

MASTERS' FORMULA - MEN

Lifter's Total (LT) x Bodyweight Coefficient (BC) x Masters' Age Multiplier (MAM) = Product Number (PN)

The lifter with the highest product number wins. See examples below.

EXAMPLE A

We have several master lifters of different ages and bodyweight categories and we wish to determine the overall best lifter.

- Lifter A - 67.5kg Class weighing 66.8kg aged 64 totals 380.0kg
- Lifter B - 82.5kg Class weighing 81.8kg aged 56 totals 522.5kg
- Lifter C - 90.0kg Class weighing 88.2kg aged 48 totals 610.0kg
- Lifter D - 100.0kg Class weighing 99.5kg aged 50 totals 680.0kg
- Lifter E - 110.0kg Class weighing 108.0kg aged 42 totals 767.5kg

	LT	x	BC	x	MAM	=	PN
Lifter A:	380.0		1.252		1.501		714.11
Lifter B:	522.5		1.036		1.273		689.08
Lifter C:	610.0		0.983		1.114		667.98
Lifter D:	680.0		0.917		1.150		717.09
Lifter E:	767.5		0.890		1.014		692.63

Lifter D is the Best Lifter.

EXAMPLE B

Master lifters of different ages in the same bodyweight categories and wish to determine the best lifters in each bodyweight category.

- Lifter A - 67.5kg Class weighing 67.0kg aged 42 totals 465.0kg
- Lifter B - 67.5kg Class weighing 65.4kg aged 55 totals 435.0kg
- Lifter C - 67.5kg Class weighing 66.2kg aged 47 totals 460.0kg
- Lifter D - 82.5kg Class weighing 82.0kg aged 46 totals 580.0kg
- Lifter E - 82.5kg Class weighing 79.5kg aged 54 totals 535.0kg

	LT	x	BC	x	MAM	=	PN
Lifter A:	465.0		1.246		1.005		582.28
Lifter B:	435.0		1.284		1.250		698.17
Lifter C:	460.0		1.268		1.096		639.27
Lifter D:	580.0		1.034		1.078		646.49
Lifter E:	535.0		1.060		1.228		696.39

Lifter B is the Best Lifter in 67.5kg Class
Lifter E is the Best Lifter in 82.5kg Class.

MASTERS' AGE MULTIPLIERS (McCULLOCH NUMBERS)							
AGE		AGE		AGE		AGE	
40	1.000	50	1.150	60	1.380	70	1.700
41	1.005	51	1.168	61	1.410	71	1.740
42	1.014	52	1.187	62	1.440	72	1.780
43	1.028	53	1.207	63	1.470	73	1.820
44	1.044	54	1.228	64	1.501	74	1.860
45	1.060	55	1.250	65	1.533	75	1.900
46	1.078	56	1.273	66	1.565	76	1.940
47	1.096	57	1.297	67	1.597	77	1.980
48	1.114	58	1.322	68	1.630	78	2.020
49	1.132	59	1.350	69	1.664	79	2.060
50	1.150	60	1.380	70	1.700	80	2.100

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