

AAU Women's Powerlifting'Qualifications

To qualify for the AAU National Championships, a lifter must have accomplished one of the following:

1. Achieved the total listed below in an AAU powerlifting competition within a one year prior to the national or world competition entered. If a total is not listed for a specific weight class/age group/gender, then the lifter must qualify by having competed in a competition of the same type as the national or world event entered and must have achieved a total at that competition.
2. A lifter must have placed first, second, or third in the state competition within a one year prior to and in the same class entered at a national or world competition.
3. A lifter must be the current National or World Champion in the same class that entry is desired.
4. For all other categories, the qualification requirement is to lift and total in a meet in 2006/2007 prior to the competition date.
5. Military Lifters do not have to qualify in 2007.

Note: All values are in Pounds

I. Women's Qualification – Three Lift Competition – Open

Wt Cl	Open	Junior	Sub M
97.0	471.5	454.2	471.52
105.8	514.4	495.5	514.38
114.6	557.2	536.8	557.25
123.5	600.1	578.1	600.11
132.3	643.0	619.4	642.98
148.8	723.4	696.8	723.35
165.3	765.6	737.5	765.60
181.9	807.9	778.2	807.86
198.4	850.1	818.9	850.11
SHW	892.3	861.1	892.3

II. Women's Qualification – Bench Press Only Competition – Open

Wt Class	Open	Junior	Sub Mast
97.0	109.2	105.2	109.2
105.8	119.1	114.8	119.1
114.6	129.1	124.3	129.1
123.5	139.0	133.9	139.0
132.3	148.9	143.5	148.9
148.8	167.5	161.4	167.5
165.3	175.3	168.8	175.3
181.9	183.0	176.3	183.0
198.4	190.7	183.7	190.7
SHW	198.4	191.1	198.4

III. Women's Qualification – Push/Pull Competition – Open

Wt Class	Open	Junior	Sub Mast
97.0	304.8	293.6	304.8
105.8	332.5	320.3	332.5
114.6	360.2	347.0	360.2
123.5	387.9	373.7	387.9
132.3	415.6	400.4	415.6
148.8	467.6	450.4	467.6
165.3	487.0	469.2	487.0
181.9	506.5	487.9	506.5
198.4	526.0	506.7	526.0
SHW	545.4	525.4	545.4

IV. Women's Qualification – Three Lift Competition – Raw

Wt Cl	Open	Junior	Sub M
97.0	400.8	386.1	400.8
105.8	437.2	421.2	437.2
114.6	473.7	456.3	473.7
123.5	510.1	491.4	510.1
132.3	546.5	526.5	546.5
148.8	614.8	592.3	614.8
165.3	657.1	633.0	657.1
181.9	699.4	673.7	699.4
198.4	741.6	714.4	741.6
SHW	783.8	755.0	783.8

V. Women's Qualification – Bench Press Only Competition – Raw

Wt Class	Open	Junior	Sub M
97.0	92.8	89.4	92.8
105.8	101.3	97.6	101.3
114.6	109.7	105.7	109.7
123.5	118.1	113.8	118.1
132.3	126.6	121.9	126.6
148.8	142.4	137.2	142.4
165.3	150.1	144.6	150.1
181.9	157.8	152.0	157.8
198.4	165.6	159.5	165.6
SHW	173.3	166.9	173.3

VI. Women's Qualification – Push/Pull Competition – Raw

Wt Class	Open	Junior	Sub M
97.0	259.1	249.6	259.1
105.8	282.6	272.3	282.6
114.6	306.2	294.9	306.2
123.5	329.7	317.6	329.7
132.3	353.3	340.3	353.3
148.8	397.4	382.9	397.4
165.3	416.9	401.6	416.9
181.9	436.4	420.4	436.4
198.4	455.9	439.1	455.9
SHW	475.3	457.8	475.3