



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Female Sinclair Coefficients

(2021-2024)



| B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # |
|--------|----------|--------|----------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| 28.0 | 2.695177 | 33.1 | 2.239427 | 38.2 | 1.940197 | 43.3 | 1.731288 | 48.4 | 1.578774 |
| 28.1 | 2.684025 | 33.2 | 2.232352 | 38.3 | 1.935379 | 43.4 | 1.727835 | 48.5 | 1.576204 |
| 28.2 | 2.672982 | 33.3 | 2.225335 | 38.4 | 1.930594 | 43.5 | 1.724403 | 48.6 | 1.573647 |
| 28.3 | 2.662046 | 33.4 | 2.218375 | 38.5 | 1.925843 | 43.6 | 1.720992 | 48.7 | 1.571105 |
| 28.4 | 2.651215 | 33.5 | 2.211471 | 38.6 | 1.921124 | 43.7 | 1.717602 | 48.8 | 1.568577 |
| 28.5 | 2.640489 | 33.6 | 2.204622 | 38.7 | 1.916438 | 43.8 | 1.714232 | 48.9 | 1.566062 |
| 28.6 | 2.629865 | 33.7 | 2.197828 | 38.8 | 1.911784 | 43.9 | 1.710882 | 49.0 | 1.563561 |
| 28.7 | 2.619343 | 33.8 | 2.191088 | 38.9 | 1.907162 | 44.0 | 1.707553 | 49.1 | 1.561073 |
| 28.8 | 2.608922 | 33.9 | 2.184402 | 39.0 | 1.902572 | 44.1 | 1.704244 | 49.2 | 1.558599 |
| 28.9 | 2.598598 | 34.0 | 2.177768 | 39.1 | 1.898013 | 44.2 | 1.700955 | 49.3 | 1.556138 |
| 29.0 | 2.588373 | 34.1 | 2.171187 | 39.2 | 1.893485 | 44.3 | 1.697685 | 49.4 | 1.553690 |
| 29.1 | 2.578243 | 34.2 | 2.164658 | 39.3 | 1.888987 | 44.4 | 1.694435 | 49.5 | 1.551256 |
| 29.2 | 2.568209 | 34.3 | 2.158180 | 39.4 | 1.884520 | 44.5 | 1.691204 | 49.6 | 1.548834 |
| 29.3 | 2.558268 | 34.4 | 2.151752 | 39.5 | 1.880083 | 44.6 | 1.687992 | 49.7 | 1.546425 |
| 29.4 | 2.548419 | 34.5 | 2.145375 | 39.6 | 1.875676 | 44.7 | 1.684800 | 49.8 | 1.544030 |
| 29.5 | 2.538662 | 34.6 | 2.139047 | 39.7 | 1.871299 | 44.8 | 1.681626 | 49.9 | 1.541647 |
| 29.6 | 2.528994 | 34.7 | 2.132768 | 39.8 | 1.866950 | 44.9 | 1.678472 | 50.0 | 1.539276 |
| 29.7 | 2.519416 | 34.8 | 2.126538 | 39.9 | 1.862631 | 45.0 | 1.675335 | 50.1 | 1.536919 |
| 29.8 | 2.509925 | 34.9 | 2.120355 | 40.0 | 1.858341 | 45.1 | 1.672217 | 50.2 | 1.534573 |
| 29.9 | 2.500521 | 35.0 | 2.114220 | 40.1 | 1.854079 | 45.2 | 1.669118 | 50.3 | 1.532240 |
| 30.0 | 2.491202 | 35.1 | 2.108132 | 40.2 | 1.849845 | 45.3 | 1.666037 | 50.4 | 1.529920 |
| 30.1 | 2.481968 | 35.2 | 2.102091 | 40.3 | 1.845639 | 45.4 | 1.662973 | 50.5 | 1.527611 |
| 30.2 | 2.472817 | 35.3 | 2.096095 | 40.4 | 1.841461 | 45.5 | 1.659928 | 50.6 | 1.525315 |
| 30.3 | 2.463748 | 35.4 | 2.090145 | 40.5 | 1.837310 | 45.6 | 1.656900 | 50.7 | 1.523031 |
| 30.4 | 2.454760 | 35.5 | 2.084239 | 40.6 | 1.833186 | 45.7 | 1.653890 | 50.8 | 1.520759 |
| 30.5 | 2.445853 | 35.6 | 2.078379 | 40.7 | 1.829090 | 45.8 | 1.650897 | 50.9 | 1.518498 |
| 30.6 | 2.437025 | 35.7 | 2.072562 | 40.8 | 1.825020 | 45.9 | 1.647921 | 51.0 | 1.516250 |
| 30.7 | 2.428275 | 35.8 | 2.066788 | 40.9 | 1.820976 | 46.0 | 1.644963 | 51.1 | 1.514013 |
| 30.8 | 2.419602 | 35.9 | 2.061058 | 41.0 | 1.816959 | 46.1 | 1.642021 | 51.2 | 1.511787 |
| 30.9 | 2.411006 | 36.0 | 2.055371 | 41.1 | 1.812968 | 46.2 | 1.639097 | 51.3 | 1.509574 |
| 31.0 | 2.402485 | 36.1 | 2.049725 | 41.2 | 1.809002 | 46.3 | 1.636189 | 51.4 | 1.507371 |
| 31.1 | 2.394038 | 36.2 | 2.044122 | 41.3 | 1.805062 | 46.4 | 1.633298 | 51.5 | 1.505180 |
| 31.2 | 2.385665 | 36.3 | 2.038560 | 41.4 | 1.801148 | 46.5 | 1.630423 | 51.6 | 1.503001 |
| 31.3 | 2.377364 | 36.4 | 2.033038 | 41.5 | 1.797258 | 46.6 | 1.627565 | 51.7 | 1.500832 |
| 31.4 | 2.369135 | 36.5 | 2.027558 | 41.6 | 1.793393 | 46.7 | 1.624723 | 51.8 | 1.498675 |
| 31.5 | 2.360977 | 36.6 | 2.022117 | 41.7 | 1.789553 | 46.8 | 1.621897 | 51.9 | 1.496529 |
| 31.6 | 2.352889 | 36.7 | 2.016716 | 41.8 | 1.785737 | 46.9 | 1.619087 | 52.0 | 1.494394 |
| 31.7 | 2.344871 | 36.8 | 2.011354 | 41.9 | 1.781945 | 47.0 | 1.616293 | 52.1 | 1.492269 |
| 31.8 | 2.336920 | 36.9 | 2.006031 | 42.0 | 1.778178 | 47.1 | 1.613515 | 52.2 | 1.490156 |
| 31.9 | 2.329037 | 37.0 | 2.000747 | 42.1 | 1.774434 | 47.2 | 1.610752 | 52.3 | 1.488053 |
| 32.0 | 2.321221 | 37.1 | 1.995500 | 42.2 | 1.770714 | 47.3 | 1.608005 | 52.4 | 1.485961 |
| 32.1 | 2.313470 | 37.2 | 1.990291 | 42.3 | 1.767017 | 47.4 | 1.605273 | 52.5 | 1.483879 |
| 32.2 | 2.305785 | 37.3 | 1.985120 | 42.4 | 1.763343 | 47.5 | 1.602556 | 52.6 | 1.481809 |
| 32.3 | 2.298164 | 37.4 | 1.979986 | 42.5 | 1.759692 | 47.6 | 1.599855 | 52.7 | 1.479748 |
| 32.4 | 2.290607 | 37.5 | 1.974888 | 42.6 | 1.756064 | 47.7 | 1.597168 | 52.8 | 1.477698 |
| 32.5 | 2.283113 | 37.6 | 1.969826 | 42.7 | 1.752458 | 47.8 | 1.594497 | 52.9 | 1.475658 |
| 32.6 | 2.275681 | 37.7 | 1.964800 | 42.8 | 1.748875 | 47.9 | 1.591840 | 53.0 | 1.473629 |
| 32.7 | 2.268310 | 37.8 | 1.959810 | 42.9 | 1.745314 | 48.0 | 1.589198 | 53.1 | 1.471610 |
| 32.8 | 2.261000 | 37.9 | 1.954855 | 43.0 | 1.741775 | 48.1 | 1.586570 | 53.2 | 1.469600 |
| 32.9 | 2.253750 | 38.0 | 1.949934 | 43.1 | 1.738258 | 48.2 | 1.583957 | 53.3 | 1.467601 |
| 33.0 | 2.246559 | 38.1 | 1.945048 | 43.2 | 1.734762 | 48.3 | 1.581358 | 53.4 | 1.465612 |



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(2021-2024)



| B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # |
|-------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| 53.5 | 1.463633 | 58.6 | 1.374440 | 63.7 | 1.303951 | 68.8 | 1.247364 | 73.9 | 1.201380 |
| 53.6 | 1.461664 | 58.7 | 1.372897 | 63.8 | 1.302721 | 68.9 | 1.246370 | 74.0 | 1.200567 |
| 53.7 | 1.459704 | 58.8 | 1.371361 | 63.9 | 1.301496 | 69.0 | 1.245379 | 74.1 | 1.199758 |
| 53.8 | 1.457754 | 58.9 | 1.369832 | 64.0 | 1.300276 | 69.1 | 1.244393 | 74.2 | 1.198952 |
| 53.9 | 1.455814 | 59.0 | 1.368310 | 64.1 | 1.299061 | 69.2 | 1.243410 | 74.3 | 1.198148 |
| 54.0 | 1.453883 | 59.1 | 1.366795 | 64.2 | 1.297852 | 69.3 | 1.242431 | 74.4 | 1.197348 |
| 54.1 | 1.451962 | 59.2 | 1.365287 | 64.3 | 1.296647 | 69.4 | 1.241457 | 74.5 | 1.196551 |
| 54.2 | 1.450051 | 59.3 | 1.363786 | 64.4 | 1.295448 | 69.5 | 1.240486 | 74.6 | 1.195757 |
| 54.3 | 1.448148 | 59.4 | 1.362291 | 64.5 | 1.294254 | 69.6 | 1.239519 | 74.7 | 1.194966 |
| 54.4 | 1.446256 | 59.5 | 1.360804 | 64.6 | 1.293065 | 69.7 | 1.238556 | 74.8 | 1.194178 |
| 54.5 | 1.444372 | 59.6 | 1.359323 | 64.7 | 1.291881 | 69.8 | 1.237597 | 74.9 | 1.193393 |
| 54.6 | 1.442498 | 59.7 | 1.357849 | 64.8 | 1.290702 | 69.9 | 1.236642 | 75.0 | 1.192612 |
| 54.7 | 1.440632 | 59.8 | 1.356381 | 64.9 | 1.289528 | 70.0 | 1.235690 | 75.1 | 1.191833 |
| 54.8 | 1.438776 | 59.9 | 1.354920 | 65.0 | 1.288359 | 70.1 | 1.234742 | 75.2 | 1.191057 |
| 54.9 | 1.436929 | 60.0 | 1.353466 | 65.1 | 1.287195 | 70.2 | 1.233799 | 75.3 | 1.190284 |
| 55.0 | 1.435091 | 60.1 | 1.352018 | 65.2 | 1.286036 | 70.3 | 1.232859 | 75.4 | 1.189514 |
| 55.1 | 1.433262 | 60.2 | 1.350577 | 65.3 | 1.284881 | 70.4 | 1.231922 | 75.5 | 1.188747 |
| 55.2 | 1.431441 | 60.3 | 1.349142 | 65.4 | 1.283732 | 70.5 | 1.230990 | 75.6 | 1.187983 |
| 55.3 | 1.429630 | 60.4 | 1.347713 | 65.5 | 1.282587 | 70.6 | 1.230061 | 75.7 | 1.187222 |
| 55.4 | 1.427827 | 60.5 | 1.346291 | 65.6 | 1.281447 | 70.7 | 1.229136 | 75.8 | 1.186464 |
| 55.5 | 1.426033 | 60.6 | 1.344876 | 65.7 | 1.280312 | 70.8 | 1.228214 | 75.9 | 1.185708 |
| 55.6 | 1.424247 | 60.7 | 1.343466 | 65.8 | 1.279182 | 70.9 | 1.227296 | 76.0 | 1.184956 |
| 55.7 | 1.422471 | 60.8 | 1.342063 | 65.9 | 1.278056 | 71.0 | 1.226382 | 76.1 | 1.184206 |
| 55.8 | 1.420702 | 60.9 | 1.340667 | 66.0 | 1.276936 | 71.1 | 1.225472 | 76.2 | 1.183460 |
| 55.9 | 1.418942 | 61.0 | 1.339276 | 66.1 | 1.275819 | 71.2 | 1.224565 | 76.3 | 1.182716 |
| 56.0 | 1.417191 | 61.1 | 1.337892 | 66.2 | 1.274708 | 71.3 | 1.223661 | 76.4 | 1.181975 |
| 56.1 | 1.415448 | 61.2 | 1.336513 | 66.3 | 1.273601 | 71.4 | 1.222762 | 76.5 | 1.181236 |
| 56.2 | 1.413713 | 61.3 | 1.335141 | 66.4 | 1.272499 | 71.5 | 1.221865 | 76.6 | 1.180501 |
| 56.3 | 1.411986 | 61.4 | 1.333775 | 66.5 | 1.271401 | 71.6 | 1.220973 | 76.7 | 1.179768 |
| 56.4 | 1.410268 | 61.5 | 1.332415 | 66.6 | 1.270308 | 71.7 | 1.220084 | 76.8 | 1.179038 |
| 56.5 | 1.408558 | 61.6 | 1.331061 | 66.7 | 1.269219 | 71.8 | 1.219198 | 76.9 | 1.178311 |
| 56.6 | 1.406856 | 61.7 | 1.329713 | 66.8 | 1.268135 | 71.9 | 1.218316 | 77.0 | 1.177587 |
| 56.7 | 1.405162 | 61.8 | 1.328370 | 66.9 | 1.267055 | 72.0 | 1.217437 | 77.1 | 1.176865 |
| 56.8 | 1.403476 | 61.9 | 1.327034 | 67.0 | 1.265980 | 72.1 | 1.216562 | 77.2 | 1.176146 |
| 56.9 | 1.401798 | 62.0 | 1.325704 | 67.1 | 1.264909 | 72.2 | 1.215690 | 77.3 | 1.175430 |
| 57.0 | 1.400128 | 62.1 | 1.324379 | 67.2 | 1.263843 | 72.3 | 1.214822 | 77.4 | 1.174717 |
| 57.1 | 1.398465 | 62.2 | 1.323060 | 67.3 | 1.262781 | 72.4 | 1.213957 | 77.5 | 1.174006 |
| 57.2 | 1.396811 | 62.3 | 1.321747 | 67.4 | 1.261724 | 72.5 | 1.213095 | 77.6 | 1.173298 |
| 57.3 | 1.395164 | 62.4 | 1.320440 | 67.5 | 1.260670 | 72.6 | 1.212237 | 77.7 | 1.172593 |
| 57.4 | 1.393525 | 62.5 | 1.319138 | 67.6 | 1.259622 | 72.7 | 1.211382 | 77.8 | 1.171890 |
| 57.5 | 1.391894 | 62.6 | 1.317842 | 67.7 | 1.258577 | 72.8 | 1.210530 | 77.9 | 1.171190 |
| 57.6 | 1.390270 | 62.7 | 1.316552 | 67.8 | 1.257537 | 72.9 | 1.209682 | 78.0 | 1.170492 |
| 57.7 | 1.388654 | 62.8 | 1.315267 | 67.9 | 1.256501 | 73.0 | 1.208837 | 78.1 | 1.169797 |
| 57.8 | 1.387045 | 62.9 | 1.313988 | 68.0 | 1.255469 | 73.1 | 1.207996 | 78.2 | 1.169105 |
| 57.9 | 1.385444 | 63.0 | 1.312714 | 68.1 | 1.254441 | 73.2 | 1.207158 | 78.3 | 1.168415 |
| 58.0 | 1.383850 | 63.1 | 1.311446 | 68.2 | 1.253418 | 73.3 | 1.206323 | 78.4 | 1.167728 |
| 58.1 | 1.382263 | 63.2 | 1.310183 | 68.3 | 1.252399 | 73.4 | 1.205491 | 78.5 | 1.167044 |
| 58.2 | 1.380684 | 63.3 | 1.308926 | 68.4 | 1.251384 | 73.5 | 1.204662 | 78.6 | 1.166362 |
| 58.3 | 1.379112 | 63.4 | 1.307674 | 68.5 | 1.250373 | 73.6 | 1.203837 | 78.7 | 1.165683 |
| 58.4 | 1.377548 | 63.5 | 1.306428 | 68.6 | 1.249366 | 73.7 | 1.203015 | 78.8 | 1.165006 |
| 58.5 | 1.375991 | 63.6 | 1.305187 | 68.7 | 1.248363 | 73.8 | 1.202196 | 78.9 | 1.164331 |



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| B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # |
|-------------|-----------------|-------------|-----------------|--------|----------|--------|----------|--------|----------|
| 79.0 | 1.163660 | 84.1 | 1.132503 | 89.2 | 1.106644 | 94.3 | 1.085123 | 99.4 | 1.067201 |
| 79.1 | 1.162990 | 84.2 | 1.131948 | 89.3 | 1.106183 | 94.4 | 1.084739 | 99.5 | 1.066881 |
| 79.2 | 1.162324 | 84.3 | 1.131396 | 89.4 | 1.105723 | 94.5 | 1.084357 | 99.6 | 1.066563 |
| 79.3 | 1.161659 | 84.4 | 1.130845 | 89.5 | 1.105266 | 94.6 | 1.083976 | 99.7 | 1.066246 |
| 79.4 | 1.160997 | 84.5 | 1.130297 | 89.6 | 1.104810 | 94.7 | 1.083596 | 99.8 | 1.065929 |
| 79.5 | 1.160338 | 84.6 | 1.129751 | 89.7 | 1.104355 | 94.8 | 1.083218 | 99.9 | 1.065614 |
| 79.6 | 1.159681 | 84.7 | 1.129206 | 89.8 | 1.103903 | 94.9 | 1.082840 | 100.0 | 1.065301 |
| 79.7 | 1.159027 | 84.8 | 1.128664 | 89.9 | 1.103452 | 95.0 | 1.082465 | 100.1 | 1.064988 |
| 79.8 | 1.158375 | 84.9 | 1.128123 | 90.0 | 1.103002 | 95.1 | 1.082090 | 100.2 | 1.064676 |
| 79.9 | 1.157725 | 85.0 | 1.127585 | 90.1 | 1.102554 | 95.2 | 1.081717 | 100.3 | 1.064366 |
| 80.0 | 1.157078 | 85.1 | 1.127048 | 90.2 | 1.102108 | 95.3 | 1.081346 | 100.4 | 1.064057 |
| 80.1 | 1.156433 | 85.2 | 1.126514 | 90.3 | 1.101663 | 95.4 | 1.080975 | 100.5 | 1.063748 |
| 80.2 | 1.155791 | 85.3 | 1.125981 | 90.4 | 1.101220 | 95.5 | 1.080606 | 100.6 | 1.063441 |
| 80.3 | 1.155151 | 85.4 | 1.125450 | 90.5 | 1.100779 | 95.6 | 1.080239 | 100.7 | 1.063135 |
| 80.4 | 1.154513 | 85.5 | 1.124922 | 90.6 | 1.100339 | 95.7 | 1.079872 | 100.8 | 1.062830 |
| 80.5 | 1.153878 | 85.6 | 1.124395 | 90.7 | 1.099900 | 95.8 | 1.079507 | 100.9 | 1.062527 |
| 80.6 | 1.153245 | 85.7 | 1.123870 | 90.8 | 1.099464 | 95.9 | 1.079143 | 101.0 | 1.062224 |
| 80.7 | 1.152615 | 85.8 | 1.123347 | 90.9 | 1.099028 | 96.0 | 1.078781 | 101.1 | 1.061922 |
| 80.8 | 1.151986 | 85.9 | 1.122826 | 91.0 | 1.098595 | 96.1 | 1.078420 | 101.2 | 1.061622 |
| 80.9 | 1.151360 | 86.0 | 1.122306 | 91.1 | 1.098163 | 96.2 | 1.078060 | 101.3 | 1.061322 |
| 81.0 | 1.150737 | 86.1 | 1.121789 | 91.2 | 1.097732 | 96.3 | 1.077701 | 101.4 | 1.061024 |
| 81.1 | 1.150116 | 86.2 | 1.121274 | 91.3 | 1.097303 | 96.4 | 1.077344 | 101.5 | 1.060727 |
| 81.2 | 1.149497 | 86.3 | 1.120760 | 91.4 | 1.096876 | 96.5 | 1.076988 | 101.6 | 1.060431 |
| 81.3 | 1.148880 | 86.4 | 1.120248 | 91.5 | 1.096450 | 96.6 | 1.076633 | 101.7 | 1.060136 |
| 81.4 | 1.148266 | 86.5 | 1.119738 | 91.6 | 1.096025 | 96.7 | 1.076280 | 101.8 | 1.059842 |
| 81.5 | 1.147653 | 86.6 | 1.119230 | 91.7 | 1.095603 | 96.8 | 1.075927 | 101.9 | 1.059549 |
| 81.6 | 1.147043 | 86.7 | 1.118724 | 91.8 | 1.095181 | 96.9 | 1.075576 | 102.0 | 1.059257 |
| 81.7 | 1.146436 | 86.8 | 1.118219 | 91.9 | 1.094761 | 97.0 | 1.075227 | 102.1 | 1.058966 |
| 81.8 | 1.145830 | 86.9 | 1.117717 | 92.0 | 1.094343 | 97.1 | 1.074878 | 102.2 | 1.058676 |
| 81.9 | 1.145227 | 87.0 | 1.117216 | 92.1 | 1.093926 | 97.2 | 1.074531 | 102.3 | 1.058388 |
| 82.0 | 1.144626 | 87.1 | 1.116717 | 92.2 | 1.093511 | 97.3 | 1.074185 | 102.4 | 1.058100 |
| 82.1 | 1.144027 | 87.2 | 1.116220 | 92.3 | 1.093097 | 97.4 | 1.073840 | 102.5 | 1.057813 |
| 82.2 | 1.143431 | 87.3 | 1.115724 | 92.4 | 1.092684 | 97.5 | 1.073497 | 102.6 | 1.057528 |
| 82.3 | 1.142837 | 87.4 | 1.115231 | 92.5 | 1.092274 | 97.6 | 1.073155 | 102.7 | 1.057243 |
| 82.4 | 1.142244 | 87.5 | 1.114739 | 92.6 | 1.091864 | 97.7 | 1.072814 | 102.8 | 1.056960 |
| 82.5 | 1.141654 | 87.6 | 1.114249 | 92.7 | 1.091456 | 97.8 | 1.072474 | 102.9 | 1.056677 |
| 82.6 | 1.141066 | 87.7 | 1.113761 | 92.8 | 1.091050 | 97.9 | 1.072135 | 103.0 | 1.056396 |
| 82.7 | 1.140481 | 87.8 | 1.113274 | 92.9 | 1.090644 | 98.0 | 1.071798 | 103.1 | 1.056116 |
| 82.8 | 1.139897 | 87.9 | 1.112789 | 93.0 | 1.090241 | 98.1 | 1.071462 | 103.2 | 1.055836 |
| 82.9 | 1.139316 | 88.0 | 1.112306 | 93.1 | 1.089839 | 98.2 | 1.071127 | 103.3 | 1.055558 |
| 83.0 | 1.138737 | 88.1 | 1.111825 | 93.2 | 1.089438 | 98.3 | 1.070793 | 103.4 | 1.055281 |
| 83.1 | 1.138159 | 88.2 | 1.111345 | 93.3 | 1.089039 | 98.4 | 1.070461 | 103.5 | 1.055004 |
| 83.2 | 1.137584 | 88.3 | 1.110868 | 93.4 | 1.088641 | 98.5 | 1.070130 | 103.6 | 1.054729 |
| 83.3 | 1.137011 | 88.4 | 1.110391 | 93.5 | 1.088244 | 98.6 | 1.069799 | 103.7 | 1.054455 |
| 83.4 | 1.136441 | 88.5 | 1.109917 | 93.6 | 1.087849 | 98.7 | 1.069470 | 103.8 | 1.054181 |
| 83.5 | 1.135872 | 88.6 | 1.109444 | 93.7 | 1.087456 | 98.8 | 1.069143 | 103.9 | 1.053909 |
| 83.6 | 1.135305 | 88.7 | 1.108973 | 93.8 | 1.087063 | 98.9 | 1.068816 | 104.0 | 1.053638 |
| 83.7 | 1.134740 | 88.8 | 1.108504 | 93.9 | 1.086673 | 99.0 | 1.068491 | 104.1 | 1.053368 |
| 83.8 | 1.134178 | 88.9 | 1.108036 | 94.0 | 1.086283 | 99.1 | 1.068167 | 104.2 | 1.053098 |
| 83.9 | 1.133617 | 89.0 | 1.107570 | 94.1 | 1.085895 | 99.2 | 1.067843 | 104.3 | 1.052830 |
| 84.0 | 1.133059 | 89.1 | 1.107106 | 94.2 | 1.085508 | 99.3 | 1.067522 | 104.4 | 1.052563 |



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Female Sinclair Coefficients

(2021-2024)



| B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # |
|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| 104.5 | 1.052296 | 109.6 | 1.039949 | 114.7 | 1.029788 | 119.8 | 1.021513 | 124.9 | 1.014877 |
| 104.6 | 1.052031 | 109.7 | 1.039730 | 114.8 | 1.029609 | 119.9 | 1.021368 | 125.0 | 1.014762 |
| 104.7 | 1.051767 | 109.8 | 1.039511 | 114.9 | 1.029430 | 120.0 | 1.021224 | 125.1 | 1.014647 |
| 104.8 | 1.051503 | 109.9 | 1.039294 | 115.0 | 1.029252 | 120.1 | 1.021080 | 125.2 | 1.014533 |
| 104.9 | 1.051241 | 110.0 | 1.039077 | 115.1 | 1.029075 | 120.2 | 1.020936 | 125.3 | 1.014420 |
| 105.0 | 1.050979 | 110.1 | 1.038861 | 115.2 | 1.028898 | 120.3 | 1.020794 | 125.4 | 1.014307 |
| 105.1 | 1.050719 | 110.2 | 1.038646 | 115.3 | 1.028722 | 120.4 | 1.020652 | 125.5 | 1.014194 |
| 105.2 | 1.050459 | 110.3 | 1.038432 | 115.4 | 1.028547 | 120.5 | 1.020510 | 125.6 | 1.014082 |
| 105.3 | 1.050201 | 110.4 | 1.038219 | 115.5 | 1.028372 | 120.6 | 1.020370 | 125.7 | 1.013971 |
| 105.4 | 1.049943 | 110.5 | 1.038006 | 115.6 | 1.028199 | 120.7 | 1.020229 | 125.8 | 1.013860 |
| 105.5 | 1.049687 | 110.6 | 1.037795 | 115.7 | 1.028025 | 120.8 | 1.020090 | 125.9 | 1.013750 |
| 105.6 | 1.049431 | 110.7 | 1.037584 | 115.8 | 1.027853 | 120.9 | 1.019951 | 126.0 | 1.013640 |
| 105.7 | 1.049176 | 110.8 | 1.037374 | 115.9 | 1.027681 | 121.0 | 1.019813 | 126.1 | 1.013531 |
| 105.8 | 1.048922 | 110.9 | 1.037164 | 116.0 | 1.027510 | 121.1 | 1.019675 | 126.2 | 1.013422 |
| 105.9 | 1.048669 | 111.0 | 1.036956 | 116.1 | 1.027340 | 121.2 | 1.019538 | 126.3 | 1.013314 |
| 106.0 | 1.048417 | 111.1 | 1.036748 | 116.2 | 1.027171 | 121.3 | 1.019401 | 126.4 | 1.013206 |
| 106.1 | 1.048166 | 111.2 | 1.036541 | 116.3 | 1.027002 | 121.4 | 1.019265 | 126.5 | 1.013099 |
| 106.2 | 1.047916 | 111.3 | 1.036335 | 116.4 | 1.026834 | 121.5 | 1.019130 | 126.6 | 1.012993 |
| 106.3 | 1.047667 | 111.4 | 1.036130 | 116.5 | 1.026666 | 121.6 | 1.018995 | 126.7 | 1.012887 |
| 106.4 | 1.047419 | 111.5 | 1.035925 | 116.6 | 1.026499 | 121.7 | 1.018861 | 126.8 | 1.012781 |
| 106.5 | 1.047172 | 111.6 | 1.035722 | 116.7 | 1.026333 | 121.8 | 1.018728 | 126.9 | 1.012676 |
| 106.6 | 1.046925 | 111.7 | 1.035519 | 116.8 | 1.026168 | 121.9 | 1.018595 | 127.0 | 1.012572 |
| 106.7 | 1.046680 | 111.8 | 1.035317 | 116.9 | 1.026003 | 122.0 | 1.018462 | 127.1 | 1.012468 |
| 106.8 | 1.046435 | 111.9 | 1.035115 | 117.0 | 1.025839 | 122.1 | 1.018331 | 127.2 | 1.012364 |
| 106.9 | 1.046192 | 112.0 | 1.034915 | 117.1 | 1.025675 | 122.2 | 1.018200 | 127.3 | 1.012261 |
| 107.0 | 1.045949 | 112.1 | 1.034715 | 117.2 | 1.025513 | 122.3 | 1.018069 | 127.4 | 1.012159 |
| 107.1 | 1.045707 | 112.2 | 1.034516 | 117.3 | 1.025351 | 122.4 | 1.017939 | 127.5 | 1.012057 |
| 107.2 | 1.045466 | 112.3 | 1.034318 | 117.4 | 1.025189 | 122.5 | 1.017810 | 127.6 | 1.011956 |
| 107.3 | 1.045226 | 112.4 | 1.034120 | 117.5 | 1.025029 | 122.6 | 1.017681 | 127.7 | 1.011855 |
| 107.4 | 1.044987 | 112.5 | 1.033924 | 117.6 | 1.024868 | 122.7 | 1.017553 | 127.8 | 1.011755 |
| 107.5 | 1.044749 | 112.6 | 1.033728 | 117.7 | 1.024709 | 122.8 | 1.017425 | 127.9 | 1.011655 |
| 107.6 | 1.044512 | 112.7 | 1.033533 | 117.8 | 1.024550 | 122.9 | 1.017298 | 128.0 | 1.011555 |
| 107.7 | 1.044275 | 112.8 | 1.033338 | 117.9 | 1.024392 | 123.0 | 1.017172 | 128.1 | 1.011457 |
| 107.8 | 1.044040 | 112.9 | 1.033145 | 118.0 | 1.024235 | 123.1 | 1.017046 | 128.2 | 1.011358 |
| 107.9 | 1.043805 | 113.0 | 1.032952 | 118.1 | 1.024078 | 123.2 | 1.016920 | 128.3 | 1.011261 |
| 108.0 | 1.043571 | 113.1 | 1.032760 | 118.2 | 1.023922 | 123.3 | 1.016796 | 128.4 | 1.011163 |
| 108.1 | 1.043338 | 113.2 | 1.032569 | 118.3 | 1.023767 | 123.4 | 1.016671 | 128.5 | 1.011067 |
| 108.2 | 1.043106 | 113.3 | 1.032378 | 118.4 | 1.023612 | 123.5 | 1.016548 | 128.6 | 1.010970 |
| 108.3 | 1.042875 | 113.4 | 1.032188 | 118.5 | 1.023458 | 123.6 | 1.016425 | 128.7 | 1.010875 |
| 108.4 | 1.042645 | 113.5 | 1.031999 | 118.6 | 1.023304 | 123.7 | 1.016302 | 128.8 | 1.010779 |
| 108.5 | 1.042416 | 113.6 | 1.031811 | 118.7 | 1.023152 | 123.8 | 1.016181 | 128.9 | 1.010685 |
| 108.6 | 1.042187 | 113.7 | 1.031623 | 118.8 | 1.023000 | 123.9 | 1.016059 | 129.0 | 1.010590 |
| 108.7 | 1.041959 | 113.8 | 1.031436 | 118.9 | 1.022848 | 124.0 | 1.015939 | 129.1 | 1.010497 |
| 108.8 | 1.041733 | 113.9 | 1.031250 | 119.0 | 1.022697 | 124.1 | 1.015818 | 129.2 | 1.010403 |
| 108.9 | 1.041507 | 114.0 | 1.031065 | 119.1 | 1.022547 | 124.2 | 1.015699 | 129.3 | 1.010310 |
| 109.0 | 1.041282 | 114.1 | 1.030880 | 119.2 | 1.022397 | 124.3 | 1.015580 | 129.4 | 1.010218 |
| 109.1 | 1.041057 | 114.2 | 1.030697 | 119.3 | 1.022248 | 124.4 | 1.015461 | 129.5 | 1.010126 |
| 109.2 | 1.040834 | 114.3 | 1.030513 | 119.4 | 1.022100 | 124.5 | 1.015343 | 129.6 | 1.010035 |
| 109.3 | 1.040611 | 114.4 | 1.030331 | 119.5 | 1.021952 | 124.6 | 1.015226 | 129.7 | 1.009944 |
| 109.4 | 1.040390 | 114.5 | 1.030149 | 119.6 | 1.021805 | 124.7 | 1.015109 | 129.8 | 1.009854 |
| 109.5 | 1.040169 | 114.6 | 1.029968 | 119.7 | 1.021659 | 124.8 | 1.014993 | 129.9 | 1.009764 |



ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE WCH AND IWF

Female Sinclair Coefficients

(2021-2024)



| B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # | B. Wt. | Sin. # |
|--------|----------|--------|----------|--------|----------|--------|----------|--------------|-----------------|
| 130.0 | 1.009675 | 135.1 | 1.005736 | 140.2 | 1.002916 | 145.3 | 1.001094 | 150.4 | 1.000167 |
| 130.1 | 1.009586 | 135.2 | 1.005670 | 140.3 | 1.002871 | 145.4 | 1.001068 | 150.5 | 1.000157 |
| 130.2 | 1.009497 | 135.3 | 1.005605 | 140.4 | 1.002827 | 145.5 | 1.001042 | 150.6 | 1.000147 |
| 130.3 | 1.009410 | 135.4 | 1.005540 | 140.5 | 1.002783 | 145.6 | 1.001016 | 150.7 | 1.000138 |
| 130.4 | 1.009322 | 135.5 | 1.005476 | 140.6 | 1.002739 | 145.7 | 1.000991 | 150.8 | 1.000129 |
| 130.5 | 1.009235 | 135.6 | 1.005412 | 140.7 | 1.002695 | 145.8 | 1.000966 | 150.9 | 1.000120 |
| 130.6 | 1.009149 | 135.7 | 1.005348 | 140.8 | 1.002652 | 145.9 | 1.000941 | 151.0 | 1.000112 |
| 130.7 | 1.009063 | 135.8 | 1.005285 | 140.9 | 1.002610 | 146.0 | 1.000916 | 151.1 | 1.000104 |
| 130.8 | 1.008977 | 135.9 | 1.005223 | 141.0 | 1.002567 | 146.1 | 1.000892 | 151.2 | 1.000096 |
| 130.9 | 1.008892 | 136.0 | 1.005161 | 141.1 | 1.002525 | 146.2 | 1.000869 | 151.3 | 1.000089 |
| 131.0 | 1.008808 | 136.1 | 1.005099 | 141.2 | 1.002484 | 146.3 | 1.000845 | 151.4 | 1.000082 |
| 131.1 | 1.008724 | 136.2 | 1.005037 | 141.3 | 1.002443 | 146.4 | 1.000822 | 151.5 | 1.000075 |
| 131.2 | 1.008640 | 136.3 | 1.004976 | 141.4 | 1.002402 | 146.5 | 1.000799 | 151.6 | 1.000068 |
| 131.3 | 1.008557 | 136.4 | 1.004916 | 141.5 | 1.002362 | 146.6 | 1.000777 | 151.7 | 1.000062 |
| 131.4 | 1.008474 | 136.5 | 1.004856 | 141.6 | 1.002322 | 146.7 | 1.000755 | 151.8 | 1.000056 |
| 131.5 | 1.008392 | 136.6 | 1.004796 | 141.7 | 1.002282 | 146.8 | 1.000733 | 151.9 | 1.000050 |
| 131.6 | 1.008310 | 136.7 | 1.004737 | 141.8 | 1.002243 | 146.9 | 1.000712 | 152.0 | 1.000045 |
| 131.7 | 1.008229 | 136.8 | 1.004678 | 141.9 | 1.002204 | 147.0 | 1.000691 | 152.1 | 1.000040 |
| 131.8 | 1.008148 | 136.9 | 1.004620 | 142.0 | 1.002165 | 147.1 | 1.000670 | 152.2 | 1.000035 |
| 131.9 | 1.008068 | 137.0 | 1.004561 | 142.1 | 1.002127 | 147.2 | 1.000649 | 152.3 | 1.000031 |
| 132.0 | 1.007988 | 137.1 | 1.004504 | 142.2 | 1.002089 | 147.3 | 1.000629 | 152.4 | 1.000027 |
| 132.1 | 1.007909 | 137.2 | 1.004447 | 142.3 | 1.002052 | 147.4 | 1.000610 | 152.5 | 1.000023 |
| 132.2 | 1.007830 | 137.3 | 1.004390 | 142.4 | 1.002015 | 147.5 | 1.000590 | 152.6 | 1.000020 |
| 132.3 | 1.007751 | 137.4 | 1.004333 | 142.5 | 1.001978 | 147.6 | 1.000571 | 152.7 | 1.000016 |
| 132.4 | 1.007673 | 137.5 | 1.004277 | 142.6 | 1.001941 | 147.7 | 1.000552 | 152.8 | 1.000013 |
| 132.5 | 1.007596 | 137.6 | 1.004222 | 142.7 | 1.001905 | 147.8 | 1.000534 | 152.9 | 1.000011 |
| 132.6 | 1.007518 | 137.7 | 1.004167 | 142.8 | 1.001870 | 147.9 | 1.000516 | 153.0 | 1.000008 |
| 132.7 | 1.007442 | 137.8 | 1.004112 | 142.9 | 1.001835 | 148.0 | 1.000498 | 153.1 | 1.000006 |
| 132.8 | 1.007366 | 137.9 | 1.004057 | 143.0 | 1.001800 | 148.1 | 1.000480 | 153.2 | 1.000005 |
| 132.9 | 1.007290 | 138.0 | 1.004003 | 143.1 | 1.001765 | 148.2 | 1.000463 | 153.3 | 1.000003 |
| 133.0 | 1.007214 | 138.1 | 1.003950 | 143.2 | 1.001731 | 148.3 | 1.000446 | 153.4 | 1.000002 |
| 133.1 | 1.007140 | 138.2 | 1.003897 | 143.3 | 1.001697 | 148.4 | 1.000430 | 153.5 | 1.000001 |
| 133.2 | 1.007065 | 138.3 | 1.003844 | 143.4 | 1.001664 | 148.5 | 1.000414 | 153.6 | 1.000000 |
| 133.3 | 1.006991 | 138.4 | 1.003792 | 143.5 | 1.001630 | 148.6 | 1.000398 | 153.7 | 1.000000 |
| 133.4 | 1.006918 | 138.5 | 1.003740 | 143.6 | 1.001598 | 148.7 | 1.000382 | 153.8 | 1.000000 |
| 133.5 | 1.006845 | 138.6 | 1.003688 | 143.7 | 1.001565 | 148.8 | 1.000367 | | |
| 133.6 | 1.006772 | 138.7 | 1.003637 | 143.8 | 1.001533 | 148.9 | 1.000352 | | |
| 133.7 | 1.006700 | 138.8 | 1.003586 | 143.9 | 1.001501 | 149.0 | 1.000338 | | |
| 133.8 | 1.006628 | 138.9 | 1.003536 | 144.0 | 1.001470 | 149.1 | 1.000323 | | |
| 133.9 | 1.006557 | 139.0 | 1.003486 | 144.1 | 1.001439 | 149.2 | 1.000309 | | |
| 134.0 | 1.006486 | 139.1 | 1.003436 | 144.2 | 1.001409 | 149.3 | 1.000296 | | |
| 134.1 | 1.006416 | 139.2 | 1.003387 | 144.3 | 1.001378 | 149.4 | 1.000282 | | |
| 134.2 | 1.006346 | 139.3 | 1.003338 | 144.4 | 1.001348 | 149.5 | 1.000269 | | |
| 134.3 | 1.006276 | 139.4 | 1.003290 | 144.5 | 1.001319 | 149.6 | 1.000257 | | |
| 134.4 | 1.006207 | 139.5 | 1.003242 | 144.6 | 1.001289 | 149.7 | 1.000244 | | |
| 134.5 | 1.006139 | 139.6 | 1.003194 | 144.7 | 1.001261 | 149.8 | 1.000232 | | |
| 134.6 | 1.006070 | 139.7 | 1.003147 | 144.8 | 1.001232 | 149.9 | 1.000221 | | |
| 134.7 | 1.006003 | 139.8 | 1.003100 | 144.9 | 1.001204 | 150.0 | 1.000209 | | |
| 134.8 | 1.005935 | 139.9 | 1.003053 | 145.0 | 1.001176 | 150.1 | 1.000198 | | |
| 134.9 | 1.005868 | 140.0 | 1.003007 | 145.1 | 1.001148 | 150.2 | 1.000187 | | |
| 135.0 | 1.005802 | 140.1 | 1.002962 | 145.2 | 1.001121 | 150.3 | 1.000177 | | |