107.6	1.010860	111.8	1.006101
95.1	1.035815	99.3	1.025378	103.5	1.017109	107.7	1.010728	111.9	1.006006

# ALBERTA WEIGHTLIFTING ASSOCIATION



AFFILIATED WITH THE C.W.F.H.C. AND I.W.F.

## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
112.0	1.005912	116.2	1.002691	120.4	1.000772	124.6	1.000021
112.1	1.005819	116.3	1.002631	120.5	1.000741	124.7	1.000016
112.2	1.005727	116.4	1.002571	120.6	1.000711	124.8	1.000012
112.3	1.005636	116.5	1.002512	120.7	1.000681	124.9	1.000009
112.4	1.005545	116.6	1.002454	120.8	1.000652	125.0	1.000006
112.5	1.005455	116.7	1.002397	120.9	1.000624	125.1	1.000003
112.6	1.005366	116.8	1.002340	121.0	1.000596	125.2	1.000002
112.7	1.005278	116.9	1.002285	121.1	1.000569	125.3	1.000001
112.8	1.005191	117.0	1.002229	121.2	1.000543	<b>125.4</b>	<b>1.000000</b>
112.9	1.005105	117.1	1.002175	121.3	1.000517		
113.0	1.005019	117.2	1.002121	121.4	1.000492		
113.1	1.004934	117.3	1.002068	121.5	1.000468		
113.2	1.004850	117.4	1.002016	121.6	1.000444		
113.3	1.004767	117.5	1.001965	121.7	1.000421		
113.4	1.004684	117.6	1.001914	121.8	1.000398		
113.5	1.004603	117.7	1.001864	121.9	1.000376		
113.6	1.004522	117.8	1.001814	122.0	1.000355		
113.7	1.004442	117.9	1.001766	122.1	1.000334		
113.8	1.004362	118.0	1.001718	122.2	1.000314		
113.9	1.004284	118.1	1.001670	122.3	1.000295		
114.0	1.004206	118.2	1.001624	122.4	1.000276		
114.1	1.004129	118.3	1.001578	122.5	1.000258		
114.2	1.004053	118.4	1.001533	122.6	1.000241		
114.3	1.003978	118.5	1.001488	122.7	1.000224		
114.4	1.003903	118.6	1.001444	122.8	1.000208		
114.5	1.003829	118.7	1.001401	122.9	1.000192		
114.6	1.003756	118.8	1.001359	123.0	1.000177		
114.7	1.003684	118.9	1.001317	123.1	1.000163		
114.8	1.003613	119.0	1.001276	123.2	1.000149		
114.9	1.003542	119.1	1.001236	123.3	1.000136		
115.0	1.003472	119.2	1.001196	123.4	1.000124		
115.1	1.003403	119.3	1.001157	123.5	1.000112		
115.2	1.003334	119.4	1.001119	123.6	1.000100		
115.3	1.003266	119.5	1.001081	123.7	1.000090		
115.4	1.003199	119.6	1.001044	123.8	1.000080		
115.5	1.003133	119.7	1.001008	123.9	1.000070		
115.6	1.003068	119.8	1.000972	124.0	1.000061		
115.7	1.003003	119.9	1.000937	124.1	1.000053		
115.8	1.002939	120.0	1.000903	124.2	1.000045		
115.9	1.002876	120.1	1.000869	124.3	1.000038		
116.0	1.002814	120.2	1.000836	124.4	1.000032		
116.1	1.002752	120.3	1.000804	124.5	1.000026		