

## Age Coefficients Used In USA Powerlifting

| <b>Foster Age Coefficients</b><br>(Teen / Junior) |                    |
|---|--------------------|
| <b>Age</b>  | <b>Coefficient</b> |
| 14  | 1.23               |
| 15  | 1.18               |
| 16  | 1.13               |
| 17  | 1.08               |
| 18  | 1.06               |
| 19  | 1.04               |
| 20  | 1.03               |
| 21  | 1.02               |
| 22  | 1.01               |
| 23  | 1.00               |

| <b>Master Age Coefficients</b> |                    |            |                    |            |                    |
|--------------------------------|--------------------|------------|--------------------|------------|--------------------|
| <b>Age</b>                     | <b>Coefficient</b> | <b>Age</b> | <b>Coefficient</b> | <b>Age</b> | <b>Coefficient</b> |
| 40                             | 1.000              | 59         | 1.178              | 78         | 1.668              |
| 41                             | 1.003              | 60         | 1.194              | 79         | 1.706              |
| 42                             | 1.008              | 61         | 1.211              | 80         | 1.745              |
| 43                             | 1.014              | 62         | 1.230              | 81         | 1.786              |
| 44                             | 1.020              | 63         | 1.249              | 82         | 1.829              |
| 45                             | 1.026              | 64         | 1.269              | 83         | 1.873              |
| 46                             | 1.033              | 65         | 1.290              | 84         | 1.918              |
| 47                             | 1.040              | 66         | 1.312              | 85         | 1.965              |
| 48                             | 1.048              | 67         | 1.335              | 86         | 2.013              |
| 49                             | 1.057              | 68         | 1.360              | 87         | 2.064              |
| 50                             | 1.066              | 69         | 1.385              | 88         | 2.115              |
| 51                             | 1.075              | 70         | 1.411              | 89         | 2.169              |
| 52                             | 1.086              | 71         | 1.439              | 90         | 2.224              |
| 53                             | 1.096              | 72         | 1.468              | 91         | 2.281              |
| 54                             | 1.108              | 73         | 1.498              | 92         | 2.340              |
| 55                             | 1.120              | 74         | 1.529              | 93         | 2.400              |
| 56                             | 1.134              | 75         | 1.562              | 94         | 2.462              |
| 57                             | 1.147              | 76         | 1.596              | 95         | 2.526              |
| 58                             | 1.162              | 77         | 1.631              |            |                    |