

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Female Sinclair Coefficients



| B. Wt. | Sin. #   |
|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| 28.0   | 2.806797 | 32.2   | 2.336468 | 36.4   | 2.018825 | 40.6   | 1.793165 | 44.8   | 1.626625 |
| 28.1   | 2.793075 | 32.3   | 2.327453 | 36.5   | 2.012552 | 40.7   | 1.788608 | 44.9   | 1.623205 |
| 28.2   | 2.779499 | 32.4   | 2.318521 | 36.6   | 2.006330 | 40.8   | 1.784085 | 45.0   | 1.619807 |
| 28.3   | 2.766070 | 32.5   | 2.309671 | 36.7   | 2.000157 | 40.9   | 1.779593 | 45.1   | 1.616431 |
| 28.4   | 2.752784 | 32.6   | 2.300902 | 36.8   | 1.994034 | 41.0   | 1.775133 | 45.2   | 1.613077 |
| 28.5   | 2.739639 | 32.7   | 2.292212 | 36.9   | 1.987959 | 41.1   | 1.770705 | 45.3   | 1.609744 |
| 28.6   | 2.726634 | 32.8   | 2.283601 | 37.0   | 1.981933 | 41.2   | 1.766309 | 45.4   | 1.606433 |
| 28.7   | 2.713765 | 32.9   | 2.275068 | 37.1   | 1.975954 | 41.3   | 1.761943 | 45.5   | 1.603143 |
| 28.8   | 2.701032 | 33.0   | 2.266612 | 37.2   | 1.970022 | 41.4   | 1.757608 | 45.6   | 1.599874 |
| 28.9   | 2.688432 | 33.1   | 2.258232 | 37.3   | 1.964138 | 41.5   | 1.753304 | 45.7   | 1.596626 |
| 29.0   | 2.675964 | 33.2   | 2.249927 | 37.4   | 1.958299 | 41.6   | 1.749030 | 45.8   | 1.593398 |
| 29.1   | 2.663625 | 33.3   | 2.241695 | 37.5   | 1.952506 | 41.7   | 1.744785 | 45.9   | 1.590191 |
| 29.2   | 2.651413 | 33.4   | 2.233537 | 37.6   | 1.946758 | 41.8   | 1.740571 | 46.0   | 1.587005 |
| 29.3   | 2.639328 | 33.5   | 2.225451 | 37.7   | 1.941055 | 41.9   | 1.736385 | 46.1   | 1.583838 |
| 29.4   | 2.627366 | 33.6   | 2.217437 | 37.8   | 1.935396 | 42.0   | 1.732229 | 46.2   | 1.580691 |
| 29.5   | 2.615527 | 33.7   | 2.209493 | 37.9   | 1.929781 | 42.1   | 1.728101 | 46.3   | 1.577565 |
| 29.6   | 2.603808 | 33.8   | 2.201618 | 38.0   | 1.924209 | 42.2   | 1.724002 | 46.4   | 1.574458 |
| 29.7   | 2.592208 | 33.9   | 2.193813 | 38.1   | 1.918680 | 42.3   | 1.719932 | 46.5   | 1.571370 |
| 29.8   | 2.580726 | 34.0   | 2.186075 | 38.2   | 1.913193 | 42.4   | 1.715889 | 46.6   | 1.568302 |
| 29.9   | 2.569358 | 34.1   | 2.178404 | 38.3   | 1.907748 | 42.5   | 1.711874 | 46.7   | 1.565252 |
| 30.0   | 2.558105 | 34.2   | 2.170800 | 38.4   | 1.902345 | 42.6   | 1.707886 | 46.8   | 1.562222 |
| 30.1   | 2.546965 | 34.3   | 2.163262 | 38.5   | 1.896983 | 42.7   | 1.703926 | 46.9   | 1.559211 |
| 30.2   | 2.535935 | 34.4   | 2.155788 | 38.6   | 1.891662 | 42.8   | 1.699992 | 47.0   | 1.556218 |
| 30.3   | 2.525015 | 34.5   | 2.148378 | 38.7   | 1.886380 | 42.9   | 1.696086 | 47.1   | 1.553244 |
| 30.4   | 2.514202 | 34.6   | 2.141032 | 38.8   | 1.881139 | 43.0   | 1.692205 | 47.2   | 1.550288 |
| 30.5   | 2.503496 | 34.7   | 2.133748 | 38.9   | 1.875937 | 43.1   | 1.688351 | 47.3   | 1.547351 |
| 30.6   | 2.492895 | 34.8   | 2.126526 | 39.0   | 1.870774 | 43.2   | 1.684523 | 47.4   | 1.544431 |
| 30.7   | 2.482397 | 34.9   | 2.119365 | 39.1   | 1.865650 | 43.3   | 1.680721 | 47.5   | 1.541530 |
| 30.8   | 2.472002 | 35.0   | 2.112264 | 39.2   | 1.860564 | 43.4   | 1.676944 | 47.6   | 1.538646 |
| 30.9   | 2.461707 | 35.1   | 2.105223 | 39.3   | 1.855516 | 43.5   | 1.673193 | 47.7   | 1.535780 |
| 31.0   | 2.451512 | 35.2   | 2.098242 | 39.4   | 1.850505 | 43.6   | 1.669466 | 47.8   | 1.532932 |
| 31.1   | 2.441415 | 35.3   | 2.091318 | 39.5   | 1.845531 | 43.7   | 1.665765 | 47.9   | 1.530100 |
| 31.2   | 2.431414 | 35.4   | 2.084452 | 39.6   | 1.840594 | 43.8   | 1.662088 | 48.0   | 1.527286 |
| 31.3   | 2.421510 | 35.5   | 2.077643 | 39.7   | 1.835694 | 43.9   | 1.658435 | 48.1   | 1.524490 |
| 31.4   | 2.411699 | 35.6   | 2.070891 | 39.8   | 1.830829 | 44.0   | 1.654807 | 48.2   | 1.521710 |
| 31.5   | 2.401982 | 35.7   | 2.064194 | 39.9   | 1.826000 | 44.1   | 1.651203 | 48.3   | 1.518946 |
| 31.6   | 2.392357 | 35.8   | 2.057552 | 40.0   | 1.821206 | 44.2   | 1.647622 | 48.4   | 1.516200 |
| 31.7   | 2.382822 | 35.9   | 2.050965 | 40.1   | 1.816447 | 44.3   | 1.644065 | 48.5   | 1.513470 |
| 31.8   | 2.373377 | 36.0   | 2.044432 | 40.2   | 1.811723 | 44.4   | 1.640531 | 48.6   | 1.510757 |
| 31.9   | 2.364020 | 36.1   | 2.037952 | 40.3   | 1.807033 | 44.5   | 1.637020 | 48.7   | 1.508059 |
| 32.0   | 2.354750 | 36.2   | 2.031524 | 40.4   | 1.802377 | 44.6   | 1.633533 | 48.8   | 1.505378 |
| 32.1   | 2.345566 | 36.3   | 2.025149 | 40.5   | 1.797754 | 44.7   | 1.630068 | 48.9   | 1.502713 |

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

## Female Sinclair Coefficients



| B. Wt.      | Sin. #          | B. Wt. | Sin. #   | B. Wt. | Sin. #   | B. Wt. | Sin. #   | B. Wt. | Sin. #   |
|-------------|-----------------|--------|----------|--------|----------|--------|----------|--------|----------|
| 49.0        | 1.500064        | 53.2   | 1.401662 | 57.4   | 1.323773 | 61.6   | 1.261250 | 65.8   | 1.210516 |
| 49.1        | 1.497431        | 53.3   | 1.399594 | 57.5   | 1.322122 | 61.7   | 1.259916 | 65.9   | 1.209429 |
| 49.2        | 1.494813        | 53.4   | 1.397537 | 57.6   | 1.320480 | 61.8   | 1.258590 | 66.0   | 1.208347 |
| 49.3        | 1.492211        | 53.5   | 1.395491 | 57.7   | 1.318847 | 61.9   | 1.257270 | 66.1   | 1.207271 |
| 49.4        | 1.489624        | 53.6   | 1.393457 | 57.8   | 1.317222 | 62.0   | 1.255956 | 66.2   | 1.206199 |
| 49.5        | 1.487052        | 53.7   | 1.391433 | 57.9   | 1.315606 | 62.1   | 1.254649 | 66.3   | 1.205133 |
| 49.6        | 1.484496        | 53.8   | 1.389421 | 58.0   | 1.313997 | 62.2   | 1.253349 | 66.4   | 1.204072 |
| 49.7        | 1.481955        | 53.9   | 1.387420 | 58.1   | 1.312398 | 62.3   | 1.252055 | 66.5   | 1.203015 |
| 49.8        | 1.479429        | 54.0   | 1.385430 | 58.2   | 1.310806 | 62.4   | 1.250767 | 66.6   | 1.201964 |
| 49.9        | 1.476917        | 54.1   | 1.383451 | 58.3   | 1.309223 | 62.5   | 1.249485 | 66.7   | 1.200918 |
| 50.0        | 1.474420        | 54.2   | 1.381482 | 58.4   | 1.307647 | 62.6   | 1.248210 | 66.8   | 1.199877 |
| 50.1        | 1.471938        | 54.3   | 1.379524 | 58.5   | 1.306080 | 62.7   | 1.246941 | 66.9   | 1.198840 |
| 50.2        | 1.469470        | 54.4   | 1.377577 | 58.6   | 1.304521 | 62.8   | 1.245679 | 67.0   | 1.197809 |
| 50.3        | 1.467017        | 54.5   | 1.375641 | 58.7   | 1.302970 | 62.9   | 1.244422 | 67.1   | 1.196782 |
| 50.4        | 1.464578        | 54.6   | 1.373715 | 58.8   | 1.301427 | 63.0   | 1.243172 | 67.2   | 1.195760 |
| 50.5        | 1.462153        | 54.7   | 1.371799 | 58.9   | 1.299892 | 63.1   | 1.241927 | 67.3   | 1.194743 |
| 50.6        | 1.459742        | 54.8   | 1.369894 | 59.0   | 1.298364 | 63.2   | 1.240689 | 67.4   | 1.193731 |
| 50.7        | 1.457345        | 54.9   | 1.367999 | 59.1   | 1.296845 | 63.3   | 1.239457 | 67.5   | 1.192724 |
| 50.8        | 1.454962        | 55.0   | 1.366114 | 59.2   | 1.295333 | 63.4   | 1.238231 | 67.6   | 1.191721 |
| 50.9        | 1.452593        | 55.1   | 1.364239 | 59.3   | 1.293828 | 63.5   | 1.237011 | 67.7   | 1.190723 |
| 51.0        | 1.450237        | 55.2   | 1.362375 | 59.4   | 1.292332 | 63.6   | 1.235796 | 67.8   | 1.189730 |
| 51.1        | 1.447895        | 55.3   | 1.360521 | 59.5   | 1.290843 | 63.7   | 1.234588 | 67.9   | 1.188741 |
| 51.2        | 1.445566        | 55.4   | 1.358676 | 59.6   | 1.289362 | 63.8   | 1.233386 | 68.0   | 1.187757 |
| 51.3        | 1.443250        | 55.5   | 1.356841 | 59.7   | 1.287888 | 63.9   | 1.232189 | 68.1   | 1.186778 |
| 51.4        | 1.440948        | 55.6   | 1.355016 | 59.8   | 1.286421 | 64.0   | 1.230998 | 68.2   | 1.185803 |
| 51.5        | 1.438659        | 55.7   | 1.353201 | 59.9   | 1.284962 | 64.1   | 1.229813 | 68.3   | 1.184833 |
| 51.6        | 1.436383        | 55.8   | 1.351396 | 60.0   | 1.283511 | 64.2   | 1.228633 | 68.4   | 1.183867 |
| 51.7        | 1.434120        | 55.9   | 1.349600 | 60.1   | 1.282066 | 64.3   | 1.227460 | 68.5   | 1.182906 |
| 51.8        | 1.431870        | 56.0   | 1.347814 | 60.2   | 1.280629 | 64.4   | 1.226292 | 68.6   | 1.181949 |
| 51.9        | 1.429632        | 56.1   | 1.346037 | 60.3   | 1.279199 | 64.5   | 1.225129 | 68.7   | 1.180997 |
| 52.0        | 1.427407        | 56.2   | 1.344269 | 60.4   | 1.277777 | 64.6   | 1.223972 | 68.8   | 1.180050 |
| 52.1        | 1.425195        | 56.3   | 1.342511 | 60.5   | 1.276361 | 64.7   | 1.222821 | 68.9   | 1.179106 |
| 52.2        | 1.422995        | 56.4   | 1.340763 | 60.6   | 1.274953 | 64.8   | 1.221675 | 69.0   | 1.178167 |
| 52.3        | 1.420807        | 56.5   | 1.339023 | 60.7   | 1.273551 | 64.9   | 1.220535 | 69.1   | 1.177233 |
| 52.4        | 1.418632        | 56.6   | 1.337293 | 60.8   | 1.272157 | 65.0   | 1.219400 | 69.2   | 1.176303 |
| 52.5        | 1.416469        | 56.7   | 1.335572 | 60.9   | 1.270770 | 65.1   | 1.218271 | 69.3   | 1.175377 |
| 52.6        | 1.414318        | 56.8   | 1.333859 | 61.0   | 1.269389 | 65.2   | 1.217147 | 69.4   | 1.174455 |
| 52.7        | 1.412179        | 56.9   | 1.332156 | 61.1   | 1.268016 | 65.3   | 1.216029 | 69.5   | 1.173538 |
| 52.8        | 1.410053        | 57.0   | 1.330462 | 61.2   | 1.266649 | 65.4   | 1.214916 | 69.6   | 1.172625 |
| 52.9        | 1.407937        | 57.1   | 1.328776 | 61.3   | 1.265289 | 65.5   | 1.213808 | 69.7   | 1.171716 |
| <b>53.0</b> | <b>1.405834</b> | 57.2   | 1.327100 | 61.4   | 1.263936 | 65.6   | 1.212705 | 69.8   | 1.170811 |
| 53.1        | 1.403743        | 57.3   | 1.325432 | 61.5   | 1.262589 | 65.7   | 1.211608 | 69.9   | 1.169911 |

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## Female Sinclair Coefficients



| B. Wt. | Sin. #   |
|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| 70.0   | 1.169015 | 74.2   | 1.134874 | 78.4   | 1.106696 | 82.6   | 1.083413 | 86.8   | 1.064202 |
| 70.1   | 1.168123 | 74.3   | 1.134139 | 78.5   | 1.106088 | 82.7   | 1.082911 | 86.9   | 1.063788 |
| 70.2   | 1.167235 | 74.4   | 1.133407 | 78.6   | 1.105483 | 82.8   | 1.082411 | 87.0   | 1.063377 |
| 70.3   | 1.166351 | 74.5   | 1.132678 | 78.7   | 1.104881 | 82.9   | 1.081914 | 87.1   | 1.062967 |
| 70.4   | 1.165471 | 74.6   | 1.131953 | 78.8   | 1.104282 | 83.0   | 1.081419 | 87.2   | 1.062560 |
| 70.5   | 1.164595 | 74.7   | 1.131231 | 78.9   | 1.103685 | 83.1   | 1.080926 | 87.3   | 1.062154 |
| 70.6   | 1.163724 | 74.8   | 1.130512 | 79.0   | 1.103091 | 83.2   | 1.080436 | 87.4   | 1.061750 |
| 70.7   | 1.162856 | 74.9   | 1.129796 | 79.1   | 1.102500 | 83.3   | 1.079948 | 87.5   | 1.061348 |
| 70.8   | 1.161993 | 75.0   | 1.129084 | 79.2   | 1.101911 | 83.4   | 1.079462 | 87.6   | 1.060948 |
| 70.9   | 1.161133 | 75.1   | 1.128375 | 79.3   | 1.101326 | 83.5   | 1.078978 | 87.7   | 1.060550 |
| 71.0   | 1.160277 | 75.2   | 1.127669 | 79.4   | 1.100742 | 83.6   | 1.078496 | 87.8   | 1.060154 |
| 71.1   | 1.159426 | 75.3   | 1.126966 | 79.5   | 1.100162 | 83.7   | 1.078017 | 87.9   | 1.059759 |
| 71.2   | 1.158578 | 75.4   | 1.126267 | 79.6   | 1.099584 | 83.8   | 1.077540 | 88.0   | 1.059367 |
| 71.3   | 1.157734 | 75.5   | 1.125571 | 79.7   | 1.099008 | 83.9   | 1.077065 | 88.1   | 1.058976 |
| 71.4   | 1.156894 | 75.6   | 1.124878 | 79.8   | 1.098436 | 84.0   | 1.076592 | 88.2   | 1.058587 |
| 71.5   | 1.156058 | 75.7   | 1.124188 | 79.9   | 1.097866 | 84.1   | 1.076121 | 88.3   | 1.058200 |
| 71.6   | 1.155226 | 75.8   | 1.123501 | 80.0   | 1.097298 | 84.2   | 1.075653 | 88.4   | 1.057815 |
| 71.7   | 1.154397 | 75.9   | 1.122817 | 80.1   | 1.096733 | 84.3   | 1.075186 | 88.5   | 1.057431 |
| 71.8   | 1.153572 | 76.0   | 1.122136 | 80.2   | 1.096171 | 84.4   | 1.074722 | 88.6   | 1.057049 |
| 71.9   | 1.152752 | 76.1   | 1.121459 | 80.3   | 1.095611 | 84.5   | 1.074260 | 88.7   | 1.056670 |
| 72.0   | 1.151934 | 76.2   | 1.120784 | 80.4   | 1.095053 | 84.6   | 1.073800 | 88.8   | 1.056292 |
| 72.1   | 1.151121 | 76.3   | 1.120113 | 80.5   | 1.094499 | 84.7   | 1.073342 | 88.9   | 1.055915 |
| 72.2   | 1.150311 | 76.4   | 1.119445 | 80.6   | 1.093946 | 84.8   | 1.072887 | 89.0   | 1.055541 |
| 72.3   | 1.149506 | 76.5   | 1.118779 | 80.7   | 1.093397 | 84.9   | 1.072433 | 89.1   | 1.055168 |
| 72.4   | 1.148703 | 76.6   | 1.118117 | 80.8   | 1.092849 | 85.0   | 1.071982 | 89.2   | 1.054797 |
| 72.5   | 1.147905 | 76.7   | 1.117458 | 80.9   | 1.092304 | 85.1   | 1.071532 | 89.3   | 1.054428 |
| 72.6   | 1.147110 | 76.8   | 1.116801 | 81.0   | 1.091762 | 85.2   | 1.071085 | 89.4   | 1.054061 |
| 72.7   | 1.146319 | 76.9   | 1.116148 | 81.1   | 1.091222 | 85.3   | 1.070639 | 89.5   | 1.053695 |
| 72.8   | 1.145531 | 77.0   | 1.115498 | 81.2   | 1.090685 | 85.4   | 1.070196 | 89.6   | 1.053331 |
| 72.9   | 1.144747 | 77.1   | 1.114850 | 81.3   | 1.090150 | 85.5   | 1.069755 | 89.7   | 1.052969 |
| 73.0   | 1.143967 | 77.2   | 1.114206 | 81.4   | 1.089617 | 85.6   | 1.069316 | 89.8   | 1.052608 |
| 73.1   | 1.143190 | 77.3   | 1.113564 | 81.5   | 1.089087 | 85.7   | 1.068879 | 89.9   | 1.052250 |
| 73.2   | 1.142416 | 77.4   | 1.112925 | 81.6   | 1.088560 | 85.8   | 1.068444 | 90.0   | 1.051893 |
| 73.3   | 1.141647 | 77.5   | 1.112290 | 81.7   | 1.088034 | 85.9   | 1.068010 | 90.1   | 1.051537 |
| 73.4   | 1.140880 | 77.6   | 1.111657 | 81.8   | 1.087511 | 86.0   | 1.067579 | 90.2   | 1.051184 |
| 73.5   | 1.140117 | 77.7   | 1.111027 | 81.9   | 1.086991 | 86.1   | 1.067150 | 90.3   | 1.050832 |
| 73.6   | 1.139358 | 77.8   | 1.110400 | 82.0   | 1.086473 | 86.2   | 1.066723 | 90.4   | 1.050481 |
| 73.7   | 1.138602 | 77.9   | 1.109775 | 82.1   | 1.085957 | 86.3   | 1.066298 | 90.5   | 1.050133 |
| 73.8   | 1.137850 | 78.0   | 1.109154 | 82.2   | 1.085443 | 86.4   | 1.065875 | 90.6   | 1.049786 |
| 73.9   | 1.137101 | 78.1   | 1.108535 | 82.3   | 1.084932 | 86.5   | 1.065454 | 90.7   | 1.049441 |
| 74.0   | 1.136355 | 78.2   | 1.107919 | 82.4   | 1.084424 | 86.6   | 1.065034 | 90.8   | 1.049097 |
| 74.1   | 1.135613 | 78.3   | 1.107306 | 82.5   | 1.083917 | 86.7   | 1.064617 | 90.9   | 1.048755 |

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## Female Sinclair Coefficients



| B. Wt. | Sin. #   |
|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|
| 91.0   | 1.048415 | 95.2   | 1.035538 | 99.4   | 1.025157 | 103.6  | 1.016936 | 107.8  | 1.010597 |
| 91.1   | 1.048077 | 95.3   | 1.035264 | 99.5   | 1.024938 | 103.7  | 1.016764 | 107.9  | 1.010467 |
| 91.2   | 1.047740 | 95.4   | 1.034990 | 99.6   | 1.024719 | 103.8  | 1.016593 | 108.0  | 1.010338 |
| 91.3   | 1.047404 | 95.5   | 1.034719 | 99.7   | 1.024502 | 103.9  | 1.016423 | 108.1  | 1.010210 |
| 91.4   | 1.047071 | 95.6   | 1.034448 | 99.8   | 1.024286 | 104.0  | 1.016255 | 108.2  | 1.010083 |
| 91.5   | 1.046739 | 95.7   | 1.034179 | 99.9   | 1.024071 | 104.1  | 1.016087 | 108.3  | 1.009956 |
| 91.6   | 1.046408 | 95.8   | 1.033911 | 100.0  | 1.023858 | 104.2  | 1.015921 | 108.4  | 1.009831 |
| 91.7   | 1.046079 | 95.9   | 1.033645 | 100.1  | 1.023645 | 104.3  | 1.015755 | 108.5  | 1.009707 |
| 91.8   | 1.045752 | 96.0   | 1.033380 | 100.2  | 1.023434 | 104.4  | 1.015591 | 108.6  | 1.009583 |
| 91.9   | 1.045426 | 96.1   | 1.033116 | 100.3  | 1.023224 | 104.5  | 1.015427 | 108.7  | 1.009461 |
| 92.0   | 1.045102 | 96.2   | 1.032854 | 100.4  | 1.023015 | 104.6  | 1.015265 | 108.8  | 1.009339 |
| 92.1   | 1.044780 | 96.3   | 1.032593 | 100.5  | 1.022808 | 104.7  | 1.015104 | 108.9  | 1.009218 |
| 92.2   | 1.044459 | 96.4   | 1.032334 | 100.6  | 1.022601 | 104.8  | 1.014943 | 109.0  | 1.009099 |
| 92.3   | 1.044140 | 96.5   | 1.032076 | 100.7  | 1.022396 | 104.9  | 1.014784 | 109.1  | 1.008980 |
| 92.4   | 1.043822 | 96.6   | 1.031819 | 100.8  | 1.022192 | 105.0  | 1.014626 | 109.2  | 1.008862 |
| 92.5   | 1.043506 | 96.7   | 1.031563 | 100.9  | 1.021989 | 105.1  | 1.014468 | 109.3  | 1.008745 |
| 92.6   | 1.043191 | 96.8   | 1.031309 | 101.0  | 1.021787 | 105.2  | 1.014312 | 109.4  | 1.008628 |
| 92.7   | 1.042878 | 96.9   | 1.031056 | 101.1  | 1.021586 | 105.3  | 1.014157 | 109.5  | 1.008513 |
| 92.8   | 1.042566 | 97.0   | 1.030805 | 101.2  | 1.021387 | 105.4  | 1.014003 | 109.6  | 1.008399 |
| 92.9   | 1.042256 | 97.1   | 1.030555 | 101.3  | 1.021188 | 105.5  | 1.013850 | 109.7  | 1.008285 |
| 93.0   | 1.041948 | 97.2   | 1.030306 | 101.4  | 1.020991 | 105.6  | 1.013697 | 109.8  | 1.008172 |
| 93.1   | 1.041641 | 97.3   | 1.030059 | 101.5  | 1.020795 | 105.7  | 1.013546 | 109.9  | 1.008060 |
| 93.2   | 1.041336 | 97.4   | 1.029812 | 101.6  | 1.020600 | 105.8  | 1.013396 | 110.0  | 1.007950 |
| 93.3   | 1.041032 | 97.5   | 1.029568 | 101.7  | 1.020406 | 105.9  | 1.013247 | 110.1  | 1.007840 |
| 93.4   | 1.040729 | 97.6   | 1.029324 | 101.8  | 1.020214 | 106.0  | 1.013099 | 110.2  | 1.007730 |
| 93.5   | 1.040428 | 97.7   | 1.029082 | 101.9  | 1.020022 | 106.1  | 1.012951 | 110.3  | 1.007622 |
| 93.6   | 1.040129 | 97.8   | 1.028841 | 102.0  | 1.019832 | 106.2  | 1.012805 | 110.4  | 1.007515 |
| 93.7   | 1.039831 | 97.9   | 1.028601 | 102.1  | 1.019643 | 106.3  | 1.012660 | 110.5  | 1.007408 |
| 93.8   | 1.039535 | 98.0   | 1.028363 | 102.2  | 1.019455 | 106.4  | 1.012516 | 110.6  | 1.007302 |
| 93.9   | 1.039240 | 98.1   | 1.028126 | 102.3  | 1.019267 | 106.5  | 1.012372 | 110.7  | 1.007198 |
| 94.0   | 1.038946 | 98.2   | 1.027890 | 102.4  | 1.019082 | 106.6  | 1.012230 | 110.8  | 1.007094 |
| 94.1   | 1.038654 | 98.3   | 1.027655 | 102.5  | 1.018897 | 106.7  | 1.012089 | 110.9  | 1.006991 |
| 94.2   | 1.038364 | 98.4   | 1.027422 | 102.6  | 1.018713 | 106.8  | 1.011948 | 111.0  | 1.006888 |
| 94.3   | 1.038075 | 98.5   | 1.027190 | 102.7  | 1.018530 | 106.9  | 1.011809 | 111.1  | 1.006787 |
| 94.4   | 1.037787 | 98.6   | 1.026959 | 102.8  | 1.018349 | 107.0  | 1.011670 | 111.2  | 1.006686 |
| 94.5   | 1.037501 | 98.7   | 1.026729 | 102.9  | 1.018168 | 107.1  | 1.011533 | 111.3  | 1.006587 |
| 94.6   | 1.037216 | 98.8   | 1.026501 | 103.0  | 1.017989 | 107.2  | 1.011396 | 111.4  | 1.006488 |
| 94.7   | 1.036933 | 98.9   | 1.026274 | 103.1  | 1.017811 | 107.3  | 1.011261 | 111.5  | 1.006390 |
| 94.8   | 1.036651 | 99.0   | 1.026048 | 103.2  | 1.017634 | 107.4  | 1.011126 | 111.6  | 1.006293 |
| 94.9   | 1.036371 | 99.1   | 1.025824 | 103.3  | 1.017458 | 107.5  | 1.010992 | 111.7  | 1.006196 |
| 95.0   | 1.036092 | 99.2   | 1.025600 | 103.4  | 1.017283 | 107.6  | 1.010860 | 111.8  | 1.006101 |
| 95.1   | 1.035815 | 99.3   | 1.025378 | 103.5  | 1.017109 | 107.7  | 1.010728 | 111.9  | 1.006006 |

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Female Sinclair Coefficients



| B. Wt. | Sin. #   | B. Wt. | Sin. #   | B. Wt. | Sin. #   | B. Wt.       | Sin. #          |
|--------|----------|--------|----------|--------|----------|--------------|-----------------|
| 112.0  | 1.005912 | 116.2  | 1.002691 | 120.4  | 1.000772 | 124.6        | 1.000021        |
| 112.1  | 1.005819 | 116.3  | 1.002631 | 120.5  | 1.000741 | 124.7        | 1.000016        |
| 112.2  | 1.005727 | 116.4  | 1.002571 | 120.6  | 1.000711 | 124.8        | 1.000012        |
| 112.3  | 1.005636 | 116.5  | 1.002512 | 120.7  | 1.000681 | 124.9        | 1.000009        |
| 112.4  | 1.005545 | 116.6  | 1.002454 | 120.8  | 1.000652 | 125.0        | 1.000006        |
| 112.5  | 1.005455 | 116.7  | 1.002397 | 120.9  | 1.000624 | 125.1        | 1.000003        |
| 112.6  | 1.005366 | 116.8  | 1.002340 | 121.0  | 1.000596 | 125.2        | 1.000002        |
| 112.7  | 1.005278 | 116.9  | 1.002285 | 121.1  | 1.000569 | 125.3        | 1.000001        |
| 112.8  | 1.005191 | 117.0  | 1.002229 | 121.2  | 1.000543 | <b>125.4</b> | <b>1.000000</b> |
| 112.9  | 1.005105 | 117.1  | 1.002175 | 121.3  | 1.000517 |              |                 |
| 113.0  | 1.005019 | 117.2  | 1.002121 | 121.4  | 1.000492 |              |                 |
| 113.1  | 1.004934 | 117.3  | 1.002068 | 121.5  | 1.000468 |              |                 |
| 113.2  | 1.004850 | 117.4  | 1.002016 | 121.6  | 1.000444 |              |                 |
| 113.3  | 1.004767 | 117.5  | 1.001965 | 121.7  | 1.000421 |              |                 |
| 113.4  | 1.004684 | 117.6  | 1.001914 | 121.8  | 1.000398 |              |                 |
| 113.5  | 1.004603 | 117.7  | 1.001864 | 121.9  | 1.000376 |              |                 |
| 113.6  | 1.004522 | 117.8  | 1.001814 | 122.0  | 1.000355 |              |                 |
| 113.7  | 1.004442 | 117.9  | 1.001766 | 122.1  | 1.000334 |              |                 |
| 113.8  | 1.004362 | 118.0  | 1.001718 | 122.2  | 1.000314 |              |                 |
| 113.9  | 1.004284 | 118.1  | 1.001670 | 122.3  | 1.000295 |              |                 |
| 114.0  | 1.004206 | 118.2  | 1.001624 | 122.4  | 1.000276 |              |                 |
| 114.1  | 1.004129 | 118.3  | 1.001578 | 122.5  | 1.000258 |              |                 |
| 114.2  | 1.004053 | 118.4  | 1.001533 | 122.6  | 1.000241 |              |                 |
| 114.3  | 1.003978 | 118.5  | 1.001488 | 122.7  | 1.000224 |              |                 |
| 114.4  | 1.003903 | 118.6  | 1.001444 | 122.8  | 1.000208 |              |                 |
| 114.5  | 1.003829 | 118.7  | 1.001401 | 122.9  | 1.000192 |              |                 |
| 114.6  | 1.003756 | 118.8  | 1.001359 | 123.0  | 1.000177 |              |                 |
| 114.7  | 1.003684 | 118.9  | 1.001317 | 123.1  | 1.000163 |              |                 |
| 114.8  | 1.003613 | 119.0  | 1.001276 | 123.2  | 1.000149 |              |                 |
| 114.9  | 1.003542 | 119.1  | 1.001236 | 123.3  | 1.000136 |              |                 |
| 115.0  | 1.003472 | 119.2  | 1.001196 | 123.4  | 1.000124 |              |                 |
| 115.1  | 1.003403 | 119.3  | 1.001157 | 123.5  | 1.000112 |              |                 |
| 115.2  | 1.003334 | 119.4  | 1.001119 | 123.6  | 1.000100 |              |                 |
| 115.3  | 1.003266 | 119.5  | 1.001081 | 123.7  | 1.000090 |              |                 |
| 115.4  | 1.003199 | 119.6  | 1.001044 | 123.8  | 1.000080 |              |                 |
| 115.5  | 1.003133 | 119.7  | 1.001008 | 123.9  | 1.000070 |              |                 |
| 115.6  | 1.003068 | 119.8  | 1.000972 | 124.0  | 1.000061 |              |                 |
| 115.7  | 1.003003 | 119.9  | 1.000937 | 124.1  | 1.000053 |              |                 |
| 115.8  | 1.002939 | 120.0  | 1.000903 | 124.2  | 1.000045 |              |                 |
| 115.9  | 1.002876 | 120.1  | 1.000869 | 124.3  | 1.000038 |              |                 |
| 116.0  | 1.002814 | 120.2  | 1.000836 | 124.4  | 1.000032 |              |                 |
| 116.1  | 1.002752 | 120.3  | 1.000804 | 124.5  | 1.000026 |              |                 |