



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Female Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
28.0	2.681233	33.1	2.229849	38.2	1.933259	43.3	1.726071	48.4	1.574743
28.1	2.670193	33.2	2.222839	38.3	1.928482	43.4	1.722646	48.5	1.572192
28.2	2.659260	33.3	2.215887	38.4	1.923738	43.5	1.719241	48.6	1.569655
28.3	2.648432	33.4	2.208990	38.5	1.919027	43.6	1.715857	48.7	1.567132
28.4	2.637709	33.5	2.202148	38.6	1.914348	43.7	1.712494	48.8	1.564622
28.5	2.627089	33.6	2.195362	38.7	1.909702	43.8	1.709151	48.9	1.562126
28.6	2.616571	33.7	2.188629	38.8	1.905087	43.9	1.705828	49.0	1.559644
28.7	2.606153	33.8	2.181950	38.9	1.900504	44.0	1.702525	49.1	1.557175
28.8	2.595833	33.9	2.175324	39.0	1.895952	44.1	1.699242	49.2	1.554720
28.9	2.585612	34.0	2.168750	39.1	1.891431	44.2	1.695978	49.3	1.552277
29.0	2.575487	34.1	2.162229	39.2	1.886941	44.3	1.692735	49.4	1.549848
29.1	2.565456	34.2	2.155758	39.3	1.882481	44.4	1.689510	49.5	1.547431
29.2	2.555520	34.3	2.149338	39.4	1.878052	44.5	1.686305	49.6	1.545028
29.3	2.545676	34.4	2.142968	39.5	1.873652	44.6	1.683118	49.7	1.542638
29.4	2.535923	34.5	2.136648	39.6	1.869281	44.7	1.679951	49.8	1.540260
29.5	2.526261	34.6	2.130377	39.7	1.864940	44.8	1.676802	49.9	1.537895
29.6	2.516687	34.7	2.124154	39.8	1.860628	44.9	1.673672	50.0	1.535542
29.7	2.507201	34.8	2.117979	39.9	1.856345	45.0	1.670561	50.1	1.533202
29.8	2.497802	34.9	2.111852	40.0	1.852090	45.1	1.667467	50.2	1.530874
29.9	2.488489	35.0	2.105771	40.1	1.847863	45.2	1.664392	50.3	1.528558
30.0	2.479260	35.1	2.099737	40.2	1.843665	45.3	1.661334	50.4	1.526255
30.1	2.470115	35.2	2.093749	40.3	1.839493	45.4	1.658295	50.5	1.523964
30.2	2.461052	35.3	2.087806	40.4	1.835350	45.5	1.655273	50.6	1.521685
30.3	2.452070	35.4	2.081909	40.5	1.831233	45.6	1.652269	50.7	1.519417
30.4	2.443168	35.5	2.076055	40.6	1.827144	45.7	1.649282	50.8	1.517162
30.5	2.434346	35.6	2.070246	40.7	1.823081	45.8	1.646312	50.9	1.514918
30.6	2.425602	35.7	2.064481	40.8	1.819044	45.9	1.643360	51.0	1.512686
30.7	2.416935	35.8	2.058758	40.9	1.815034	46.0	1.640425	51.1	1.510466
30.8	2.408345	35.9	2.053078	41.0	1.811050	46.1	1.637506	51.2	1.508257
30.9	2.399830	36.0	2.047440	41.1	1.807091	46.2	1.634604	51.3	1.506059
31.0	2.391390	36.1	2.041844	41.2	1.803158	46.3	1.631719	51.4	1.503873
31.1	2.383023	36.2	2.036290	41.3	1.799250	46.4	1.628850	51.5	1.501699
31.2	2.374729	36.3	2.030776	41.4	1.795367	46.5	1.625998	51.6	1.499535
31.3	2.366507	36.4	2.025303	41.5	1.791509	46.6	1.623161	51.7	1.497382
31.4	2.358355	36.5	2.019870	41.6	1.787676	46.7	1.620341	51.8	1.495241
31.5	2.350274	36.6	2.014476	41.7	1.783867	46.8	1.617537	51.9	1.493110
31.6	2.342262	36.7	2.009122	41.8	1.780082	46.9	1.614749	52.0	1.490991
31.7	2.334318	36.8	2.003807	41.9	1.776321	47.0	1.611976	52.1	1.488882
31.8	2.326442	36.9	1.998530	42.0	1.772584	47.1	1.609219	52.2	1.486784
31.9	2.318632	37.0	1.993291	42.1	1.768871	47.2	1.606477	52.3	1.484697
32.0	2.310889	37.1	1.988090	42.2	1.765180	47.3	1.603751	52.4	1.482620
32.1	2.303210	37.2	1.982926	42.3	1.761513	47.4	1.601040	52.5	1.480554
32.2	2.295597	37.3	1.977799	42.4	1.757869	47.5	1.598344	52.6	1.478498
32.3	2.288046	37.4	1.972708	42.5	1.754248	47.6	1.595663	52.7	1.476453
32.4	2.280559	37.5	1.967654	42.6	1.750649	47.7	1.592997	52.8	1.474417
32.5	2.273134	37.6	1.962636	42.7	1.747072	47.8	1.590346	52.9	1.472393
32.6	2.265770	37.7	1.957653	42.8	1.743518	47.9	1.587709	<b>53.0</b>	<b>1.470378</b>
32.7	2.258467	37.8	1.952705	42.9	1.739985	<b>48.0</b>	<b>1.585087</b>	53.1	1.468373
32.8	2.251224	37.9	1.947792	43.0	1.736474	48.1	1.582480	53.2	1.466379
32.9	2.244041	38.0	1.942914	43.1	1.732985	48.2	1.579887	53.3	1.464394
33.0	2.236916	38.1	1.938070	43.2	1.729518	48.3	1.577308	53.4	1.462419



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
53.5	1.460455	58.6	1.371896	63.7	1.301892	68.8	1.245684	73.9	1.200001
53.6	1.458499	58.7	1.370364	63.8	1.300670	68.9	1.244696	74.0	1.199194
53.7	1.456554	58.8	1.368839	63.9	1.299453	<b>69.0</b>	<b>1.243712</b>	74.1	1.198390
53.8	1.454618	58.9	1.367320	64.0	1.298242	69.1	1.242732	74.2	1.197589
53.9	1.452692	59.0	1.365809	64.1	1.297035	69.2	1.241756	74.3	1.196791
54.0	1.450775	59.1	1.364305	64.2	1.295834	69.3	1.240784	74.4	1.195996
54.1	1.448868	59.2	1.362807	64.3	1.294638	69.4	1.239815	74.5	1.195204
54.2	1.446970	59.3	1.361316	64.4	1.293446	69.5	1.238851	74.6	1.194415
54.3	1.445082	59.4	1.359832	64.5	1.292260	69.6	1.237891	74.7	1.193629
54.4	1.443203	59.5	1.358355	64.6	1.291079	69.7	1.236934	74.8	1.192846
54.5	1.441332	59.6	1.356884	64.7	1.289903	69.8	1.235981	74.9	1.192067
54.6	1.439472	59.7	1.355420	64.8	1.288732	69.9	1.235032	<b>75.0</b>	<b>1.191290</b>
54.7	1.437620	59.8	1.353963	64.9	1.287566	70.0	1.234087	75.1	1.190516
54.8	1.435777	59.9	1.352512	65.0	1.286405	70.1	1.233146	75.2	1.189745
54.9	1.433943	60.0	1.351068	65.1	1.285249	70.2	1.232208	75.3	1.188977
55.0	1.432118	60.1	1.349630	65.2	1.284097	70.3	1.231274	75.4	1.188212
55.1	1.430302	60.2	1.348198	65.3	1.282951	70.4	1.230344	75.5	1.187450
55.2	1.428495	60.3	1.346774	65.4	1.281809	70.5	1.229417	75.6	1.186691
55.3	1.426696	60.4	1.345355	65.5	1.280672	70.6	1.228495	75.7	1.185935
55.4	1.424906	60.5	1.343943	65.6	1.279540	70.7	1.227576	75.8	1.185182
55.5	1.423125	60.6	1.342537	65.7	1.278412	70.8	1.226660	75.9	1.184431
55.6	1.421352	60.7	1.341137	65.8	1.277290	70.9	1.225748	76.0	1.183684
55.7	1.419588	60.8	1.339744	65.9	1.276172	71.0	1.224840	76.1	1.182939
55.8	1.417832	60.9	1.338357	66.0	1.275058	71.1	1.223936	76.2	1.182197
55.9	1.416085	61.0	1.336976	66.1	1.273950	71.2	1.223035	76.3	1.181458
56.0	1.414346	61.1	1.335601	66.2	1.272846	71.3	1.222137	76.4	1.180722
56.1	1.412615	61.2	1.334232	66.3	1.271746	71.4	1.221243	76.5	1.179988
56.2	1.410892	61.3	1.332869	66.4	1.270651	71.5	1.220353	76.6	1.179257
56.3	1.409178	61.4	1.331512	66.5	1.269561	71.6	1.219466	76.7	1.178530
56.4	1.407472	61.5	1.330162	66.6	1.268475	71.7	1.218583	76.8	1.177804
56.5	1.405774	61.6	1.328817	66.7	1.267394	71.8	1.217703	76.9	1.177082
56.6	1.404084	61.7	1.327478	66.8	1.266317	71.9	1.216827	77.0	1.176362
56.7	1.402402	61.8	1.326145	66.9	1.265244	72.0	1.215954	77.1	1.175645
56.8	1.400728	61.9	1.324818	67.0	1.264176	72.1	1.215084	77.2	1.174931
56.9	1.399062	62.0	1.323496	67.1	1.263113	72.2	1.214218	77.3	1.174219
57.0	1.397403	62.1	1.322181	67.2	1.262054	72.3	1.213355	77.4	1.173511
57.1	1.395753	62.2	1.320871	67.3	1.260999	72.4	1.212496	77.5	1.172804
57.2	1.394110	62.3	1.319567	67.4	1.259948	72.5	1.211640	77.6	1.172101
57.3	1.392475	62.4	1.318268	67.5	1.258902	72.6	1.210787	77.7	1.171400
57.4	1.390847	62.5	1.316976	67.6	1.257860	72.7	1.209938	77.8	1.170702
57.5	1.389227	62.6	1.315688	67.7	1.256822	72.8	1.209092	77.9	1.170006
57.6	1.387615	62.7	1.314407	67.8	1.255789	72.9	1.208250	78.0	1.169313
57.7	1.386010	62.8	1.313131	67.9	1.254760	73.0	1.207410	78.1	1.168623
57.8	1.384413	62.9	1.311860	68.0	1.253735	73.1	1.206574	78.2	1.167935
57.9	1.382823	<b>63.0</b>	<b>1.310596</b>	68.1	1.252714	73.2	1.205741	78.3	1.167250
<b>58.0</b>	<b>1.381240</b>	63.1	1.309336	68.2	1.251698	73.3	1.204912	78.4	1.166567
58.1	1.379665	63.2	1.308082	68.3	1.250685	73.4	1.204085	78.5	1.165887
58.2	1.378097	63.3	1.306833	68.4	1.249677	73.5	1.203262	78.6	1.165209
58.3	1.376536	63.4	1.305590	68.5	1.248673	73.6	1.202442	78.7	1.164534
58.4	1.374982	63.5	1.304352	68.6	1.247672	73.7	1.201625	78.8	1.163862
58.5	1.373436	63.6	1.303119	68.7	1.246676	73.8	1.200812	78.9	1.163192



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
79.0	1.162524	84.1	1.131567	89.2	1.105872	94.3	1.084489	99.4	1.066682
79.1	1.161859	84.2	1.131016	89.3	1.105414	94.4	1.084108	99.5	1.066364
79.2	1.161197	84.3	1.130467	89.4	1.104958	94.5	1.083727	99.6	1.066048
79.3	1.160537	84.4	1.129920	89.5	1.104503	94.6	1.083349	99.7	1.065733
79.4	1.159879	84.5	1.129375	89.6	1.104050	94.7	1.082971	99.8	1.065418
79.5	1.159224	84.6	1.128832	89.7	1.103599	94.8	1.082595	99.9	1.065105
79.6	1.158572	84.7	1.128291	89.8	1.103149	94.9	1.082221	100.0	1.064794
79.7	1.157921	84.8	1.127752	89.9	1.102700	95.0	1.081847	100.1	1.064483
79.8	1.157274	84.9	1.127215	<b>90.0</b>	<b>1.102254</b>	95.1	1.081476	100.2	1.064173
79.9	1.156628	85.0	1.126680	90.1	1.101809	95.2	1.081105	100.3	1.063865
80.0	1.155985	85.1	1.126147	90.2	1.101365	95.3	1.080736	100.4	1.063558
80.1	1.155344	85.2	1.125616	90.3	1.100924	95.4	1.080368	100.5	1.063251
80.2	1.154706	85.3	1.125087	90.4	1.100483	95.5	1.080001	100.6	1.062946
80.3	1.154070	85.4	1.124559	90.5	1.100045	95.6	1.079636	100.7	1.062642
80.4	1.153437	85.5	1.124034	90.6	1.099608	95.7	1.079271	100.8	1.062339
80.5	1.152806	85.6	1.123511	90.7	1.099172	95.8	1.078909	100.9	1.062038
80.6	1.152177	85.7	1.122989	90.8	1.098738	95.9	1.078547	101.0	1.061737
80.7	1.151550	85.8	1.122469	90.9	1.098306	96.0	1.078187	101.1	1.061437
80.8	1.150926	85.9	1.121951	91.0	1.097875	96.1	1.077828	101.2	1.061139
80.9	1.150304	86.0	1.121435	91.1	1.097445	96.2	1.077471	101.3	1.060841
81.0	1.149685	86.1	1.120921	91.2	1.097018	96.3	1.077114	101.4	1.060545
81.1	1.149067	86.2	1.120409	91.3	1.096591	96.4	1.076759	101.5	1.060249
81.2	1.148452	86.3	1.119899	91.4	1.096167	96.5	1.076406	101.6	1.059955
81.3	1.147839	86.4	1.119390	91.5	1.095743	96.6	1.076053	101.7	1.059662
81.4	1.147229	86.5	1.118884	91.6	1.095322	96.7	1.075702	101.8	1.059370
81.5	1.146621	86.6	1.118379	91.7	1.094901	96.8	1.075352	101.9	1.059079
81.6	1.146015	86.7	1.117876	91.8	1.094483	96.9	1.075003	102.0	1.058789
81.7	1.145411	86.8	1.117374	91.9	1.094066	97.0	1.074656	102.1	1.058500
81.8	1.144809	86.9	1.116875	92.0	1.093650	97.1	1.074310	102.2	1.058212
81.9	1.144210	87.0	1.116377	92.1	1.093236	97.2	1.073965	102.3	1.057925
82.0	1.143613	87.1	1.115882	92.2	1.092823	97.3	1.073621	102.4	1.057640
82.1	1.143018	87.2	1.115388	92.3	1.092412	97.4	1.073279	102.5	1.057355
82.2	1.142425	87.3	1.114895	92.4	1.092002	97.5	1.072937	102.6	1.057071
82.3	1.141835	87.4	1.114405	92.5	1.091594	97.6	1.072597	102.7	1.056789
82.4	1.141246	87.5	1.113916	92.6	1.091187	97.7	1.072258	102.8	1.056507
82.5	1.140660	87.6	1.113429	92.7	1.090781	97.8	1.071921	102.9	1.056226
82.6	1.140076	87.7	1.112944	92.8	1.090378	97.9	1.071584	103.0	1.055947
82.7	1.139494	87.8	1.112461	92.9	1.089975	98.0	1.071249	103.1	1.055668
82.8	1.138914	87.9	1.111979	93.0	1.089574	98.1	1.070915	103.2	1.055391
82.9	1.138336	88.0	1.111499	93.1	1.089174	98.2	1.070583	103.3	1.055114
83.0	1.137761	88.1	1.111021	93.2	1.088776	98.3	1.070251	103.4	1.054839
83.1	1.137187	88.2	1.110544	93.3	1.088379	98.4	1.069921	103.5	1.054564
83.2	1.136616	88.3	1.110069	93.4	1.087984	98.5	1.069591	103.6	1.054291
83.3	1.136047	88.4	1.109596	93.5	1.087590	98.6	1.069263	103.7	1.054018
83.4	1.135479	88.5	1.109125	93.6	1.087198	98.7	1.068937	103.8	1.053747
83.5	1.134914	88.6	1.108655	93.7	1.086806	98.8	1.068611	103.9	1.053476
83.6	1.134351	88.7	1.108187	93.8	1.086417	98.9	1.068287	104.0	1.053207
83.7	1.133790	88.8	1.107721	93.9	1.086028	99.0	1.067963	104.1	1.052938
83.8	1.133231	88.9	1.107256	94.0	1.085641	99.1	1.067641	104.2	1.052671
83.9	1.132674	89.0	1.106793	94.1	1.085256	99.2	1.067320	104.3	1.052404
84.0	1.132119	89.1	1.106332	94.2	1.084872	99.3	1.067000	104.4	1.052139



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
104.5	1.051874	109.6	1.039609	114.7	1.029517	119.8	1.021301	124.9	1.014715
104.6	1.051610	109.7	1.039391	114.8	1.029339	119.9	1.021157	125.0	1.014601
104.7	1.051348	109.8	1.039174	114.9	1.029162	120.0	1.021014	125.1	1.014487
104.8	1.051086	109.9	1.038958	115.0	1.028985	120.1	1.020871	125.2	1.014374
104.9	1.050825	110.0	1.038743	115.1	1.028809	120.2	1.020729	125.3	1.014261
105.0	1.050566	110.1	1.038528	115.2	1.028633	120.3	1.020587	125.4	1.014149
105.1	1.050307	110.2	1.038315	115.3	1.028459	120.4	1.020446	125.5	1.014038
105.2	1.050049	110.3	1.038102	115.4	1.028285	120.5	1.020306	125.6	1.013927
105.3	1.049792	110.4	1.037890	115.5	1.028111	120.6	1.020166	125.7	1.013816
105.4	1.049536	110.5	1.037679	115.6	1.027939	120.7	1.020027	125.8	1.013706
105.5	1.049281	110.6	1.037469	115.7	1.027767	120.8	1.019888	125.9	1.013597
105.6	1.049027	110.7	1.037259	115.8	1.027596	120.9	1.019751	126.0	1.013488
105.7	1.048774	110.8	1.037051	115.9	1.027425	121.0	1.019613	126.1	1.013379
105.8	1.048522	110.9	1.036843	116.0	1.027256	121.1	1.019477	126.2	1.013272
105.9	1.048271	111.0	1.036636	116.1	1.027087	121.2	1.019340	126.3	1.013164
106.0	1.048021	111.1	1.036429	116.2	1.026918	121.3	1.019205	126.4	1.013058
106.1	1.047771	111.2	1.036224	116.3	1.026751	121.4	1.019070	126.5	1.012951
106.2	1.047523	111.3	1.036019	116.4	1.026584	121.5	1.018936	126.6	1.012846
106.3	1.047275	111.4	1.035815	116.5	1.026417	121.6	1.018802	126.7	1.012740
106.4	1.047029	111.5	1.035612	116.6	1.026252	121.7	1.018669	126.8	1.012636
106.5	1.046783	111.6	1.035410	116.7	1.026087	121.8	1.018536	126.9	1.012532
106.6	1.046538	111.7	1.035209	116.8	1.025922	121.9	1.018404	127.0	1.012428
106.7	1.046295	111.8	1.035008	116.9	1.025759	122.0	1.018273	127.1	1.012325
106.8	1.046052	111.9	1.034808	117.0	1.025596	122.1	1.018142	127.2	1.012222
106.9	1.045810	112.0	1.034609	117.1	1.025434	122.2	1.018012	127.3	1.012120
107.0	1.045569	112.1	1.034410	117.2	1.025272	122.3	1.017883	127.4	1.012019
107.1	1.045328	112.2	1.034213	117.3	1.025111	122.4	1.017754	127.5	1.011918
107.2	1.045089	112.3	1.034016	117.4	1.024951	122.5	1.017625	127.6	1.011817
107.3	1.044851	112.4	1.033820	117.5	1.024791	122.6	1.017497	127.7	1.011717
107.4	1.044613	112.5	1.033624	117.6	1.024632	122.7	1.017370	127.8	1.011618
107.5	1.044377	112.6	1.033430	117.7	1.024474	122.8	1.017244	127.9	1.011519
107.6	1.044141	112.7	1.033236	117.8	1.024317	122.9	1.017118	128.0	1.011420
107.7	1.043906	112.8	1.033043	117.9	1.024160	123.0	1.016992	128.1	1.011322
107.8	1.043672	112.9	1.032851	118.0	1.024003	123.1	1.016867	128.2	1.011225
107.9	1.043439	113.0	1.032659	118.1	1.023848	123.2	1.016743	128.3	1.011128
108.0	1.043207	113.1	1.032469	118.2	1.023693	123.3	1.016619	128.4	1.011031
108.1	1.042975	113.2	1.032279	118.3	1.023539	123.4	1.016496	128.5	1.010935
108.2	1.042745	113.3	1.032089	118.4	1.023385	123.5	1.016373	128.6	1.010840
108.3	1.042515	113.4	1.031901	118.5	1.023232	123.6	1.016251	128.7	1.010745
108.4	1.042287	113.5	1.031713	118.6	1.023080	123.7	1.016130	128.8	1.010650
108.5	1.042059	113.6	1.031526	118.7	1.022928	123.8	1.016009	128.9	1.010556
108.6	1.041832	113.7	1.031340	118.8	1.022777	123.9	1.015888	129.0	1.010463
108.7	1.041606	113.8	1.031154	118.9	1.022626	124.0	1.015768	129.1	1.010370
108.8	1.041380	113.9	1.030969	119.0	1.022477	124.1	1.015649	129.2	1.010277
108.9	1.041156	114.0	1.030785	119.1	1.022328	124.2	1.015530	129.3	1.010185
109.0	1.040932	114.1	1.030602	119.2	1.022179	124.3	1.015412	129.4	1.010094
109.1	1.040710	114.2	1.030419	119.3	1.022031	124.4	1.015295	129.5	1.010003
109.2	1.040488	114.3	1.030238	119.4	1.021884	124.5	1.015178	129.6	1.009912
109.3	1.040267	114.4	1.030056	119.5	1.021737	124.6	1.015061	129.7	1.009822
109.4	1.040047	114.5	1.029876	119.6	1.021591	124.7	1.014945	129.8	1.009733
109.5	1.039827	114.6	1.029696	119.7	1.021446	124.8	1.014830	129.9	1.009644



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Female Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
130.0	1.009555	135.1	1.005652	140.2	1.002862	145.3	1.001064	150.4	1.000156
130.1	1.009467	135.2	1.005587	140.3	1.002817	145.4	1.001038	150.5	1.000146
130.2	1.009379	135.3	1.005522	140.4	1.002773	145.5	1.001012	150.6	1.000137
130.3	1.009292	135.4	1.005458	140.5	1.002729	145.6	1.000987	150.7	1.000128
130.4	1.009205	135.5	1.005394	140.6	1.002686	145.7	1.000962	150.8	1.000120
130.5	1.009119	135.6	1.005331	140.7	1.002643	145.8	1.000937	150.9	1.000111
130.6	1.009034	135.7	1.005268	140.8	1.002601	145.9	1.000913	151.0	1.000103
130.7	1.008948	135.8	1.005206	140.9	1.002559	146.0	1.000889	151.1	1.000096
130.8	1.008864	135.9	1.005144	141.0	1.002517	146.1	1.000865	151.2	1.000088
130.9	1.008779	136.0	1.005082	141.1	1.002475	146.2	1.000842	151.3	1.000081
131.0	1.008695	136.1	1.005021	141.2	1.002434	146.3	1.000819	151.4	1.000074
131.1	1.008612	136.2	1.004960	141.3	1.002394	146.4	1.000796	151.5	1.000068
131.2	1.008529	136.3	1.004900	141.4	1.002353	146.5	1.000774	151.6	1.000062
131.3	1.008447	136.4	1.004840	141.5	1.002314	146.6	1.000752	151.7	1.000056
131.4	1.008365	136.5	1.004780	141.6	1.002274	146.7	1.000730	151.8	1.000050
131.5	1.008283	136.6	1.004721	141.7	1.002235	146.8	1.000709	151.9	1.000045
131.6	1.008202	136.7	1.004662	141.8	1.002196	146.9	1.000688	152.0	1.000040
131.7	1.008122	136.8	1.004604	141.9	1.002158	147.0	1.000667	152.1	1.000035
131.8	1.008042	136.9	1.004546	142.0	1.002120	147.1	1.000647	152.2	1.000031
131.9	1.007962	137.0	1.004489	142.1	1.002082	147.2	1.000627	152.3	1.000027
132.0	1.007883	137.1	1.004432	142.2	1.002045	147.3	1.000607	152.4	1.000023
132.1	1.007804	137.2	1.004375	142.3	1.002008	147.4	1.000588	152.5	1.000019
132.2	1.007726	137.3	1.004319	142.4	1.001971	147.5	1.000569	152.6	1.000016
132.3	1.007648	137.4	1.004263	142.5	1.001935	147.6	1.000550	152.7	1.000013
132.4	1.007571	137.5	1.004208	142.6	1.001899	147.7	1.000532	152.8	1.000011
132.5	1.007494	137.6	1.004153	142.7	1.001863	147.8	1.000514	152.9	1.000008
132.6	1.007418	137.7	1.004098	142.8	1.001828	147.9	1.000496	153.0	1.000006
132.7	1.007342	137.8	1.004044	142.9	1.001793	148.0	1.000479	153.1	1.000004
132.8	1.007266	137.9	1.003990	143.0	1.001759	148.1	1.000461	153.2	1.000003
132.9	1.007191	138.0	1.003937	143.1	1.001725	148.2	1.000445	153.3	1.000002
133.0	1.007116	138.1	1.003884	143.2	1.001691	148.3	1.000428	153.4	1.000001
133.1	1.007042	138.2	1.003831	143.3	1.001658	148.4	1.000412	153.5	1.000000
133.2	1.006969	138.3	1.003779	143.4	1.001625	148.5	1.000396	<b>153.6</b>	<b>1.000000</b>
133.3	1.006895	138.4	1.003727	143.5	1.001592	148.6	1.000381		
133.4	1.006822	138.5	1.003676	143.6	1.001560	148.7	1.000366		
133.5	1.006750	138.6	1.003625	143.7	1.001528	148.8	1.000351		
133.6	1.006678	138.7	1.003574	143.8	1.001496	148.9	1.000336		
133.7	1.006607	138.8	1.003524	143.9	1.001465	149.0	1.000322		
133.8	1.006536	138.9	1.003474	144.0	1.001434	149.1	1.000308		
133.9	1.006465	139.0	1.003425	144.1	1.001404	149.2	1.000295		
134.0	1.006395	139.1	1.003376	144.2	1.001373	149.3	1.000281		
134.1	1.006325	139.2	1.003327	144.3	1.001344	149.4	1.000268		
134.2	1.006256	139.3	1.003279	144.4	1.001314	149.5	1.000256		
134.3	1.006187	139.4	1.003231	144.5	1.001285	149.6	1.000243		
134.4	1.006118	139.5	1.003183	144.6	1.001256	149.7	1.000231		
134.5	1.006050	139.6	1.003136	144.7	1.001228	149.8	1.000220		
134.6	1.005983	139.7	1.003089	144.8	1.001200	149.9	1.000208		
134.7	1.005916	139.8	1.003043	144.9	1.001172	150.0	1.000197		
134.8	1.005849	139.9	1.002997	145.0	1.001144	150.1	1.000186		
134.9	1.005783	140.0	1.002952	145.1	1.001117	150.2	1.000176		
135.0	1.005717	140.1	1.002906	145.2	1.001091	150.3	1.000166		



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
32.0	2.575232	37.0	2.206570	42.0	1.949958	47.0	1.762770	52.0	1.621300
32.1	2.566323	37.1	2.200528	42.1	1.945636	47.1	1.759551	52.1	1.618829
32.2	2.557490	37.2	2.194529	42.2	1.941340	47.2	1.756351	52.2	1.616371
32.3	2.548730	37.3	2.188572	42.3	1.937071	47.3	1.753168	52.3	1.613924
32.4	2.540043	37.4	2.182659	42.4	1.932828	47.4	1.750003	52.4	1.611490
32.5	2.531428	37.5	2.176787	42.5	1.928612	47.5	1.746855	52.5	1.609068
32.6	2.522884	37.6	2.170956	42.6	1.924421	47.6	1.743724	52.6	1.606659
32.7	2.514410	37.7	2.165166	42.7	1.920257	47.7	1.740611	52.7	1.604261
32.8	2.506006	37.8	2.159417	42.8	1.916118	47.8	1.737514	52.8	1.601875
32.9	2.497671	37.9	2.153709	42.9	1.912005	47.9	1.734435	52.9	1.599500
33.0	2.489403	38.0	2.148040	43.0	1.907916	48.0	1.731372	53.0	1.597138
33.1	2.481203	38.1	2.142410	43.1	1.903853	48.1	1.728326	53.1	1.594787
33.2	2.473069	38.2	2.136820	43.2	1.899814	48.2	1.725297	53.2	1.592448
33.3	2.465000	38.3	2.131268	43.3	1.895800	48.3	1.722283	53.3	1.590120
33.4	2.456997	38.4	2.125755	43.4	1.891810	48.4	1.719287	53.4	1.587803
33.5	2.449057	38.5	2.120279	43.5	1.887844	48.5	1.716306	53.5	1.585498
33.6	2.441181	38.6	2.114842	43.6	1.883902	48.6	1.713341	53.6	1.583204
33.7	2.433367	38.7	2.109441	43.7	1.879983	48.7	1.710393	53.7	1.580922
33.8	2.425616	38.8	2.104077	43.8	1.876088	48.8	1.707460	53.8	1.578650
33.9	2.417926	38.9	2.098750	43.9	1.872217	48.9	1.704543	53.9	1.576389
34.0	2.410296	39.0	2.093458	44.0	1.868368	49.0	1.701641	54.0	1.574140
34.1	2.402727	39.1	2.088203	44.1	1.864543	49.1	1.698755	54.1	1.571901
34.2	2.395216	39.2	2.082983	44.2	1.860740	49.2	1.695884	54.2	1.569673
34.3	2.387764	39.3	2.077798	44.3	1.856960	49.3	1.693029	54.3	1.567456
34.4	2.380371	39.4	2.072648	44.4	1.853202	49.4	1.690188	54.4	1.565250
34.5	2.373034	39.5	2.067532	44.5	1.849466	49.5	1.687363	54.5	1.563054
34.6	2.365754	39.6	2.062451	44.6	1.845752	49.6	1.684552	54.6	1.560868
34.7	2.358531	39.7	2.057403	44.7	1.842060	49.7	1.681756	54.7	1.558693
34.8	2.351362	39.8	2.052389	44.8	1.838390	49.8	1.678975	54.8	1.556529
34.9	2.344249	39.9	2.047408	44.9	1.834741	49.9	1.676209	54.9	1.554374
35.0	2.337190	40.0	2.042460	45.0	1.831113	50.0	1.673457	55.0	1.552231
35.1	2.330185	40.1	2.037544	45.1	1.827506	50.1	1.670719	55.1	1.550097
35.2	2.323233	40.2	2.032661	45.2	1.823921	50.2	1.667996	55.2	1.547973
35.3	2.316333	40.3	2.027809	45.3	1.820356	50.3	1.665286	55.3	1.545859
35.4	2.309486	40.4	2.022990	45.4	1.816811	50.4	1.662591	55.4	1.543756
35.5	2.302689	40.5	2.018202	45.5	1.813287	50.5	1.659910	55.5	1.541662
35.6	2.295944	40.6	2.013444	45.6	1.809783	50.6	1.657243	55.6	1.539578
35.7	2.289249	40.7	2.008718	45.7	1.806300	50.7	1.654589	55.7	1.537504
35.8	2.282604	40.8	2.004022	45.8	1.802836	50.8	1.651949	55.8	1.535440
35.9	2.276009	40.9	1.999357	45.9	1.799392	50.9	1.649323	55.9	1.533385
36.0	2.269462	41.0	1.994721	46.0	1.795968	51.0	1.646710	<b>56.0</b>	<b>1.531340</b>
36.1	2.262963	41.1	1.990116	46.1	1.792563	51.1	1.644110	56.1	1.529305
36.2	2.256513	41.2	1.985539	46.2	1.789177	51.2	1.641524	56.2	1.527279
36.3	2.250109	41.3	1.980992	46.3	1.785811	51.3	1.638951	56.3	1.525262
36.4	2.243753	41.4	1.976474	46.4	1.782464	51.4	1.636391	56.4	1.523255
36.5	2.237442	41.5	1.971985	46.5	1.779135	51.5	1.633844	56.5	1.521257
36.6	2.231178	41.6	1.967523	46.6	1.775825	51.6	1.631309	56.6	1.519269
36.7	2.224959	41.7	1.963091	46.7	1.772534	51.7	1.628788	56.7	1.517289
36.8	2.218785	41.8	1.958686	46.8	1.769261	51.8	1.626279	56.8	1.515319
36.9	2.212655	41.9	1.954308	46.9	1.766006	51.9	1.623784	56.9	1.513358



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
57.0	1.511406	<b>62.0</b>	<b>1.424167</b>	67.0	1.353700	72.0	1.295977	<b>77.0</b>	<b>1.248153</b>
57.1	1.509463	62.1	1.422609	67.1	1.352432	72.1	1.294932	77.1	1.247283
57.2	1.507528	62.2	1.421058	67.2	1.351169	72.2	1.293890	77.2	1.246415
57.3	1.505603	62.3	1.419514	67.3	1.349911	72.3	1.292852	77.3	1.245551
57.4	1.503686	62.4	1.417976	67.4	1.348657	72.4	1.291818	77.4	1.244689
57.5	1.501778	62.5	1.416444	67.5	1.347409	72.5	1.290788	77.5	1.243831
57.6	1.499879	62.6	1.414919	67.6	1.346166	72.6	1.289762	77.6	1.242976
57.7	1.497989	62.7	1.413400	67.7	1.344927	72.7	1.288740	77.7	1.242123
57.8	1.496107	62.8	1.411888	67.8	1.343694	72.8	1.287721	77.8	1.241274
57.9	1.494233	62.9	1.410382	67.9	1.342465	72.9	1.286707	77.9	1.240428
58.0	1.492368	63.0	1.408882	68.0	1.341241	73.0	1.285696	78.0	1.239584
58.1	1.490512	63.1	1.407389	68.1	1.340022	73.1	1.284689	78.1	1.238744
58.2	1.488663	63.2	1.405902	68.2	1.338808	73.2	1.283685	78.2	1.237907
58.3	1.486823	63.3	1.404421	68.3	1.337598	73.3	1.282685	78.3	1.237073
58.4	1.484992	63.4	1.402946	68.4	1.336393	73.4	1.281689	78.4	1.236241
58.5	1.483169	63.5	1.401478	68.5	1.335193	73.5	1.280697	78.5	1.235413
58.6	1.481353	63.6	1.400015	68.6	1.333998	73.6	1.279708	78.6	1.234587
58.7	1.479546	63.7	1.398559	68.7	1.332807	73.7	1.278723	78.7	1.233764
58.8	1.477747	63.8	1.397109	68.8	1.331621	73.8	1.277742	78.8	1.232945
58.9	1.475956	63.9	1.395664	68.9	1.330439	73.9	1.276764	78.9	1.232128
59.0	1.474173	64.0	1.394226	<b>69.0</b>	<b>1.329262</b>	74.0	1.275790	79.0	1.231314
59.1	1.472398	64.1	1.392794	69.1	1.328090	74.1	1.274819	79.1	1.230503
59.2	1.470631	64.2	1.391367	69.2	1.326922	74.2	1.273852	79.2	1.229694
59.3	1.468872	64.3	1.389947	69.3	1.325759	74.3	1.272888	79.3	1.228889
59.4	1.467120	64.4	1.388532	69.4	1.324600	74.4	1.271928	79.4	1.228086
59.5	1.465376	64.5	1.387123	69.5	1.323446	74.5	1.270972	79.5	1.227286
59.6	1.463640	64.6	1.385720	69.6	1.322296	74.6	1.270019	79.6	1.226489
59.7	1.461912	64.7	1.384322	69.7	1.321150	74.7	1.269069	79.7	1.225695
59.8	1.460191	64.8	1.382931	69.8	1.320009	74.8	1.268123	79.8	1.224903
59.9	1.458477	64.9	1.381545	69.9	1.318872	74.9	1.267180	79.9	1.224114
60.0	1.456772	65.0	1.380164	70.0	1.317740	75.0	1.266241	80.0	1.223328
60.1	1.455073	65.1	1.378790	70.1	1.316612	75.1	1.265305	80.1	1.222545
60.2	1.453382	65.2	1.377420	70.2	1.315488	75.2	1.264373	80.2	1.221765
60.3	1.451699	65.3	1.376057	70.3	1.314369	75.3	1.263444	80.3	1.220987
60.4	1.450023	65.4	1.374699	70.4	1.313254	75.4	1.262518	80.4	1.220211
60.5	1.448354	65.5	1.373346	70.5	1.312143	75.5	1.261596	80.5	1.219439
60.6	1.446692	65.6	1.371999	70.6	1.311037	75.6	1.260677	80.6	1.218669
60.7	1.445038	65.7	1.370658	70.7	1.309934	75.7	1.259761	80.7	1.217902
60.8	1.443390	65.8	1.369322	70.8	1.308836	75.8	1.258849	80.8	1.217138
60.9	1.441750	65.9	1.367991	70.9	1.307742	75.9	1.257940	80.9	1.216376
61.0	1.440117	66.0	1.366666	71.0	1.306652	76.0	1.257034	81.0	1.215616
61.1	1.438491	66.1	1.365345	71.1	1.305566	76.1	1.256132	81.1	1.214860
61.2	1.436872	66.2	1.364031	71.2	1.304485	76.2	1.255232	81.2	1.214106
61.3	1.435260	66.3	1.362721	71.3	1.303407	76.3	1.254336	81.3	1.213354
61.4	1.433655	66.4	1.361417	71.4	1.302334	76.4	1.253444	81.4	1.212606
61.5	1.432057	66.5	1.360118	71.5	1.301264	76.5	1.252554	81.5	1.211859
61.6	1.430465	66.6	1.358824	71.6	1.300199	76.6	1.251667	81.6	1.211116
61.7	1.428881	66.7	1.357535	71.7	1.299137	76.7	1.250784	81.7	1.210375
61.8	1.427303	66.8	1.356252	71.8	1.298080	76.8	1.249904	81.8	1.209636
61.9	1.425732	66.9	1.354974	71.9	1.297027	76.9	1.249027	81.9	1.208900



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
82.0	1.208166	87.0	1.174486	92.0	1.145954	97.0	1.121679	102.0	1.100963
82.1	1.207435	87.1	1.173868	92.1	1.145429	97.1	1.121231	102.1	1.100581
82.2	1.206707	87.2	1.173252	92.2	1.144906	97.2	1.120786	102.2	1.100200
82.3	1.205981	87.3	1.172639	92.3	1.144385	97.3	1.120341	102.3	1.099821
82.4	1.205257	87.4	1.172027	92.4	1.143865	97.4	1.119898	102.4	1.099442
82.5	1.204536	87.5	1.171417	92.5	1.143347	97.5	1.119457	102.5	1.099065
82.6	1.203817	87.6	1.170810	92.6	1.142831	97.6	1.119017	102.6	1.098689
82.7	1.203101	87.7	1.170204	92.7	1.142317	97.7	1.118578	102.7	1.098314
82.8	1.202388	87.8	1.169601	92.8	1.141804	97.8	1.118141	102.8	1.097940
82.9	1.201676	87.9	1.168999	92.9	1.141292	97.9	1.117705	102.9	1.097568
83.0	1.200967	88.0	1.168399	93.0	1.140783	98.0	1.117270	103.0	1.097196
83.1	1.200261	88.1	1.167802	93.1	1.140275	98.1	1.116837	103.1	1.096826
83.2	1.199557	88.2	1.167206	93.2	1.139768	98.2	1.116405	103.2	1.096457
83.3	1.198855	88.3	1.166612	93.3	1.139264	98.3	1.115975	103.3	1.096089
83.4	1.198156	88.4	1.166020	93.4	1.138761	98.4	1.115545	103.4	1.095723
83.5	1.197459	88.5	1.165430	93.5	1.138259	98.5	1.115118	103.5	1.095357
83.6	1.196764	88.6	1.164843	93.6	1.137759	98.6	1.114691	103.6	1.094992
83.7	1.196072	88.7	1.164257	93.7	1.137261	98.7	1.114266	103.7	1.094629
83.8	1.195382	88.8	1.163672	93.8	1.136764	98.8	1.113842	103.8	1.094267
83.9	1.194694	88.9	1.163090	93.9	1.136269	98.9	1.113420	103.9	1.093906
84.0	1.194009	89.0	1.162510	<b>94.0</b>	<b>1.135776</b>	99.0	1.112999	104.0	1.093546
84.1	1.193326	89.1	1.161932	94.1	1.135284	99.1	1.112579	104.1	1.093187
84.2	1.192646	89.2	1.161355	94.2	1.134793	99.2	1.112161	104.2	1.092829
84.3	1.191967	89.3	1.160781	94.3	1.134304	99.3	1.111744	104.3	1.092473
84.4	1.191291	89.4	1.160208	94.4	1.133817	99.4	1.111328	104.4	1.092117
84.5	1.190617	89.5	1.159637	94.5	1.133331	99.5	1.110913	104.5	1.091763
84.6	1.189946	89.6	1.159068	94.6	1.132847	99.6	1.110500	104.6	1.091410
84.7	1.189277	89.7	1.158501	94.7	1.132365	99.7	1.110088	104.7	1.091058
84.8	1.188610	89.8	1.157936	94.8	1.131884	99.8	1.109678	104.8	1.090707
84.9	1.187945	89.9	1.157372	94.9	1.131404	99.9	1.109268	104.9	1.090357
<b>85.0</b>	<b>1.187282</b>	90.0	1.156811	95.0	1.130926	100.0	1.108860	<b>105.0</b>	<b>1.090008</b>
85.1	1.186622	90.1	1.156251	95.1	1.130450	100.1	1.108454	105.1	1.089660
85.2	1.185964	90.2	1.155693	95.2	1.129975	100.2	1.108048	105.2	1.089313
85.3	1.185308	90.3	1.155137	95.3	1.129501	100.3	1.107644	105.3	1.088968
85.4	1.184654	90.4	1.154583	95.4	1.129029	100.4	1.107241	105.4	1.088623
85.5	1.184003	90.5	1.154030	95.5	1.128559	100.5	1.106839	105.5	1.088280
85.6	1.183353	90.6	1.153479	95.6	1.128090	100.6	1.106439	105.6	1.087937
85.7	1.182706	90.7	1.152930	95.7	1.127622	100.7	1.106040	105.7	1.087596
85.8	1.182061	90.8	1.152383	95.8	1.127156	100.8	1.105642	105.8	1.087256
85.9	1.181418	90.9	1.151838	95.9	1.126692	100.9	1.105245	105.9	1.086917
86.0	1.180777	91.0	1.151294	96.0	1.126229	101.0	1.104850	106.0	1.086578
86.1	1.180139	91.1	1.150752	96.1	1.125767	101.1	1.104456	106.1	1.086241
86.2	1.179502	91.2	1.150212	96.2	1.125307	101.2	1.104063	106.2	1.085905
86.3	1.178868	91.3	1.149674	96.3	1.124849	101.3	1.103671	106.3	1.085570
86.4	1.178236	91.4	1.149137	96.4	1.124391	101.4	1.103280	106.4	1.085236
86.5	1.177605	91.5	1.148602	96.5	1.123936	101.5	1.102891	106.5	1.084904
86.6	1.176977	91.6	1.148069	96.6	1.123481	101.6	1.102503	106.6	1.084572
86.7	1.176351	91.7	1.147538	96.7	1.123028	101.7	1.102116	106.7	1.084241
86.8	1.175727	91.8	1.147008	96.8	1.122577	101.8	1.101731	106.8	1.083911
86.9	1.175106	91.9	1.146480	96.9	1.122127	101.9	1.101346	106.9	1.083582





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## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
107.0	1.083255	112.0	1.068110	117.0	1.055168	122.0	1.044135	127.0	1.034766
107.1	1.082928	112.1	1.067830	117.1	1.054930	122.1	1.043932	127.1	1.034594
107.2	1.082602	112.2	1.067552	117.2	1.054692	122.2	1.043730	127.2	1.034423
107.3	1.082278	112.3	1.067274	117.3	1.054455	122.3	1.043528	127.3	1.034252
107.4	1.081954	112.4	1.066998	117.4	1.054219	122.4	1.043327	127.4	1.034082
107.5	1.081631	112.5	1.066722	117.5	1.053983	122.5	1.043127	127.5	1.033912
107.6	1.081310	112.6	1.066447	117.6	1.053749	122.6	1.042927	127.6	1.033744
107.7	1.080989	112.7	1.066173	117.7	1.053515	122.7	1.042728	127.7	1.033575
107.8	1.080669	112.8	1.065899	117.8	1.053281	122.8	1.042530	127.8	1.033407
107.9	1.080351	112.9	1.065627	117.9	1.053049	122.9	1.042332	127.9	1.033240
108.0	1.080033	113.0	1.065355	118.0	1.052817	123.0	1.042135	128.0	1.033073
108.1	1.079717	113.1	1.065085	118.1	1.052586	123.1	1.041939	128.1	1.032907
108.2	1.079401	113.2	1.064815	118.2	1.052356	123.2	1.041743	128.2	1.032742
108.3	1.079086	113.3	1.064546	118.3	1.052127	123.3	1.041548	128.3	1.032577
108.4	1.078773	113.4	1.064278	118.4	1.051898	123.4	1.041353	128.4	1.032412
108.5	1.078460	113.5	1.064010	118.5	1.051670	123.5	1.041159	128.5	1.032249
108.6	1.078148	113.6	1.063744	118.6	1.051442	123.6	1.040966	128.6	1.032085
108.7	1.077837	113.7	1.063478	118.7	1.051216	123.7	1.040774	128.7	1.031922
108.8	1.077528	113.8	1.063214	118.8	1.050990	123.8	1.040582	128.8	1.031760
108.9	1.077219	113.9	1.062950	118.9	1.050765	123.9	1.040390	128.9	1.031599
109.0	1.076911	114.0	1.062686	119.0	1.050540	124.0	1.040200	129.0	1.031438
109.1	1.076604	114.1	1.062424	119.1	1.050317	124.1	1.040010	129.1	1.031277
109.2	1.076298	114.2	1.062163	119.2	1.050094	124.2	1.039820	129.2	1.031117
109.3	1.075993	114.3	1.061902	119.3	1.049872	124.3	1.039632	129.3	1.030958
109.4	1.075689	114.4	1.061642	119.4	1.049650	124.4	1.039443	129.4	1.030799
109.5	1.075386	114.5	1.061383	119.5	1.049429	124.5	1.039256	129.5	1.030641
109.6	1.075084	114.6	1.061125	119.6	1.049209	124.6	1.039069	129.6	1.030483
109.7	1.074783	114.7	1.060868	119.7	1.048990	124.7	1.038883	129.7	1.030326
109.8	1.074482	114.8	1.060611	119.8	1.048771	124.8	1.038697	129.8	1.030169
109.9	1.074183	114.9	1.060355	119.9	1.048553	124.9	1.038512	129.9	1.030013
110.0	1.073885	115.0	1.060100	120.0	1.048336	125.0	1.038328	130.0	1.029857
110.1	1.073587	115.1	1.059846	120.1	1.048119	125.1	1.038144	130.1	1.029702
110.2	1.073291	115.2	1.059593	120.2	1.047903	125.2	1.037961	130.2	1.029548
110.3	1.072995	115.3	1.059341	120.3	1.047688	125.3	1.037778	130.3	1.029394
110.4	1.072701	115.4	1.059089	120.4	1.047474	125.4	1.037596	130.4	1.029240
110.5	1.072407	115.5	1.058838	120.5	1.047260	125.5	1.037415	130.5	1.029088
110.6	1.072114	115.6	1.058588	120.6	1.047047	125.6	1.037234	130.6	1.028935
110.7	1.071822	115.7	1.058338	120.7	1.046834	125.7	1.037054	130.7	1.028783
110.8	1.071531	115.8	1.058090	120.8	1.046623	125.8	1.036874	130.8	1.028632
110.9	1.071241	115.9	1.057842	120.9	1.046412	125.9	1.036695	130.9	1.028481
111.0	1.070952	116.0	1.057595	121.0	1.046201	126.0	1.036517	131.0	1.028331
111.1	1.070664	116.1	1.057349	121.1	1.045992	126.1	1.036339	131.1	1.028182
111.2	1.070376	116.2	1.057104	121.2	1.045783	126.2	1.036162	131.2	1.028032
111.3	1.070090	116.3	1.056859	121.3	1.045574	126.3	1.035985	131.3	1.027884
111.4	1.069804	116.4	1.056615	121.4	1.045367	126.4	1.035809	131.4	1.027736
111.5	1.069520	116.5	1.056372	121.5	1.045160	126.5	1.035634	131.5	1.027588
111.6	1.069236	116.6	1.056130	121.6	1.044953	126.6	1.035459	131.6	1.027441
111.7	1.068953	116.7	1.055888	121.7	1.044748	126.7	1.035285	131.7	1.027294
111.8	1.068671	116.8	1.055647	121.8	1.044543	126.8	1.035111	131.8	1.027148
111.9	1.068390	116.9	1.055407	121.9	1.044339	126.9	1.034938	131.9	1.027003



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## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
132.0	1.026858	137.0	1.020239	142.0	1.014765	147.0	1.010313	152.0	1.006776
132.1	1.026713	137.1	1.020119	142.1	1.014667	147.1	1.010234	152.1	1.006714
132.2	1.026569	137.2	1.019999	142.2	1.014568	147.2	1.010155	152.2	1.006652
132.3	1.026426	137.3	1.019880	142.3	1.014471	147.3	1.010076	152.3	1.006591
132.4	1.026283	137.4	1.019761	142.4	1.014373	147.4	1.009998	152.4	1.006530
132.5	1.026140	137.5	1.019643	142.5	1.014276	147.5	1.009920	152.5	1.006469
132.6	1.025999	137.6	1.019525	142.6	1.014179	147.6	1.009842	152.6	1.006409
132.7	1.025857	137.7	1.019407	142.7	1.014083	147.7	1.009765	152.7	1.006349
132.8	1.025716	137.8	1.019290	142.8	1.013987	147.8	1.009688	152.8	1.006289
132.9	1.025576	137.9	1.019173	142.9	1.013892	147.9	1.009612	152.9	1.006229
133.0	1.025436	138.0	1.019057	143.0	1.013797	148.0	1.009535	153.0	1.006170
133.1	1.025296	138.1	1.018941	143.1	1.013702	148.1	1.009460	153.1	1.006112
133.2	1.025158	138.2	1.018826	143.2	1.013608	148.2	1.009384	153.2	1.006053
133.3	1.025019	138.3	1.018711	143.3	1.013514	148.3	1.009309	153.3	1.005995
133.4	1.024881	138.4	1.018597	143.4	1.013421	148.4	1.009235	153.4	1.005937
133.5	1.024744	138.5	1.018483	143.5	1.013328	148.5	1.009160	153.5	1.005880
133.6	1.024607	138.6	1.018369	143.6	1.013235	148.6	1.009086	153.6	1.005822
133.7	1.024471	138.7	1.018256	143.7	1.013143	148.7	1.009013	153.7	1.005766
133.8	1.024335	138.8	1.018144	143.8	1.013051	148.8	1.008939	153.8	1.005709
133.9	1.024199	138.9	1.018031	143.9	1.012959	148.9	1.008866	153.9	1.005653
134.0	1.024064	139.0	1.017920	144.0	1.012868	149.0	1.008794	154.0	1.005597
134.1	1.023930	139.1	1.017808	144.1	1.012777	149.1	1.008722	154.1	1.005541
134.2	1.023796	139.2	1.017697	144.2	1.012687	149.2	1.008650	154.2	1.005486
134.3	1.023662	139.3	1.017587	144.3	1.012597	149.3	1.008578	154.3	1.005431
134.4	1.023529	139.4	1.017477	144.4	1.012508	149.4	1.008507	154.4	1.005376
134.5	1.023397	139.5	1.017367	144.5	1.012418	149.5	1.008436	154.5	1.005322
134.6	1.023265	139.6	1.017258	144.6	1.012330	149.6	1.008366	154.6	1.005268
134.7	1.023133	139.7	1.017149	144.7	1.012241	149.7	1.008295	154.7	1.005214
134.8	1.023002	139.8	1.017041	144.8	1.012153	149.8	1.008226	154.8	1.005161
134.9	1.022872	139.9	1.016933	144.9	1.012066	149.9	1.008156	154.9	1.005108
135.0	1.022742	140.0	1.016826	145.0	1.011978	150.0	1.008087	155.0	1.005055
135.1	1.022612	140.1	1.016719	145.1	1.011892	150.1	1.008018	155.1	1.005003
135.2	1.022483	140.2	1.016612	145.2	1.011805	150.2	1.007950	155.2	1.004950
135.3	1.022354	140.3	1.016506	145.3	1.011719	150.3	1.007882	155.3	1.004899
135.4	1.022226	140.4	1.016400	145.4	1.011633	150.4	1.007814	155.4	1.004847
135.5	1.022098	140.5	1.016295	145.5	1.011548	150.5	1.007747	155.5	1.004796
135.6	1.021971	140.6	1.016190	145.6	1.011463	150.6	1.007680	155.6	1.004745
135.7	1.021844	140.7	1.016086	145.7	1.011379	150.7	1.007613	155.7	1.004694
135.8	1.021718	140.8	1.015982	145.8	1.011294	150.8	1.007547	155.8	1.004644
135.9	1.021592	140.9	1.015878	145.9	1.011210	150.9	1.007480	155.9	1.004594
136.0	1.021467	141.0	1.015775	146.0	1.011127	151.0	1.007415	156.0	1.004544
136.1	1.021342	141.1	1.015672	146.1	1.011044	151.1	1.007349	156.1	1.004495
136.2	1.021218	141.2	1.015570	146.2	1.010961	151.2	1.007284	156.2	1.004446
136.3	1.021094	141.3	1.015468	146.3	1.010879	151.3	1.007220	156.3	1.004397
136.4	1.020970	141.4	1.015366	146.4	1.010797	151.4	1.007155	156.4	1.004348
136.5	1.020847	141.5	1.015265	146.5	1.010715	151.5	1.007091	156.5	1.004300
136.6	1.020725	141.6	1.015164	146.6	1.010634	151.6	1.007028	156.6	1.004252
136.7	1.020603	141.7	1.015064	146.7	1.010553	151.7	1.006964	156.7	1.004205
136.8	1.020481	141.8	1.014964	146.8	1.010473	151.8	1.006901	156.8	1.004157
136.9	1.020360	141.9	1.014864	146.9	1.010393	151.9	1.006838	156.9	1.004110



# ALBERTA WEIGHTLIFTING ASSOCIATION

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

## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
157.0	1.004064	162.0	1.002097	167.0	1.000807	172.0	1.000133
157.1	1.004017	162.1	1.002065	167.1	1.000787	172.1	1.000126
157.2	1.003971	162.2	1.002033	167.2	1.000768	172.2	1.000118
157.3	1.003925	162.3	1.002001	167.3	1.000749	172.3	1.000111
157.4	1.003880	162.4	1.001970	167.4	1.000731	172.4	1.000104
157.5	1.003835	162.5	1.001938	167.5	1.000712	172.5	1.000098
157.6	1.003790	162.6	1.001908	167.6	1.000694	172.6	1.000091
157.7	1.003745	162.7	1.001877	167.7	1.000677	172.7	1.000085
157.8	1.003701	162.8	1.001847	167.8	1.000659	172.8	1.000079
157.9	1.003657	162.9	1.001817	167.9	1.000642	172.9	1.000073
158.0	1.003613	163.0	1.001787	168.0	1.000624	173.0	1.000068
158.1	1.003570	163.1	1.001757	168.1	1.000608	173.1	1.000062
158.2	1.003526	163.2	1.001728	168.2	1.000591	173.2	1.000057
158.3	1.003484	163.3	1.001699	168.3	1.000574	173.3	1.000052
158.4	1.003441	163.4	1.001670	168.4	1.000558	173.4	1.000048
158.5	1.003399	163.5	1.001642	168.5	1.000542	173.5	1.000043
158.6	1.003357	163.6	1.001613	168.6	1.000527	173.6	1.000039
158.7	1.003315	163.7	1.001585	168.7	1.000511	173.7	1.000035
158.8	1.003274	163.8	1.001558	168.8	1.000496	173.8	1.000031
158.9	1.003232	163.9	1.001530	168.9	1.000481	173.9	1.000028
159.0	1.003192	164.0	1.001503	169.0	1.000466	174.0	1.000024
159.1	1.003151	164.1	1.001476	169.1	1.000452	174.1	1.000021
159.2	1.003111	164.2	1.001450	169.2	1.000438	174.2	1.000018
159.3	1.003071	164.3	1.001423	169.3	1.000424	174.3	1.000016
159.4	1.003031	164.4	1.001397	169.4	1.000410	174.4	1.000013
159.5	1.002992	164.5	1.001371	169.5	1.000396	174.5	1.000011
159.6	1.002952	164.6	1.001345	169.6	1.000383	174.6	1.000009
159.7	1.002914	164.7	1.001320	169.7	1.000370	174.7	1.000007
159.8	1.002875	164.8	1.001295	169.8	1.000357	174.8	1.000005
159.9	1.002837	164.9	1.001270	169.9	1.000344	174.9	1.000004
160.0	1.002799	165.0	1.001246	170.0	1.000332	175.0	1.000003
160.1	1.002761	165.1	1.001221	170.1	1.000320	175.1	1.000002
160.2	1.002724	165.2	1.001197	170.2	1.000308	175.2	1.000001
160.3	1.002686	165.3	1.001173	170.3	1.000296	175.3	1.000000
160.4	1.002650	165.4	1.001150	170.4	1.000285	175.4	1.000000
160.5	1.002613	165.5	1.001126	170.5	1.000274	<b>175.5</b>	<b>1.000000</b>
160.6	1.002577	165.6	1.001103	170.6	1.000263		
160.7	1.002541	165.7	1.001081	170.7	1.000252		
160.8	1.002505	165.8	1.001058	170.8	1.000241		
160.9	1.002469	165.9	1.001036	170.9	1.000231		
161.0	1.002434	166.0	1.001014	171.0	1.000221		
161.1	1.002399	166.1	1.000992	171.1	1.000211		
161.2	1.002364	166.2	1.000970	171.2	1.000202		
161.3	1.002330	166.3	1.000949	171.3	1.000192		
161.4	1.002296	166.4	1.000928	171.4	1.000183		
161.5	1.002262	166.5	1.000907	171.5	1.000174		
161.6	1.002228	166.6	1.000886	171.6	1.000166		
161.7	1.002195	166.7	1.000866	171.7	1.000157		
161.8	1.002162	166.8	1.000846	171.8	1.000149		
161.9	1.002129	166.9	1.000826	171.9	1.000141		