

## MASTERS POWERLIFTING

### 2020 Saarinen Age-Correction Coefficients

International Edition

#### Male TOTAL 2020 (RAW)

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,166	82	1,639
41	1,000	62	1,182	83	1,672
42	1,000	63	1,199	84	1,705
43	1,000	64	1,216	85	1,741
44	1,000	65	1,234	86	1,777
45	1,000	66	1,252	87	1,816
46	1,000	67	1,270	88	1,856
47	1,000	68	1,290	89	1,898
48	1,000	69	1,310	90	1,942
49	1,002	70	1,330	91	1,987
50	1,014	71	1,351	92	2,036
51	1,026	72	1,373	93	2,086
52	1,039	73	1,396	94	2,139
53	1,051	74	1,419	95	2,195
54	1,064	75	1,443	96	2,254
55	1,078	76	1,468	97	2,317
56	1,092	77	1,494	98	2,383
57	1,106	78	1,521	99	2,453
58	1,120	79	1,549	100	2,527
59	1,135	80	1,578		
60	1,150	81	1,608		

**Formula:**  $653/(-0.002x^2-7.4096x+1019,4)$

**Example of use of Formula:** A powerlifter is 52 years old and has a bodyweight of 100,0 kg. Suppose he has a three-lift total

(squats + benchpress + deadlift) of 810 kg. His Wilks bodyweight coefficient is 0.6086 . His Saarinen age coefficient is 1.039. Then his score will be (total) x (bodyweight coefficient) x (age coefficient) = (810)x (0.6086)x(1,039)= 512,2 Wilks-Saarinen points.

#### (RAW) Male BENCH PRESS 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,184	82	1,827
41	1,000	62	1,204	83	1,876
42	1,000	63	1,225	84	1,927
43	1,000	64	1,246	85	1,981
44	1,000	65	1,269	86	2,039

45	1,000	66	1,292	87	2,100
46	1,000	67	1,316	88	2,164
47	1,000	68	1,341	89	2,233
48	1,000	69	1,367	90	2,306
49	1,000	70	1,394	91	2,384
50	1,000	71	1,422	92	2,468
51	1,014	72	1,451	93	2,558
52	1,029	73	1,482	94	2,654
53	1,044	74	1,513	95	2,759
54	1,060	75	1,547	96	2,871
55	1,076	76	1,581	97	2,994
56	1,092	77	1,617	98	3,127
57	1,110	78	1,655	99	3,273
58	1,127	79	1,695	100	3,433
59	1,145	80	1,737		
60	1,164	81	1,781		

**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth.  
If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $196,57/(-0.0003x^2-2.7412x+334,38)$

### (RAW) Male squat 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,187	82	1,669
41	1,000	62	1,203	83	1,703
42	1,000	63	1,220	84	1,739
43	1,000	64	1,237	85	1,776
44	1,000	65	1,254	86	1,814
45	1,000	66	1,273	87	1,855
46	1,000	67	1,291	88	1,898
47	1,003	68	1,311	89	1,942
48	1,014	69	1,331	90	1,989
49	1,025	70	1,352	91	2,039
50	1,037	71	1,373	92	2,091
51	1,049	72	1,395	93	2,146
52	1,061	73	1,418	94	2,204
53	1,073	74	1,442	95	2,266
54	1,086	75	1,467	96	2,331
55	1,099	76	1,492	97	2,400
56	1,113	77	1,519	98	2,474
57	1,127	78	1,547	99	2,552
58	1,141	79	1,576	100	2,636
59	1,156	80	1,605		

60	1,171	81	1,637		
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**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth.  
If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $246,8/(-0.0039x^2-2,3037x+362,98)$

## (RAW) Male deadlift 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,153	82	1,624
41	1,000	62	1,168	83	1,657
42	1,000	63	1,185	84	1,692
43	1,000	64	1,201	85	1,728
44	1,000	65	1,219	86	1,766
45	1,000	66	1,237	87	1,805
46	1,000	67	1,255	88	1,846
47	1,000	68	1,274	89	1,890
48	1,000	69	1,294	90	1,935
49	1,000	70	1,314	91	1,983
50	1,005	71	1,335	92	2,033
51	1,017	72	1,357	93	2,087
52	1,029	73	1,379	94	2,143
53	1,041	74	1,403	95	2,202
54	1,054	75	1,427	96	2,265
55	1,067	76	1,452	97	2,332
56	1,080	77	1,478	98	2,403
57	1,094	78	1,505	99	2,478
58	1,108	79	1,533	100	2,559
59	1,122	80	1,562		
60	1,137	81	1,593		

**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth.  
If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $284,5/(-0,0036x^2-2,8985x+437,04)$

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2020 Saarinen Age-Correction Coefficients

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## Female TOTAL 2020 (RAW)

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,242	82	2,102
41	1,000	62	1,266	83	2,174
42	1,000	63	1,292	84	2,251
43	1,000	64	1,318	85	2,335
44	1,000	65	1,346	86	2,424
45	1,000	66	1,375	87	2,522
46	1,000	67	1,405	88	2,627
47	1,000	68	1,437	89	2,741
48	1,000	69	1,470	90	2,866
49	1,009	70	1,504		
50	1,025	71	1,541		
51	1,042	72	1,579		
52	1,059	73	1,619		
53	1,076	74	1,661		
54	1,094	75	1,706		
55	1,113	76	1,753		
56	1,133	77	1,803		
57	1,153	78	1,855		
58	1,174	79	1,911		
59	1,196	80	1,971		
60	1,218	81	2,034		

**Formula:**  $440,7/(-0.0028x^2-6,5123x+762,54)$

**Example of use of Formula:** A powerlifter is 52 years old and has a bodyweight of 84,0 kg. Suppose he has a three-lift total (squats + benchpress + deadlift) of 510 kg. His Wilks bodyweight coefficient is 0.8917 . His Saarinen age coefficient is 1.059. Then his score will be (total) x (bodyweight coefficient) x (age coefficient) = (510)x (0.8917)x(1,059)= 481,6 Wilks-Saarinen points.

## (RAW) Female BENCH PRESS 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,246	82	2,416
41	1,000	62	1,275	83	2,531
42	1,000	63	1,306	84	2,658
43	1,000	64	1,337	85	2,799
44	1,000	65	1,371	86	2,956
45	1,000	66	1,406	87	3,132
46	1,000	67	1,443	88	3,330
47	1,000	68	1,483	89	3,555
48	1,000	69	1,524	90	3,814
49	1,000	70	1,568		
50	1,000	71	1,615		
51	1,018	72	1,665		
52	1,037	73	1,718		

53	1,057	74	1,774		
54	1,077	75	1,835		
55	1,098	76	1,900		
56	1,120	77	1,970		
57	1,143	78	2,045		
58	1,167	79	2,126		
59	1,193	80	2,215		
60	1,219	81	2,311		

**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth.  
If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $105/(-0.0017x^2-1,6989x+194,2)$

### (RAW) Female squat 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,350	82	2,888
41	1,000	62	1,384	83	3,057
42	1,000	63	1,420	84	3,248
43	1,000	64	1,459	85	3,466
44	1,000	65	1,499	86	3,714
45	1,000	66	1,542	87	4,002
46	1,000	67	1,588	88	4,339
47	1,005	68	1,636	89	4,739
48	1,024	69	1,688	90	5,221
49	1,043	70	1,743		
50	1,063	71	1,801		
51	1,084	72	1,865		
52	1,105	73	1,932		
53	1,128	74	2,006		
54	1,151	75	2,085		
55	1,176	76	2,170		
56	1,201	77	2,264		
57	1,228	78	2,365		
58	1,256	79	2,477		
59	1,286	80	2,600		
60	1,317	81	2,736		

**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth.  
If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $166,7/(-0.0032x^2-2,6747x+298,57)$

### (RAW) Female deadlift 2020

Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1,000	61	1,179	82	1,743
41	1,000	62	1,197	83	1,784
42	1,000	63	1,215	84	1,828
43	1,000	64	1,235	85	1,874
44	1,000	65	1,255	86	1,922
45	1,000	66	1,275	87	1,973
46	1,000	67	1,297	88	2,027
47	1,000	68	1,319	89	2,084
48	1,000	69	1,342	90	2,145
49	1,000	70	1,366		
50	1,012	71	1,391		
51	1,025	72	1,416		
52	1,039	73	1,443		
53	1,053	74	1,471		
54	1,067	75	1,500		
55	1,081	76	1,530		
56	1,096	77	1,562		
57	1,112	78	1,595		
58	1,128	79	1,629		
59	1,144	80	1,665		
60	1,161	81	1,703		

**NOTE:** A lifter`s age is determined by his/her YEAR of birth, not DAY of birth. If a lifter is born on August 5, 1959, then he is considered age 50 for the ENTIRE calendar year 2009.

**Formula:**  $187,6/(-0.0024x^2-2,1098x+296,79)$







