

# 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. #	B. Wt.	Sin. #
28.0	2.334904	32.2	1.986563	36.4	1.748441	40.6	1.577836	44.8	1.451251
28.1	2.324808	32.3	1.979838	36.5	1.743714	40.7	1.574380	44.9	1.448647
28.2	2.314817	32.4	1.973173	36.6	1.739025	40.8	1.570948	45.0	1.446059
28.3	2.304929	32.5	1.966567	36.7	1.734372	40.9	1.567540	45.1	1.443488
28.4	2.295144	32.6	1.960019	36.8	1.729755	41.0	1.564156	45.2	1.440934
28.5	2.285458	32.7	1.953530	36.9	1.725174	41.1	1.560795	45.3	1.438395
28.6	2.275872	32.8	1.947097	37.0	1.720629	41.2	1.557458	45.4	1.435873
28.7	2.266383	32.9	1.940721	37.1	1.716119	41.3	1.554144	45.5	1.433367
28.8	2.256991	33.0	1.934400	37.2	1.711644	41.4	1.550853	45.6	1.430877
28.9	2.247693	33.1	1.928135	37.3	1.707203	41.5	1.547585	45.7	1.428402
29.0	2.238489	33.2	1.921924	37.4	1.702796	41.6	1.544339	45.8	1.425943
29.1	2.229378	33.3	1.915767	37.5	1.698422	41.7	1.541116	45.9	1.423500
29.2	2.220357	33.4	1.909662	37.6	1.694083	41.8	1.537915	46.0	1.421072
29.3	2.211426	33.5	1.903611	37.7	1.689776	41.9	1.534735	46.1	1.418659
29.4	2.202584	33.6	1.897611	37.8	1.685501	42.0	1.531578	46.2	1.416262
29.5	2.193829	33.7	1.891662	37.9	1.681259	42.1	1.528442	46.3	1.413879
29.6	2.185160	33.8	1.885765	38.0	1.677050	42.2	1.525327	46.4	1.411511
29.7	2.176576	33.9	1.879917	38.1	1.672871	42.3	1.522234	46.5	1.409158
29.8	2.168076	34.0	1.874118	38.2	1.668724	42.4	1.519161	46.6	1.406820
29.9	2.159659	34.1	1.868369	38.3	1.664608	42.5	1.516110	46.7	1.404496
30.0	2.151323	34.2	1.862668	38.4	1.660523	42.6	1.513078	46.8	1.402187
30.1	2.143068	34.3	1.857015	38.5	1.656469	42.7	1.510068	46.9	1.399892
30.2	2.134892	34.4	1.851409	38.6	1.652444	42.8	1.507077	47.0	1.397611
30.3	2.126794	34.5	1.845850	38.7	1.648449	42.9	1.504107	47.1	1.395344
30.4	2.118774	34.6	1.840337	38.8	1.644484	43.0	1.501156	47.2	1.393091
30.5	2.110831	34.7	1.834870	38.9	1.640548	43.1	1.498225	47.3	1.390852
30.6	2.102962	34.8	1.829447	39.0	1.636640	43.2	1.495314	47.4	1.388627
30.7	2.095168	34.9	1.824070	39.1	1.632762	43.3	1.492422	47.5	1.386415
30.8	2.087448	35.0	1.818736	39.2	1.628912	43.4	1.489549	47.6	1.384217
30.9	2.079800	35.1	1.813447	39.3	1.625089	43.5	1.486695	47.7	1.382032
31.0	2.072223	35.2	1.808200	39.4	1.621295	43.6	1.483860	47.8	1.379860
31.1	2.064717	35.3	1.802996	39.5	1.617528	43.7	1.481044	47.9	1.377702
31.2	2.057281	35.4	1.797835	39.6	1.613789	43.8	1.478246	<b>48.0</b>	<b>1.375557</b>
31.3	2.049913	35.5	1.792715	39.7	1.610076	43.9	1.475466	48.1	1.373425
31.4	2.042614	35.6	1.787636	39.8	1.606390	44.0	1.472705	48.2	1.371305
31.5	2.035381	35.7	1.782598	39.9	1.602731	44.1	1.469962	48.3	1.369199
31.6	2.028215	35.8	1.777601	40.0	1.599098	44.2	1.467236	48.4	1.367105
31.7	2.021114	35.9	1.772644	40.1	1.595491	44.3	1.464529	48.5	1.365024
31.8	2.014078	36.0	1.767726	40.2	1.591910	44.4	1.461839	48.6	1.362955
31.9	2.007106	36.1	1.762847	40.3	1.588354	44.5	1.459166	48.7	1.360899
32.0	2.000196	36.2	1.758007	40.4	1.584823	44.6	1.456511	48.8	1.358855
32.1	1.993349	36.3	1.753205	40.5	1.581317	44.7	1.453873	48.9	1.356823

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
49.0	1.354803	53.2	1.279817	57.4	1.220617	61.6	1.173349	65.8	1.135313
49.1	1.352796	53.3	1.278242	57.5	1.219365	61.7	1.172346	65.9	1.134503
49.2	1.350800	53.4	1.276676	57.6	1.218120	61.8	1.171347	66.0	1.133696
49.3	1.348816	53.5	1.275119	57.7	1.216882	61.9	1.170353	66.1	1.132894
49.4	1.346844	53.6	1.273570	57.8	1.215651	62.0	1.169365	66.2	1.132096
49.5	1.344884	53.7	1.272030	57.9	1.214425	62.1	1.168381	66.3	1.131302
49.6	1.342935	53.8	1.270499	<b>58.0</b>	<b>1.213207</b>	62.2	1.167403	66.4	1.130512
49.7	1.340997	53.9	1.268976	58.1	1.211995	62.3	1.166429	66.5	1.129726
49.8	1.339072	54.0	1.267461	58.2	1.210789	62.4	1.165461	66.6	1.128944
49.9	1.337157	54.1	1.265955	58.3	1.209590	62.5	1.164498	66.7	1.128165
50.0	1.335254	54.2	1.264458	58.4	1.208397	62.6	1.163539	66.8	1.127391
50.1	1.333361	54.3	1.262968	58.5	1.207210	62.7	1.162585	66.9	1.126621
50.2	1.331480	54.4	1.261487	58.6	1.206030	62.8	1.161637	67.0	1.125854
50.3	1.329610	54.5	1.260014	58.7	1.204856	62.9	1.160693	67.1	1.125091
50.4	1.327751	54.6	1.258549	58.8	1.203688	<b>63.0</b>	<b>1.159754</b>	67.2	1.124332
50.5	1.325902	54.7	1.257092	58.9	1.202526	63.1	1.158820	67.3	1.123577
50.6	1.324065	54.8	1.255643	59.0	1.201370	63.2	1.157890	67.4	1.122826
50.7	1.322238	54.9	1.254202	59.1	1.200220	63.3	1.156965	67.5	1.122079
50.8	1.320421	55.0	1.252769	59.2	1.199077	63.4	1.156045	67.6	1.121335
50.9	1.318616	55.1	1.251344	59.3	1.197939	63.5	1.155130	67.7	1.120595
51.0	1.316820	55.2	1.249927	59.4	1.196807	63.6	1.154219	67.8	1.119858
51.1	1.315035	55.3	1.248517	59.5	1.195682	63.7	1.153313	67.9	1.119126
51.2	1.313260	55.4	1.247115	59.6	1.194562	63.8	1.152412	68.0	1.118397
51.3	1.311496	55.5	1.245721	59.7	1.193448	63.9	1.151515	68.1	1.117672
51.4	1.309741	55.6	1.244334	59.8	1.192340	64.0	1.150623	68.2	1.116950
51.5	1.307997	55.7	1.242955	59.9	1.191237	64.1	1.149735	68.3	1.116232
51.6	1.306263	55.8	1.241583	60.0	1.190141	64.2	1.148852	68.4	1.115517
51.7	1.304538	55.9	1.240219	60.1	1.189050	64.3	1.147973	68.5	1.114807
51.8	1.302824	56.0	1.238862	60.2	1.187965	64.4	1.147099	68.6	1.114099
51.9	1.301119	56.1	1.237513	60.3	1.186885	64.5	1.146229	68.7	1.113396
52.0	1.299424	56.2	1.236171	60.4	1.185811	64.6	1.145363	68.8	1.112695
52.1	1.297739	56.3	1.234836	60.5	1.184743	64.7	1.144502	68.9	1.111999
52.2	1.296063	56.4	1.233508	60.6	1.183680	64.8	1.143646	<b>69.0</b>	<b>1.111305</b>
52.3	1.294396	56.5	1.232187	60.7	1.182623	64.9	1.142793	69.1	1.110616
52.4	1.292740	56.6	1.230874	60.8	1.181571	65.0	1.141945	69.2	1.109929
52.5	1.291092	56.7	1.229568	60.9	1.180524	65.1	1.141101	69.3	1.109246
52.6	1.289454	56.8	1.228268	61.0	1.179483	65.2	1.140262	69.4	1.108567
52.7	1.287825	56.9	1.226976	61.1	1.178448	65.3	1.139426	69.5	1.107891
52.8	1.286205	57.0	1.225690	61.2	1.177418	65.4	1.138595	69.6	1.107218
52.9	1.284594	57.1	1.224412	61.3	1.176393	65.5	1.137769	69.7	1.106549
<b>53.0</b>	<b>1.282993</b>	57.2	1.223140	61.4	1.175373	65.6	1.136946	69.8	1.105883
53.1	1.281400	57.3	1.221875	61.5	1.174359	65.7	1.136127	69.9	1.105220

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
70.0	1.104561	74.2	1.079659	78.4	1.059528	82.6	1.043340	86.8	1.030454
70.1	1.103905	74.3	1.079128	78.5	1.059099	82.7	1.042997	86.9	1.030183
70.2	1.103252	74.4	1.078599	78.6	1.058673	82.8	1.042656	87.0	1.029914
70.3	1.102603	74.5	1.078074	78.7	1.058249	82.9	1.042317	87.1	1.029646
70.4	1.101957	74.6	1.077551	78.8	1.057827	83.0	1.041980	87.2	1.029380
70.5	1.101314	74.7	1.077030	78.9	1.057408	83.1	1.041644	87.3	1.029115
70.6	1.100674	74.8	1.076513	79.0	1.056990	83.2	1.041310	87.4	1.028852
70.7	1.100037	74.9	1.075997	79.1	1.056575	83.3	1.040979	87.5	1.028590
70.8	1.099404	<b>75.0</b>	<b>1.075485</b>	79.2	1.056162	83.4	1.040648	87.6	1.028330
70.9	1.098774	75.1	1.074975	79.3	1.055751	83.5	1.040320	87.7	1.028072
71.0	1.098147	75.2	1.074468	79.4	1.055342	83.6	1.039994	87.8	1.027815
71.1	1.097523	75.3	1.073963	79.5	1.054936	83.7	1.039669	87.9	1.027559
71.2	1.096902	75.4	1.073460	79.6	1.054531	83.8	1.039346	88.0	1.027305
71.3	1.096284	75.5	1.072961	79.7	1.054129	83.9	1.039025	88.1	1.027053
71.4	1.095670	75.6	1.072464	79.8	1.053729	84.0	1.038706	88.2	1.026802
71.5	1.095058	75.7	1.071969	79.9	1.053330	84.1	1.038388	88.3	1.026552
71.6	1.094450	75.8	1.071477	80.0	1.052934	84.2	1.038072	88.4	1.026304
71.7	1.093844	75.9	1.070987	80.1	1.052540	84.3	1.037758	88.5	1.026058
71.8	1.093242	76.0	1.070500	80.2	1.052148	84.4	1.037446	88.6	1.025813
71.9	1.092643	76.1	1.070015	80.3	1.051758	84.5	1.037135	88.7	1.025569
72.0	1.092046	76.2	1.069533	80.4	1.051371	84.6	1.036826	88.8	1.025327
72.1	1.091453	76.3	1.069054	80.5	1.050985	84.7	1.036519	88.9	1.025087
72.2	1.090863	76.4	1.068576	80.6	1.050601	84.8	1.036214	89.0	1.024847
72.3	1.090275	76.5	1.068101	80.7	1.050219	84.9	1.035910	89.1	1.024610
72.4	1.089691	76.6	1.067629	80.8	1.049840	85.0	1.035608	89.2	1.024374
72.5	1.089109	76.7	1.067159	80.9	1.049462	85.1	1.035308	89.3	1.024139
72.6	1.088531	76.8	1.066691	81.0	1.049086	85.2	1.035009	89.4	1.023905
72.7	1.087955	76.9	1.066226	81.1	1.048712	85.3	1.034712	89.5	1.023673
72.8	1.087382	77.0	1.065763	81.2	1.048341	85.4	1.034417	89.6	1.023443
72.9	1.086812	77.1	1.065303	81.3	1.047971	85.5	1.034123	89.7	1.023214
73.0	1.086245	77.2	1.064845	81.4	1.047603	85.6	1.033831	89.8	1.022986
73.1	1.085681	77.3	1.064389	81.5	1.047237	85.7	1.033541	89.9	1.022760
73.2	1.085120	77.4	1.063935	81.6	1.046873	85.8	1.033252	90.0	1.022535
73.3	1.084561	77.5	1.063484	81.7	1.046511	85.9	1.032965	90.1	1.022312
73.4	1.084005	77.6	1.063036	81.8	1.046152	86.0	1.032679	90.2	1.022089
73.5	1.083452	77.7	1.062589	81.9	1.045793	86.1	1.032396	90.3	1.021869
73.6	1.082902	77.8	1.062145	82.0	1.045437	86.2	1.032114	90.4	1.021650
73.7	1.082355	77.9	1.061703	82.1	1.045083	86.3	1.031833	90.5	1.021432
73.8	1.081810	78.0	1.061263	82.2	1.044731	86.4	1.031554	90.6	1.021215
73.9	1.081268	78.1	1.060826	82.3	1.044380	86.5	1.031277	90.7	1.021000
74.0	1.080729	78.2	1.060391	82.4	1.044032	86.6	1.031001	90.8	1.020786
74.1	1.080193	78.3	1.059958	82.5	1.043685	86.7	1.030727	90.9	1.020574

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## Female Sinclair Coefficients



B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
91.0	1.020363	95.2	1.012660	99.4	1.007019	103.6	1.003173	107.8	1.000902
91.1	1.020153	95.3	1.012503	99.5	1.006908	103.7	1.003102	107.9	1.000865
91.2	1.019945	95.4	1.012347	99.6	1.006797	103.8	1.003031	108.0	1.000830
91.3	1.019737	95.5	1.012192	99.7	1.006688	103.9	1.002961	108.1	1.000795
91.4	1.019532	95.6	1.012039	99.8	1.006579	104.0	1.002892	108.2	1.000761
91.5	1.019327	95.7	1.011886	99.9	1.006472	104.1	1.002824	108.3	1.000727
91.6	1.019124	95.8	1.011735	100.0	1.006365	104.2	1.002757	108.4	1.000695
91.7	1.018923	95.9	1.011585	100.1	1.006260	104.3	1.002691	108.5	1.000663
91.8	1.018722	96.0	1.011435	100.2	1.006156	104.4	1.002625	108.6	1.000632
91.9	1.018523	96.1	1.011288	100.3	1.006052	104.5	1.002561	108.7	1.000602
92.0	1.018325	96.2	1.011141	100.4	1.005950	104.6	1.002497	108.8	1.000572
92.1	1.018129	96.3	1.010995	100.5	1.005848	104.7	1.002434	108.9	1.000544
92.2	1.017934	96.4	1.010851	100.6	1.005748	104.8	1.002372	109.0	1.000516
92.3	1.017740	96.5	1.010707	100.7	1.005648	104.9	1.002311	109.1	1.000489
92.4	1.017547	96.6	1.010565	100.8	1.005549	105.0	1.002251	109.2	1.000462
92.5	1.017356	96.7	1.010424	100.9	1.005452	105.1	1.002191	109.3	1.000437
92.6	1.017166	96.8	1.010284	101.0	1.005355	105.2	1.002133	109.4	1.000412
92.7	1.016977	96.9	1.010145	101.1	1.005260	105.3	1.002075	109.5	1.000388
92.8	1.016790	97.0	1.010007	101.2	1.005165	105.4	1.002018	109.6	1.000364
92.9	1.016603	97.1	1.009870	101.3	1.005071	105.5	1.001962	109.7	1.000342
93.0	1.016418	97.2	1.009734	101.4	1.004978	105.6	1.001907	109.8	1.000320
93.1	1.016235	97.3	1.009600	101.5	1.004887	105.7	1.001853	109.9	1.000298
93.2	1.016052	97.4	1.009466	101.6	1.004796	105.8	1.001799	110.0	1.000278
93.3	1.015871	97.5	1.009334	101.7	1.004706	105.9	1.001747	110.1	1.000258
93.4	1.015691	97.6	1.009203	101.8	1.004617	106.0	1.001695	110.2	1.000239
93.5	1.015512	97.7	1.009072	101.9	1.004529	106.1	1.001644	110.3	1.000221
93.6	1.015335	97.8	1.008943	102.0	1.004442	106.2	1.001594	110.4	1.000204
93.7	1.015159	97.9	1.008815	102.1	1.004355	106.3	1.001544	110.5	1.000187
93.8	1.014984	98.0	1.008688	102.2	1.004270	106.4	1.001496	110.6	1.000171
93.9	1.014810	98.1	1.008562	102.3	1.004186	106.5	1.001448	110.7	1.000156
94.0	1.014637	98.2	1.008437	102.4	1.004102	106.6	1.001401	110.8	1.000141
94.1	1.014466	98.3	1.008313	102.5	1.004020	106.7	1.001355	110.9	1.000127
94.2	1.014296	98.4	1.008190	102.6	1.003938	106.8	1.001310	111.0	1.000114
94.3	1.014127	98.5	1.008069	102.7	1.003858	106.9	1.001266	111.1	1.000102
94.4	1.013959	98.6	1.007948	102.8	1.003778	107.0	1.001222	111.2	1.000090
94.5	1.013793	98.7	1.007828	102.9	1.003699	107.1	1.001179	111.3	1.000079
94.6	1.013627	98.8	1.007709	103.0	1.003621	107.2	1.001137	111.4	1.000069
94.7	1.013463	98.9	1.007592	103.1	1.003544	107.3	1.001096	111.5	1.000060
94.8	1.013300	99.0	1.007475	103.2	1.003468	107.4	1.001056	111.6	1.000051
94.9	1.013138	99.1	1.007360	103.3	1.003393	107.5	1.001016	111.7	1.000043
95.0	1.012978	99.2	1.007245	103.4	1.003319	107.6	1.000977	111.8	1.000035
95.1	1.012818	99.3	1.007132	103.5	1.003246	107.7	1.000939	111.9	1.000029

# ALBERTA WEIGHTLIFTING ASSOCIATION



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

## Female Sinclair Coefficients



B. Wt.	Sin. #
112.0	1.000023
112.1	1.000017
112.2	1.000013
112.3	1.000009
112.4	1.000006
112.5	1.000003
112.6	1.000002
112.7	1.000000
<b>112.8</b>	<b>1.000000</b>