

STANDARD WEIGHT TABLE No. 1A -- 25m or 50m Farmer's Walk with One Turnaround, Kilo Plates**A. Males**

Male Age Range	STANDARD HANDLE WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (17.5 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Youth 12-13	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 14-15	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Teen 16-17	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)
Junior 20-23	---	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Open 24-34	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Submasters 35-39	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Masters 40-49	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 50-59	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 60-69	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	57.5 (126.8 lb)
Masters 70-79	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 80-89	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 90+	---	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)

B. Females

Female Age Range	STANDARD HANDLE WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (17.5 lb)	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)
Youth 12-13	7.94 kg (17.5 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Teen 14-15	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 16-17	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)
Junior 20-23	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Open 24-34	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Submasters 35-39	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 40-49	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)
Masters 50-59	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 60-69	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 70-79	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 80-89	---	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Masters 90+	---	8 kg (17.6 lb)	8 kg (17.6 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)

Notes:

1. Use farmer's walk handles for weights ≥ 10 kg.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.

STANDARD WEIGHT TABLE No. 1B -- 25m or 50m Farmer's Walk with One Turnaround, Pound**A. Males**

Male Age Range	STANDARD HANDLE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	35	35	35
Youth 12-13	25	35	50	50	50
Teen 14-15	35	50	75	75	75
Teen 16-17	35	50	75	75	100
Teen 18-19	35	50	75	100	125
Junior 20-23	---	75	100	125	150
Open 24-34	---	100	125	150	175
Submasters 35-39	---	100	125	150	175
Masters 40-49	---	75	100	125	150
Masters 50-59	---	75	100	125	150
Masters 60-69	---	75	100	125	125
Masters 70-79	---	50	75	100	100
Masters 80-89	---	35	50	75	75
Masters 90+	---	25	35	50	50

B. Females

Female Age Range	STANDARD HANDLE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	25	25	25
Youth 12-13	17.5	25	25	35	35
Teen 14-15	25	35	50	50	50
Teen 16-17	35	35	50	50	50
Teen 18-19	35	50	75	75	100
Junior 20-23	---	50	75	100	100
Open 24-34	---	50	50	75	100
Submasters 35-39	---	50	50	75	75
Masters 40-49	---	35	50	50	75
Masters 50-59	---	35	50	50	50
Masters 60-69	---	35	35	50	50
Masters 70-79	---	35	35	50	50
Masters 80-89	---	25	25	35	35
Masters 90+	---	17.5	17.5	25	25

Notes:

1. Use farmer's walk handles for weights ≥ 17.5 lb.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.

STANDARD WEIGHT TABLE No. 2 -- Bench Presses for Reps**A. Males**

Male Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-309
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	15	20	30	35	---
Youth 12-13	20	25	35	45	50
Teen 14-15	30	35	45	60	70
Teen 16-17	35	40	50	75	90
Teen 18-19	45	50	60	90	105
Junior 20-23	---	60	75	100	125
Open 24-34	---	70	90	105	130
Submasters 35-39	---	65	85	100	120
Masters 40-49	---	60	80	90	100
Masters 50-59	---	55	75	85	95
Masters 60-69	---	50	70	80	85
Masters 70-79	---	42.5	60	65	75
Masters 80-89	---	37.5	50	60	65
Masters 90+	---	30	40	50	55

B. Females

Female Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220-221
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	12.5	15	17.5	22.5	25
Youth 12-13	15	17.5	20	25	27.5
Teen 14-15	20	25	30	35	40
Teen 16-17	25	27.5	35	40	45
Teen 18-19	30	32.5	40	45	50
Junior 20-23	---	37.5	45	50	55
Open 24-34	---	42.5	50	55	60
Submasters 35-39	---	37.5	45	50	55
Masters 40-49	---	32.5	40	45	50
Masters 50-59	---	30	35	40	45
Masters 60-69	---	27.5	32.5	37.5	42.5
Masters 70-79	---	25	30	35	37.5
Masters 80-89	---	22.5	27.5	32.5	35
Masters 90+	---	20	25	27.5	30

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 3 -- Deadlifts for Reps, Bobsled Push**A. Males**

Male Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-309
Youth 6-7	12.5	15	17.5	20	---
Youth 8-9	22.5	25	27.5	32.5	---
Youth 10-11	30	35	45	55	---
Youth 12-13	40	45	60	75	90
Teen 14-15	50	55	75	90	110
Teen 16-17	57.5	65	90	110	125
Teen 18-19	65	75	105	125	145
Junior 20-23	---	80	115	135	165
Open 24-34	---	85	120	145	170
Submasters 35-39	---	80	115	140	165
Masters 40-49	---	75	110	130	155
Masters 50-59	---	70	100	120	140
Masters 60-69	---	65	95	110	125
Masters 70-79	---	60	85	95	105
Masters 80-89	---	55	75	80	90
Masters 90+	---	50	55	65	75

B. Females

Female Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & 221
Youth 6-7	10	12.5	15	17.5	---
Youth 8-9	17.5	20	25	27.5	---
Youth 10-11	22.5	25	30	35	---
Youth 12-13	27.5	30	37.5	45	47.5
Teen 14-15	30	35	45	55	57.5
Teen 16-17	35	40	55	65	67.5
Teen 18-19	42.5	47.5	62.5	75	80
Junior 20-23	---	55	70	85	90
Open 24-34	---	60	75	90	95
Submasters 35-39	---	55	70	85	90
Masters 40-49	---	45	55	70	75
Masters 50-59	---	40	50	60	65
Masters 60-69	---	37.5	45	50	55
Masters 70-79	---	32.5	40	45	50
Masters 80-89	---	30	32.5	35	40
Masters 90+	---	25	27.5	30	35

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 4 -- 25m Tire Flip**A. Males**

Male Age Range	<i>Tire Class (see Notes*) per Bodyweight Class Range (lb)</i>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	---
Youth 8-9	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	---
Youth 10-11	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Youth 12-13	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Teen 14-15	Heavy Truck	Heavy Truck	Heavy Truck	Light Tractor	Light Tractor
Teen 16-17	Heavy Truck	Heavy Truck	Light Tractor	Medium Tractor	Medium Tractor
Teen 18-19	Heavy Truck	Heavy Truck	Light Tractor	Medium Tractor	Medium Tractor
Junior 20-23	---	Heavy Truck	Light Tractor	Heavy Tractor	Heavy Tractor
Open 24-34	---	Heavy Truck	Medium Tractor	Heavy Tractor	Heavy Tractor
Submasters 35-39	---	Heavy Truck	Light Tractor	Heavy Tractor	Heavy Tractor
Masters 40-49	---	Heavy Truck	Light Tractor	Medium Tractor	Medium Tractor
Masters 50-59	---	Heavy Truck	Light Tractor	Medium Tractor	Medium Tractor
Masters 60-69	---	Heavy Truck	Light Tractor	Medium Tractor	Medium Tractor
Masters 70-79	---	Heavy Truck	Heavy Truck	Light Tractor	Light Tractor
Masters 80-89	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Masters 90+	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck

B. Females

Female Age Range	<i>Tire Class (see Notes*) per Bodyweight Class Range (lb)</i>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	---
Youth 8-9	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	---
Youth 10-11	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Youth 12-13	Light Truck	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Teen 14-15	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Teen 16-17	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck	Light Tractor
Teen 18-19	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck	Light Tractor
Junior 20-23	---	Heavy Truck	Heavy Truck	Light Tractor	Medium Tractor
Open 24-34	---	Heavy Truck	Heavy Truck	Light Tractor	Medium Tractor
Submasters 35-39	---	Heavy Truck	Heavy Truck	Light Tractor	Medium Tractor
Masters 40-49	---	Heavy Truck	Heavy Truck	Heavy Truck	Light Tractor
Masters 50-59	---	Heavy Truck	Heavy Truck	Heavy Truck	Light Tractor
Masters 60-69	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Masters 70-79	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Masters 80-89	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck
Masters 90+	---	Heavy Truck	Heavy Truck	Heavy Truck	Heavy Truck

Notes:

Light Truck	50 lb +/- 5 lb	Heavy Truck	150 lb +/- 10 lb	Medium Tractor	230 lb +/- 15 lb
Medium Truck	150 lb +/- 10 lb	Light Tractor	185 lb +/- 15 lb	Heavy Tractor*	300 lb +/- 20 lb

STANDARD WEIGHT TABLE No. 5 -- Tire Throw**A. Males**

Male Age Range	STANDARD TIRE CLASS per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	Car	Car	Car	Car	---
Youth 8-9	Car	Car	Car	Car	---
Youth 10-11	Car	Car	Car	Car	Car
Youth 12-13	Car	Car	Car	Car	Car
Teen 14-15	Car	Car	Car	Car	Car
Teen 16-17	Car	Car	Car	Car	Car
Teen 18-19	Car	Car	Car	Car	Car
Junior 20-23	---	Car	Car	Car	Car
Open 24-34	---	Car	Car	Car	Car
Submasters 35-39	---	Car	Car	Car	Car
Masters 40-49	---	Car	Car	Car	Car
Masters 50-59	---	Car	Car	Car	Car
Masters 60-69	---	Car	Car	Car	Car
Masters 70-79	---	Car	Car	Car	Car
Masters 80-89	---	Car	Car	Car	Car
Masters 90+	---	Car	Car	Car	Car

B. Females

Female Age Range	STANDARD TIRE CLASS per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	Car	Car	Car	Car	---
Youth 8-9	Car	Car	Car	Car	---
Youth 10-11	Car	Car	Car	Car	Car
Youth 12-13	Car	Car	Car	Car	Car
Teen 14-15	Car	Car	Car	Car	Car
Teen 16-17	Car	Car	Car	Car	Car
Teen 18-19	Car	Car	Car	Car	Car
Junior 20-23	---	Car	Car	Car	Car
Open 24-34	---	Car	Car	Car	Car
Submasters 35-39	---	Car	Car	Car	Car
Masters 40-49	---	Car	Car	Car	Car
Masters 50-59	---	Car	Car	Car	Car
Masters 60-69	---	Car	Car	Car	Car
Masters 70-79	---	Car	Car	Car	Car
Masters 80-89	---	Car	Car	Car	Car
Masters 90+	---	Car	Car	Car	Car

Notes:

Car = Car Tire, 15", weight 16 lb +/- 1 lb

Fat Car = Car Tire, 11.5" wide, weight 33 lb +/- 2 lb

Lt Truck = Light Truck Tire, size TBD, weight 50 lb +/- 2 lb

Meet Director may require that all contestants throw the Car Tire or the Fat Car Tire.

STANDARD WEIGHT TABLE No. 6 -- 1-Hand Partial Deadlift**A. Males**

Male Age Range	STANDARD ROLLING HANDLE DIAMETER per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	1.5"	1.5"	1.5"	1.5"	--
Youth 8-9	1.5"	1.5"	1.5"	1.5"	--
Youth 10-11	1.5"	1.5"	1.5"	1.5"	1.5"
Youth 12-13	1.5"	1.5"	1.5"	1.5"	2.5"
Teen 14-15	1.5"	1.5"	2.5"	2.5"	2.5"
Teen 16-17	1.5"	1.5"	2.5"	2.5"	3"
Teen 18-19	1.5"	1.5"	2.5"	2.5"	3"
Junior 20-23	---	1.5"	2.5"	2.5"	3"
Open 24-34	--	1.5"	2.5"	2.5"	3"
Submasters 35-39	--	1.5"	2.5"	2.5"	3"
Masters 40-49	--	1.5"	2.5"	2.5"	3"
Masters 50-59	--	1.5"	2.5"	2.5"	3"
Masters 60-69	--	1.5"	2.5"	2.5"	3"
Masters 70-79	--	1.5"	2.5"	2.5"	2.5"
Masters 80-89	--	1.5"	2.5"	2.5"	2.5"
Masters 90+	--	1.5"	2.5"	2.5"	2.5"

B. Females

Female Age Range	STANDARD ROLLING HANDLE DIAMETER per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	1.5"	1.5"	1.5"	1.5"	--
Youth 8-9	1.5"	1.5"	1.5"	1.5"	--
Youth 10-11	1.5"	1.5"	1.5"	1.5"	1.5"
Youth 12-13	1.5"	1.5"	1.5"	1.5"	1.5"
Teen 14-15	1.5"	1.5"	1.5"	1.5"	1.5"
Teen 16-17	1.5"	1.5"	1.5"	1.5"	1.5"
Teen 18-19	1.5"	1.5"	1.5"	1.5"	2.5"
Junior 20-23	--	1.5"	1.5"	2.5"	2.5"
Open 24-34	--	1.5"	1.5"	2.5"	2.5"
Submasters 35-39	--	1.5"	1.5"	2.5"	2.5"
Masters 40-49	--	1.5"	1.5"	1.5"	2.5"
Masters 50-59	--	1.5"	1.5"	1.5"	1.5"
Masters 60-69	--	1.5"	1.5"	1.5"	1.5"
Masters 70-79	--	1.5"	1.5"	1.5"	1.5"
Masters 80-89	--	1.5"	1.5"	1.5"	1.5"
Masters 90+	--	1.5"	1.5"	1.5"	1.5"

Notes:

- 1.5" = 1.53"-diameter rolling handle & weight bar: add 6.6 lb to weight of Olympic plates
- 2.5" = 2.55"-diameter rolling handle & weight bar: add 7.0 lb to weight of Olympic plates
- 3" = 3.04"-diameter rolling handle & weight bar: add 8.6 lb to weight of Olympic plates
- The Contestant may elect to use a smaller or larger diameter rolling handle but may not go below his/her STANDARD HANDLE DIAMETER to compete for a medal in his/her respective age and bodyweight classification. However, the Contestants will still be eligible for AAU American and World Records for his/her age, bodyweight, and selected handle diameter.

STANDARD WEIGHT TABLE No. 7A -- Strict Curls for Reps, kg**A. Males**

Male Age Range	STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	15	15	--
Youth 8-9	10	12.5	17.5	17.5	--
Youth 10-11	12.5	15	20	20	22.5
Youth 12-13	15	17.5	22.5	25	27.5
Teen 14-15	17.5	20	25	30	35
Teen 16-17	20	22.5	27.5	32.5	37.5
Teen 18-19	22.5	25	30	35	40
Junior 20-23	---	27.5	32.5	37.5	42.5
Open 24-34	---	30	37.5	42.5	45
Submasters 35-39	---	27.5	32.5	37.5	42.5
Masters 40-49	---	25	30	35	40
Masters 50-59	---	22.5	27.5	32.5	37.5
Masters 60-69	---	20	25	30	35
Masters 70-79	---	17.5	22.5	27.5	32.5
Masters 80-89	---	12.5	15	15	20
Masters 90+	---	10	12.5	12.5	15

B. Females

Female Age Range	STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	5	7.5	10	12.5	--
Youth 8-9	5	7.5	10	12.5	--
Youth 10-11	7.5	10	12.5	15	17.5
Youth 12-13	10	12.5	15	17.5	20
Teen 14-15	12.5	15	17.5	20	22.5
Teen 16-17	15	17.5	20	22.5	25
Teen 18-19	17.5	20	22.5	25	27.5
Junior 20-23	---	20	22.5	25	27.5
Open 24-34	---	20	22.5	25	27.5
Submasters 35-39	---	20	22.5	25	27.5
Masters 40-49	---	20	22.5	25	27.5
Masters 50-59	---	17.5	20	22.5	25
Masters 60-69	---	15	17.5	20	22.5
Masters 70-79	---	12.5	12.5	15	17.5
Masters 80-89	---	7.5	7.5	10	12.5
Masters 90+	---	5	5	7.5	10

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 7B -- Strict Curls for Reps, lb**A. Males**

Male Age Range	STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	10	15	25	35	---
Youth 8-9	15	25	35	40	---
Youth 10-11	20	30	40	45	50
Youth 12-13	30	40	50	55	60
Teen 14-15	35	45	55	65	75
Teen 16-17	40	50	60	70	80
Teen 18-19	45	55	65	75	85
Junior 20-23	---	60	70	80	90
Open 24-34	---	65	80	90	100
Submasters 35-39	---	60	70	80	95
Masters 40-49	---	55	65	75	90
Masters 50-59	---	50	60	70	85
Masters 60-69	---	45	55	65	80
Masters 70-79	---	40	50	60	70
Masters 80-89	---	30	32.5	32.5	45
Masters 90+	---	20	27.5	27.5	32.5

B. Females

Female Age Range	STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	10	15	20	25	---
Youth 8-9	12.5	17.5	22.5	25	---
Youth 10-11	15	20	25	30	35
Youth 12-13	20	25	30	35	40
Teen 14-15	30	35	40	45	45
Teen 16-17	35	40	45	50	55
Teen 18-19	40	45	50	55	60
Junior 20-23	---	45	50	55	60
Open 24-34	---	45	50	55	60
Submasters 35-39	---	45	50	55	60
Masters 40-49	---	45	50	55	60
Masters 50-59	---	40	45	50	55
Masters 60-69	---	35	40	45	50
Masters 70-79	---	30	27.5	32.5	37.5
Masters 80-89	---	20	17.5	22.5	27.5
Masters 90+	---	12.5	12.5	17.5	22.5

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 lb) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

STANDARD WEIGHT TABLE No. 8 -- Power Cleans for Reps**A. Males**

Male Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	17.5	20	30	35	45
Youth 12-13	22.5	25	35	45	50
Teen 14-15	37.5	40	45	50	55
Teen 16-17	42.5	45	50	55	60
Teen 18-19	47.5	50	55	60	65
Junior 20-23	---	55	60	65	70
Open 24-34	---	57.5	62.5	67.5	72.5
Submasters 35-39	---	55	60	65	70
Masters 40-49	---	52.5	57.5	62.5	67.5
Masters 50-59	---	50	52.5	55	60
Masters 60-69	---	45	47.5	50	55
Masters 70-79	---	40	42.5	45	50
Masters 80-89	---	32.5	35	40	45
Masters 90+	---	25	27.5	30	35

B. Females

Female Age Range	STANDARD BARBELL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.5	10	10	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	12.5	15	17.5	22.5	25
Youth 12-13	15	17.5	20	25	27.5
Teen 14-15	27.5	30	32.5	35	37.5
Teen 16-17	32.5	35	37.5	40	42.5
Teen 18-19	37.5	40	42.5	45	47.5
Junior 20-23	---	42.5	45	47.5	50
Open 24-34	---	45	47.5	50	52.5
Submasters 35-39	---	42.5	45	47.5	50
Masters 40-49	---	40	42.5	45	47.5
Masters 50-59	---	35	40	42.5	45
Masters 60-69	---	30	32.5	35	40
Masters 70-79	---	25	27.5	32.5	35
Masters 80-89	---	20	22.5	27.5	30
Masters 90+	---	15	17.5	20	25

Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

2. The meet director has the option of modifying the STANDARD BARBELL WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.

STANDARD WEIGHT TABLE No. 9 -- Heavy Shot Put**A. Males**

Male Age Range	STANDARD SHOT WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	4.5	4.5	4.5	8.8	---
Youth 8-9	4.5	8.8	11	11	---
Youth 10-11	8.8	11	16	16	16
Youth 12-13	8.8	16	16	16	20
Teen 14-15	11	16	20	20	20
Teen 16-17	11	20	20	20	35
Teen 18-19	16	20	35	35	44
Junior 20-23	---	35	35	44	44
Open 24-34	---	35	44	44	44
Submasters 35-39	---	35	44	44	44
Masters 40-49	---	35	44	44	44
Masters 50-59	---	20	35	35	44
Masters 60-69	---	20	35	35	35
Masters 70-79	---	16	20	20	20
Masters 80-89	---	11	16	16	16
Masters 90+	---	8.8	11	11	11

B. Females

Female Age Range	STANDARD SHOT WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	4.5	4.5	4.5	8.8	---
Youth 8-9	4.5	8.8	8.8	8.8	---
Youth 10-11	8.8	8.8	11	11	11
Youth 12-13	8.8	11	11	16	16
Teen 14-15	11	11	11	16	20
Teen 16-17	11	16	16	20	20
Teen 18-19	11	16	16	20	20
Junior 20-23	---	20	20	20	35
Open 24-34	---	20	20	35	35
Submasters 35-39	---	20	20	35	35
Masters 40-49	---	20	20	20	35
Masters 50-59	---	16	16	20	20
Masters 60-69	---	11	16	20	20
Masters 70-79	---	8.8	11	11	16
Masters 80-89	---	4.5	8.8	8.8	11
Masters 90+	---	3.5	4.5	4.5	8.8

Classes of Nominal Shot Weights

3.5 lb	16 lb
4.5 lb	20 lb (18.6 lb actual, dismantled 20-lb throwing weight)
8.8 lb (4 kg)	35 lb (34.0 lb actual, dismantled 35-lb throwing weight)
11 lb (5 kg)	44 lb (42.0 lb actual, atlas stone)

STANDARD WEIGHT TABLE No. 10 -- Medicine Ball Throw**A. Males**

Male Age Range	STANDARD MEDICINE BALL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	5	5	5	5	---
Youth 8-9	5	5	5	5	---
Youth 10-11	5	5	5	5	5
Youth 12-13	5	5	5	5	5
Teen 14-15	5	5	5	5	5
Teen 16-17	5	5	5	5	8
Teen 18-19	5	5	5	8	8
Junior 20-23	---	5	8	8	8
Open 24-34	---	5	8	8	8
Submasters 35-39	---	5	8	8	8
Masters 40-49	---	5	8	8	8
Masters 50-59	---	5	5	8	8
Masters 60-69	---	5	5	5	8
Masters 70-79	---	5	5	5	5
Masters 80-89	---	5	5	5	5
Masters 90+	---	5	5	5	5

B. Females

Female Age Range	STANDARD MEDICINE BALL WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	5	5	5	5	---
Youth 8-9	5	5	5	5	---
Youth 10-11	5	5	5	5	5
Youth 12-13	5	5	5	5	5
Teen 14-15	5	5	5	5	5
Teen 16-17	5	5	5	5	8
Teen 18-19	5	5	5	8	8
Junior 20-23	---	5	8	8	8
Open 24-34	---	5	8	8	8
Submasters 35-39	---	5	8	8	8
Masters 40-49	---	5	5	8	8
Masters 50-59	---	5	5	5	8
Masters 60-69	---	5	5	5	5
Masters 70-79	---	5	5	5	5
Masters 80-89	---	5	5	5	5
Masters 90+	---	5	5	5	5

Ball Classes

1. 5kg (11.1 lb)
2. 8 kg (17.6 lb)

Note

1. The Contestant may elect to use a lighter or heavier ball but may not go below his/her STANDARD WEIGHT to compete for a medal in his/her respective age and bodyweight classification. However, the Contestants will still be eligible for AAU American and World Records for his/her age, bodyweight, and selected ball weight.

STANDARD WEIGHT TABLE No. 11 -- Stone Throw

A. Males

Male Age Range	STANDARD STONE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	25	25	25	25	---
Youth 8-9	25	25	25	25	---
Youth 10-11	25	25	25	25	25
Youth 12-13	25	25	38	38	25
Teen 14-15	25	25	38	38	38
Teen 16-17	25	25	38	56	56
Teen 18-19	25	38	56	56	72
Junior 20-23	---	38	56	72	72
Open 24-34	---	38	72	72	72
Submasters 38-39	---	38	72	72	72
Masters 40-49	---	38	72	72	72
Masters 50-59	---	25	56	72	72
Masters 60-69	---	25	56	56	56
Masters 70-79	---	25	38	38	38
Masters 80-89	---	25	25	25	25
Masters 90+	---	25	25	25	25

B. Females

Female Age Range	STANDARD STONE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	25	25	25	25	---
Youth 8-9	25	25	25	25	---
Youth 10-11	25	25	25	25	25
Youth 12-13	25	25	25	25	25
Teen 14-15	25	25	25	25	38
Teen 16-17	25	25	25	38	38
Teen 18-19	25	38	38	38	56
Junior 20-23	---	38	38	56	56
Open 24-34	---	38	56	56	56
Submasters 38-39	---	38	56	56	56
Masters 40-49	---	25	56	56	56
Masters 50-59	---	25	38	56	56
Masters 60-69	---	25	38	38	56
Masters 70-79	---	25	25	25	38
Masters 80-89	---	25	25	25	25
Masters 90+	---	25	25	25	25

Notes:

1. The Contestant may elect to use a lighter or heavier stone but may not go below his/her STANDARD WEIGHT to compete for a medal in his/her respective age and bodyweight classification. However, the Contestants will still be eligible for AAU American and World Records for his/her age, bodyweight, and selected stone weight.
2. The permitted throwing positions are 1. Back over a Shoulder, 2. Underhand between legs, 3. Frontward over a Shoulder ("javelin style"), 4. Pushing from chest ("bench press style"), 5. Shotputting with either hand, and 6. Throwing from the side ("discus style").
3. For safety reasons, the contestant may not throw over the head.
4. The contestant may choose any three positions. The mark will be the sum of the distances of the three throws.
5. Weight belt must be worn.

Stone Classes

25 lb = 25 lb +/- 1 lb 72 lb = 72 lb +/-

38 lb = 38 lb +/- 1 lb 90 lb = 90 lb +/-

56 lb = 56 lb +/- 2 lb

STANDARD WEIGHT TABLE No. 12 -- Sandbag Throw or Sandbag Carry**A. Males**

Male Age Range	STANDARD SANDBAG WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	15	15	15	25	---
Youth 8-9	15	15	25	25	---
Youth 10-11	15	25	25	25	50
Youth 12-13	15	25	25	50	75
Teen 14-15	25	25	50	75	75
Teen 16-17	25	50	50	75	100
Teen 18-19	50	75	75	100	100
Junior 20-23	---	75	100	100	100
Open 24-34	---	75	100	100	100
Submasters 35-39	---	75	100	100	100
Masters 40-49	---	75	100	100	100
Masters 50-59	---	75	75	100	100
Masters 60-69	---	50	75	100	100
Masters 70-79	---	25	50	75	75
Masters 80-89	---	25	25	25	50
Masters 90+	---	15	25	25	25

B. Females

Female Age Range	STANDARD SANDBAG WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	15	15	15	15	---
Youth 8-9	15	15	15	15	---
Youth 10-11	15	15	25	25	50
Youth 12-13	15	25	50	50	50
Teen 14-15	15	25	50	50	75
Teen 16-17	25	50	50	75	75
Teen 18-19	25	50	75	75	75
Junior 20-23	---	50	75	75	100
Open 24-34	---	50	75	75	100
Submasters 35-39	---	50	75	75	100
Masters 40-49	---	50	75	75	75
Masters 50-59	---	50	50	75	75
Masters 60-69	---	50	50	75	75
Masters 70-79	---	25	25	50	75
Masters 80-89	---	15	15	25	50
Masters 90+	---	15	15	15	25

Notes:

1. The Contestant may elect to use a lighter or heavier sandbag but may not go below his/her STANDARD WEIGHT to compete for a medal in his/her respective age and bodyweight classification. However, the Contestants will still be eligible for AAU American and World Records for his/her age, bodyweight, and selected stone weight.
2. For safety reasons, the contestant may not throw over the head.
3. For the Sandbag Throw, the contestant may choose any throwing position, and may use any part(s) of the body to throw.
4. For the Sandbag Carry, the contestant must carry or push in a single-wheeled wheelbarrow a total of (5) sandbags of the same weight.

Sandbag Classes

15 lb

25 lb

50 lb

75 lb

100 lb

STANDARD WEIGHT TABLE No. 13 -- 50m Wheelbarrow Push**A. Males**

Male Age Range	<i>STANDARD WHEELBARROW WEIGHT (lb) per Bodyweight Class Range (lb)</i>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	100	100	100	---	---
Youth 8-9	100	100	200	200	---
Youth 10-11	100	200	200	200	300
Youth 12-13	100	200	200	300	400
Teen 14-15	100	200	300	400	500
Teen 16-17	200	200	300	400	500
Teen 18-19	200	300	400	500	600
Junior 20-23	N/A	400	500	600	700
Open 24-34	N/A	400	600	700	800
Submasters 35-39	N/A	400	500	600	700
Masters 40-49	N/A	300	400	500	600
Masters 50-59	N/A	300	400	500	600
Masters 60-69	N/A	300	400	500	600
Masters 70-79	N/A	200	300	400	400
Masters 80-89	N/A	100	200	300	300
Masters 90+	N/A	100	100	200	200

B. Females

Female Age Range	<i>STANDARD WHEELBARROW WEIGHT (lb) per Bodyweight Class Range (lb)</i>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	100	100	100	---	---
Youth 8-9	100	100	100	100	---
Youth 10-11	100	100	100	100	200
Youth 12-13	100	100	100	200	200
Teen 14-15	100	100	200	200	300
Teen 16-17	100	100	200	300	300
Teen 18-19	100	200	200	300	400
Junior 20-23	N/A	200	300	400	500
Open 24-34	N/A	200	300	400	500
Submasters 35-39	N/A	200	300	300	400
Masters 40-49	N/A	200	300	300	300
Masters 50-59	N/A	200	200	200	300
Masters 60-69	N/A	100	200	200	300
Masters 70-79	N/A	100	200	200	200
Masters 80-89	N/A	100	100	200	200
Masters 90+	N/A	100	100	100	200

Notes:

1. Wheelbarrow empty weight = 100 lb
2. Standard Weights are in 100-lb increments
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 14A -- 50m Zercher's Carry w/One Turnaround, Kg Plates**A. Males**

Male Age Range	STANDARD BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (15.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Youth 12-13	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 14-15	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Teen 16-17	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)
Junior 20-23	---	35 kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Open 24-34	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Submasters 35-39	---	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)	80 kg (176.4 lb)
Masters 40-49	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 50-59	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	67.5 kg (148.8 lb)
Masters 60-69	---	35kg (77.2 lb)	45 kg (99.2 lb)	57.5 (126.8 lb)	57.5 (126.8 lb)
Masters 70-79	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 80-89	---	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 90+	---	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)

B. Females

Female Age Range	STANDARD BAR WEIGHT (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 8-9	7.94 kg (15.0 lb)	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	---
Youth 10-11	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)
Youth 12-13	7.94 kg (15.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Teen 14-15	10 kg (22.0 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 16-17	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Teen 18-19	15 kg (33.1 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Junior 20-23	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Open 24-34	---	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Submasters 35-39	---	35 kg (77.2 lb)	35 kg (77.2 lb)	45 kg (99.2 lb)	45 kg (99.2 lb)
Masters 40-49	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 50-59	---	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 60-69	---	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)	35 kg (77.2 lb)	35 kg (77.2 lb)
Masters 70-79	---	15 kg (33.1 lb)	15 kg (33.1 lb)	22.5 kg (49.6 lb)	22.5 kg (49.6 lb)
Masters 80-89	---	10 kg (22.0 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)	15 kg (33.1 lb)
Masters 90+	---	7.5 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)	10 kg (22.0 lb)

Notes:

1. Use standard Farmer's Walk handles with handles facing downward.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 14B -- 25m Zercher's Carry w/One Turnaround, Lb Plates**A. Males**

Male Age Range	STANDARD BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	35	35	35
Youth 12-13	25	35	50	50	50
Teen 14-15	35	50	75	75	75
Teen 16-17	35	50	75	75	100
Teen 18-19	35	50	75	100	125
Junior 20-23	---	75	100	125	150
Open 24-34	---	100	125	150	175
Submasters 35-39	---	100	125	150	175
Masters 40-49	---	75	100	125	150
Masters 50-59	---	75	100	125	150
Masters 60-69	---	75	100	125	125
Masters 70-79	---	50	75	100	100
Masters 80-89	---	35	50	75	75
Masters 90+	---	25	35	50	50

B. Females

Female Age Range	STANDARD BAR WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	17.5	17.5	25	25	---
Youth 8-9	17.5	17.5	25	25	---
Youth 10-11	17.5	25	25	25	25
Youth 12-13	17.5	25	25	35	35
Teen 14-15	25	35	50	50	50
Teen 16-17	35	35	50	50	50
Teen 18-19	35	50	75	75	100
Junior 20-23	---	50	75	100	100
Open 24-34	---	75	75	100	100
Submasters 35-39	---	75	75	100	100
Masters 40-49	---	50	75	75	100
Masters 50-59	---	50	75	75	75
Masters 60-69	---	50	50	75	75
Masters 70-79	---	35	35	50	75
Masters 80-89	---	25	35	35	50
Masters 90+	---	20	25	25	35

Notes:

1. Use standard Farmer's Walk handles with handles facing downward.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement *STANDARD* IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their *STANDARD* IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
3. Standard course is 25m up and 25m back.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 15 -- 25m Sled Push**A. Males**

Male Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	100	100	125
Youth 12-13	75	100	100	125	150
Teen 14-15	75	100	125	150	200
Teen 16-17	100	125	150	175	250
Teen 18-19	100	125	150	225	300
Junior 20-23	N/A	150	200	300	375
Open 24-34	N/A	175	250	350	400
Submasters 35-39	N/A	150	225	300	350
Masters 40-49	N/A	125	225	275	300
Masters 50-59	N/A	125	200	250	275
Masters 60-69	N/A	100	175	225	250
Masters 70-79	N/A	100	150	175	200
Masters 80-89	N/A	75	100	125	150
Masters 90+	N/A	75	75	100	100

B. Females

Female Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	75	75	75
Youth 12-13	75	75	75	100	100
Teen 14-15	75	75	100	125	125
Teen 16-17	75	100	125	150	150
Teen 18-19	75	100	125	175	175
Junior 20-23	N/A	125	150	200	250
Open 24-34	N/A	125	150	200	250
Submasters 35-39	N/A	100	125	175	200
Masters 40-49	N/A	100	125	150	175
Masters 50-59	N/A	100	100	125	150
Masters 60-69	N/A	75	100	100	125
Masters 70-79	N/A	75	75	75	100
Masters 80-89	N/A	75	75	75	75
Masters 90+	N/A	75	75	75	75

N/A = Not Applicable

Notes:

1. Sled empty weight = 75 lb
2. Standard Weights are in 25-lb increments
3. Standard course is 25m.
4. Meet Director may change the length of course, and then change the standard weights accordingly.

STANDARD WEIGHT TABLE No. 16 -- 25m Sled Pull**A. Males**

Male Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	100	100	125
Youth 12-13	75	100	100	125	150
Teen 14-15	75	100	125	150	200
Teen 16-17	100	125	150	175	250
Teen 18-19	100	125	150	225	300
Junior 20-23	N/A	150	200	300	375
Open 24-34	N/A	175	250	350	400
Submasters 35-39	N/A	150	225	300	350
Masters 40-49	N/A	125	225	275	300
Masters 50-59	N/A	125	200	250	275
Masters 60-69	N/A	100	175	225	250
Masters 70-79	N/A	100	150	175	200
Masters 80-89	N/A	75	100	125	150
Masters 90+	N/A	75	75	100	100

B. Females

Female Age Range	STANDARD SLED WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	75	75	75	---	---
Youth 8-9	75	75	75	75	---
Youth 10-11	75	75	75	75	75
Youth 12-13	75	75	75	100	100
Teen 14-15	75	75	100	125	125
Teen 16-17	75	100	125	150	150
Teen 18-19	75	100	125	175	175
Junior 20-23	N/A	125	150	200	250
Open 24-34	N/A	125	150	200	250
Submasters 35-39	N/A	100	125	175	200
Masters 40-49	N/A	100	125	150	175
Masters 50-59	N/A	100	100	125	150
Masters 60-69	N/A	75	100	100	125
Masters 70-79	N/A	75	75	75	100
Masters 80-89	N/A	75	75	75	75
Masters 90+	N/A	75	75	75	75

Notes:

1. Sled empty weight = 75 lb
2. Standard Weights are in 25-lb increments
3. Standard course is 25m.
4. Meet Director may change the length of course, and then change the standard weights accordingly.

STANDARD WEIGHT TABLE No. 17 -- Atlas Stones--Ascending Weights**A. Males**

Male Age Range	STANDARD SEQUENCE OF STONES per Note 2 below				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	1	1	1	1	1
Youth 8-9	1	1	1	1	1
Youth 10-11	1	1	1	1	1
Youth 12-13	1	1	1	2	2
Teen 14-15	1	2	2	2	3
Teen 16-17	1	2	2	3	4
Teen 18-19	1	3	3	4	5
Junior 20-23	N/A	3	4	5	6
Open 24-34	N/A	3	5	6	7
Submasters 35-39	N/A	3	4	5	6
Masters 40-49	N/A	3	4	5	6
Masters 50-59	N/A	2	3	4	5
Masters 60-69	N/A	2	3	4	5
Masters 70-79	N/A	1	2	3	4
Masters 80-89	N/A	1	2	2	3
Masters 90+	N/A	1	1	1	2

B. Females

Female Age Range	STANDARD SEQUENCE OF STONES per Note 2 below				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	1	1	1	1	1
Youth 8-9	1	1	1	1	1
Youth 10-11	1	1	1	1	2
Youth 12-13	1	1	1	2	2
Teen 14-15	1	1	2	2	3
Teen 16-17	1	1	2	3	3
Teen 18-19	1	2	2	3	3
Junior 20-23	N/A	2	2	3	4
Open 24-34	N/A	2	3	3	4
Submasters 35-39	N/A	2	2	3	3
Masters 40-49	N/A	2	2	3	3
Masters 50-59	N/A	1	2	2	3
Masters 60-69	N/A	1	2	2	2
Masters 70-79	N/A	1	1	2	2
Masters 80-89	N/A	1	1	1	1
Masters 90+	N/A	1	1	1	1

N/A = Not applicable

Notes:

- Standard weights of stones shall be of the following weights (in lb): 30, 42, 73, 93, 116, 130, 142, 160, 173, 207, 246. Tolerances of up to 5 lb are acceptable for the first 9 stones in the aforementioned series; tolerances of up to 10 lb are acceptable for the last two. Additional (lighter or heavier) stones may be added as needed.
- Sequence numbers indicated above include the following atlas stones (in lb):
 - Sequence 1: 30, 42, 73, 95, 116
 - Sequence 2: 42, 73, 95, 116, 130
 - Sequence 3: 73, 95, 116, 130, 142
 - Sequence 4: 95, 116, 130, 142, 160
 - Sequence 5: 116, 130, 142, 160, 175
 - Sequence 6: 130, 142, 160, 175, 215
 - Sequence 7: 142, 160, 175, 215, 250
 - Sequence 8: 160, 175, 215, 250, 275
 - Sequence 9: 175, 215, 250, 275, 300

STANDARD WEIGHT TABLE No. 18**Overhead Press for Reps, Power Clean (Once) & Presses for Reps, Power Cleans & Presses for Reps, Log Clean (once) & Presses for Reps, and Log Cleans & Presses for Reps****A. Males**

Male Age Range	STANDARD BARBELL OR LOG WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	12.5	15	---
Youth 8-9	12.5	15	22.5	30	---
Youth 10-11	17.5	20	25	30	35
Youth 12-13	22.5	25	30	35	40
Teen 14-15	27.5	30	35	40	45
Teen 16-17	30.0	35	40	45	50
Teen 18-19	35.0	40	45	50	55
Junior 20-23	---	45	50	55	60
Open 24-34	---	50	55	60	65
Submasters 35-39	---	45	50	55	60
Masters 40-49	---	40	45	50	55
Masters 50-59	---	35	40	45	50
Masters 60-69	---	30	35	40	45
Masters 70-79	---	25	30	35	40
Masters 80-89	---	20	25	30	35
Masters 90+	---	15	20	25	30

B. Females

Female Age Range	STANDARD BARBELL OR LOG WEIGHT* (Kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	7.5	10	10	15	---
Youth 8-9	10	12.5	15	17.5	---
Youth 10-11	10.0	12.5	15	17.5	17.5
Youth 12-13	10	12.5	15	17.5	20
Teen 14-15	15.0	17.5	20	22.5	25.0
Teen 16-17	20.0	22.5	25	27.5	30.0
Teen 18-19	25.0	27.5	30	32.5	35.0
Junior 20-23	---	32.5	35	37.5	40
Open 24-34	---	37.5	40	42.5	45
Submasters 35-39	---	32.5	35	37.5	40
Masters 40-49	---	27.5	30	32.5	35.0
Masters 50-59	---	22.5	25	27.5	30.0
Masters 60-69	---	17.5	20	22.5	25.0
Masters 70-79	---	12.5	15	17.5	20
Masters 80-89	---	12.5	15	17.5	17.5
Masters 90+	---	10	10	15	15

Notes:

- Contestants may elect to move up or down 10% or multiples of 10% below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.
- The meet director has the option of modifying the STANDARD BARBELL WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.
- Minimum weight is the implement weight of 15 lb for the aluminum bar, and 40 lb for the log.

STANDARD WEIGHT TABLE No. 19 -- 25m Super Yoke**A. Males**

Male Age Range	STANDARD YOKE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	N/A	N/A	N/A	---	---
Youth 8-9	N/A	N/A	N/A	N/A	---
Youth 10-11	N/A	N/A	N/A	170	200
Youth 12-13	N/A	170	170	200	250
Teen 14-15	N/A	170	200	250	300
Teen 16-17	170	200	250	300	350
Teen 18-19	200	200	300	350	400
Junior 20-23	N/A	200	300	400	450
Open 24-34	N/A	200	300	400	450
Submasters 35-39	N/A	170	250	350	400
Masters 40-49	N/A	170	200	300	350
Masters 50-59	N/A	170	200	300	350
Masters 60-69	N/A	170	200	250	300
Masters 70-79	N/A	N/A	N/A	200	250
Masters 80-89	N/A	N/A	N/A	N/A	200
Masters 90+	N/A	N/A	N/A	N/A	170

B. Females

Female Age Range	STANDARD YOKE WEIGHT (lb) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	N/A	N/A	N/A	---	---
Youth 8-9	N/A	N/A	N/A	N/A	---
Youth 10-11	N/A	N/A	N/A	N/A	N/A
Youth 12-13	N/A	N/A	N/A	N/A	170
Teen 14-15	N/A	N/A	170	170	170
Teen 16-17	N/A	170	170	170	200
Teen 18-19	N/A	170	170	170	200
Junior 20-23	N/A	170	200	200	250
Open 24-34	N/A	170	200	200	300
Submasters 35-39	N/A	170	170	200	250
Masters 40-49	N/A	170	170	200	200
Masters 50-59	N/A	170	170	170	170
Masters 60-69	N/A	170	170	170	170
Masters 70-79	N/A	N/A	N/A	N/A	N/A
Masters 80-89	N/A	N/A	N/A	N/A	N/A
Masters 90+	N/A	N/A	N/A	N/A	N/A

Notes:

1. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement *STANDARD IMPLEMENT WEIGHTS* to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their *STANDARD IMPLEMENT WEIGHTS* to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.