

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Male Sinclair Coefficients



B. Wt.	Sin. #								
32.0	2.656480	36.2	2.316038	40.4	2.067843	44.6	1.880258	48.8	1.734417
32.1	2.646940	36.3	2.309217	40.5	2.062766	44.7	1.876359	48.9	1.731346
32.2	2.637481	36.4	2.302447	40.6	2.057722	44.8	1.872482	49.0	1.728292
32.3	2.628103	36.5	2.295728	40.7	2.052712	44.9	1.868628	49.1	1.725254
32.4	2.618804	36.6	2.289058	40.8	2.047734	45.0	1.864798	49.2	1.722232
32.5	2.609583	36.7	2.282437	40.9	2.042789	45.1	1.860989	49.3	1.719227
32.6	2.600439	36.8	2.275864	41.0	2.037876	45.2	1.857203	49.4	1.716237
32.7	2.591372	36.9	2.269340	41.1	2.032996	45.3	1.853440	49.5	1.713264
32.8	2.582381	37.0	2.262863	41.2	2.028146	45.4	1.849698	49.6	1.710307
32.9	2.573464	37.1	2.256434	41.3	2.023329	45.5	1.845978	49.7	1.707365
33.0	2.564622	37.2	2.250051	41.4	2.018542	45.6	1.842280	49.8	1.704439
33.1	2.555852	37.3	2.243714	41.5	2.013786	45.7	1.838604	49.9	1.701529
33.2	2.547154	37.4	2.237423	41.6	2.009061	45.8	1.834948	50.0	1.698634
33.3	2.538528	37.5	2.231177	41.7	2.004366	45.9	1.831314	50.1	1.695754
33.4	2.529972	37.6	2.224976	41.8	1.999702	46.0	1.827701	50.2	1.692890
33.5	2.521485	37.7	2.218819	41.9	1.995066	46.1	1.824109	50.3	1.690040
33.6	2.513068	37.8	2.212706	42.0	1.990461	46.2	1.820537	50.4	1.687206
33.7	2.504719	37.9	2.206637	42.1	1.985884	46.3	1.816986	50.5	1.684386
33.8	2.496437	38.0	2.200610	42.2	1.981337	46.4	1.813455	50.6	1.681582
33.9	2.488221	38.1	2.194626	42.3	1.976818	46.5	1.809945	50.7	1.678792
34.0	2.480072	38.2	2.188684	42.4	1.972327	46.6	1.806454	50.8	1.676016
34.1	2.471987	38.3	2.182784	42.5	1.967865	46.7	1.802983	50.9	1.673255
34.2	2.463967	38.4	2.176926	42.6	1.963431	46.8	1.799532	51.0	1.670508
34.3	2.456010	38.5	2.171108	42.7	1.959025	46.9	1.796101	51.1	1.667776
34.4	2.448117	38.6	2.165331	42.8	1.954645	47.0	1.792688	51.2	1.665057
34.5	2.440285	38.7	2.159594	42.9	1.950294	47.1	1.789295	51.3	1.662353
34.6	2.432515	38.8	2.153896	43.0	1.945969	47.2	1.785922	51.4	1.659663
34.7	2.424806	38.9	2.148238	43.1	1.941671	47.3	1.782567	51.5	1.656986
34.8	2.417157	39.0	2.142619	43.2	1.937399	47.4	1.779230	51.6	1.654323
34.9	2.409568	39.1	2.137039	43.3	1.933154	47.5	1.775913	51.7	1.651674
35.0	2.402037	39.2	2.131497	43.4	1.928935	47.6	1.772614	51.8	1.649039
35.1	2.394565	39.3	2.125992	43.5	1.924741	47.7	1.769333	51.9	1.646416
35.2	2.387150	39.4	2.120525	43.6	1.920573	47.8	1.766071	52.0	1.643808
35.3	2.379792	39.5	2.115096	43.7	1.916431	47.9	1.762826	52.1	1.641212
35.4	2.372491	39.6	2.109703	43.8	1.912314	48.0	1.759600	52.2	1.638630
35.5	2.365245	39.7	2.104346	43.9	1.908222	48.1	1.756391	52.3	1.636061
35.6	2.358055	39.8	2.099026	44.0	1.904154	48.2	1.753200	52.4	1.633504
35.7	2.350919	39.9	2.093741	44.1	1.900112	48.3	1.750027	52.5	1.630961
35.8	2.343837	40.0	2.088492	44.2	1.896093	48.4	1.746870	52.6	1.628430
35.9	2.336808	40.1	2.083278	44.3	1.892099	48.5	1.743732	52.7	1.625913
36.0	2.329833	40.2	2.078098	44.4	1.888128	48.6	1.740610	52.8	1.623407
36.1	2.322909	40.3	2.072953	44.5	1.884182	48.7	1.737505	52.9	1.620915

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

## Male Sinclair Coefficients



B. Wt.	Sin. #								
53.0	1.618435	57.2	1.524485	61.4	1.447222	65.6	1.382879	69.8	1.328731
53.1	1.615967	57.3	1.522469	61.5	1.445552	65.7	1.381480	69.9	1.327549
53.2	1.613511	57.4	1.520462	61.6	1.443890	65.8	1.380087	70.0	1.326371
53.3	1.611068	57.5	1.518464	61.7	1.442234	65.9	1.378700	70.1	1.325197
53.4	1.608637	57.6	1.516476	61.8	1.440586	66.0	1.377319	70.2	1.324028
53.5	1.606218	57.7	1.514497	61.9	1.438946	66.1	1.375943	70.3	1.322864
53.6	1.603810	57.8	1.512527	62.0	1.437312	66.2	1.374573	70.4	1.321704
53.7	1.601415	57.9	1.510566	62.1	1.435685	66.3	1.373208	70.5	1.320548
53.8	1.599032	58.0	1.508614	62.2	1.434065	66.4	1.371849	70.6	1.319397
53.9	1.596660	58.1	1.506671	62.3	1.432452	66.5	1.370495	70.7	1.318251
54.0	1.594300	58.2	1.504737	62.4	1.430846	66.6	1.369147	70.8	1.317108
54.1	1.591951	58.3	1.502812	62.5	1.429247	66.7	1.367804	70.9	1.315971
54.2	1.589614	58.4	1.500895	62.6	1.427655	66.8	1.366467	71.0	1.314837
54.3	1.587288	58.5	1.498988	62.7	1.426069	66.9	1.365135	71.1	1.313708
54.4	1.584974	58.6	1.497088	62.8	1.424491	67.0	1.363809	71.2	1.312583
54.5	1.582671	58.7	1.495198	62.9	1.422919	67.1	1.362487	71.3	1.311463
54.6	1.580379	58.8	1.493316	63.0	1.421353	67.2	1.361171	71.4	1.310347
54.7	1.578098	58.9	1.491442	63.1	1.419794	67.3	1.359861	71.5	1.309235
54.8	1.575829	59.0	1.489577	63.2	1.418242	67.4	1.358555	71.6	1.308127
54.9	1.573570	59.1	1.487720	63.3	1.416697	67.5	1.357255	71.7	1.307024
55.0	1.571322	59.2	1.485872	63.4	1.415158	67.6	1.355960	71.8	1.305924
55.1	1.569085	59.3	1.484032	63.5	1.413625	67.7	1.354670	71.9	1.304829
55.2	1.566859	59.4	1.482200	63.6	1.412099	67.8	1.353386	72.0	1.303738
55.3	1.564643	59.5	1.480377	63.7	1.410579	67.9	1.352106	72.1	1.302652
55.4	1.562438	59.6	1.478561	63.8	1.409066	68.0	1.350832	72.2	1.301569
55.5	1.560243	59.7	1.476754	63.9	1.407559	68.1	1.349562	72.3	1.300490
55.6	1.558059	59.8	1.474955	64.0	1.406059	68.2	1.348298	72.4	1.299416
55.7	1.555886	59.9	1.473163	64.1	1.404564	68.3	1.347038	72.5	1.298345
55.8	1.553722	60.0	1.471380	64.2	1.403076	68.4	1.345784	72.6	1.297279
55.9	1.551569	60.1	1.469604	64.3	1.401594	68.5	1.344535	72.7	1.296217
56.0	1.549426	60.2	1.467837	64.4	1.400119	68.6	1.343290	72.8	1.295158
56.1	1.547294	60.3	1.466077	64.5	1.398649	68.7	1.342050	72.9	1.294104
56.2	1.545171	60.4	1.464325	64.6	1.397185	68.8	1.340816	73.0	1.293053
56.3	1.543058	60.5	1.462581	64.7	1.395728	68.9	1.339586	73.1	1.292007
56.4	1.540956	60.6	1.460844	64.8	1.394277	69.0	1.338361	73.2	1.290964
56.5	1.538863	60.7	1.459115	64.9	1.392831	69.1	1.337141	73.3	1.289926
56.6	1.536780	60.8	1.457393	65.0	1.391392	69.2	1.335925	73.4	1.288891
56.7	1.534707	60.9	1.455680	65.1	1.389958	69.3	1.334714	73.5	1.287860
56.8	1.532643	61.0	1.453973	65.2	1.388531	69.4	1.333508	73.6	1.286833
56.9	1.530589	61.1	1.452274	65.3	1.387109	69.5	1.332307	73.7	1.285809
57.0	1.528545	61.2	1.450583	65.4	1.385693	69.6	1.331111	73.8	1.284790
57.1	1.526510	61.3	1.448898	65.5	1.384283	69.7	1.329919	73.9	1.283774

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## Male Sinclair Coefficients



B. Wt.	Sin. #								
74.0	1.282762	78.2	1.243450	82.4	1.209623	86.6	1.180371	90.8	1.154971
74.1	1.281754	78.3	1.242585	82.5	1.208877	86.7	1.179724	90.9	1.154408
74.2	1.280750	78.4	1.241723	82.6	1.208133	86.8	1.179079	91.0	1.153847
74.3	1.279749	78.5	1.240864	82.7	1.207392	86.9	1.178437	91.1	1.153288
74.4	1.278752	78.6	1.240008	82.8	1.206653	87.0	1.177796	91.2	1.152731
74.5	1.277759	78.7	1.239155	82.9	1.205917	87.1	1.177158	91.3	1.152175
74.6	1.276769	78.8	1.238305	83.0	1.205183	87.2	1.176521	91.4	1.151621
74.7	1.275783	78.9	1.237458	83.1	1.204452	87.3	1.175887	91.5	1.151070
74.8	1.274801	79.0	1.236615	83.2	1.203723	87.4	1.175255	91.6	1.150520
74.9	1.273822	79.1	1.235774	83.3	1.202997	87.5	1.174625	91.7	1.149971
75.0	1.272847	79.2	1.234936	83.4	1.202273	87.6	1.173998	91.8	1.149425
75.1	1.271876	79.3	1.234101	83.5	1.201552	87.7	1.173372	91.9	1.148880
75.2	1.270908	79.4	1.233269	83.6	1.200834	87.8	1.172748	92.0	1.148337
75.3	1.269943	79.5	1.232440	83.7	1.200117	87.9	1.172127	92.1	1.147796
75.4	1.268983	79.6	1.231614	83.8	1.199403	88.0	1.171507	92.2	1.147257
75.5	1.268025	79.7	1.230791	83.9	1.198692	88.1	1.170890	92.3	1.146719
75.6	1.267071	79.8	1.229971	84.0	1.197983	88.2	1.170275	92.4	1.146183
75.7	1.266121	79.9	1.229154	84.1	1.197277	88.3	1.169661	92.5	1.145649
75.8	1.265174	80.0	1.228339	84.2	1.196572	88.4	1.169050	92.6	1.145117
75.9	1.264231	80.1	1.227528	84.3	1.195871	88.5	1.168441	92.7	1.144586
76.0	1.263291	80.2	1.226719	84.4	1.195171	88.6	1.167834	92.8	1.144057
76.1	1.262354	80.3	1.225913	84.5	1.194474	88.7	1.167228	92.9	1.143530
76.2	1.261421	80.4	1.225110	84.6	1.193780	88.8	1.166625	93.0	1.143005
76.3	1.260491	80.5	1.224310	84.7	1.193088	88.9	1.166024	93.1	1.142481
76.4	1.259565	80.6	1.223512	84.8	1.192398	89.0	1.165425	93.2	1.141959
76.5	1.258642	80.7	1.222717	84.9	1.191710	89.1	1.164828	93.3	1.141438
76.6	1.257722	80.8	1.221926	85.0	1.191025	89.2	1.164232	93.4	1.140920
76.7	1.256806	80.9	1.221136	85.1	1.190342	89.3	1.163639	93.5	1.140403
76.8	1.255893	81.0	1.220350	85.2	1.189661	89.4	1.163048	93.6	1.139887
76.9	1.254983	81.1	1.219566	85.3	1.188983	89.5	1.162458	93.7	1.139373
77.0	1.254076	81.2	1.218785	85.4	1.188307	89.6	1.161871	93.8	1.138861
77.1	1.253173	81.3	1.218007	85.5	1.187634	89.7	1.161285	93.9	1.138351
77.2	1.252273	81.4	1.217232	85.6	1.186962	89.8	1.160702	94.0	1.137842
77.3	1.251377	81.5	1.216459	85.7	1.186293	89.9	1.160120	94.1	1.137335
77.4	1.250483	81.6	1.215689	85.8	1.185626	90.0	1.159541	94.2	1.136830
77.5	1.249593	81.7	1.214921	85.9	1.184961	90.1	1.158963	94.3	1.136326
77.6	1.248706	81.8	1.214157	86.0	1.184299	90.2	1.158387	94.4	1.135824
77.7	1.247822	81.9	1.213395	86.1	1.183639	90.3	1.157813	94.5	1.135323
77.8	1.246941	82.0	1.212635	86.2	1.182981	90.4	1.157241	94.6	1.134824
77.9	1.246064	82.1	1.211878	86.3	1.182325	90.5	1.156670	94.7	1.134327
78.0	1.245189	82.2	1.211124	86.4	1.181672	90.6	1.156102	94.8	1.133831
78.1	1.244318	82.3	1.210372	86.5	1.181020	90.7	1.155536	94.9	1.133337

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Male Sinclair Coefficients



B. Wt.	Sin. #								
95.0	1.132845	99.2	1.113525	103.4	1.096627	107.6	1.081837	111.8	1.068890
95.1	1.132354	99.3	1.113095	103.5	1.096252	107.7	1.081508	111.9	1.068603
95.2	1.131864	99.4	1.112668	103.6	1.095878	107.8	1.081181	112.0	1.068316
95.3	1.131377	99.5	1.112241	103.7	1.095505	107.9	1.080854	112.1	1.068030
95.4	1.130890	99.6	1.111816	103.8	1.095133	108.0	1.080528	112.2	1.067745
95.5	1.130406	99.7	1.111393	103.9	1.094762	108.1	1.080204	112.3	1.067461
95.6	1.129923	99.8	1.110970	104.0	1.094392	108.2	1.079880	112.4	1.067178
95.7	1.129441	99.9	1.110549	104.1	1.094024	108.3	1.079558	112.5	1.066896
95.8	1.128961	100.0	1.110130	104.2	1.093657	108.4	1.079236	112.6	1.066615
95.9	1.128483	100.1	1.109711	104.3	1.093290	108.5	1.078916	112.7	1.066334
96.0	1.128006	100.2	1.109295	104.4	1.092925	108.6	1.078596	112.8	1.066055
96.1	1.127530	100.3	1.108879	104.5	1.092562	108.7	1.078278	112.9	1.065776
96.2	1.127057	100.4	1.108465	104.6	1.092199	108.8	1.077960	113.0	1.065498
96.3	1.126584	100.5	1.108052	104.7	1.091838	108.9	1.077644	113.1	1.065221
96.4	1.126113	100.6	1.107640	104.8	1.091477	109.0	1.077328	113.2	1.064945
96.5	1.125644	100.7	1.107229	104.9	1.091118	109.1	1.077014	113.3	1.064670
96.6	1.125176	100.8	1.106820	105.0	1.090760	109.2	1.076701	113.4	1.064396
96.7	1.124710	100.9	1.106413	105.1	1.090403	109.3	1.076388	113.5	1.064123
96.8	1.124245	101.0	1.106006	105.2	1.090047	109.4	1.076077	113.6	1.063850
96.9	1.123782	101.1	1.105601	105.3	1.089693	109.5	1.075766	113.7	1.063579
97.0	1.123320	101.2	1.105197	105.4	1.089339	109.6	1.075457	113.8	1.063308
97.1	1.122860	101.3	1.104794	105.5	1.088986	109.7	1.075148	113.9	1.063038
97.2	1.122401	101.4	1.104393	105.6	1.088635	109.8	1.074840	114.0	1.062769
97.3	1.121943	101.5	1.103993	105.7	1.088285	109.9	1.074534	114.1	1.062501
97.4	1.121487	101.6	1.103594	105.8	1.087936	110.0	1.074228	114.2	1.062234
97.5	1.121033	101.7	1.103196	105.9	1.087588	110.1	1.073924	114.3	1.061967
97.6	1.120580	101.8	1.102800	106.0	1.087241	110.2	1.073620	114.4	1.061702
97.7	1.120128	101.9	1.102405	106.1	1.086895	110.3	1.073317	114.5	1.061437
97.8	1.119678	102.0	1.102011	106.2	1.086550	110.4	1.073016	114.6	1.061173
97.9	1.119229	102.1	1.101619	106.3	1.086207	110.5	1.072715	114.7	1.060910
98.0	1.118782	102.2	1.101227	106.4	1.085864	110.6	1.072415	114.8	1.060648
98.1	1.118336	102.3	1.100837	106.5	1.085523	110.7	1.072116	114.9	1.060386
98.2	1.117892	102.4	1.100449	106.6	1.085182	110.8	1.071818	115.0	1.060126
98.3	1.117449	102.5	1.100061	106.7	1.084843	110.9	1.071521	115.1	1.059866
98.4	1.117007	102.6	1.099675	106.8	1.084505	111.0	1.071225	115.2	1.059607
98.5	1.116567	102.7	1.099290	106.9	1.084168	111.1	1.070930	115.3	1.059349
98.6	1.116128	102.8	1.098906	107.0	1.083832	111.2	1.070636	115.4	1.059092
98.7	1.115691	102.9	1.098523	107.1	1.083496	111.3	1.070343	115.5	1.058836
98.8	1.115255	103.0	1.098141	107.2	1.083163	111.4	1.070050	115.6	1.058580
98.9	1.114820	103.1	1.097761	107.3	1.082830	111.5	1.069759	115.7	1.058326
99.0	1.114387	103.2	1.097382	107.4	1.082498	111.6	1.069469	115.8	1.058072
99.1	1.113955	103.3	1.097004	107.5	1.082167	111.7	1.069179	115.9	1.057819

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Male Sinclair Coefficients



B. Wt.	Sin. #								
116.0	1.057566	120.2	1.047679	124.4	1.039068	128.6	1.031599	132.8	1.025155
116.1	1.057315	120.3	1.047459	124.5	1.038878	128.7	1.031434	132.9	1.025013
116.2	1.057064	120.4	1.047241	124.6	1.038688	128.8	1.031270	133.0	1.024872
116.3	1.056815	120.5	1.047023	124.7	1.038498	128.9	1.031106	133.1	1.024731
116.4	1.056566	120.6	1.046806	124.8	1.038310	129.0	1.030943	133.2	1.024591
116.5	1.056317	120.7	1.046589	124.9	1.038122	129.1	1.030780	133.3	1.024451
116.6	1.056070	120.8	1.046374	125.0	1.037934	129.2	1.030618	133.4	1.024312
116.7	1.055823	120.9	1.046159	125.1	1.037747	129.3	1.030457	133.5	1.024173
116.8	1.055578	121.0	1.045945	125.2	1.037561	129.4	1.030296	133.6	1.024035
116.9	1.055333	121.1	1.045731	125.3	1.037376	129.5	1.030136	133.7	1.023897
117.0	1.055088	121.2	1.045518	125.4	1.037191	129.6	1.029976	133.8	1.023760
117.1	1.054845	121.3	1.045306	125.5	1.037007	129.7	1.029817	133.9	1.023624
117.2	1.054602	121.4	1.045095	125.6	1.036823	129.8	1.029658	134.0	1.023487
117.3	1.054360	121.5	1.044884	125.7	1.036640	129.9	1.029500	134.1	1.023352
117.4	1.054119	121.6	1.044674	125.8	1.036458	130.0	1.029343	134.2	1.023217
117.5	1.053879	121.7	1.044464	125.9	1.036276	130.1	1.029186	134.3	1.023082
117.6	1.053640	121.8	1.044256	126.0	1.036095	130.2	1.029029	134.4	1.022948
117.7	1.053401	121.9	1.044048	126.1	1.035915	130.3	1.028873	134.5	1.022814
117.8	1.053163	122.0	1.043840	126.2	1.035735	130.4	1.028718	134.6	1.022681
117.9	1.052926	122.1	1.043634	126.3	1.035555	130.5	1.028563	134.7	1.022549
118.0	1.052689	122.2	1.043428	126.4	1.035377	130.6	1.028409	134.8	1.022417
118.1	1.052454	122.3	1.043223	126.5	1.035199	130.7	1.028256	134.9	1.022285
118.2	1.052219	122.4	1.043018	126.6	1.035021	130.8	1.028103	135.0	1.022154
118.3	1.051985	122.5	1.042814	126.7	1.034845	130.9	1.027950	135.1	1.022023
118.4	1.051751	122.6	1.042611	126.8	1.034668	131.0	1.027798	135.2	1.021893
118.5	1.051519	122.7	1.042409	126.9	1.034493	131.1	1.027647	135.3	1.021763
118.6	1.051287	122.8	1.042207	127.0	1.034318	131.2	1.027496	135.4	1.021634
118.7	1.051056	122.9	1.042006	127.1	1.034143	131.3	1.027346	135.5	1.021506
118.8	1.050825	123.0	1.041805	127.2	1.033970	131.4	1.027196	135.6	1.021378
118.9	1.050596	123.1	1.041605	127.3	1.033796	131.5	1.027047	135.7	1.021250
119.0	1.050367	123.2	1.041406	127.4	1.033624	131.6	1.026898	135.8	1.021123
119.1	1.050139	123.3	1.041208	127.5	1.033452	131.7	1.026750	135.9	1.020996
119.2	1.049912	123.4	1.041010	127.6	1.033281	131.8	1.026602	136.0	1.020870
119.3	1.049685	123.5	1.040813	127.7	1.033110	131.9	1.026455	136.1	1.020744
119.4	1.049459	123.6	1.040616	127.8	1.032940	132.0	1.026308	136.2	1.020619
119.5	1.049234	123.7	1.040421	127.9	1.032770	132.1	1.026162	136.3	1.020494
119.6	1.049010	123.8	1.040225	128.0	1.032601	132.2	1.026017	136.4	1.020370
119.7	1.048786	123.9	1.040031	128.1	1.032433	132.3	1.025872	136.5	1.020246
119.8	1.048563	124.0	1.039837	128.2	1.032265	132.4	1.025727	136.6	1.020123
119.9	1.048341	124.1	1.039644	128.3	1.032097	132.5	1.025584	136.7	1.020000
120.0	1.048119	124.2	1.039451	128.4	1.031931	132.6	1.025440	136.8	1.019877
120.1	1.047899	124.3	1.039259	128.5	1.031765	132.7	1.025297	136.9	1.019756

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Male Sinclair Coefficients



B. Wt.	Sin. #								
137.0	1.019634	141.2	1.014949	145.4	1.011023	149.6	1.007788	153.8	1.005185
137.1	1.019513	141.3	1.014847	145.5	1.010938	149.7	1.007718	153.9	1.005130
137.2	1.019393	141.4	1.014745	145.6	1.010853	149.8	1.007650	154.0	1.005076
137.3	1.019273	141.5	1.014644	145.7	1.010769	149.9	1.007581	154.1	1.005022
137.4	1.019153	141.6	1.014543	145.8	1.010686	150.0	1.007513	154.2	1.004968
137.5	1.019034	141.7	1.014443	145.9	1.010602	150.1	1.007446	154.3	1.004914
137.6	1.018916	141.8	1.014343	146.0	1.010520	150.2	1.007378	154.4	1.004861
137.7	1.018797	141.9	1.014244	146.1	1.010437	150.3	1.007311	154.5	1.004809
137.8	1.018680	142.0	1.014145	146.2	1.010355	150.4	1.007245	154.6	1.004756
137.9	1.018563	142.1	1.014046	146.3	1.010273	150.5	1.007178	154.7	1.004704
138.0	1.018446	142.2	1.013948	146.4	1.010192	150.6	1.007113	154.8	1.004652
138.1	1.018330	142.3	1.013850	146.5	1.010111	150.7	1.007047	154.9	1.004601
138.2	1.018214	142.4	1.013753	146.6	1.010030	150.8	1.006982	155.0	1.004550
138.3	1.018098	142.5	1.013656	146.7	1.009950	150.9	1.006917	155.1	1.004499
138.4	1.017984	142.6	1.013559	146.8	1.009870	151.0	1.006852	155.2	1.004448
138.5	1.017869	142.7	1.013463	146.9	1.009791	151.1	1.006788	155.3	1.004398
138.6	1.017755	142.8	1.013368	147.0	1.009712	151.2	1.006724	155.4	1.004348
138.7	1.017642	142.9	1.013272	147.1	1.009633	151.3	1.006661	155.5	1.004299
138.8	1.017529	143.0	1.013177	147.2	1.009555	151.4	1.006598	155.6	1.004249
138.9	1.017416	143.1	1.013083	147.3	1.009477	151.5	1.006535	155.7	1.004201
139.0	1.017304	143.2	1.012989	147.4	1.009400	151.6	1.006473	155.8	1.004152
139.1	1.017192	143.3	1.012895	147.5	1.009323	151.7	1.006411	155.9	1.004104
139.2	1.017081	143.4	1.012802	147.6	1.009246	151.8	1.006349	156.0	1.004056
139.3	1.016970	143.5	1.012709	147.7	1.009169	151.9	1.006287	156.1	1.004008
139.4	1.016860	143.6	1.012617	147.8	1.009093	152.0	1.006226	156.2	1.003961
139.5	1.016750	143.7	1.012525	147.9	1.009018	152.1	1.006166	156.3	1.003914
139.6	1.016640	143.8	1.012433	148.0	1.008942	152.2	1.006105	156.4	1.003867
139.7	1.016531	143.9	1.012342	148.1	1.008867	152.3	1.006045	156.5	1.003821
139.8	1.016423	144.0	1.012251	148.2	1.008793	152.4	1.005985	156.6	1.003774
139.9	1.016315	144.1	1.012161	148.3	1.008719	152.5	1.005926	156.7	1.003729
140.0	1.016207	144.2	1.012071	148.4	1.008645	152.6	1.005867	156.8	1.003683
140.1	1.016100	144.3	1.011981	148.5	1.008571	152.7	1.005808	156.9	1.003638
140.2	1.015993	144.4	1.011892	148.6	1.008498	152.8	1.005750	157.0	1.003593
140.3	1.015887	144.5	1.011804	148.7	1.008426	152.9	1.005692	157.1	1.003549
140.4	1.015781	144.6	1.011715	148.8	1.008353	153.0	1.005634	157.2	1.003504
140.5	1.015675	144.7	1.011627	148.9	1.008281	153.1	1.005577	157.3	1.003460
140.6	1.015570	144.8	1.011540	149.0	1.008210	153.2	1.005520	157.4	1.003417
140.7	1.015466	144.9	1.011452	149.1	1.008138	153.3	1.005463	157.5	1.003374
140.8	1.015361	145.0	1.011366	149.2	1.008068	153.4	1.005407	157.6	1.003331
140.9	1.015258	145.1	1.011279	149.3	1.007997	153.5	1.005351	157.7	1.003288
141.0	1.015154	145.2	1.011193	149.4	1.007927	153.6	1.005295	157.8	1.003245
141.1	1.015051	145.3	1.011108	149.5	1.007857	153.7	1.005240	157.9	1.003203

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Male Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #						
158.0	1.003162	162.2	1.001671	166.4	1.000673	170.6	1.000130		
158.1	1.003120	162.3	1.001642	166.5	1.000655	170.7	1.000122		
158.2	1.003079	162.4	1.001613	166.6	1.000637	170.8	1.000115		
158.3	1.003038	162.5	1.001584	166.7	1.000620	170.9	1.000107		
158.4	1.002997	162.6	1.001556	166.8	1.000602	171.0	1.000100		
158.5	1.002957	162.7	1.001528	166.9	1.000585	171.1	1.000094		
158.6	1.002917	162.8	1.001500	167.0	1.000569	171.2	1.000087		
158.7	1.002877	162.9	1.001472	167.1	1.000552	171.3	1.000081		
158.8	1.002838	163.0	1.001445	167.2	1.000536	171.4	1.000075		
158.9	1.002799	163.1	1.001418	167.3	1.000520	171.5	1.000069		
159.0	1.002760	163.2	1.001391	167.4	1.000504	171.6	1.000064		
159.1	1.002721	163.3	1.001364	167.5	1.000488	171.7	1.000058		
159.2	1.002683	163.4	1.001338	167.6	1.000473	171.8	1.000053		
159.3	1.002645	163.5	1.001312	167.7	1.000458	171.9	1.000048		
159.4	1.002608	163.6	1.001286	167.8	1.000443	172.0	1.000044		
159.5	1.002570	163.7	1.001261	167.9	1.000429	172.1	1.000039		
159.6	1.002533	163.8	1.001235	168.0	1.000414	172.2	1.000035		
159.7	1.002497	163.9	1.001210	168.1	1.000400	172.3	1.000031		
159.8	1.002460	164.0	1.001186	168.2	1.000387	172.4	1.000028		
159.9	1.002424	164.1	1.001161	168.3	1.000373	172.5	1.000024		
160.0	1.002388	164.2	1.001137	168.4	1.000360	172.6	1.000021		
160.1	1.002353	164.3	1.001113	168.5	1.000347	172.7	1.000018		
160.2	1.002317	164.4	1.001090	168.6	1.000334	172.8	1.000015		
160.3	1.002282	164.5	1.001066	168.7	1.000321	172.9	1.000013		
160.4	1.002248	164.6	1.001043	168.8	1.000309	173.0	1.000010		
160.5	1.002213	164.7	1.001021	168.9	1.000297	173.1	1.000008		
160.6	1.002179	164.8	1.000998	169.0	1.000285	173.2	1.000007		
160.7	1.002145	164.9	1.000976	169.1	1.000274	173.3	1.000005		
160.8	1.002112	165.0	1.000954	169.2	1.000262	173.4	1.000004		
160.9	1.002078	165.1	1.000932	169.3	1.000251	173.5	1.000002		
161.0	1.002045	165.2	1.000910	169.4	1.000241	173.6	1.000001		
161.1	1.002013	165.3	1.000889	169.5	1.000230	173.7	1.000001		
161.2	1.001980	165.4	1.000868	169.6	1.000220	173.8	1.000000		
161.3	1.001948	165.5	1.000848	169.7	1.000210	173.9	1.000000		
161.4	1.001916	165.6	1.000827	169.8	1.000200				
161.5	1.001885	165.7	1.000807	169.9	1.000190				
161.6	1.001853	165.8	1.000787	170.0	1.000181				
161.7	1.001822	165.9	1.000768	170.1	1.000172				
161.8	1.001792	166.0	1.000748	170.2	1.000163				
161.9	1.001761	166.1	1.000729	170.3	1.000154				
162.0	1.001731	166.2	1.000710	170.4	1.000146				
162.1	1.001701	166.3	1.000692	170.5	1.000138				