

# ALBERTA WEIGHTLIFTING ASSOCIATION



AFFILIATED WITH THE C.W.E.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. #
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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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
<b>56.0</b>	<b>1.560756</b>	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	<b>62.0</b>	<b>1.446243</b>	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	<b>77.0</b>	<b>1.259304</b>
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	<b>69.0</b>	<b>1.345260</b>	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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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	<b>85.0</b>	<b>1.195035</b>	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	<b>94.0</b>	<b>1.140840</b>	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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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
<b>105.0</b>	<b>1.092863</b>	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

# 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. #
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



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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. #
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	<b>174.4</b>	<b>1.000000</b>
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		