



ALBERTA WEIGHTLIFTING ASSOCIATION

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

Female Sinclair Coefficients

(2013-2016)



Canadian Weightlifting Federation
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
28.0	2.946170	32.8	2.422801	37.6	2.078802	42.4	1.838778	47.2	1.663769
28.1	2.932585	32.9	2.414163	37.7	2.072919	42.5	1.834566	47.3	1.660639
28.2	2.919139	33.0	2.405599	37.8	2.067080	42.6	1.830382	47.4	1.657526
28.3	2.905831	33.1	2.397109	37.9	2.061283	42.7	1.826224	47.5	1.654432
28.4	2.892659	33.2	2.388691	38.0	2.055530	42.8	1.822094	47.6	1.651355
28.5	2.879619	33.3	2.380345	38.1	2.049818	42.9	1.817990	47.7	1.648296
28.6	2.866712	33.4	2.372069	38.2	2.044148	43.0	1.813913	47.8	1.645255
28.7	2.853934	33.5	2.363863	38.3	2.038520	43.1	1.809862	47.9	1.642232
28.8	2.841284	33.6	2.355726	38.4	2.032932	43.2	1.805837	48.0	1.639226
28.9	2.828760	33.7	2.347658	38.5	2.027385	43.3	1.801838	48.1	1.636237
29.0	2.816361	33.8	2.339657	38.6	2.021878	43.4	1.797864	48.2	1.633266
29.1	2.804084	33.9	2.331722	38.7	2.016411	43.5	1.793915	48.3	1.630311
29.2	2.791928	34.0	2.323854	38.8	2.010983	43.6	1.789992	48.4	1.627373
29.3	2.779892	34.1	2.316051	38.9	2.005593	43.7	1.786093	48.5	1.624452
29.4	2.767974	34.2	2.308312	39.0	2.000243	43.8	1.782219	48.6	1.621548
29.5	2.756171	34.3	2.300636	39.1	1.994930	43.9	1.778370	48.7	1.618660
29.6	2.744483	34.4	2.293024	39.2	1.989656	44.0	1.774544	48.8	1.615788
29.7	2.732908	34.5	2.285474	39.3	1.984418	44.1	1.770743	48.9	1.612933
29.8	2.721445	34.6	2.277985	39.4	1.979218	44.2	1.766966	49.0	1.610094
29.9	2.710091	34.7	2.270557	39.5	1.974054	44.3	1.763212	49.1	1.607270
30.0	2.698846	34.8	2.263189	39.6	1.968927	44.4	1.759481	49.2	1.604463
30.1	2.687709	34.9	2.255881	39.7	1.963835	44.5	1.755774	49.3	1.601671
30.2	2.676676	35.0	2.248631	39.8	1.958779	44.6	1.752090	49.4	1.598895
30.3	2.665748	35.1	2.241440	39.9	1.953759	44.7	1.748428	49.5	1.596135
30.4	2.654923	35.2	2.234306	40.0	1.948773	44.8	1.744789	49.6	1.593390
30.5	2.644200	35.3	2.227229	40.1	1.943822	44.9	1.741173	49.7	1.590660
30.6	2.633577	35.4	2.220208	40.2	1.938905	45.0	1.737578	49.8	1.587945
30.7	2.623052	35.5	2.213243	40.3	1.934022	45.1	1.734006	49.9	1.585245
30.8	2.612626	35.6	2.206332	40.4	1.929173	45.2	1.730456	50.0	1.582561
30.9	2.602296	35.7	2.199476	40.5	1.924357	45.3	1.726927	50.1	1.579891
31.0	2.592060	35.8	2.192674	40.6	1.919574	45.4	1.723420	50.2	1.577236
31.1	2.581919	35.9	2.185925	40.7	1.914823	45.5	1.719934	50.3	1.574595
31.2	2.571871	36.0	2.179229	40.8	1.910105	45.6	1.716469	50.4	1.571969
31.3	2.561914	36.1	2.172584	40.9	1.905419	45.7	1.713025	50.5	1.569357
31.4	2.552047	36.2	2.165992	41.0	1.900765	45.8	1.709602	50.6	1.566760
31.5	2.542270	36.3	2.159450	41.1	1.896142	45.9	1.706200	50.7	1.564176
31.6	2.532581	36.4	2.152958	41.2	1.891550	46.0	1.702818	50.8	1.561607
31.7	2.522979	36.5	2.146517	41.3	1.886990	46.1	1.699456	50.9	1.559052
31.8	2.513463	36.6	2.140124	41.4	1.882459	46.2	1.696114	51.0	1.556510
31.9	2.504031	36.7	2.133781	41.5	1.877959	46.3	1.692793	51.1	1.553983
32.0	2.494684	36.8	2.127485	41.6	1.873489	46.4	1.689491	51.2	1.551469
32.1	2.485419	36.9	2.121238	41.7	1.869049	46.5	1.686209	51.3	1.548968
32.2	2.476236	37.0	2.115038	41.8	1.864638	46.6	1.682946	51.4	1.546481
32.3	2.467134	37.1	2.108884	41.9	1.860257	46.7	1.679702	51.5	1.544008
32.4	2.458112	37.2	2.102777	42.0	1.855904	46.8	1.676478	51.6	1.541547
32.5	2.449168	37.3	2.096716	42.1	1.851580	46.9	1.673273	51.7	1.539100
32.6	2.440303	37.4	2.090700	42.2	1.847285	47.0	1.670086	51.8	1.536666
32.7	2.431514	37.5	2.084729	42.3	1.843017	47.1	1.666919	51.9	1.534245



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52.0	1.531837	56.8	1.429778	61.6	1.349216	66.4	1.284600	71.2	1.232122
52.1	1.529442	56.9	1.427904	61.7	1.347723	66.5	1.283394	71.3	1.231137
52.2	1.527059	57.0	1.426038	61.8	1.346236	66.6	1.282193	71.4	1.230156
52.3	1.524689	57.1	1.424182	61.9	1.344757	66.7	1.280997	71.5	1.229179
52.4	1.522331	57.2	1.422335	62.0	1.343284	66.8	1.279807	71.6	1.228206
52.5	1.519986	57.3	1.420497	62.1	1.341818	66.9	1.278621	71.7	1.227237
52.6	1.517653	57.4	1.418668	62.2	1.340358	67.0	1.277441	71.8	1.226272
52.7	1.515333	57.5	1.416847	62.3	1.338905	67.1	1.276265	71.9	1.225311
52.8	1.513025	57.6	1.415036	62.4	1.337459	67.2	1.275095	72.0	1.224354
52.9	1.510728	57.7	1.413233	62.5	1.336020	67.3	1.273930	72.1	1.223400
53.0	1.508444	57.8	1.411439	62.6	1.334586	67.4	1.272769	72.2	1.222451
53.1	1.506172	57.9	1.409653	62.7	1.333160	67.5	1.271614	72.3	1.221506
53.2	1.503911	58.0	1.407877	62.8	1.331739	67.6	1.270464	72.4	1.220564
53.3	1.501663	58.1	1.406108	62.9	1.330325	67.7	1.269318	72.5	1.219626
53.4	1.499426	58.2	1.404349	63.0	1.328918	67.8	1.268177	72.6	1.218692
53.5	1.497200	58.3	1.402597	63.1	1.327517	67.9	1.267042	72.7	1.217762
53.6	1.494987	58.4	1.400855	63.2	1.326122	68.0	1.265911	72.8	1.216836
53.7	1.492784	58.5	1.399120	63.3	1.324733	68.1	1.264784	72.9	1.215913
53.8	1.490593	58.6	1.397394	63.4	1.323351	68.2	1.263663	73.0	1.214994
53.9	1.488413	58.7	1.395676	63.5	1.321974	68.3	1.262546	73.1	1.214079
54.0	1.486245	58.8	1.393966	63.6	1.320604	68.4	1.261434	73.2	1.213168
54.1	1.484087	58.9	1.392264	63.7	1.319240	68.5	1.260327	73.3	1.212260
54.2	1.481941	59.0	1.390570	63.8	1.317882	68.6	1.259224	73.4	1.211356
54.3	1.479805	59.1	1.388885	63.9	1.316530	68.7	1.258127	73.5	1.210456
54.4	1.477681	59.2	1.387207	64.0	1.315185	68.8	1.257033	73.6	1.209559
54.5	1.475567	59.3	1.385537	64.1	1.313845	68.9	1.255944	73.7	1.208666
54.6	1.473464	59.4	1.383876	64.2	1.312511	69.0	1.254860	73.8	1.207776
54.7	1.471372	59.5	1.382222	64.3	1.311183	69.1	1.253781	73.9	1.206890
54.8	1.469290	59.6	1.380575	64.4	1.309860	69.2	1.252706	74.0	1.206008
54.9	1.467219	59.7	1.378937	64.5	1.308544	69.3	1.251635	74.1	1.205129
55.0	1.465158	59.8	1.377306	64.6	1.307233	69.4	1.250569	74.2	1.204254
55.1	1.463108	59.9	1.375683	64.7	1.305929	69.5	1.249508	74.3	1.203382
55.2	1.461068	60.0	1.374068	64.8	1.304630	69.6	1.248450	74.4	1.202514
55.3	1.459038	60.1	1.372460	64.9	1.303336	69.7	1.247398	74.5	1.201649
55.4	1.457019	60.2	1.370859	65.0	1.302049	69.8	1.246349	74.6	1.200787
55.5	1.455009	60.3	1.369266	65.1	1.300767	69.9	1.245305	74.7	1.199930
55.6	1.453010	60.4	1.367680	65.2	1.299490	70.0	1.244266	74.8	1.199075
55.7	1.451020	60.5	1.366102	65.3	1.298219	70.1	1.243231	74.9	1.198224
55.8	1.449041	60.6	1.364531	65.4	1.296954	70.2	1.242200	75.0	1.197376
55.9	1.447071	60.7	1.362968	65.5	1.295694	70.3	1.241173	75.1	1.196532
56.0	1.445112	60.8	1.361411	65.6	1.294440	70.4	1.240150	75.2	1.195691
56.1	1.443162	60.9	1.359862	65.7	1.293191	70.5	1.239132	75.3	1.194854
56.2	1.441221	61.0	1.358320	65.8	1.291948	70.6	1.238118	75.4	1.194019
56.3	1.439290	61.1	1.356785	65.9	1.290710	70.7	1.237108	75.5	1.193189
56.4	1.437369	61.2	1.355257	66.0	1.289477	70.8	1.236103	75.6	1.192361
56.5	1.435457	61.3	1.353736	66.1	1.288250	70.9	1.235101	75.7	1.191537
56.6	1.433555	61.4	1.352223	66.2	1.287028	71.0	1.234104	75.8	1.190716
56.7	1.431662	61.5	1.350716	66.3	1.285812	71.1	1.233111	75.9	1.189898



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
76.0	1.189083	80.8	1.153528	85.6	1.124000	90.4	1.099401	95.2	1.078881
76.1	1.188272	80.9	1.152855	85.7	1.123441	90.5	1.098934	95.3	1.078492
76.2	1.187464	81.0	1.152186	85.8	1.122884	90.6	1.098470	95.4	1.078105
76.3	1.186659	81.1	1.151519	85.9	1.122328	90.7	1.098007	95.5	1.077718
76.4	1.185858	81.2	1.150854	86.0	1.121775	90.8	1.097545	95.6	1.077334
76.5	1.185059	81.3	1.150192	86.1	1.121224	90.9	1.097086	95.7	1.076950
76.6	1.184264	81.4	1.149533	86.2	1.120675	91.0	1.096628	95.8	1.076569
76.7	1.183471	81.5	1.148876	86.3	1.120129	91.1	1.096172	95.9	1.076188
76.8	1.182682	81.6	1.148221	86.4	1.119584	91.2	1.095718	96.0	1.075809
76.9	1.181896	81.7	1.147569	86.5	1.119041	91.3	1.095265	96.1	1.075432
77.0	1.181114	81.8	1.146920	86.6	1.118501	91.4	1.094814	96.2	1.075056
77.1	1.180334	81.9	1.146273	86.7	1.117962	91.5	1.094365	96.3	1.074681
77.2	1.179557	82.0	1.145629	86.8	1.117425	91.6	1.093917	96.4	1.074308
77.3	1.178783	82.1	1.144987	86.9	1.116891	91.7	1.093471	96.5	1.073936
77.4	1.178013	82.2	1.144347	87.0	1.116358	91.8	1.093027	96.6	1.073566
77.5	1.177245	82.3	1.143710	87.1	1.115828	91.9	1.092585	96.7	1.073197
77.6	1.176481	82.4	1.143076	87.2	1.115299	92.0	1.092144	96.8	1.072829
77.7	1.175719	82.5	1.142444	87.3	1.114773	92.1	1.091705	96.9	1.072463
77.8	1.174960	82.6	1.141814	87.4	1.114248	92.2	1.091267	97.0	1.072098
77.9	1.174205	82.7	1.141187	87.5	1.113726	92.3	1.090831	97.1	1.071735
78.0	1.173452	82.8	1.140562	87.6	1.113205	92.4	1.090397	97.2	1.071373
78.1	1.172702	82.9	1.139939	87.7	1.112687	92.5	1.089964	97.3	1.071012
78.2	1.171956	83.0	1.139319	87.8	1.112170	92.6	1.089533	97.4	1.070653
78.3	1.171212	83.1	1.138702	87.9	1.111655	92.7	1.089104	97.5	1.070295
78.4	1.170471	83.2	1.138086	88.0	1.111143	92.8	1.088676	97.6	1.069939
78.5	1.169733	83.3	1.137473	88.1	1.110632	92.9	1.088250	97.7	1.069583
78.6	1.168998	83.4	1.136862	88.2	1.110123	93.0	1.087826	97.8	1.069230
78.7	1.168265	83.5	1.136254	88.3	1.109616	93.1	1.087403	97.9	1.068877
78.8	1.167536	83.6	1.135648	88.4	1.109111	93.2	1.086981	98.0	1.068526
78.9	1.166809	83.7	1.135044	88.5	1.108608	93.3	1.086562	98.1	1.068176
79.0	1.166086	83.8	1.134443	88.6	1.108107	93.4	1.086144	98.2	1.067828
79.1	1.165365	83.9	1.133844	88.7	1.107607	93.5	1.085727	98.3	1.067481
79.2	1.164646	84.0	1.133247	88.8	1.107110	93.6	1.085312	98.4	1.067135
79.3	1.163931	84.1	1.132652	88.9	1.106614	93.7	1.084899	98.5	1.066790
79.4	1.163218	84.2	1.132060	89.0	1.106121	93.8	1.084487	98.6	1.066447
79.5	1.162509	84.3	1.131470	89.1	1.105629	93.9	1.084076	98.7	1.066105
79.6	1.161802	84.4	1.130882	89.2	1.105139	94.0	1.083668	98.8	1.065765
79.7	1.161097	84.5	1.130297	89.3	1.104651	94.1	1.083260	98.9	1.065426
79.8	1.160396	84.6	1.129713	89.4	1.104164	94.2	1.082855	99.0	1.065088
79.9	1.159697	84.7	1.129132	89.5	1.103680	94.3	1.082451	99.1	1.064751
80.0	1.159001	84.8	1.128553	89.6	1.103197	94.4	1.082048	99.2	1.064416
80.1	1.158307	84.9	1.127977	89.7	1.102716	94.5	1.081647	99.3	1.064082
80.2	1.157617	85.0	1.127402	89.8	1.102237	94.6	1.081247	99.4	1.063749
80.3	1.156928	85.1	1.126830	89.9	1.101760	94.7	1.080849	99.5	1.063417
80.4	1.156243	85.2	1.126260	90.0	1.101285	94.8	1.080453	99.6	1.063087
80.5	1.155560	85.3	1.125692	90.1	1.100811	94.9	1.080058	99.7	1.062758
80.6	1.154880	85.4	1.125126	90.2	1.100339	95.0	1.079664	99.8	1.062430
80.7	1.154203	85.5	1.124562	90.3	1.099869	95.1	1.079272	99.9	1.062104



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100.0	1.061779	104.8	1.047568	109.6	1.035826	114.4	1.026213	119.2	1.018447
100.1	1.061455	104.9	1.047299	109.7	1.035606	114.5	1.026033	119.3	1.018304
100.2	1.061132	105.0	1.047032	109.8	1.035386	114.6	1.025854	119.4	1.018160
100.3	1.060811	105.1	1.046765	109.9	1.035166	114.7	1.025676	119.5	1.018018
100.4	1.060491	105.2	1.046500	110.0	1.034948	114.8	1.025499	119.6	1.017876
100.5	1.060172	105.3	1.046236	110.1	1.034731	114.9	1.025322	119.7	1.017735
100.6	1.059854	105.4	1.045973	110.2	1.034515	115.0	1.025147	119.8	1.017595
100.7	1.059537	105.5	1.045711	110.3	1.034299	115.1	1.024972	119.9	1.017455
100.8	1.059222	105.6	1.045449	110.4	1.034085	115.2	1.024797	120.0	1.017316
100.9	1.058908	105.7	1.045189	110.5	1.033871	115.3	1.024624	120.1	1.017178
101.0	1.058595	105.8	1.044930	110.6	1.033658	115.4	1.024451	120.2	1.017040
101.1	1.058283	105.9	1.044672	110.7	1.033446	115.5	1.024279	120.3	1.016903
101.2	1.057973	106.0	1.044415	110.8	1.033236	115.6	1.024108	120.4	1.016767
101.3	1.057664	106.1	1.044159	110.9	1.033025	115.7	1.023938	120.5	1.016631
101.4	1.057356	106.2	1.043905	111.0	1.032816	115.8	1.023768	120.6	1.016496
101.5	1.057049	106.3	1.043651	111.1	1.032608	115.9	1.023600	120.7	1.016362
101.6	1.056743	106.4	1.043398	111.2	1.032401	116.0	1.023432	120.8	1.016228
101.7	1.056439	106.5	1.043146	111.3	1.032194	116.1	1.023264	120.9	1.016095
101.8	1.056135	106.6	1.042895	111.4	1.031988	116.2	1.023098	121.0	1.015963
101.9	1.055833	106.7	1.042645	111.5	1.031784	116.3	1.022932	121.1	1.015831
102.0	1.055532	106.8	1.042397	111.6	1.031580	116.4	1.022767	121.2	1.015701
102.1	1.055233	106.9	1.042149	111.7	1.031377	116.5	1.022603	121.3	1.015570
102.2	1.054934	107.0	1.041902	111.8	1.031174	116.6	1.022439	121.4	1.015441
102.3	1.054637	107.1	1.041656	111.9	1.030973	116.7	1.022277	121.5	1.015312
102.4	1.054340	107.2	1.041411	112.0	1.030773	116.8	1.022115	121.6	1.015183
102.5	1.054045	107.3	1.041168	112.1	1.030573	116.9	1.021954	121.7	1.015056
102.6	1.053751	107.4	1.040925	112.2	1.030374	117.0	1.021793	121.8	1.014929
102.7	1.053458	107.5	1.040683	112.3	1.030176	117.1	1.021633	121.9	1.014803
102.8	1.053167	107.6	1.040442	112.4	1.029979	117.2	1.021474	122.0	1.014677
102.9	1.052876	107.7	1.040202	112.5	1.029783	117.3	1.021316	122.1	1.014552
103.0	1.052587	107.8	1.039963	112.6	1.029588	117.4	1.021159	122.2	1.014428
103.1	1.052298	107.9	1.039725	112.7	1.029393	117.5	1.021002	122.3	1.014304
103.2	1.052011	108.0	1.039488	112.8	1.029200	117.6	1.020846	122.4	1.014181
103.3	1.051725	108.1	1.039252	112.9	1.029007	117.7	1.020691	122.5	1.014058
103.4	1.051440	108.2	1.039017	113.0	1.028815	117.8	1.020536	122.6	1.013937
103.5	1.051157	108.3	1.038783	113.1	1.028624	117.9	1.020382	122.7	1.013815
103.6	1.050874	108.4	1.038550	113.2	1.028433	118.0	1.020229	122.8	1.013695
103.7	1.050592	108.5	1.038318	113.3	1.028244	118.1	1.020077	122.9	1.013575
103.8	1.050312	108.6	1.038087	113.4	1.028055	118.2	1.019925	123.0	1.013456
103.9	1.050033	108.7	1.037856	113.5	1.027867	118.3	1.019774	123.1	1.013337
104.0	1.049754	108.8	1.037627	113.6	1.027680	118.4	1.019624	123.2	1.013219
104.1	1.049477	108.9	1.037399	113.7	1.027494	118.5	1.019474	123.3	1.013102
104.2	1.049201	109.0	1.037171	113.8	1.027308	118.6	1.019325	123.4	1.012985
104.3	1.048926	109.1	1.036945	113.9	1.027124	118.7	1.019177	123.5	1.012869
104.4	1.048652	109.2	1.036719	114.0	1.026940	118.8	1.019030	123.6	1.012753
104.5	1.048380	109.3	1.036495	114.1	1.026757	118.9	1.018883	123.7	1.012639
104.6	1.048108	109.4	1.036271	114.2	1.026575	119.0	1.018737	123.8	1.012524
104.7	1.047837	109.5	1.036048	114.3	1.026394	119.1	1.018592	123.9	1.012411



ALBERTA WEIGHTLIFTING ASSOCIATION

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Female Sinclair Coefficients

(2013-2016)



Canadian Weightlifting Federation
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
124.0	1.012298	128.9	1.007487	133.8	1.003986	138.7	1.001652	143.6	1.000359
124.1	1.012185	129.0	1.007403	133.9	1.003927	138.8	1.001615	143.7	1.000343
124.2	1.012074	129.1	1.007319	134.0	1.003869	138.9	1.001579	143.8	1.000327
124.3	1.011963	129.2	1.007236	134.1	1.003811	139.0	1.001544	143.9	1.000311
124.4	1.011852	129.3	1.007154	134.2	1.003754	139.1	1.001508	144.0	1.000296
124.5	1.011742	129.4	1.007072	134.3	1.003697	139.2	1.001474	144.1	1.000282
124.6	1.011633	129.5	1.006991	134.4	1.003640	139.3	1.001440	144.2	1.000267
124.7	1.011524	129.6	1.006910	134.5	1.003584	139.4	1.001406	144.3	1.000253
124.8	1.011416	129.7	1.006830	134.6	1.003529	139.5	1.001372	144.4	1.000240
124.9	1.011308	129.8	1.006750	134.7	1.003474	139.6	1.001339	144.5	1.000227
125.0	1.011202	129.9	1.006671	134.8	1.003419	139.7	1.001307	144.6	1.000214
125.1	1.011095	130.0	1.006592	134.9	1.003365	139.8	1.001275	144.7	1.000201
125.2	1.010990	130.1	1.006514	135.0	1.003312	139.9	1.001243	144.8	1.000189
125.3	1.010884	130.2	1.006437	135.1	1.003259	140.0	1.001212	144.9	1.000178
125.4	1.010780	130.3	1.006360	135.2	1.003206	140.1	1.001181	145.0	1.000166
125.5	1.010676	130.4	1.006283	135.3	1.003154	140.2	1.001150	145.1	1.000155
125.6	1.010573	130.5	1.006207	135.4	1.003102	140.3	1.001120	145.2	1.000145
125.7	1.010470	130.6	1.006132	135.5	1.003051	140.4	1.001091	145.3	1.000135
125.8	1.010368	130.7	1.006057	135.6	1.003000	140.5	1.001062	145.4	1.000125
125.9	1.010266	130.8	1.005982	135.7	1.002950	140.6	1.001033	145.5	1.000115
126.0	1.010165	130.9	1.005908	135.8	1.002900	140.7	1.001004	145.6	1.000106
126.1	1.010065	131.0	1.005835	135.9	1.002851	140.8	1.000977	145.7	1.000098
126.2	1.009965	131.1	1.005762	136.0	1.002802	140.9	1.000949	145.8	1.000089
126.3	1.009866	131.2	1.005690	136.1	1.002753	141.0	1.000922	145.9	1.000082
126.4	1.009767	131.3	1.005618	136.2	1.002705	141.1	1.000895	146.0	1.000074
126.5	1.009669	131.4	1.005547	136.3	1.002658	141.2	1.000869	146.1	1.000067
126.6	1.009572	131.5	1.005476	136.4	1.002611	141.3	1.000843	146.2	1.000060
126.7	1.009475	131.6	1.005406	136.5	1.002564	141.4	1.000818	146.3	1.000054
126.8	1.009379	131.7	1.005336	136.6	1.002518	141.5	1.000793	146.4	1.000048
126.9	1.009283	131.8	1.005267	136.7	1.002472	141.6	1.000768	146.5	1.000042
127.0	1.009188	131.9	1.005198	136.8	1.002427	141.7	1.000744	146.6	1.000037
127.1	1.009093	132.0	1.005130	136.9	1.002382	141.8	1.000720	146.7	1.000032
127.2	1.008999	132.1	1.005062	137.0	1.002338	141.9	1.000696	146.8	1.000027
127.3	1.008906	132.2	1.004995	137.1	1.002294	142.0	1.000673	146.9	1.000023
127.4	1.008813	132.3	1.004928	137.2	1.002250	142.1	1.000651	147.0	1.000019
127.5	1.008721	132.4	1.004862	137.3	1.002207	142.2	1.000628	147.1	1.000015
127.6	1.008629	132.5	1.004796	137.4	1.002165	142.3	1.000607	147.2	1.000012
127.7	1.008538	132.6	1.004731	137.5	1.002123	142.4	1.000585	147.3	1.000009
127.8	1.008447	132.7	1.004666	137.6	1.002081	142.5	1.000564	147.4	1.000007
127.9	1.008357	132.8	1.004602	137.7	1.002040	142.6	1.000544	147.5	1.000005
128.0	1.008267	132.9	1.004538	137.8	1.001999	142.7	1.000523	147.6	1.000003
128.1	1.008178	133.0	1.004475	137.9	1.001958	142.8	1.000504	147.7	1.000002
128.2	1.008090	133.1	1.004412	138.0	1.001919	142.9	1.000484	147.8	1.000001
128.3	1.008002	133.2	1.004350	138.1	1.001879	143.0	1.000465	147.9	1.000000
128.4	1.007915	133.3	1.004288	138.2	1.001840	143.1	1.000446	148.0	1.000000
128.5	1.007828	133.4	1.004227	138.3	1.001802	143.2	1.000428		
128.6	1.007742	133.5	1.004166	138.4	1.001763	143.3	1.000410		
128.7	1.007656	133.6	1.004105	138.5	1.001726	143.4	1.000393		
128.8	1.007571	133.7	1.004046	138.6	1.001688	143.5	1.000376		



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Male Sinclair Coefficients



Canadian Weightlifting Federation
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(2013-2016)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
32.0	2.696150	36.8	2.304944	41.6	2.031212	46.4	1.830816	51.2	1.678964
32.1	2.686335	36.9	2.298245	41.7	2.026399	46.5	1.827222	51.3	1.676199
32.2	2.676604	37.0	2.291595	41.8	2.021617	46.6	1.823648	51.4	1.673447
32.3	2.666957	37.1	2.284994	41.9	2.016866	46.7	1.820095	51.5	1.670710
32.4	2.657391	37.2	2.278441	42.0	2.012145	46.8	1.816562	51.6	1.667987
32.5	2.647906	37.3	2.271936	42.1	2.007454	46.9	1.813049	51.7	1.665278
32.6	2.638502	37.4	2.265477	42.2	2.002793	47.0	1.809556	51.8	1.662582
32.7	2.629176	37.5	2.259066	42.3	1.998161	47.1	1.806083	51.9	1.659901
32.8	2.619929	37.6	2.252700	42.4	1.993559	47.2	1.802630	52.0	1.657233
32.9	2.610759	37.7	2.246381	42.5	1.988986	47.3	1.799195	52.1	1.654579
33.0	2.601665	37.8	2.240106	42.6	1.984441	47.4	1.795781	52.2	1.651939
33.1	2.592647	37.9	2.233877	42.7	1.979925	47.5	1.792385	52.3	1.649312
33.2	2.583703	38.0	2.227691	42.8	1.975438	47.6	1.789008	52.4	1.646698
33.3	2.574833	38.1	2.221550	42.9	1.970978	47.7	1.785650	52.5	1.644097
33.4	2.566036	38.2	2.215452	43.0	1.966546	47.8	1.782311	52.6	1.641510
33.5	2.557311	38.3	2.209397	43.1	1.962142	47.9	1.778991	52.7	1.638936
33.6	2.548657	38.4	2.203385	43.2	1.957765	48.0	1.775689	52.8	1.636374
33.7	2.540073	38.5	2.197415	43.3	1.953415	48.1	1.772405	52.9	1.633826
33.8	2.531559	38.6	2.191487	43.4	1.949092	48.2	1.769139	53.0	1.631290
33.9	2.523114	38.7	2.185600	43.5	1.944795	48.3	1.765892	53.1	1.628767
34.0	2.514737	38.8	2.179754	43.6	1.940525	48.4	1.762662	53.2	1.626257
34.1	2.506426	38.9	2.173949	43.7	1.936281	48.5	1.759450	53.3	1.623759
34.2	2.498183	39.0	2.168184	43.8	1.932063	48.6	1.756255	53.4	1.621273
34.3	2.490005	39.1	2.162458	43.9	1.927871	48.7	1.753078	53.5	1.618800
34.4	2.481892	39.2	2.156773	44.0	1.923704	48.8	1.749919	53.6	1.616340
34.5	2.473844	39.3	2.151126	44.1	1.919562	48.9	1.746776	53.7	1.613891
34.6	2.465859	39.4	2.145517	44.2	1.915446	49.0	1.743651	53.8	1.611455
34.7	2.457937	39.5	2.139948	44.3	1.911354	49.1	1.740542	53.9	1.609030
34.8	2.450077	39.6	2.134415	44.4	1.907287	49.2	1.737451	54.0	1.606618
34.9	2.442278	39.7	2.128921	44.5	1.903244	49.3	1.734376	54.1	1.604217
35.0	2.434540	39.8	2.123464	44.6	1.899226	49.4	1.731317	54.2	1.601828
35.1	2.426863	39.9	2.118043	44.7	1.895231	49.5	1.728275	54.3	1.599451
35.2	2.419245	40.0	2.112659	44.8	1.891261	49.6	1.725250	54.4	1.597085
35.3	2.411685	40.1	2.107312	44.9	1.887314	49.7	1.722240	54.5	1.594731
35.4	2.404184	40.2	2.102000	45.0	1.883390	49.8	1.719247	54.6	1.592389
35.5	2.396741	40.3	2.096723	45.1	1.879490	49.9	1.716270	54.7	1.590058
35.6	2.389354	40.4	2.091482	45.2	1.875613	50.0	1.713308	54.8	1.587738
35.7	2.382024	40.5	2.086275	45.3	1.871758	50.1	1.710362	54.9	1.585429
35.8	2.374750	40.6	2.081103	45.4	1.867927	50.2	1.707432	55.0	1.583132
35.9	2.367530	40.7	2.075965	45.5	1.864117	50.3	1.704517	55.1	1.580846
36.0	2.360366	40.8	2.070861	45.6	1.860330	50.4	1.701618	55.2	1.578570
36.1	2.353255	40.9	2.065791	45.7	1.856566	50.5	1.698734	55.3	1.576306
36.2	2.346197	41.0	2.060754	45.8	1.852823	50.6	1.695865	55.4	1.574053
36.3	2.339193	41.1	2.055749	45.9	1.849102	50.7	1.693011	55.5	1.571810
36.4	2.332241	41.2	2.050778	46.0	1.845402	50.8	1.690172	55.6	1.569578
36.5	2.325340	41.3	2.045838	46.1	1.841724	50.9	1.687348	55.7	1.567357
36.6	2.318491	41.4	2.040931	46.2	1.838067	51.0	1.684539	55.8	1.565146
36.7	2.311692	41.5	2.036056	46.3	1.834431	51.1	1.681744	55.9	1.562946

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(2013-2016)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
56.0	1.560756	60.8	1.466747	65.6	1.390683	70.4	1.328268	75.2	1.276465
56.1	1.558577	60.9	1.464997	65.7	1.389255	70.5	1.327089	75.3	1.275482
56.2	1.556408	61.0	1.463255	65.8	1.387834	70.6	1.325915	75.4	1.274502
56.3	1.554250	61.1	1.461520	65.9	1.386418	70.7	1.324746	75.5	1.273526
56.4	1.552101	61.2	1.459793	66.0	1.385009	70.8	1.323581	75.6	1.272553
56.5	1.549963	61.3	1.458073	66.1	1.383605	70.9	1.322420	75.7	1.271584
56.6	1.547834	61.4	1.456361	66.2	1.382206	71.0	1.321264	75.8	1.270619
56.7	1.545716	61.5	1.454657	66.3	1.380814	71.1	1.320113	75.9	1.269657
56.8	1.543608	61.6	1.452959	66.4	1.379427	71.2	1.318965	76.0	1.268698
56.9	1.541509	61.7	1.451269	66.5	1.378046	71.3	1.317823	76.1	1.267744
57.0	1.539421	61.8	1.449587	66.6	1.376670	71.4	1.316684	76.2	1.266792
57.1	1.537342	61.9	1.447911	66.7	1.375300	71.5	1.315550	76.3	1.265844
57.2	1.535272	62.0	1.446243	66.8	1.373935	71.6	1.314420	76.4	1.264900
57.3	1.533213	62.1	1.444583	66.9	1.372576	71.7	1.313295	76.5	1.263959
57.4	1.531163	62.2	1.442929	67.0	1.371223	71.8	1.312174	76.6	1.263021
57.5	1.529122	62.3	1.441282	67.1	1.369875	71.9	1.311057	76.7	1.262087
57.6	1.527091	62.4	1.439643	67.2	1.368532	72.0	1.309944	76.8	1.261156
57.7	1.525069	62.5	1.438010	67.3	1.367195	72.1	1.308836	76.9	1.260228
57.8	1.523057	62.6	1.436385	67.4	1.365863	72.2	1.307732	77.0	1.259304
57.9	1.521054	62.7	1.434766	67.5	1.364536	72.3	1.306632	77.1	1.258383
58.0	1.519060	62.8	1.433154	67.6	1.363215	72.4	1.305536	77.2	1.257466
58.1	1.517075	62.9	1.431550	67.7	1.361899	72.5	1.304444	77.3	1.256552
58.2	1.515099	63.0	1.429952	67.8	1.360588	72.6	1.303357	77.4	1.255641
58.3	1.513133	63.1	1.428361	67.9	1.359283	72.7	1.302273	77.5	1.254733
58.4	1.511175	63.2	1.426776	68.0	1.357982	72.8	1.301194	77.6	1.253829
58.5	1.509226	63.3	1.425199	68.1	1.356687	72.9	1.300118	77.7	1.252928
58.6	1.507286	63.4	1.423628	68.2	1.355397	73.0	1.299047	77.8	1.252030
58.7	1.505355	63.5	1.422063	68.3	1.354112	73.1	1.297980	77.9	1.251135
58.8	1.503433	63.6	1.420505	68.4	1.352833	73.2	1.296917	78.0	1.250244
58.9	1.501519	63.7	1.418954	68.5	1.351558	73.3	1.295857	78.1	1.249355
59.0	1.499614	63.8	1.417410	68.6	1.350288	73.4	1.294802	78.2	1.248470
59.1	1.497718	63.9	1.415871	68.7	1.349024	73.5	1.293751	78.3	1.247588
59.2	1.495830	64.0	1.414340	68.8	1.347764	73.6	1.292704	78.4	1.246710
59.3	1.493951	64.1	1.412815	68.9	1.346509	73.7	1.291660	78.5	1.245834
59.4	1.492080	64.2	1.411296	69.0	1.345260	73.8	1.290620	78.6	1.244962
59.5	1.490218	64.3	1.409783	69.1	1.344015	73.9	1.289585	78.7	1.244092
59.6	1.488364	64.4	1.408277	69.2	1.342775	74.0	1.288553	78.8	1.243226
59.7	1.486518	64.5	1.406777	69.3	1.341540	74.1	1.287525	78.9	1.242363
59.8	1.484680	64.6	1.405283	69.4	1.340309	74.2	1.286501	79.0	1.241502
59.9	1.482851	64.7	1.403796	69.5	1.339084	74.3	1.285480	79.1	1.240645
60.0	1.481030	64.8	1.402315	69.6	1.337863	74.4	1.284464	79.2	1.239791
60.1	1.479217	64.9	1.400839	69.7	1.336648	74.5	1.283451	79.3	1.238940
60.2	1.477412	65.0	1.399370	69.8	1.335436	74.6	1.282442	79.4	1.238092
60.3	1.475614	65.1	1.397907	69.9	1.334230	74.7	1.281436	79.5	1.237247
60.4	1.473825	65.2	1.396450	70.0	1.333028	74.8	1.280435	79.6	1.236405
60.5	1.472044	65.3	1.395000	70.1	1.331831	74.9	1.279437	79.7	1.235566
60.6	1.470271	65.4	1.393555	70.2	1.330639	75.0	1.278443	79.8	1.234730
60.7	1.468505	65.5	1.392116	70.3	1.329451	75.1	1.277452	79.9	1.233897

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(2013-2016)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
80.0	1.233067	84.8	1.196434	89.6	1.165325	94.4	1.138784	99.2	1.116061
80.1	1.232239	84.9	1.195733	89.7	1.164729	94.5	1.138274	99.3	1.115624
80.2	1.231415	85.0	1.195035	89.8	1.164134	94.6	1.137765	99.4	1.115188
80.3	1.230594	85.1	1.194339	89.9	1.163541	94.7	1.137259	99.5	1.114754
80.4	1.229775	85.2	1.193645	90.0	1.162950	94.8	1.136753	99.6	1.114321
80.5	1.228959	85.3	1.192954	90.1	1.162362	94.9	1.136250	99.7	1.113889
80.6	1.228146	85.4	1.192265	90.2	1.161775	95.0	1.135748	99.8	1.113459
80.7	1.227336	85.5	1.191579	90.3	1.161190	95.1	1.135248	99.9	1.113030
80.8	1.226529	85.6	1.190894	90.4	1.160607	95.2	1.134749	100.0	1.112602
80.9	1.225725	85.7	1.190212	90.5	1.160026	95.3	1.134252	100.1	1.112176
81.0	1.224923	85.8	1.189533	90.6	1.159447	95.4	1.133757	100.2	1.111751
81.1	1.224124	85.9	1.188855	90.7	1.158869	95.5	1.133263	100.3	1.111327
81.2	1.223329	86.0	1.188180	90.8	1.158294	95.6	1.132771	100.4	1.110905
81.3	1.222535	86.1	1.187508	90.9	1.157720	95.7	1.132280	100.5	1.110484
81.4	1.221745	86.2	1.186837	91.0	1.157149	95.8	1.131791	100.6	1.110065
81.5	1.220957	86.3	1.186169	91.1	1.156579	95.9	1.131303	100.7	1.109647
81.6	1.220172	86.4	1.185503	91.2	1.156011	96.0	1.130817	100.8	1.109230
81.7	1.219390	86.5	1.184839	91.3	1.155445	96.1	1.130333	100.9	1.108814
81.8	1.218611	86.6	1.184177	91.4	1.154881	96.2	1.129850	101.0	1.108400
81.9	1.217834	86.7	1.183518	91.5	1.154319	96.3	1.129369	101.1	1.107987
82.0	1.217060	86.8	1.182861	91.6	1.153758	96.4	1.128889	101.2	1.107576
82.1	1.216288	86.9	1.182206	91.7	1.153199	96.5	1.128411	101.3	1.107165
82.2	1.215520	87.0	1.181553	91.8	1.152643	96.6	1.127934	101.4	1.106756
82.3	1.214753	87.1	1.180903	91.9	1.152088	96.7	1.127459	101.5	1.106349
82.4	1.213990	87.2	1.180254	92.0	1.151534	96.8	1.126985	101.6	1.105942
82.5	1.213229	87.3	1.179608	92.1	1.150983	96.9	1.126513	101.7	1.105537
82.6	1.212471	87.4	1.178964	92.2	1.150433	97.0	1.126043	101.8	1.105133
82.7	1.211715	87.5	1.178322	92.3	1.149886	97.1	1.125574	101.9	1.104731
82.8	1.210963	87.6	1.177683	92.4	1.149340	97.2	1.125106	102.0	1.104329
82.9	1.210212	87.7	1.177045	92.5	1.148795	97.3	1.124640	102.1	1.103929
83.0	1.209464	87.8	1.176410	92.6	1.148253	97.4	1.124175	102.2	1.103531
83.1	1.208719	87.9	1.175776	92.7	1.147712	97.5	1.123712	102.3	1.103133
83.2	1.207977	88.0	1.175145	92.8	1.147173	97.6	1.123251	102.4	1.102737
83.3	1.207236	88.1	1.174516	92.9	1.146636	97.7	1.122790	102.5	1.102342
83.4	1.206499	88.2	1.173889	93.0	1.146101	97.8	1.122332	102.6	1.101948
83.5	1.205764	88.3	1.173264	93.1	1.145567	97.9	1.121874	102.7	1.101556
83.6	1.205031	88.4	1.172641	93.2	1.145035	98.0	1.121419	102.8	1.101164
83.7	1.204301	88.5	1.172020	93.3	1.144505	98.1	1.120964	102.9	1.100774
83.8	1.203574	88.6	1.171401	93.4	1.143976	98.2	1.120512	103.0	1.100386
83.9	1.202849	88.7	1.170785	93.5	1.143449	98.3	1.120060	103.1	1.099998
84.0	1.202126	88.8	1.170170	93.6	1.142924	98.4	1.119610	103.2	1.099612
84.1	1.201406	88.9	1.169557	93.7	1.142401	98.5	1.119162	103.3	1.099227
84.2	1.200689	89.0	1.168947	93.8	1.141879	98.6	1.118714	103.4	1.098843
84.3	1.199973	89.1	1.168338	93.9	1.141359	98.7	1.118269	103.5	1.098460
84.4	1.199261	89.2	1.167731	94.0	1.140840	98.8	1.117824	103.6	1.098079
84.5	1.198550	89.3	1.167127	94.1	1.140324	98.9	1.117382	103.7	1.097698
84.6	1.197842	89.4	1.166524	94.2	1.139809	99.0	1.116940	103.8	1.097319
84.7	1.197137	89.5	1.165924	94.3	1.139295	99.1	1.116500	103.9	1.096941

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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
104.0	1.096565	108.8	1.079818	113.6	1.065433	118.4	1.053094	123.2	1.042540
104.1	1.096189	108.9	1.079495	113.7	1.065156	118.5	1.052857	123.3	1.042337
104.2	1.095815	109.0	1.079173	113.8	1.064880	118.6	1.052621	123.4	1.042135
104.3	1.095442	109.1	1.078853	113.9	1.064605	118.7	1.052385	123.5	1.041934
104.4	1.095070	109.2	1.078533	114.0	1.064331	118.8	1.052150	123.6	1.041733
104.5	1.094699	109.3	1.078215	114.1	1.064057	118.9	1.051916	123.7	1.041534
104.6	1.094330	109.4	1.077897	114.2	1.063785	119.0	1.051682	123.8	1.041334
104.7	1.093961	109.5	1.077581	114.3	1.063513	119.1	1.051450	123.9	1.041136
104.8	1.093594	109.6	1.077265	114.4	1.063242	119.2	1.051218	124.0	1.040938
104.9	1.093228	109.7	1.076951	114.5	1.062972	119.3	1.050987	124.1	1.040741
105.0	1.092863	109.8	1.076637	114.6	1.062703	119.4	1.050756	124.2	1.040544
105.1	1.092499	109.9	1.076325	114.7	1.062435	119.5	1.050527	124.3	1.040348
105.2	1.092137	110.0	1.076013	114.8	1.062168	119.6	1.050298	124.4	1.040153
105.3	1.091775	110.1	1.075703	114.9	1.061901	119.7	1.050070	124.5	1.039959
105.4	1.091415	110.2	1.075393	115.0	1.061636	119.8	1.049842	124.6	1.039765
105.5	1.091056	110.3	1.075085	115.1	1.061371	119.9	1.049615	124.7	1.039572
105.6	1.090698	110.4	1.074777	115.2	1.061107	120.0	1.049390	124.8	1.039379
105.7	1.090341	110.5	1.074471	115.3	1.060844	120.1	1.049164	124.9	1.039187
105.8	1.089985	110.6	1.074165	115.4	1.060581	120.2	1.048940	125.0	1.038996
105.9	1.089630	110.7	1.073860	115.5	1.060320	120.3	1.048716	125.1	1.038805
106.0	1.089277	110.8	1.073556	115.6	1.060059	120.4	1.048493	125.2	1.038615
106.1	1.088924	110.9	1.073254	115.7	1.059800	120.5	1.048271	125.3	1.038426
106.2	1.088573	111.0	1.072952	115.8	1.059541	120.6	1.048049	125.4	1.038237
106.3	1.088223	111.1	1.072651	115.9	1.059283	120.7	1.047829	125.5	1.038049
106.4	1.087874	111.2	1.072351	116.0	1.059026	120.8	1.047609	125.6	1.037861
106.5	1.087526	111.3	1.072052	116.1	1.058769	120.9	1.047389	125.7	1.037675
106.6	1.087179	111.4	1.071754	116.2	1.058514	121.0	1.047171	125.8	1.037488
106.7	1.086833	111.5	1.071457	116.3	1.058259	121.1	1.046953	125.9	1.037303
106.8	1.086488	111.6	1.071161	116.4	1.058005	121.2	1.046736	126.0	1.037118
106.9	1.086144	111.7	1.070866	116.5	1.057752	121.3	1.046519	126.1	1.036934
107.0	1.085802	111.8	1.070572	116.6	1.057499	121.4	1.046303	126.2	1.036750
107.1	1.085460	111.9	1.070279	116.7	1.057248	121.5	1.046088	126.3	1.036567
107.2	1.085120	112.0	1.069986	116.8	1.056997	121.6	1.045874	126.4	1.036385
107.3	1.084781	112.1	1.069695	116.9	1.056747	121.7	1.045660	126.5	1.036203
107.4	1.084442	112.2	1.069404	117.0	1.056498	121.8	1.045447	126.6	1.036022
107.5	1.084105	112.3	1.069115	117.1	1.056250	121.9	1.045235	126.7	1.035841
107.6	1.083769	112.4	1.068826	117.2	1.056002	122.0	1.045024	126.8	1.035661
107.7	1.083434	112.5	1.068538	117.3	1.055756	122.1	1.044813	126.9	1.035482
107.8	1.083100	112.6	1.068251	117.4	1.055510	122.2	1.044603	127.0	1.035303
107.9	1.082767	112.7	1.067966	117.5	1.055265	122.3	1.044393	127.1	1.035125
108.0	1.082435	112.8	1.067681	117.6	1.055021	122.4	1.044185	127.2	1.034948
108.1	1.082104	112.9	1.067397	117.7	1.054777	122.5	1.043977	127.3	1.034771
108.2	1.081775	113.0	1.067113	117.8	1.054534	122.6	1.043769	127.4	1.034595
108.3	1.081446	113.1	1.066831	117.9	1.054292	122.7	1.043563	127.5	1.034419
108.4	1.081118	113.2	1.066550	118.0	1.054051	122.8	1.043357	127.6	1.034244
108.5	1.080791	113.3	1.066269	118.1	1.053811	122.9	1.043151	127.7	1.034070
108.6	1.080466	113.4	1.065990	118.2	1.053571	123.0	1.042947	127.8	1.033896
108.7	1.080141	113.5	1.065711	118.3	1.053332	123.1	1.042743	127.9	1.033723



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
128.0	1.033550	132.8	1.025942	137.6	1.019560	142.4	1.014271	147.2	1.009963
128.1	1.033378	132.9	1.025797	137.7	1.019439	142.5	1.014172	147.3	1.009883
128.2	1.033207	133.0	1.025653	137.8	1.019319	142.6	1.014073	147.4	1.009803
128.3	1.033036	133.1	1.025509	137.9	1.019199	142.7	1.013974	147.5	1.009724
128.4	1.032866	133.2	1.025365	138.0	1.019079	142.8	1.013876	147.6	1.009645
128.5	1.032696	133.3	1.025222	138.1	1.018960	142.9	1.013779	147.7	1.009567
128.6	1.032527	133.4	1.025080	138.2	1.018841	143.0	1.013681	147.8	1.009488
128.7	1.032358	133.5	1.024938	138.3	1.018723	143.1	1.013585	147.9	1.009411
128.8	1.032191	133.6	1.024797	138.4	1.018606	143.2	1.013488	148.0	1.009333
128.9	1.032023	133.7	1.024656	138.5	1.018489	143.3	1.013392	148.1	1.009256
129.0	1.031857	133.8	1.024516	138.6	1.018372	143.4	1.013296	148.2	1.009180
129.1	1.031691	133.9	1.024376	138.7	1.018256	143.5	1.013201	148.3	1.009103
129.2	1.031525	134.0	1.024237	138.8	1.018140	143.6	1.013106	148.4	1.009027
129.3	1.031360	134.1	1.024098	138.9	1.018025	143.7	1.013012	148.5	1.008952
129.4	1.031196	134.2	1.023960	139.0	1.017910	143.8	1.012918	148.6	1.008877
129.5	1.031032	134.3	1.023822	139.1	1.017795	143.9	1.012825	148.7	1.008802
129.6	1.030869	134.4	1.023685	139.2	1.017681	144.0	1.012731	148.8	1.008727
129.7	1.030706	134.5	1.023549	139.3	1.017568	144.1	1.012639	148.9	1.008653
129.8	1.030544	134.6	1.023413	139.4	1.017455	144.2	1.012546	149.0	1.008580
129.9	1.030383	134.7	1.023277	139.5	1.017342	144.3	1.012455	149.1	1.008506
130.0	1.030222	134.8	1.023142	139.6	1.017230	144.4	1.012363	149.2	1.008433
130.1	1.030061	134.9	1.023007	139.7	1.017119	144.5	1.012272	149.3	1.008361
130.2	1.029901	135.0	1.022873	139.8	1.017007	144.6	1.012181	149.4	1.008289
130.3	1.029742	135.1	1.022739	139.9	1.016897	144.7	1.012091	149.5	1.008217
130.4	1.029584	135.2	1.022606	140.0	1.016786	144.8	1.012001	149.6	1.008145
130.5	1.029426	135.3	1.022474	140.1	1.016677	144.9	1.011912	149.7	1.008074
130.6	1.029268	135.4	1.022342	140.2	1.016567	145.0	1.011823	149.8	1.008003
130.7	1.029111	135.5	1.022210	140.3	1.016458	145.1	1.011734	149.9	1.007933
130.8	1.028955	135.6	1.022079	140.4	1.016350	145.2	1.011646	150.0	1.007863
130.9	1.028799	135.7	1.021948	140.5	1.016242	145.3	1.011558	150.1	1.007793
131.0	1.028643	135.8	1.021818	140.6	1.016134	145.4	1.011470	150.2	1.007724
131.1	1.028489	135.9	1.021689	140.7	1.016027	145.5	1.011383	150.3	1.007655
131.2	1.028335	136.0	1.021560	140.8	1.015920	145.6	1.011297	150.4	1.007587
131.3	1.028181	136.1	1.021431	140.9	1.015814	145.7	1.011210	150.5	1.007518
131.4	1.028028	136.2	1.021303	141.0	1.015708	145.8	1.011124	150.6	1.007450
131.5	1.027875	136.3	1.021175	141.1	1.015602	145.9	1.011039	150.7	1.007383
131.6	1.027723	136.4	1.021048	141.2	1.015497	146.0	1.010954	150.8	1.007316
131.7	1.027572	136.5	1.020921	141.3	1.015393	146.1	1.010869	150.9	1.007249
131.8	1.027421	136.6	1.020795	141.4	1.015289	146.2	1.010785	151.0	1.007182
131.9	1.027271	136.7	1.020669	141.5	1.015185	146.3	1.010701	151.1	1.007116
132.0	1.027121	136.8	1.020544	141.6	1.015082	146.4	1.010617	151.2	1.007051
132.1	1.026972	136.9	1.020420	141.7	1.014979	146.5	1.010534	151.3	1.006985
132.2	1.026823	137.0	1.020295	141.8	1.014877	146.6	1.010451	151.4	1.006920
132.3	1.026675	137.1	1.020172	141.9	1.014775	146.7	1.010369	151.5	1.006855
132.4	1.026527	137.2	1.020048	142.0	1.014673	146.8	1.010287	151.6	1.006791
132.5	1.026380	137.3	1.019925	142.1	1.014572	146.9	1.010206	151.7	1.006727
132.6	1.026233	137.4	1.019803	142.2	1.014471	147.0	1.010124	151.8	1.006663
132.7	1.026087	137.5	1.019681	142.3	1.014371	147.1	1.010044	151.9	1.006600



ALBERTA WEIGHTLIFTING ASSOCIATION

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

Male Sinclair Coefficients



Canadian Weightlifting Federation
Haltérophile Canadienne (CWFHC)

(2013-2016)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
152.0	1.006537	156.8	1.003909	161.6	1.002004	166.4	1.000760	171.2	1.000118
152.1	1.006474	156.9	1.003862	161.7	1.001972	166.5	1.000740	171.3	1.000110
152.2	1.006412	157.0	1.003815	161.8	1.001940	166.6	1.000721	171.4	1.000103
152.3	1.006350	157.1	1.003769	161.9	1.001908	166.7	1.000702	171.5	1.000097
152.4	1.006289	157.2	1.003723	162.0	1.001876	166.8	1.000684	171.6	1.000090
152.5	1.006227	157.3	1.003678	162.1	1.001845	166.9	1.000666	171.7	1.000084
152.6	1.006167	157.4	1.003633	162.2	1.001814	167.0	1.000648	171.8	1.000077
152.7	1.006106	157.5	1.003588	162.3	1.001783	167.1	1.000630	171.9	1.000072
152.8	1.006046	157.6	1.003543	162.4	1.001753	167.2	1.000612	172.0	1.000066
152.9	1.005986	157.7	1.003499	162.5	1.001723	167.3	1.000595	172.1	1.000060
153.0	1.005926	157.8	1.003455	162.6	1.001693	167.4	1.000578	172.2	1.000055
153.1	1.005867	157.9	1.003411	162.7	1.001663	167.5	1.000561	172.3	1.000050
153.2	1.005808	158.0	1.003368	162.8	1.001634	167.6	1.000545	172.4	1.000046
153.3	1.005750	158.1	1.003324	162.9	1.001605	167.7	1.000528	172.5	1.000041
153.4	1.005692	158.2	1.003282	163.0	1.001576	167.8	1.000513	172.6	1.000037
153.5	1.005634	158.3	1.003239	163.1	1.001547	167.9	1.000497	172.7	1.000033
153.6	1.005576	158.4	1.003197	163.2	1.001519	168.0	1.000481	172.8	1.000029
153.7	1.005519	158.5	1.003155	163.3	1.001491	168.1	1.000466	172.9	1.000026
153.8	1.005462	158.6	1.003113	163.4	1.001464	168.2	1.000451	173.0	1.000022
153.9	1.005406	158.7	1.003072	163.5	1.001436	168.3	1.000436	173.1	1.000019
154.0	1.005349	158.8	1.003031	163.6	1.001409	168.4	1.000422	173.2	1.000016
154.1	1.005294	158.9	1.002991	163.7	1.001382	168.5	1.000408	173.3	1.000014
154.2	1.005238	159.0	1.002950	163.8	1.001356	168.6	1.000394	173.4	1.000011
154.3	1.005183	159.1	1.002910	163.9	1.001329	168.7	1.000380	173.5	1.000009
154.4	1.005128	159.2	1.002870	164.0	1.001303	168.8	1.000367	173.6	1.000007
154.5	1.005074	159.3	1.002831	164.1	1.001278	168.9	1.000353	173.7	1.000005
154.6	1.005019	159.4	1.002792	164.2	1.001252	169.0	1.000340	173.8	1.000004
154.7	1.004965	159.5	1.002753	164.3	1.001227	169.1	1.000328	173.9	1.000003
154.8	1.004912	159.6	1.002714	164.4	1.001202	169.2	1.000315	174.0	1.000002
154.9	1.004859	159.7	1.002676	164.5	1.001177	169.3	1.000303	174.1	1.000001
155.0	1.004806	159.8	1.002638	164.6	1.001153	169.4	1.000291	174.2	1.000000
155.1	1.004753	159.9	1.002600	164.7	1.001129	169.5	1.000279	174.3	1.000000
155.2	1.004701	160.0	1.002563	164.8	1.001105	169.6	1.000268	174.4	1.000000
155.3	1.004649	160.1	1.002526	164.9	1.001081	169.7	1.000257		
155.4	1.004598	160.2	1.002489	165.0	1.001058	169.8	1.000246		
155.5	1.004546	160.3	1.002453	165.1	1.001035	169.9	1.000235		
155.6	1.004495	160.4	1.002416	165.2	1.001012	170.0	1.000225		
155.7	1.004445	160.5	1.002380	165.3	1.000990	170.1	1.000214		
155.8	1.004394	160.6	1.002345	165.4	1.000968	170.2	1.000204		
155.9	1.004344	160.7	1.002309	165.5	1.000946	170.3	1.000195		
156.0	1.004295	160.8	1.002274	165.6	1.000924	170.4	1.000185		
156.1	1.004245	160.9	1.002240	165.7	1.000902	170.5	1.000176		
156.2	1.004196	161.0	1.002205	165.8	1.000881	170.6	1.000167		
156.3	1.004148	161.1	1.002171	165.9	1.000860	170.7	1.000158		
156.4	1.004099	161.2	1.002137	166.0	1.000840	170.8	1.000150		
156.5	1.004051	161.3	1.002104	166.1	1.000819	170.9	1.000141		
156.6	1.004003	161.4	1.002070	166.2	1.000799	171.0	1.000133		
156.7	1.003956	161.5	1.002037	166.3	1.000779	171.1	1.000125		