



FEMALE “TESTED” BENCH FACE-OFF QUALIFIERS

FEMALE RAW OPEN

RAW “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 99lb/45k	105.8LB/48K 115.5lb/52.5k	114.5LB/52K 126.8lb/57.5k	123.5LB/56K 137.8lb/62.5k	132.25LB/60K 148.8lb/67.5k	148.75LB/67.5K 165.3lb/75k
	165.25LB/75K 181.8lb/82.5k	181.75LB/80K 203.8lb/92.5k	198.25LB/90K 225.8lb/102.5k	198.3+LB/90.1+K 242.5lb/110k	

FEMALE SINGLE-PLY OPEN

SINGLE-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 115.5LB/52.5K	105.8LB/48K 132.3lb/60k	114.5LB/52K 143.3lb/65k	123.5LB/56K 159.8lb/72.5k	132.25LB/60K 176.3lb/80k	148.75LB/67.5K 192.8lb/87.5k
	165.25LB/75K 209.3lb/95k	181.75LB/80K 231.3lb/105k	198.25LB/90K 248lb/112.5k	198.3+LB/90.1+K 270lb/122.5k	

FEMALE MULTI-PLY OPEN

MULTI-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 137.8LB/62.5K	105.8LB/48K 154.3lb/70k	114.5LB/52K 176.3lb/80k	123.5LB/56K 198.3lb/90k	132.25LB/60K 220.3lb/100k	148.75LB/67.5K 242.5lb/110k
	165.25LB/75K 259lb/117.5k	181.75LB/80K 281lb/127.5k	198.25LB/90K 297.5lb/135k	198.3+LB/90.1+K 319.5lb/145k	



FEMALE “TESTED” BENCH FACE-OFF QUALIFIERS

FEMALE RAW M/P/F

RAW “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 93.5lb/42.5k	105.8LB/48K 110lb/50k	114.5LB/52K 121.3lb/55k	123.5LB/56K 132.3lb/60k	132.25LB/60K 143.3lb/65k	148.75LB/67.5K 159.8lb/72.5k
	165.25LB/75K 170.8lb/77.5k	181.75LB/80K 187.3lb/85k	198.25LB/90K 203.8lb/102.5k	198.3+LB/90.1+K 220.3lb/100k	

FEMALE SINGLE-PLY M/P/F

SINGLE-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 115.5LB/52.5K	105.8LB/48K 126.8lb/57.5k	114.5LB/52K 137.8lb/62.5k	123.5LB/56K 148.8lb/67.5k	132.25LB/60K 165.3lb/75k	148.75LB/67.5K 181.8lb/82.5k
	165.25LB/75K 192.8lb/87.5k	181.75LB/80K 203.8lb/92.5k	198.25LB/90K 225.8lb/102.5k	198.3+LB/90.1+K 248lb/112.5k	

FEMALE MULTI-PLY M/P/F

MULTI-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

97LB/44K 132.3lb/60k	105.8LB/48K 143.3lb/65k	114.5LB/52K 159.8lb/72.5k	123.5LB/56K 176.3lb/80k	132.25LB/60K 192.8lb/87.5k	148.75LB/67.5K 209.3lb/95k
	165.25LB/75K 225.8lb/102.5k	181.75LB/80K 248lb/112.5k	198.25LB/90K 264.5lb/120k	198.3+LB/90.1+K 286.5lb/130k	



FEMALE “TESTED” BENCH FACE-OFF QUALIFIERS

FEMALE RAW MASTERS

MASTERS RAW “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

AGE	97LB/44K	105.8LB/48K	114.5LB/52K	123.5LB/56K	132.25LB/60K	148.75LB/67.5K
M1	99LB/45K	115.5LB/52.5K	121.3LB/55K	132.3LB/60K	143.3LB/65K	159.8LB/72.5K
M2	93.5LB/42.5K	110LB/50K	115.5LB/52.5K	126.8LB/57.5K	137.8LB/62.5K	154.3LB/70K
M3	88LB/40K	104.5LB/47.5K	110LB/50K	121.3LB/55K	132.3LB/60K	148.8LB/67.5K
M4	82.5LB/37.5K	99LB/45K	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	143.3LB/65K
M5	77LB/35K	93.5LB/42.5K	99LB/45K	110LB/50K	121.3LB/55K	137.8LB/62.5K
M6	71.5LB/32.5K	88LB/40K	93.5LB/42.5K	104.5LB/47.5K	115.5LB/52.5K	132.3LB/60K
M7	66LB/30K	82.5LB/37.5K	88LB/40K	99LB/45K	110LB/50K	126.8LB/57.5K
M8	60.5LB/27.5K	71.5LB/32.5K	82.5LB/37.5K	93.5LB/42.5K	104.5LB/47.5K	115.5LB/52.5K

AGE	165.25LB/75K	181.75LB/80K	198.25LB/90K	198.3+LB/90.1+K
M1	176.3LB/80K	192.8LB/87.5K	209.3LB/95K	225.8LB/102.5K
M2	170.8LB/77.5K	187.3LB/85K	203.8LB/92.5K	220.3LB/100K
M3	165.3LB/75K	181.8LB/82.5K	198.3LB/90K	214.8LB/97.5K
M4	154.3LB/70K	170.8LB/77.5K	187.3LB/85K	203.8LB/92.5K
M5	148.8LB/67.5K	165.3LB/75K	176.3LB/80K	192.8LB/87.5K
M6	143.3LB/65K	154.3LB/70K	165.3LB/75K	181.8LB/82.5K
M7	137.8LB/62.5K	148.8LB/67.5K	159.8LB/72.5K	170.8LB/77.5K
M8	126.8LB/57.5K	143.3LB/65K	154.3LB/70K	165.3LB/75K

FEMALE SINGLE-PLY MASTERS

MASTERS SINGLE-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

AGE	97LB/44K	105.8LB/48K	114.5LB/52K	123.5LB/56K	132.25LB/60K	148.75LB/67.5K
M1	115.5LB/52.5K	126.8lb/57.5k	137.8lb/62.5k	148.8lb/67.5k	165.3lb/75k	181.8lb/82.5k
M2	110LB/50K	121.3LB/55K	132.3LB/60K	143.3LB/65K	159.8LB/72.5K	176.3LB/80K
M3	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	137.8LB/62.5K	154.3LB/70K	170.8LB/77.5K
M4	99LB/45K	110LB/50K	121.3LB/55K	132.3LB/60K	148.8LB/67.5K	165.3LB/75K
M5	93.5LB/42.5K	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	137.8LB/62.5K	154.3LB/70K
M6	88LB/40K	99LB/45K	110LB/50K	121.3LB/55K	132.3LB/60K	148.8LB/67.5K
M7	82.5LB/37.5K	93.5LB/42.5K	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	137.8LB/62.5K
M8	77LB/35K	88LB/40K	99LB/45K	110LB/50K	115.5LB/52.5K	126.8LB/57.5K



FEMALE “TESTED” BENCH FACE-OFF QUALIFIERS

MASTERS SINGLE-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

AGE	165.25LB/75K	181.75LB/80K	198.25LB/90K	198.3+LB/90.1+K
M1	192.8lb/87.5k	203.8lb/92.5k	225.8lb/102.5k	248lb/112.5k
M2	187.3LB/85K	198.3LB/90K	220.3LB/100K	236.8LB/107.5K
M3	181.8LB/82.5K	192.8LB/87.5K	214.8LB/97.5K	231.3LB/105K
M4	176.3LB/80K	187.3LB/85K	209.3LB/95K	225.8LB/102.5K
M5	165.3LB/75K	181.8LB/82.5K	198.3LB/90K	214.8LB/97.5K
M6	159.8LB/72.5K	170.8LB/77.5K	187.3LB/85K	209.3LB/95.5K
M7	148.8LB/67.5K	165.3LB/75K	181.8LB/82.5K	198.3LB/90K
M8	143.3LB/65K	154.3LB/70K	170.8LB/77.5K	187.3LB/85K

FEMALE MULTI-PLY MASTERS

MASTERS MULTI-PLY “TESTED” QUALIFYING BENCH

BY WEIGHT CLASSES

AGE	97LB/44K	105.8LB/48K	114.5LB/52K	123.5LB/56K	132.25LB/60K	148.75LB/67.5K
M1	137.8LB/62.5K	154.3lb/70k	176.3lb/80k	198.3lb/90k	220.3lb/100k	242.5lb/110k
M2	132.3LB/60K	148.8LB/67.5K	165.3LB/75K	187.3LB/85K	203.8LB/92.5K	225.8LB/102.5K
M3	121.3LB/55K	137.8LB/62.5K	154.3LB/70K	170.8LB/77.5K	187.3LB/85K	203.8LB/92.5K
M4	115.5LB/52.5K	126.8LB/57.5K	143.3LB/65K	159.8LB/72.5K	176.3LB/80K	192.8LB/87.5K
M5	110LB/50K	121.3LB/55K	132.3LB/60K	148LB/67.5K	165.3LB/75K	181.8LB/82.5K
M6	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	143.3LB/65K	154.3LB/70K	170.8LB/77.5K
M7	99LB/45K	110LB/50K	121.3LB/55K	132.3LB/60K	143.3LB/65K	159.8LB/72.5K
M8	93.5LB/42.5K	104.5LB/47.5K	115.5LB/52.5K	126.8LB/57.5K	137.8LB/62.5K	148LB/67.5K

AGE	165.25LB/75K	181.75LB/80K	198.25LB/90K	198.3+LB/90.1+K
M1	259lb/117.5k	275.5lb/125k	292lb/132.5k	308.5lb/140k
M2	248LB/112.5K	264.5LB/120K	281LB/127.5K	297.5LB/135K
M3	225.8LB/102.5K	242.5LB/110K	264.5LB/120K	281LB/127.5K
M4	209.3LB/95K	225.8LB/102.5K	248LB/112.5K	264.5LB/120K
M5	198.3LB/90K	214.8LB/97.5K	231.3LB/105K	248LB/112.5K
M6	187.3LB/85K	203.8LB/92.5K	220.3LB/100K	236.8LB/107.5K
M7	176.3LB/80K	192.8LB/87.5K	209.3LB/95K	220.3LB/100K
M8	165.3LB/75K	181.8LB/82.5K	198.3LB/90K	209.3LB/95K

NOTE: Para-Lifters/Special Olympians division athletes must request an Invitation. Those not qualifying for the “World Bench Face-Off” may enter the bench only competition in the “2020 World Powerlifting Games”. Send INVITATION requests to info@365strong.org