

***Special
Olympics
Hawai'i***



Powerlifting



Sport Information Guide

Rules and Guidelines

Summer Games/Spring 2020

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Special Olympics Mission Statement:

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Reminder of changes to the 2019 Rules:

Section G.1.a – The requirements of a legal lifting suit have been updated per IPF rules. **Section G.1.f** – clarifies requirements for knee sleeves.

For more information please go to www.sohawaii.org or e-mail sohisports@sohawaii.org.

SOHI POWERLIFTING RULES AND REGULATIONS

These Official Special Olympics Hawaii (SOHI) Rules shall govern all SOHI Powerlifting competitions. SOHI has created these rules based upon International Powerlifting Federation (IPF) and Special Olympics Inc. rules. IPF rules shall be employed except when they are in conflict with the Official SOHI Powerlifting Rules. In such cases, these Official SOHI Powerlifting Rules shall apply.

SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have a valid Medical Form (Application for Participation) filled out by a certified physician, and a signed Release Form in order to participate. These forms must be on file with their Area Director and with the State Office.
2. All Coaches and Assistant Coaches must fill out a Volunteer Information Form and meet Class “A” Volunteer criteria in order to participate.
3. All Head Coaches and Assistant Coaches must complete NFHS Concussion Training.
4. Each team must have a Head Coach certified by SOHI in Powerlifting in order to participate in Summer Games.
5. For more information regarding Coaches Certification and Class A Volunteer requirements please see the following: <http://sohawaii.org/wp-content/uploads/2020/01/SOHI-Class-A-and-Coach-Certification-Info-2020.pdf>
6. Athletes must participate in a training program run by a registered delegation. Athletes must comply with Delegation, Area, and State training policies and standards and must meet minimum attendance requirements set by the State, Area, or Delegation to participate in Area, Regional, or State competition.
7. Each athlete is required to participate in the qualifying Area or Regional competition to participate in the State Summer Games. They must participate in an event to qualify for that same event at State Summer Games.
8. No Make-up competition will be allowed to qualify athletes who have missed Area or Regional competition.

SECTION B – IMPORTANT DATES – POWERLIFTING

| Event | Date/Deadline |
|---|---------------------------------|
| Official Training May Begin | January 7 |
| Coaches Certification Clinic | February 9 |
| Official Training Must Begin for Delegations/ Teams | February 18 |
| All Athletes must begin training/ Last day to transfer delegations | March 4 |
| Registration Deadlines for Area or Regional Competition | Check with Area Director/ HoD |
| Area Competitions | March 29(Oahu), TBD (Maui & BI) |
| Summer Games | May 29-31 |

SECTION C – SPECIAL OLYMPICS HAWAII TRAINING POLICY

1. Delegations must offer enough training sessions so that athletes have the opportunity to gain the skills and fitness levels required to be successful in their specific events.
2. Athletes must attend enough training sessions gain the skills and fitness levels required to be successful in their specific events.
3. Powerlifting Training must be offered a minimum of 2 times per week.

4. Area and Regional Competitions, scrimmages, and mini-meets DO count as training sessions
5. SOHI requires that Athletes/ Unified Partners attend a minimum of 75% of training sessions offered by their delegation. Delegations may require a higher attendance percentage, but may not require athletes/Unified Partners to attend more than 90% of training sessions.
6. Athletes with documented injury or illness during a season may receive an exemption from the above policy, but must participate in a minimum of **50%** of practices during the season and must have the requisite skills and be physically capable (strength, fitness, injury/sickness fully healed with doctor's clearance) of successfully participating in the sport as determined by their Head Coach.

SECTION D - OFFICIAL EVENTS and CODES

| Events | Codes |
|---|--------------|
| Bench Press | BENCH |
| Dead Lift | DEAD |
| Squat | SQUAT |
| Combination 2 (Bench Press and Dead Lift) | COMB 2 |
| Combination 3 (Bench Press, Dead Lift, and Squat) | COMB 3 |

SECTION E - REGISTRATION RULES

1. Athletes must be 14 years of age to train and compete.
2. Athletes may enter one, two, or all three of the individual events.
3. Athletes entered in the Bench Press and Deadlift should automatically register for the Combination 2 Event.
4. Athletes entered in the Bench Press, Deadlift, and Squat should automatically register for the Combination 3 Event.
5. Athletes must be proficient in each lift for which they are registered.
6. An athlete with Down Syndrome must be screened for Atlanto-Axial instability to train and compete in Powerlifting. If an athlete is diagnosed with Atlanto-axial instability, they cannot train or compete in the Squat.

SECTION F - EQUIPMENT

1. Bar and Disc Specifications
 - a. Distance between collars: 1m 31cm (4'3.5") at a maximum.
 - b. Total length outside the sleeves: 2m 20cm (7'2.75") at a maximum.
 - c. Diameter of the bar: 28mm (1 7/8") minimum; 29mm (1 13/16") maximum.
 - d. Diameter of the largest disc: 45cm (1'5.75").
 - e. Weight of the largest disc: 25kg (55 lbs.).
 - f. Weight of the bar: 20 kg (45 lbs.) with collars: 25kg (55lbs).
 - g. The discs must be in the following range (weight will vary if in pounds): 25kg (55lbs), 20kg (44lbs), 15kg (33lbs), 10kg (22lbs), 5kg (11lbs), 2.5kg (5.5lbs), 1.25kg (2.5lbs)
 - h. All discs must be clearly marked with their weight.
 - i. Collars shall always be used when discs are loaded on the bar.

- j. An athlete may have the option of using a 15kg bar for the bench press only. This bar may be used up to the point that the 20kg bar can be used by the athlete. **Once the athlete is lifting 45 pounds or more, the 20kg bar will be used.** The bar will have the following specifications:

Weight: 15kg

Length: 201 cm

Outer ends (sleeves: 5cm diameter/32cm long and must rotate)

Grip section: 2.5 cm diameter/ 131 cm long

2 knurled grip sections spaced 42 cm apart with non-knurled 0.5 cm strip 19.5 cm from inner sleeves

2. Bench Specifications

a. Standard Flat Level Bench

Length: No fewer than 1.22m, Width: 29cm to 32 cm, Height: 42cm to 45 cm

Note: Athletes with physical disabilities may use a Disabled Flat Level Bench. (If an athlete requires a Disabled Flat Level Bench, they must notify the event director at least 2 weeks prior to the event.)

b. Disabled Flat Level Bench

Length: 2.1m overall, Width: Head end = 30.5cm, Main Body = 61cm Height: 45cm to 50cm

SECTION G - UNIFORMS

1. Costume and Personal Equipment

a. Lifting Suit

- 1) A non-supportive lifting suit shall be worn in competition. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
- 2) The suit shall be one-piece and form fitting without any looseness when worn.
- 3) The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- 4) It may be of any color or colors.
- 5) The suits material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of the crotch.
- 6) There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in the standing position. Seams and hems must not exceed 3cm in width and .5cm in thickness. Only non-supportive suits may have seams and hems exceeding 3cm in width.

If the athlete does not have a lifting suit they can wear gym shorts and a T-shirt subject to the following requirements:

- 1) Shorts must have an elastic waist. No belts other than the lifting belt may be worn.
- 2) The shorts must not extend beyond the top of the kneecap.
- 3) T-shirts must meet the requirements in the following section (b. Undershirt). No tank tops may be worn during competition.
- 4) Long pants may not be worn.

b. Undershirt

An undershirt (commonly known as a “T-shirt”) of any color or colors must be worn under the lifting suit by all competitors during the performance of the Squat and the Bench Press. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the Deadlift. The T-shirt is subject to the following conditions:

- 1) Is not ribbed.
- 2) Does not consist of any rubberized or similar stretch material. Specialized “Bench” shirts are not permitted.
- 3) Does not have reinforced seams or seams that might assist the lifter in competition.
- 4) The T-shirt must have sleeves, but which do not terminate below the elbow or up at the deltoid.

c. Under shorts

A standard commercial “athletic supporter” or standard commercial under shorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment of rubberized or similar stretch material) shall be worn under the lifting suit. Specialized “Squat Briefs” shall not be worn. Women competitors shall wear non-supportive protective briefs or panties.

d. Footgear

Long socks (up to the knee) must be worn for the Deadlift. Powerlifting or indoor sport shoes must be worn. No hiking or working boots allowed. The height of the heel shall not exceed 5cm.

e. Lifting Belt

Weight belts are required for athletes participating in the Deadlift and Squat. Belts are encouraged, but optional for the Bench Press. The belt can be made of leather, vinyl, nylon ,or other similar non-stretch or non-metal (other than buckle and stub attachments) material. The belt must be worn on the outside of the suit. Dimensions: Width - a maximum of 10cm; Thickness - a maximum of 13mm. The belt may not encircle the body more than once. Belts shall not have additional padding.

f. Wraps

- 1) Wrist wraps of a maximum width of 8cm and a maximum length of 1m may be worn. A wrist wrap shall not extend beyond 10cm above or 2cm below the center of the wrist. In lieu of wrist wraps, wristbands not exceeding 10cm in width may be worn. If wrist wraps are wrap-around style, with or without stitching to form a sleeve, they may have Velcro patches not exceeding 30cm in total length and 8cm in width as well as a thumb loop. The total length of a wrist band shall not exceed 50cm. The thumb loop shall not be over the thumb during the competitive lift.
- 2) Knee sleeves that do not exceed 30 cm in length or 7 mm in thickness may be worn by the competitor. The Head Referee shall reject any knee sleeves that have been put on the lifter using plastic sliding, lubricants, or using assistance beyond what is normally required for dressing on a daily basis. If wraps are worn, they may not be in contact with the socks or lifting uniform.

g. Other substances

Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body or attire. The use of oil, grease, or other lubricants is forbidden.

2. Modifications

Athletes with physical disabilities (e.g. wheelchair, cerebral palsy, amputees) may wear a two-piece outfit, with both upper and lower pieces being form fitting.

SECTION H - OFFICIALS

1. The Chief Referee shall be seated in front of the platform. The three referees may seat themselves according to the best vantage points; usually the Chief Referee sits directly in front of the platform and the other two referees on each side of the platform. A timekeeper may also be appointed and shall be a certified official.
2. The Chief Referee will be solely responsible for decisions made in the case of loading errors or incorrect announcements by the speaker. The Chief Referee's decision will be given to the speaker who will make the appropriate announcement.
3. A Platform Manager may be appointed and shall be a certified official.

SECTION I - COACHES AND THEIR RESPONSIBILITIES

1. Coaches are not allowed in designated lifting areas. Athletes are subject to disqualification if coaches do not adhere to the officials and the IPF and SOHI rules.
2. Coaches are responsible for knowing and understanding the rules of the sport, not only the modified rules in this manual, but also IPF rules. The Governing Body of Rules for Special Olympics Hawaii Powerlifting is **the International Powerlifting Federation (IPF)**. To acquire your own **IPF Rules Book**, go to their website:

www.powerlifting-ipf.com
3. It is recommended that all Powerlifting Coaches are certified by Special Olympics. Any delegation entering Powerlifters for the Summer Games must have a Special Olympics certified Head Coach in Powerlifting.
4. The Head Coach must ensure that proper supervision is provided for all athletes while training and in competition.

SECTION J – DIVISIONING, COMPETITION SCHEDULE, AND WEIGH-IN

1. Athletes shall be placed in divisions according to gender, age, ability, and weight class. Minimum age to compete is 14. Gender = Male/Female, Age = Sub-Junior (14-18), Junior (19-23), Senior (24-39) Master (40 and over). Age and gender divisions may be combined if ability levels are close. Weight classes may be combined or modified. The Wilks formula will be utilized to account for differences in weight and gender. Divisions = all weight classes.
 - a. Men
 - 1) 53 kg (111 lbs.)
 - 2) 59 kg (130 lbs.)
 - 3) 66 kg (145.5 lbs.)
 - 4) 74 kg (163 lbs.)
 - 5) 83 kg (183 lbs.)
 - 6) 93 kg (205 lbs.)
 - 7) 105 kg (231 lbs.)
 - 8) 120kg (264.5 lbs.)
 - 9) 120+ kg (264.75 or more lbs.)

b. Women

- 1) 43 kg (95.75 lbs.)
- 2) 47 kg (103 lbs.)
- 3) 52 kg (114.5 lbs.)
- 4) 57 kg (125.5 lbs.)
- 5) 63 kg (139 lbs.)
- 6) 72 kg (158.5 lbs.)
- 7) 84 kg (185 lbs.)
- 8) 84+ kg (185.25 lbs.)

c. Weight Classes are a divisioning tool which groups athletes according to body weight which is the primary determinant of ability.

d. Divisions within gender, age and weight categories should be based upon "opening attempts". The athlete's opening attempt should be based upon a previous performance and should not be significantly higher or lower (except in the case of injury) than the athlete's previous performance within the last 6 to 12 months.

2. Weigh-In

- a. Weigh-in of the competitors will take place upon check-in at Area or Regional Competition. At State Games weigh-in will take place the afternoon or evening before the first day of competition. The weigh-in will be conducted by the Chief Judge of the meet.
- b. Weigh-in will be in secret and the lifters will be allowed in one at a time. Only the referees for the body weight classes, the lifter and his coach or trainer will be allowed at the weigh-in. The weigh-in results will not be made known until after the total weigh-in is finished.
- c. An athlete's weight category must be declared at the coaches' technical meeting to be scheduled and announced prior to competition.
- d. At weigh-in, athletes may be required to show their understanding of a safe dead lift and squat by performing the lift with a light weight. Athletes not demonstrating a safe lift will not be allowed to participate in that event.
- e. At weigh-in, the coach must inform the Head Judge of the athlete's opening lift for each event.
- f. At weigh-in, the coach must inform the Head Judge if an athlete has an anatomical (physical) disability, which would require any adaptation in the rules. At weigh-in the coach must inform the Head Judge if the lifter will need more than one minute to start his or her lifts due to a physical disability.
- g. At weigh-in, the athlete and coach must present all equipment which the athlete will use at competition. (e.g. weight-belt, wraps, lifting uniform)

SECTION K – GENERAL RULES OF COMPETITION AND MODIFICATIONS

- 1) Rounds System - Lifters will be divided into flights of no more than 15 lifters. In each flight, the lifter with the lightest attempt will lift first, and the weight loaded onto the bar will progressively increase until all in the flight have lifted. The bar will then be unloaded and second attempts will be performed in the same fashion, followed by third attempts. In no case can the weight be reduced after the lifter has attempted to perform a lift with the announced weight. Then the next flight will lift.

- 2) During any competition organized on a platform or stage, nobody other than the lifter, the members of the jury, the officiating referees, assigned medical personnel and assigned platform personnel, the managers, and/or the competing lifter's coach shall be allowed around the platform or on the stage.
- 3) An area on the platform behind the Chief Referee will be marked and may be occupied by the coach during the performance of his or her athlete's lift attempt. The coach may give manual signals.
- 4) Each competitor shall be allowed a period of one minute from the calling of his/her name to the starting of the attempt. If the delay exceeds one minute, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift properly. Lifters with anatomical (physical) disabilities (as stated on the expediter card at the time of the weigh-in) will be granted extra time, up to three minutes if needed.
- 5) First round attempts should be submitted at weigh-in.
- 6) A lifter should submit his second and third attempts within one minute of completing his preceding attempt. If no weight is submitted within a reasonable amount of time the lifter will be granted a 2.5 kg increase on his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within a reasonable amount of time, then the bar will be loaded to the failed weight.
- 7) Commands for the Hearing Impaired/Deaf Lifter in Bench Press: The head Judge shall reposition him/herself so as to be able to provide a visual movement of the arm, both to begin the lift and to rack the weight.
- 8) Coaches must stress in practice that the athletes must wait for the Head Judge to give the "Start", "Press", and "Rack" commands in the Bench press, "Down" in the Deadlift, and "Squat" and "Rack" in the Squat. Attempts will be declared "NO LIFT" if the athletes do not wait and respond to these commands.
- 8) A lift must be declared NO LIFT and the lifter must be disqualified if in the majority opinion of the judges and Chief Referee the weights were dropped intentionally.
- 9) At any time during a lift if the Head Judge feels that the lifter is endangering themselves, they will ask the Spotters to step in and assist the lifter in either racking, or returning the bar to the floor.
- 10) Scoring of the events shall be the maximum weight lifted for each event and a total combined maximum weight for all events.
- 11) The minimum attempt for any event will be the official competition bar with no collars.
- 12) The Wilks Formula (WF)* is presented as a table of coefficients. Each lifter has a coefficient determined by bodyweight (BW) and gender. To determine the placing of lifters multiply each lifters coefficient by his or her total. The resulting factor is his/her Wilks Formula Total (WFT). The lifter having the highest WFT is awarded first, the second highest second, etc.
- 13) *See the official Wilks Formula Charts (attached).

SECTION L - EVENT SPECIFIC RULES AND MODIFICATIONS

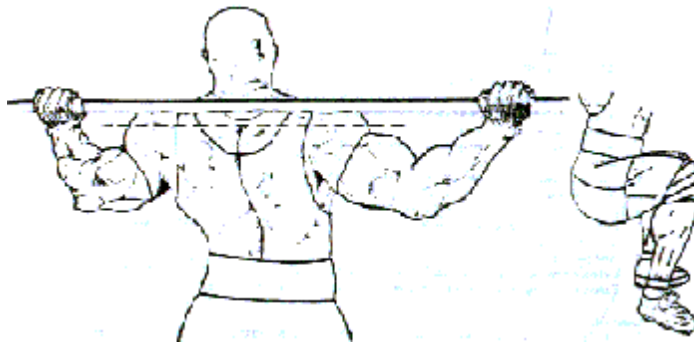
SQUAT

- 1) The Squat is an advanced lift. Athletes must have extensive training and must be able to demonstrate proficiency in this lift before they are allowed to compete.
- 2) The lifter shall assume an upright position with the top of the bar not more than 3cm below the top surface of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (not the collars) and the feet flat on the platform with the knees locked.
- 3) After removing the bar from the racks, the lifter must move backwards to establish his/her position. The lifter shall wait in this position for the Chief Referee's signal. The signal shall be given as soon

as the lifter is motionless and the bar properly positioned. If mechanical racks that withdraw are used, the lifter must remove the barbell from the racks before they are withdrawn and wait motionless for the chief referee's signal. The signal shall consist of a downward movement of the arm and audible command "SQUAT".

- 4) Upon receiving the Chief Referee's signal, the lifter must bend and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. See illustration below.

Squat Depth Illustration:



- 5) The lifter must recover at will without double bouncing or any downward movement after starting up to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
- 6) The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK". The lifter must then make a bona fide attempt to return the bar to the racks.
- 7) The lifter shall face the front of the platform.
- 8) The lifter shall not hold the collars, sleeves, or discs at any time during the performance of the lift. However, at the edge of the hand gripping, the bar may be in contact with the inner surface of the collars.
- 9) Not more than five and fewer than two spotter/loaders shall be on the platform at any one time.
- 10) The lifter may enlist the help of the spotter/loaders in removing the bar and replacing it in the racks; however, once the bar has cleared the racks, spotter/loaders shall assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- 11) The lifter may, at the Chief Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error of one or more of the spotters/loaders or equipment failure.
- 12) An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in the Squat event.
- 13) Causes for disqualification in the Squat
 - a) Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
 - b) Double bouncing, or more than one recovery attempt at the bottom of the lift.
 - c) Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
 - d) Any shifting of the feet laterally, backwards, or forwards, during the performance of the lift.

- e) Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.
- f) Changing the position of the bar across the shoulders after the commencement of the lift.
- g) Contact of the bar or the lifter by the spotter/loaders between the chief referee's signals.
- h) Contact of elbows or upper arms with legs.
- i) Failure to make a bona fide attempt to return the bar to the racks.
- j) Any dropping or dumping of the bar after the completion of the lift.
- k) Failure to comply with any of the requirements contained in the general description of the lift.

BENCH PRESS

- 1) The lifter must assume the following position on the bench and maintain this position during the entire lift: the head and trunk (including buttocks) must be in contact with the surface of the bench and the feet must be on the floor or plates. To achieve firm footing, flat-surfaced discs or blocks (not exceeding 30 centimeters in height) may be used. The hands must grip the bar with the thumbs around grip, thus locking the bar safely in the hands. The use of the reverse grip is forbidden.
- 2) Lifters with physical disabilities may be strapped to the bench from the ankles to the hips using a strapping belt not to exceed 10cm in width.
- 3) After removing the bar from the racks or receiving it from the spotter or coach, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned at full arms extension.
 - a) If the lifter receives the bar from their coach, once the lifter has control of the bar the coach must step back to their designated position. The lifter may only have a lift-off from their coach if it is requested at the weigh-in. The athlete must receive the bar at arm's length.
 - b) The spacing of the hands shall not exceed 81cm (2'8"), measured between the index fingers.
 - c) Athletes who are anatomically unable to fully lockout a bench press must have a certified coach state so at the weigh-in. A medical certificate should accompany the request. No changes in proper lifting techniques can be made for the lifter after weigh-in.
 - d) The Chief Referee's signal shall consist of a downward movement of the arm together with the audible command: "START".
 - e) After receiving the start signal, the lifter must lower the bar to the chest and hold it motionless. The Chief Referee shall give the audible command "PRESS" at which time the bar shall be pressed upwards with an even extension of the arms to straight-arm's length. When held motionless in this position a visible signal consisting of a backward movement of the arm together with the audible command "RACK" shall be given. In case of a hearing impaired lifter, tactile signals may be employed.
 - f) In this lift, the referees shall station themselves at the best vantage points.
 - g) A maximum of four and a minimum of two spotter/loaders shall be mandatory.
- 5) Causes for disqualification in the Bench press:
 - a) Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
 - b) Any change in the elected lifting position after the "Start" signal, i.e.: any raising movement of the head/shoulders, buttocks, or feet from their original points of contact with the bench or floor (or plates/blocks) or lateral movement of hands on the bar. Slight or very minor foot movement is allowed. Both sole and heel must stay in contact with the floor / blocks. At no point may the athlete's feet come in contact with the bench or it's supports.

- c) Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
- d) Any pronounced/exaggerated uneven extension of the arms during the lift.
- e) Any downward movement of the bar in the course of being pressed out.
- f) Contact with the bar of the lifter by the spotter/loaders between the Chief Referees signals.
- g) Deliberate contact between the bar and the bar rest uprights during the lift to make the lift easier.
- h) Failure to press the bar to full arms extension (full arms length) at the completion of the attempt.
- i) Failure to comply with any of the requirements contained in the general description of the lift.

DEAD LIFT

- 1) The bar must be positioned horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without downward movement until the lifter is standing erect. (Grip option: when gripping the bar either the backs of both hands face front or the back of one hand and the palm of the other hand face front in what is called the over and under grip.)
- 2) The lifter shall face the front of the platform.
- 3) On completion of the lift, the knees shall be locked in the straight position and the shoulders should be held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position, however, if they are thrust back in that manner, and all other criteria is acceptable, the lift shall be accepted.
- 4) The Chief Referee's signal shall consist of the downward movement of the hand and the audible command "DOWN". The signal will not be given until the bar is held motionless and the lifter is in the completed position as determined by the Chief Referee.
- 5) Any attempts to raise the bar or deliberate attempts to lift the bar shall count as an attempt.
- 6) Causes for disqualification in the dead lift:
 - a) Any downward movement of the bar or either end of the bar during the uplifting.
 - b) Failure to stand erect with the shoulders in the erect position.
 - c) Failure to lock the knees straight at the completion of the lift.
 - d) Supporting the bar on the thighs during the performance of the lift. Note: supporting the bar on the thighs may include also a secondary bending of the knees and dropping of the hips.
 - e) Lowering the bar before receiving the chief referee's signal.
 - f) Allowing the bar to return to the platform without maintaining control with both hands.

Note: The definition of control, as we are interpreting it, is:

The bar cannot be dropped, or accelerated to the floor. The athlete must have their hands on the bar as they bring it back to the floor. The athlete is not required to do a "negative" lift, but they are responsible for controlling direction and bounce of the bar, which must be in their grip. (i.e. As most of the athletes use a grip with one hand over, one hand under, they cannot change this grip as they bring the bar back to the floor.)

The Head Judge may give one warning to the athlete if the return of the bar is questionable.

- g) Failure to comply with any of the requirements contained in the general description of the lift.

COMBINATION 2

- 1) An athlete is required to compete in the Bench Press and Deadlift to qualify for a final score in the combination 2 event.
- 2) An athlete's final score is calculated by adding together the maximum weight he or she successfully lifted in the Bench Press and Deadlift.
- 3) Three unsuccessful lifts in either of the Bench Press or Deadlift automatically eliminate the lifter from the Combination 2 event.

COMBINATION 3

- 1) An athlete is required to compete in the Bench Press, Deadlift, and Squat to qualify for a final score in the combination 3 event.
- 2) An athlete's final score is calculated by adding together the maximum weight he or she successfully lifted in the Bench Press, Deadlift, and Squat.
- 2) Three unsuccessful lifts in either the Bench Press, Deadlift, or Squat will automatically eliminate the lifter from the Combination 3 event.

Special Olympics Coaches Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and Special Olympics. This is the SOI and SOHI Coaches Code of Conduct. Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics coaches agree to observe the following code:

Respect for Others:

I will respect the rights, dignity and worth of athletes, coaches, officials, other volunteers, friends and spectators in Special Olympics.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability.

I will be a positive role model for the athletes I coach.

Ensure a Positive Experience:

I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.

I will respect the talent, developmental stage and goals of each athlete.

I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.

I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.

I will ensure that accurate scores are provided for entry of an athlete into any event.

I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competition and finals competition in accordance with the Official Special Olympics Sports Rules.

Act Professionally and Take Responsibility for My Actions:

My language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will encourage athletes to demonstrate the same qualities.

I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, during competition, or at any Special Olympics event or function.

I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.

I will be alert to any form of abuse from other sources directed toward athletes in my care.

Quality Service to the Athletes

I will seek continual improvement through performance evaluation and ongoing coach education.

I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.

I will provide a planned training program.

I will keep copies of the medical, training and competition records for each athlete I coach.

I will follow the Special Olympics Hawaii and National Federation/Governing Body rules for my sport(s).

Health and Safety of Athletes

I will ensure that the equipment and facilities are safe to use.

I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.

I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.

I will encourage athletes to seek medical advice when required.

I will maintain the same interest and support toward sick and injured athletes.

I will allow further participation in training and competition only when appropriate.

Violations of the Code of Conduct:

I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching in Special Olympics.

Furthermore, I understand that I accept the responsibility for the behavior of the athletes under my supervision.

Should the behaviors and/or attitude of any coach or other faction of the member organization be contrary to the principles, goals, or philosophies of Special Olympics, then one or more of the following steps may be taken by the Games Committee, Sport Officials, or other representatives of Special Olympics Hawaii in an effort to alleviate the situation without further affecting Special Olympic athletes or the competition:

The coach may be notified of the undesirable behavior and requested to remedy the situation for continued participation, and/or the coach may be requested to withdraw personally, or as a team or organization, from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of Special Olympics, Special Olympics may:

Prevent the coach, team organization, or specific members of the delegation from participating in any or all Special Olympics events for a specified period of time, and/or prevent the coach, team, organization, or specific members of the delegation from participating in Special Olympics indefinitely.

Special Olympics Athletes Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. This is the SOI Athlete Code of Conduct, Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics athletes agree to the following code.

Sportsmanship

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers or staff.

Training and Competition

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning and competitions.

I will compete to the best of my ability in all preliminary and final competition.

Responsibility for My Actions

I will not make inappropriate or unwanted physical, verbal or sexual advances on others.

I will not smoke in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules, as well as the International Federation and National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Area or State Program, up to and including not being allowed to participate.

WILKS FORMULA for MEN and Women

by Robert Wilks, Australia

A formula used to determine the best lifter or lift of powerlifters of different body weights.

Find the lifter's bodyweight coefficient number from the list by looking down the left hand column and the quarters of a pound across the top. EG 93.25 pounds has a coefficient of 1.2433. Multiply this number by the individual lift or total. The lifter with the highest resulting figure is the "best lifter" or had the "best lift".

Note: Sean Anderson has converted the Wilks Coefficients for use with pounds (below), as used in the USA.

Men's Lbs. to Wilks Coefficients (interpolations)

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | | |
|---------------------|---------------------------------|--------|--------|--------|-----|
| | (1/4 lbs.) → | even | 1/4 | 1/2 | 3/4 |
| 88.00 | ***** | 1.3341 | 1.3294 | 1.3242 | |
| 89.00 | 1.3195 | 1.3148 | 1.3098 | 1.3053 | |
| 90.00 | 1.3008 | 1.2959 | 1.2914 | 1.2870 | |
| 91.00 | 1.2822 | 1.2779 | 1.2736 | 1.2689 | |
| 92.00 | 1.2647 | 1.2605 | 1.2560 | 1.2518 | |
| 93.00 | 1.2477 | 1.2433 | 1.2393 | 1.2349 | |
| 94.00 | 1.2310 | 1.2271 | 1.2229 | 1.2190 | |
| 95.00 | 1.2152 | 1.2110 | 1.2072 | 1.2035 | |
| 96.00 | 1.1995 | 1.1958 | 1.1921 | 1.1881 | |
| 97.00 | 1.1846 | 1.1810 | 1.1771 | 1.1736 | |
| 98.00 | 1.1702 | 1.1664 | 1.1629 | 1.1595 | |
| 99.00 | 1.1559 | 1.1525 | 1.1492 | 1.1456 | |
| 100.00 | 1.1423 | 1.1391 | 1.1355 | 1.1323 | |
| 101.00 | 1.1291 | 1.1257 | 1.1226 | 1.1195 | |
| 102.00 | 1.1161 | 1.1131 | 1.1100 | 1.1067 | |
| 103.00 | 1.1037 | 1.1007 | 1.0975 | 1.0946 | |
| 104.00 | 1.0917 | 1.0885 | 1.0856 | 1.0828 | |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | | |
|---------------------|---------------------------------|--------|--------|--------|-----|
| | (1/4 lbs.) → | even | 1/4 | 1/2 | 3/4 |
| 105.00 | 1.0797 | 1.0769 | 1.0741 | 1.0711 | |
| 106.00 | 1.0683 | 1.0653 | 1.0627 | 1.0599 | |
| 107.00 | 1.0570 | 1.0544 | 1.0518 | 1.0489 | |
| 108.00 | 1.0462 | 1.0437 | 1.0408 | 1.0383 | |
| 109.00 | 1.0358 | 1.0330 | 1.0306 | 1.0281 | |
| 110.00 | 1.0254 | 1.0230 | 1.0206 | 1.0179 | |
| 111.00 | 1.0155 | 1.0131 | 1.0105 | 1.0081 | |
| 112.00 | 1.0058 | 1.0033 | 1.0010 | 0.9987 | |
| 113.00 | 0.9962 | 0.9939 | 0.9917 | 0.9893 | |
| 114.00 | 0.9871 | 0.9849 | 0.9825 | 0.9803 | |
| 115.00 | 0.9781 | 0.9758 | 0.9737 | 0.9715 | |
| 116.00 | 0.9692 | 0.9671 | 0.9650 | 0.9628 | |
| 117.00 | 0.9608 | 0.9587 | 0.9565 | 0.9545 | |
| 118.00 | 0.9524 | 0.9503 | 0.9483 | 0.9462 | |
| 119.00 | 0.9443 | 0.9423 | 0.9402 | 0.9383 | |
| 120.00 | 0.9364 | 0.9343 | 0.9324 | 0.9305 | |
| 121.00 | 0.9285 | 0.9267 | 0.9248 | 0.9226 | |
| 122.00 | 0.9210 | 0.9192 | 0.9173 | 0.9155 | |
| 123.00 | 0.9137 | 0.9117 | 0.9100 | 0.9083 | |
| 124.00 | 0.9064 | 0.9047 | 0.9030 | 0.9012 | |
| 125.00 | 0.8994 | 0.8978 | 0.8960 | 0.8943 | |
| 126.00 | 0.8927 | 0.8909 | 0.8892 | 0.8876 | |
| 127.00 | 0.8858 | 0.8842 | 0.8826 | 0.8809 | |
| 128.00 | 0.8793 | 0.8777 | 0.8760 | 0.8745 | |
| 129.00 | 0.8730 | 0.8713 | 0.8697 | 0.8682 | |
| 130.00 | 0.8666 | 0.8651 | 0.8636 | 0.8620 | |
| 131.00 | 0.8605 | 0.8589 | 0.8575 | 0.8560 | |
| 132.00 | 0.8545 | 0.8530 | 0.8516 | 0.8500 | |
| 133.00 | 0.8486 | 0.8472 | 0.8457 | 0.8443 | |
| 134.00 | 0.8429 | 0.8415 | 0.8401 | 0.8388 | |
| 135.00 | 0.8373 | 0.8359 | 0.8346 | 0.8331 | |
| 136.00 | 0.8318 | 0.8305 | 0.8291 | 0.8278 | |
| 137.00 | 0.8265 | 0.8251 | 0.8238 | 0.8225 | |
| 138.00 | 0.8212 | 0.8199 | 0.8187 | 0.8173 | |
| 139.00 | 0.8161 | 0.8148 | 0.8135 | 0.8123 | |
| 140.00 | 0.8111 | 0.8098 | 0.8086 | 0.8074 | |
| 141.00 | 0.8061 | 0.8049 | 0.8037 | 0.8025 | |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 142.00 | 0.8013 | 0.8002 | 0.7989 | 0.7978 |
| 143.00 | 0.7966 | 0.7954 | 0.7943 | 0.7931 |
| 144.00 | 0.7920 | 0.7908 | 0.7896 | 0.7885 |
| 145.00 | 0.7875 | 0.7863 | 0.7852 | 0.7841 |
| 146.00 | 0.7829 | 0.7819 | 0.7809 | 0.7797 |
| 147.00 | 0.7787 | 0.7776 | 0.7765 | 0.7754 |
| 148.00 | 0.7744 | 0.7734 | 0.7723 | 0.7713 |
| 149.00 | 0.7702 | 0.7692 | 0.7682 | 0.7671 |
| 150.00 | 0.7661 | 0.7652 | 0.7641 | 0.7632 |
| 151.00 | 0.7622 | 0.7611 | 0.7601 | 0.7592 |
| 152.00 | 0.7582 | 0.7573 | 0.7563 | 0.7553 |
| 153.00 | 0.7544 | 0.7534 | 0.7525 | 0.7515 |
| 154.00 | 0.7506 | 0.7496 | 0.7488 | 0.7479 |
| 155.00 | 0.7468 | 0.7459 | 0.7451 | 0.7441 |
| 156.00 | 0.7433 | 0.7424 | 0.7415 | 0.7406 |
| 157.00 | 0.7396 | 0.7388 | 0.7380 | 0.7370 |
| 158.00 | 0.7362 | 0.7354 | 0.7345 | 0.7336 |
| 159.00 | 0.7328 | 0.7319 | 0.7311 | 0.7303 |
| 160.00 | 0.7294 | 0.7286 | 0.7278 | 0.7270 |
| 161.00 | 0.7262 | 0.7253 | 0.7245 | 0.7237 |
| 162.00 | 0.7229 | 0.7221 | 0.7213 | 0.7206 |
| 163.00 | 0.7197 | 0.7190 | 0.7182 | 0.7174 |
| 164.00 | 0.7167 | 0.7159 | 0.7151 | 0.7144 |
| 165.00 | 0.7136 | 0.7128 | 0.7121 | 0.7113 |
| 166.00 | 0.7106 | 0.7098 | 0.7092 | 0.7084 |
| 167.00 | 0.7077 | 0.7070 | 0.7062 | 0.7056 |
| 168.00 | 0.7048 | 0.7041 | 0.7034 | 0.7026 |
| 169.00 | 0.7019 | 0.7013 | 0.7006 | 0.6999 |
| 170.00 | 0.6992 | 0.6985 | 0.6979 | 0.6972 |
| 171.00 | 0.6965 | 0.6958 | 0.6952 | 0.6944 |
| 172.00 | 0.6938 | 0.6931 | 0.6925 | 0.6918 |
| 173.00 | 0.6912 | 0.6906 | 0.6899 | 0.6893 |
| 174.00 | 0.6886 | 0.6880 | 0.6874 | 0.6867 |
| 175.00 | 0.6861 | 0.6855 | 0.6848 | 0.6842 |
| 176.00 | 0.6836 | 0.6830 | 0.6824 | 0.6818 |
| 177.00 | 0.6812 | 0.6806 | 0.6800 | 0.6794 |
| 178.00 | 0.6788 | 0.6782 | 0.6776 | 0.6770 |
| 179.00 | 0.6765 | 0.6759 | 0.6753 | 0.6748 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 180.00 | 0.6742 | 0.6736 | 0.6731 | 0.6725 |
| 181.00 | 0.6719 | 0.6713 | 0.6708 | 0.6702 |
| 182.00 | 0.6696 | 0.6691 | 0.6686 | 0.6680 |
| 183.00 | 0.6675 | 0.6669 | 0.6663 | 0.6659 |
| 184.00 | 0.6653 | 0.6648 | 0.6643 | 0.6637 |
| 185.00 | 0.6632 | 0.6627 | 0.6622 | 0.6617 |
| 186.00 | 0.6612 | 0.6607 | 0.6601 | 0.6597 |
| 187.00 | 0.6591 | 0.6586 | 0.6581 | 0.6577 |
| 188.00 | 0.6571 | 0.6566 | 0.6562 | 0.6556 |
| 189.00 | 0.6552 | 0.6547 | 0.6542 | 0.6537 |
| 190.00 | 0.6533 | 0.6528 | 0.6523 | 0.6518 |
| 191.00 | 0.6513 | 0.6509 | 0.6505 | 0.6500 |
| 192.00 | 0.6495 | 0.6491 | 0.6486 | 0.6482 |
| 193.00 | 0.6477 | 0.6473 | 0.6468 | 0.6463 |
| 194.00 | 0.6459 | 0.6455 | 0.6450 | 0.6446 |
| 195.00 | 0.6442 | 0.6437 | 0.6433 | 0.6428 |
| 196.00 | 0.6424 | 0.6420 | 0.6416 | 0.6412 |
| 197.00 | 0.6408 | 0.6403 | 0.6398 | 0.6395 |
| 198.00 | 0.6391 | 0.6387 | 0.6382 | 0.6379 |
| 199.00 | 0.6374 | 0.6371 | 0.6366 | 0.6363 |
| 200.00 | 0.6358 | 0.6355 | 0.6351 | 0.6347 |
| 201.00 | 0.6343 | 0.6338 | 0.6335 | 0.6331 |
| 202.00 | 0.6327 | 0.6323 | 0.6320 | 0.6316 |
| 203.00 | 0.6312 | 0.6308 | 0.6305 | 0.6300 |
| 204.00 | 0.6297 | 0.6294 | 0.6290 | 0.6286 |
| 205.00 | 0.6282 | 0.6279 | 0.6276 | 0.6271 |
| 206.00 | 0.6268 | 0.6264 | 0.6261 | 0.6258 |
| 207.00 | 0.6254 | 0.6250 | 0.6246 | 0.6243 |
| 208.00 | 0.6240 | 0.6236 | 0.6233 | 0.6229 |
| 209.00 | 0.6226 | 0.6222 | 0.6219 | 0.6216 |
| 210.00 | 0.6212 | 0.6210 | 0.6207 | 0.6203 |
| 211.00 | 0.6200 | 0.6196 | 0.6193 | 0.6190 |
| 212.00 | 0.6187 | 0.6184 | 0.6180 | 0.6177 |
| 213.00 | 0.6174 | 0.6171 | 0.6168 | 0.6164 |
| 214.00 | 0.6162 | 0.6159 | 0.6155 | 0.6152 |
| 215.00 | 0.6149 | 0.6146 | 0.6143 | 0.6140 |
| 216.00 | 0.6137 | 0.6134 | 0.6131 | 0.6128 |
| 217.00 | 0.6125 | 0.6122 | 0.6119 | 0.6117 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 218.00 | 0.6114 | 0.6111 | 0.6108 | 0.6105 |
| 219.00 | 0.6102 | 0.6100 | 0.6097 | 0.6094 |
| 220.00 | 0.6091 | 0.6088 | 0.6085 | 0.6082 |
| 221.00 | 0.6080 | 0.6077 | 0.6075 | 0.6071 |
| 222.00 | 0.6069 | 0.6067 | 0.6063 | 0.6061 |
| 223.00 | 0.6059 | 0.6056 | 0.6053 | 0.6050 |
| 224.00 | 0.6048 | 0.6046 | 0.6043 | 0.6040 |
| 225.00 | 0.6038 | 0.6036 | 0.6032 | 0.6030 |
| 226.00 | 0.6028 | 0.6025 | 0.6023 | 0.6020 |
| 227.00 | 0.6018 | 0.6015 | 0.6013 | 0.6011 |
| 228.00 | 0.6008 | 0.6005 | 0.6003 | 0.6001 |
| 229.00 | 0.5999 | 0.5996 | 0.5994 | 0.5992 |
| 230.00 | 0.5989 | 0.5987 | 0.5985 | 0.5983 |
| 231.00 | 0.5980 | 0.5978 | 0.5976 | 0.5974 |
| 232.00 | 0.5971 | 0.5969 | 0.5967 | 0.5964 |
| 233.00 | 0.5962 | 0.5960 | 0.5958 | 0.5955 |
| 234.00 | 0.5953 | 0.5951 | 0.5949 | 0.5946 |
| 235.00 | 0.5945 | 0.5943 | 0.5941 | 0.5938 |
| 236.00 | 0.5936 | 0.5934 | 0.5932 | 0.5930 |
| 237.00 | 0.5928 | 0.5926 | 0.5924 | 0.5922 |
| 238.00 | 0.5920 | 0.5918 | 0.5916 | 0.5914 |
| 239.00 | 0.5912 | 0.5910 | 0.5908 | 0.5906 |
| 240.00 | 0.5904 | 0.5902 | 0.5900 | 0.5898 |
| 241.00 | 0.5897 | 0.5894 | 0.5893 | 0.5891 |
| 242.00 | 0.5889 | 0.5887 | 0.5885 | 0.5883 |
| 243.00 | 0.5881 | 0.5879 | 0.5878 | 0.5876 |
| 244.00 | 0.5874 | 0.5872 | 0.5870 | 0.5869 |
| 245.00 | 0.5867 | 0.5865 | 0.5863 | 0.5862 |
| 246.00 | 0.5860 | 0.5858 | 0.5856 | 0.5854 |
| 247.00 | 0.5853 | 0.5851 | 0.5849 | 0.5847 |
| 248.00 | 0.5846 | 0.5844 | 0.5843 | 0.5841 |
| 249.00 | 0.5840 | 0.5838 | 0.5836 | 0.5834 |
| 250.00 | 0.5833 | 0.5831 | 0.5829 | 0.5828 |
| 251.00 | 0.5827 | 0.5825 | 0.5823 | 0.5821 |
| 252.00 | 0.5820 | 0.5819 | 0.5817 | 0.5816 |
| 253.00 | 0.5814 | 0.5812 | 0.5811 | 0.5809 |
| 254.00 | 0.5808 | 0.5806 | 0.5805 | 0.5804 |
| 255.00 | 0.5802 | 0.5800 | 0.5799 | 0.5797 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 256.00 | 0.5796 | 0.5794 | 0.5793 | 0.5791 |
| 257.00 | 0.5790 | 0.5788 | 0.5787 | 0.5786 |
| 258.00 | 0.5784 | 0.5783 | 0.5781 | 0.5780 |
| 259.00 | 0.5778 | 0.5777 | 0.5776 | 0.5775 |
| 260.00 | 0.5773 | 0.5772 | 0.5770 | 0.5769 |
| 261.00 | 0.5768 | 0.5766 | 0.5765 | 0.5764 |
| 262.00 | 0.5763 | 0.5761 | 0.5760 | 0.5758 |
| 263.00 | 0.5757 | 0.5756 | 0.5755 | 0.5754 |
| 264.00 | 0.5752 | 0.5750 | 0.5749 | 0.5748 |
| 265.00 | 0.5747 | 0.5746 | 0.5745 | 0.5744 |
| 266.00 | 0.5742 | 0.5741 | 0.5739 | 0.5738 |
| 267.00 | 0.5737 | 0.5736 | 0.5735 | 0.5734 |
| 268.00 | 0.5732 | 0.5731 | 0.5730 | 0.5729 |
| 269.00 | 0.5728 | 0.5727 | 0.5726 | 0.5724 |
| 270.00 | 0.5723 | 0.5722 | 0.5721 | 0.5720 |
| 271.00 | 0.5719 | 0.5718 | 0.5717 | 0.5715 |
| 272.00 | 0.5714 | 0.5713 | 0.5712 | 0.5711 |
| 273.00 | 0.5710 | 0.5709 | 0.5707 | 0.5706 |
| 274.00 | 0.5705 | 0.5704 | 0.5703 | 0.5702 |
| 275.00 | 0.5701 | 0.5700 | 0.5698 | 0.5698 |
| 276.00 | 0.5697 | 0.5696 | 0.5695 | 0.5694 |
| 277.00 | 0.5693 | 0.5691 | 0.5690 | 0.5689 |
| 278.00 | 0.5688 | 0.5688 | 0.5687 | 0.5686 |
| 279.00 | 0.5685 | 0.5683 | 0.5682 | 0.5681 |
| 280.00 | 0.5681 | 0.5680 | 0.5679 | 0.5678 |
| 281.00 | 0.5676 | 0.5675 | 0.5675 | 0.5674 |
| 282.00 | 0.5673 | 0.5672 | 0.5671 | 0.5670 |
| 283.00 | 0.5669 | 0.5668 | 0.5667 | 0.5666 |
| 284.00 | 0.5665 | 0.5665 | 0.5664 | 0.5662 |
| 285.00 | 0.5661 | 0.5661 | 0.5660 | 0.5659 |
| 286.00 | 0.5658 | 0.5658 | 0.5656 | 0.5655 |
| 287.00 | 0.5654 | 0.5654 | 0.5653 | 0.5652 |
| 288.00 | 0.5651 | 0.5651 | 0.5649 | 0.5648 |
| 289.00 | 0.5647 | 0.5647 | 0.5646 | 0.5645 |
| 290.00 | 0.5644 | 0.5643 | 0.5642 | 0.5642 |
| 291.00 | 0.5641 | 0.5640 | 0.5639 | 0.5639 |
| 292.00 | 0.5638 | 0.5636 | 0.5636 | 0.5635 |
| 293.00 | 0.5634 | 0.5634 | 0.5633 | 0.5632 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 294.00 | 0.5631 | 0.5630 | 0.5629 | 0.5629 |
| 295.00 | 0.5628 | 0.5627 | 0.5627 | 0.5626 |
| 296.00 | 0.5624 | 0.5624 | 0.5623 | 0.5622 |
| 297.00 | 0.5622 | 0.5621 | 0.5620 | 0.5619 |
| 298.00 | 0.5618 | 0.5618 | 0.5617 | 0.5616 |
| 299.00 | 0.5616 | 0.5615 | 0.5614 | 0.5613 |
| 300.00 | 0.5612 | 0.5612 | 0.5611 | 0.5610 |
| 301.00 | 0.5610 | 0.5609 | 0.5608 | 0.5607 |
| 302.00 | 0.5607 | 0.5606 | 0.5605 | 0.5605 |
| 303.00 | 0.5604 | 0.5603 | 0.5602 | 0.5602 |
| 304.00 | 0.5601 | 0.5600 | 0.5600 | 0.5599 |
| 305.00 | 0.5598 | 0.5597 | 0.5597 | 0.5596 |
| 306.00 | 0.5595 | 0.5595 | 0.5594 | 0.5593 |
| 307.00 | 0.5592 | 0.5592 | 0.5591 | 0.5590 |
| 308.00 | 0.5590 | 0.5589 | 0.5589 | 0.5588 |
| 309.00 | 0.5587 | 0.5586 | 0.5586 | 0.5585 |
| 310.00 | 0.5584 | 0.5584 | 0.5583 | 0.5582 |
| 311.00 | 0.5582 | 0.5581 | 0.5580 | 0.5580 |
| 312.00 | 0.5579 | 0.5579 | 0.5578 | 0.5577 |
| 313.00 | 0.5576 | 0.5576 | 0.5575 | 0.5575 |
| 314.00 | 0.5574 | 0.5573 | 0.5572 | 0.5572 |
| 315.00 | 0.5571 | 0.5571 | 0.5570 | 0.5570 |
| 316.00 | 0.5569 | 0.5568 | 0.5567 | 0.5567 |
| 317.00 | 0.5566 | 0.5566 | 0.5565 | 0.5564 |
| 318.00 | 0.5564 | 0.5563 | 0.5562 | 0.5562 |
| 319.00 | 0.5561 | 0.5561 | 0.5560 | 0.5560 |
| 320.00 | 0.5559 | 0.5558 | 0.5557 | 0.5557 |
| 321.00 | 0.5556 | 0.5556 | 0.5555 | 0.5555 |
| 322.00 | 0.5554 | 0.5553 | 0.5552 | 0.5552 |
| 323.00 | 0.5551 | 0.5551 | 0.5550 | 0.5550 |
| 324.00 | 0.5549 | 0.5548 | 0.5548 | 0.5547 |
| 325.00 | 0.5547 | 0.5546 | 0.5546 | 0.5544 |
| 326.00 | 0.5544 | 0.5543 | 0.5543 | 0.5542 |
| 327.00 | 0.5542 | 0.5541 | 0.5541 | 0.5540 |
| 328.00 | 0.5539 | 0.5539 | 0.5538 | 0.5538 |
| 329.00 | 0.5537 | 0.5537 | 0.5536 | 0.5535 |
| 330.00 | 0.5535 | 0.5534 | 0.5533 | 0.5533 |
| 331.00 | 0.5532 | 0.5531 | 0.5531 | 0.5530 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 332.00 | 0.5530 | 0.5529 | 0.5529 | 0.5528 |
| 333.00 | 0.5528 | 0.5527 | 0.5526 | 0.5526 |
| 334.00 | 0.5525 | 0.5525 | 0.5524 | 0.5524 |
| 335.00 | 0.5523 | 0.5522 | 0.5522 | 0.5521 |
| 336.00 | 0.5521 | 0.5520 | 0.5520 | 0.5519 |
| 337.00 | 0.5518 | 0.5518 | 0.5517 | 0.5516 |
| 338.00 | 0.5516 | 0.5515 | 0.5515 | 0.5514 |
| 339.00 | 0.5513 | 0.5513 | 0.5512 | 0.5512 |
| 340.00 | 0.5511 | 0.5511 | 0.5510 | 0.5509 |
| 341.00 | 0.5509 | 0.5508 | 0.5508 | 0.5507 |
| 342.00 | 0.5507 | 0.5506 | 0.5505 | 0.5505 |
| 343.00 | 0.5504 | 0.5504 | 0.5503 | 0.5503 |
| 344.00 | 0.5502 | 0.5502 | 0.5501 | 0.5500 |
| 345.00 | 0.5500 | 0.5499 | 0.5499 | 0.5498 |
| 346.00 | 0.5498 | 0.5497 | 0.5496 | 0.5496 |
| 347.00 | 0.5495 | 0.5495 | 0.5494 | 0.5494 |
| 348.00 | 0.5493 | 0.5492 | 0.5492 | 0.5491 |
| 349.00 | 0.5491 | 0.5490 | 0.5490 | 0.5489 |
| 350.00 | 0.5488 | 0.5488 | 0.5487 | 0.5487 |
| 351.00 | 0.5486 | 0.5486 | 0.5485 | 0.5485 |
| 352.00 | 0.5484 | 0.5483 | 0.5483 | 0.5482 |
| 353.00 | 0.5482 | 0.5481 | 0.5481 | 0.5480 |
| 354.00 | 0.5479 | 0.5479 | 0.5478 | 0.5478 |
| 355.00 | 0.5477 | 0.5477 | 0.5476 | 0.5475 |
| 356.00 | 0.5475 | 0.5474 | 0.5474 | 0.5473 |
| 357.00 | 0.5472 | 0.5472 | 0.5471 | 0.5470 |
| 358.00 | 0.5470 | 0.5469 | 0.5469 | 0.5468 |
| 359.00 | 0.5468 | 0.5467 | 0.5466 | 0.5466 |
| 360.00 | 0.5465 | 0.5465 | 0.5464 | 0.5464 |
| 361.00 | 0.5463 | 0.5462 | 0.5462 | 0.5461 |
| 362.00 | 0.5461 | 0.5460 | 0.5460 | 0.5459 |
| 363.00 | 0.5458 | 0.5458 | 0.5457 | 0.5457 |
| 364.00 | 0.5456 | 0.5456 | 0.5455 | 0.5455 |
| 365.00 | 0.5454 | 0.5453 | 0.5453 | 0.5452 |
| 366.00 | 0.5452 | 0.5451 | 0.5451 | 0.5450 |
| 367.00 | 0.5449 | 0.5449 | 0.5448 | 0.5448 |
| 368.00 | 0.5447 | 0.5447 | 0.5446 | 0.5445 |
| 369.00 | 0.5445 | 0.5444 | 0.5444 | 0.5443 |
| 370.00 | 0.5443 | 0.5442 | 0.5441 | 0.5441 |

Wilks formula for Men cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → even | 1/4 | 1/2 | 3/4 |
| 371.00 | 0.5440 | 0.5440 | 0.5439 | 0.5439 |
| 372.00 | 0.5438 | 0.5438 | 0.5436 | 0.5436 |
| 373.00 | 0.5435 | 0.5435 | 0.5434 | 0.5434 |
| 374.00 | 0.5433 | 0.5432 | 0.5432 | 0.5431 |
| 375.00 | 0.5431 | 0.5430 | 0.5430 | 0.5429 |
| 376.00 | 0.5429 | 0.5428 | 0.5427 | 0.5427 |
| 377.00 | 0.5426 | 0.5426 | 0.5425 | 0.5425 |
| 378.00 | 0.5424 | 0.5423 | 0.5423 | 0.5422 |
| 380.00 | 0.5419 | 0.5419 | 0.5418 | 0.5418 |
| 381.00 | 0.5417 | 0.5417 | 0.5416 | 0.5415 |
| 382.00 | 0.5415 | 0.5414 | 0.5414 | 0.5413 |
| 383.00 | 0.5413 | 0.5412 | 0.5411 | 0.5411 |
| 384.00 | 0.5410 | 0.5410 | 0.5409 | 0.5409 |
| 385.00 | 0.5408 | 0.5408 | 0.5407 | 0.5406 |
| 386.00 | 0.5406 | 0.5405 | 0.5405 | 0.5404 |
| 387.00 | 0.5404 | 0.5403 | 0.5402 | 0.5402 |
| 388.00 | 0.5401 | 0.5401 | 0.5400 | 0.5400 |
| 389.00 | 0.5399 | 0.5398 | 0.5398 | 0.5397 |
| 390.00 | 0.5397 | 0.5396 | 0.5396 | 0.5395 |
| 391.00 | 0.5394 | 0.5394 | 0.5393 | 0.5393 |
| 392.00 | 0.5392 | 0.5392 | 0.5391 | 0.5391 |
| 393.00 | 0.5390 | 0.5389 | 0.5389 | 0.5388 |
| 394.00 | 0.5388 | 0.5387 | 0.5387 | 0.5386 |
| 395.00 | 0.5386 | 0.5385 | 0.5385 | 0.5384 |
| 396.00 | 0.5384 | 0.5383 | 0.5383 | 0.5382 |
| 397.00 | 0.5381 | 0.5381 | 0.5380 | 0.5380 |
| 398.00 | 0.5379 | 0.5379 | 0.5378 | 0.5377 |
| 399.00 | 0.5377 | 0.5377 | 0.5376 | 0.5376 |
| 400.00 | 0.5375 | 0.5375 | 0.5373 | 0.5373 |

Women's Lbs. to Wilks Coefficients (interpolations)

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → even | 1/4 | 1/2 | 3/4 |
| 88.00 | ***** | 1.4930 | 1.4907 | 1.4881 |
| 89.00 | 1.4857 | 1.4834 | 1.4809 | 1.4786 |
| 90.00 | 1.4762 | 1.4737 | 1.4713 | 1.4689 |
| 91.00 | 1.4664 | 1.4640 | 1.4617 | 1.4591 |
| 92.00 | 1.4567 | 1.4544 | 1.4518 | 1.4495 |
| 93.00 | 1.4471 | 1.4445 | 1.4422 | 1.4396 |
| 94.00 | 1.4372 | 1.4349 | 1.4323 | 1.4299 |
| 95.00 | 1.4275 | 1.4250 | 1.4227 | 1.4203 |
| 96.00 | 1.4177 | 1.4153 | 1.4130 | 1.4104 |
| 97.00 | 1.4081 | 1.4057 | 1.4032 | 1.4008 |
| 98.00 | 1.3985 | 1.3959 | 1.3936 | 1.3912 |
| 99.00 | 1.3887 | 1.3864 | 1.3840 | 1.3815 |
| 100.00 | 1.3791 | 1.3768 | 1.3743 | 1.3720 |
| 101.00 | 1.3697 | 1.3672 | 1.3649 | 1.3626 |
| 102.00 | 1.3600 | 1.3577 | 1.3555 | 1.3530 |
| 103.00 | 1.3507 | 1.3484 | 1.3460 | 1.3436 |
| 104.00 | 1.3414 | 1.3389 | 1.3367 | 1.3344 |
| 105.00 | 1.3320 | 1.3297 | 1.3275 | 1.3250 |
| 106.00 | 1.3228 | 1.3204 | 1.3181 | 1.3159 |
| 107.00 | 1.3135 | 1.3113 | 1.3091 | 1.3067 |
| 108.00 | 1.3045 | 1.3023 | 1.3000 | 1.2978 |
| 109.00 | 1.2944 | 1.2933 | 1.2911 | 1.2889 |
| 110.00 | 1.2866 | 1.2844 | 1.2823 | 1.2800 |
| 111.00 | 1.2779 | 1.2758 | 1.2734 | 1.2713 |
| 112.00 | 1.2692 | 1.2669 | 1.2648 | 1.2627 |
| 113.00 | 1.2605 | 1.2584 | 1.2564 | 1.2541 |
| 114.00 | 1.2520 | 1.2500 | 1.2477 | 1.2457 |
| 115.00 | 1.2437 | 1.2415 | 1.2395 | 1.2374 |
| 116.00 | 1.2352 | 1.2333 | 1.2313 | 1.2291 |
| 117.00 | 1.2271 | 1.2252 | 1.2230 | 1.2210 |
| 118.00 | 1.2190 | 1.2169 | 1.2150 | 1.2128 |
| 119.00 | 1.2109 | 1.2090 | 1.2069 | 1.2050 |
| 120.00 | 1.2031 | 1.2011 | 1.1992 | 1.1972 |
| 121.00 | 1.1952 | 1.1933 | 1.1914 | 1.1895 |
| 122.00 | 1.1876 | 1.1858 | 1.1837 | 1.1819 |
| 123.00 | 1.1801 | 1.1781 | 1.1763 | 1.1745 |
| 124.00 | 1.1725 | 1.1707 | 1.1689 | 1.1670 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|---------------------|---------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 125.00 | 1.1652 | 1.1634 | 1.1615 | 1.1598 |
| 126.00 | 1.1580 | 1.1561 | 1.1544 | 1.1527 |
| 127.00 | 1.1508 | 1.1491 | 1.1474 | 1.1455 |
| 128.00 | 1.1438 | 1.1421 | 1.1403 | 1.1386 |
| 129.00 | 1.1369 | 1.1351 | 1.1334 | 1.1318 |
| 130.00 | 1.1300 | 1.1284 | 1.1268 | 1.1250 |
| 131.00 | 1.1233 | 1.1215 | 1.1200 | 1.1184 |
| 132.00 | 1.1166 | 1.1150 | 1.1134 | 1.1117 |
| 133.00 | 1.1102 | 1.1086 | 1.1069 | 1.1053 |
| 134.00 | 1.1038 | 1.1021 | 1.1006 | 1.0991 |
| 135.00 | 1.0974 | 1.0959 | 1.0944 | 1.0928 |
| 136.00 | 1.0912 | 1.0898 | 1.0881 | 1.0867 |
| 137.00 | 1.0852 | 1.0836 | 1.0822 | 1.0808 |
| 138.00 | 1.0792 | 1.0778 | 1.0763 | 1.0748 |
| 139.00 | 1.0734 | 1.0719 | 1.0704 | 1.0689 |
| 140.00 | 1.0676 | 1.0660 | 1.0646 | 1.0633 |
| 141.00 | 1.0618 | 1.0605 | 1.0591 | 1.0576 |
| 142.00 | 1.0563 | 1.0549 | 1.0534 | 1.0521 |
| 143.00 | 1.0508 | 1.0493 | 1.0480 | 1.0466 |
| 144.00 | 1.0453 | 1.0440 | 1.0426 | 1.0413 |
| 145.00 | 1.0400 | 1.0386 | 1.0374 | 1.0361 |
| 146.00 | 1.0347 | 1.0335 | 1.0323 | 1.0309 |
| 147.00 | 1.0296 | 1.0284 | 1.0271 | 1.0259 |
| 148.00 | 1.0247 | 1.0234 | 1.0221 | 1.0209 |
| 149.00 | 1.0196 | 1.0185 | 1.0173 | 1.0160 |
| 150.00 | 1.0149 | 1.0137 | 1.0124 | 1.0112 |
| 151.00 | 1.0101 | 1.0089 | 1.0077 | 1.0066 |
| 152.00 | 1.0054 | 1.0042 | 1.0031 | 1.0019 |
| 153.00 | 1.0008 | 0.9997 | 0.9985 | 0.9974 |
| 154.00 | 0.9963 | 0.9951 | 0.9941 | 0.9930 |
| 155.00 | 0.9918 | 0.9908 | 0.9897 | 0.9886 |
| 156.00 | 0.9875 | 0.9864 | 0.9853 | 0.9843 |
| 157.00 | 0.9832 | 0.9821 | 0.9811 | 0.9801 |
| 158.00 | 0.9791 | 0.9781 | 0.9769 | 0.9759 |
| 159.00 | 0.9749 | 0.9739 | 0.9730 | 0.9720 |
| 160.00 | 0.9709 | 0.9699 | 0.9689 | 0.9679 |
| 161.00 | 0.9669 | 0.9660 | 0.9650 | 0.9640 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|---------------------|---------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 162.00 | 0.9631 | 0.9621 | 0.9612 | 0.9602 |
| 163.00 | 0.9592 | 0.9583 | 0.9574 | 0.9565 |
| 164.00 | 0.9556 | 0.9547 | 0.9536 | 0.9528 |
| 165.00 | 0.9519 | 0.9509 | 0.9500 | 0.9492 |
| 166.00 | 0.9483 | 0.9474 | 0.9465 | 0.9456 |
| 167.00 | 0.9448 | 0.9439 | 0.9430 | 0.9422 |
| 168.00 | 0.9414 | 0.9405 | 0.9388 | 0.9391 |
| 169.00 | 0.9379 | 0.9371 | 0.9363 | 0.9354 |
| 170.00 | 0.9346 | 0.9338 | 0.9330 | 0.9322 |
| 171.00 | 0.9313 | 0.9305 | 0.9298 | 0.9289 |
| 172.00 | 0.9282 | 0.9274 | 0.9266 | 0.9259 |
| 173.00 | 0.9251 | 0.9243 | 0.9235 | 0.9228 |
| 174.00 | 0.9220 | 0.9213 | 0.9206 | 0.9197 |
| 175.00 | 0.9190 | 0.9183 | 0.9175 | 0.9168 |
| 176.00 | 0.9161 | 0.9153 | 0.9146 | 0.9139 |
| 177.00 | 0.9132 | 0.9125 | 0.9118 | 0.9110 |
| 178.00 | 0.9104 | 0.9097 | 0.9090 | 0.9083 |
| 179.00 | 0.9077 | 0.9069 | 0.9063 | 0.9056 |
| 180.00 | 0.9049 | 0.9042 | 0.9036 | 0.9029 |
| 181.00 | 0.9023 | 0.9016 | 0.9009 | 0.9003 |
| 182.00 | 0.8996 | 0.8990 | 0.8984 | 0.8977 |
| 183.00 | 0.8971 | 0.8965 | 0.8959 | 0.8953 |
| 184.00 | 0.8946 | 0.8940 | 0.8934 | 0.8928 |
| 185.00 | 0.8922 | 0.8916 | 0.8910 | 0.8904 |
| 186.00 | 0.8898 | 0.8892 | 0.8886 | 0.8881 |
| 187.00 | 0.8875 | 0.8869 | 0.8864 | 0.8858 |
| 188.00 | 0.8852 | 0.8847 | 0.8841 | 0.8835 |
| 189.00 | 0.8830 | 0.8824 | 0.8818 | 0.8813 |
| 190.00 | 0.8808 | 0.8802 | 0.8797 | 0.8791 |
| 191.00 | 0.8786 | 0.8781 | 0.8776 | 0.8770 |
| 192.00 | 0.8765 | 0.8760 | 0.8754 | 0.8750 |
| 193.00 | 0.8744 | 0.8739 | 0.8734 | 0.8729 |
| 194.00 | 0.8724 | 0.8720 | 0.8715 | 0.8709 |
| 195.00 | 0.8705 | 0.8700 | 0.8695 | 0.8690 |
| 196.00 | 0.8686 | 0.8680 | 0.8676 | 0.8671 |
| 197.00 | 0.8667 | 0.8662 | 0.8657 | 0.8653 |
| 198.00 | 0.8649 | 0.8644 | 0.8639 | 0.8635 |
| 199.00 | 0.8630 | 0.8626 | 0.8621 | 0.8617 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 200.00 | 0.8612 | 0.8608 | 0.8604 | 0.8600 |
| 201.00 | 0.8595 | 0.8590 | 0.8587 | 0.8583 |
| 202.00 | 0.8578 | 0.8574 | 0.8570 | 0.8566 |
| 203.00 | 0.8562 | 0.8558 | 0.8554 | 0.8549 |
| 204.00 | 0.8546 | 0.8542 | 0.8538 | 0.8534 |
| 205.00 | 0.8530 | 0.8526 | 0.8523 | 0.8518 |
| 206.00 | 0.8515 | 0.8511 | 0.8507 | 0.8504 |
| 207.00 | 0.8499 | 0.8496 | 0.8492 | 0.8488 |
| 208.00 | 0.8485 | 0.8481 | 0.8478 | 0.8473 |
| 209.00 | 0.8470 | 0.8466 | 0.8463 | 0.8460 |
| 210.00 | 0.8456 | 0.8453 | 0.8450 | 0.8446 |
| 211.00 | 0.8443 | 0.8439 | 0.8436 | 0.8433 |
| 212.00 | 0.8429 | 0.8426 | 0.8422 | 0.8419 |
| 213.00 | 0.8415 | 0.8412 | 0.8409 | 0.8406 |
| 214.00 | 0.8403 | 0.8400 | 0.8396 | 0.8393 |
| 215.00 | 0.8390 | 0.8387 | 0.8384 | 0.8381 |
| 216.00 | 0.8378 | 0.8374 | 0.8372 | 0.8368 |
| 217.00 | 0.8365 | 0.8363 | 0.8360 | 0.8357 |
| 218.00 | 0.8354 | 0.8351 | 0.8348 | 0.8345 |
| 219.00 | 0.8342 | 0.8340 | 0.8337 | 0.8334 |
| 220.00 | 0.8331 | 0.8328 | 0.8325 | 0.8322 |
| 221.00 | 0.8320 | 0.8317 | 0.8315 | 0.8311 |
| 222.00 | 0.8309 | 0.8307 | 0.8303 | 0.8301 |
| 223.00 | 0.8299 | 0.8296 | 0.8293 | 0.8291 |
| 224.00 | 0.8288 | 0.8286 | 0.8283 | 0.8281 |
| 225.00 | 0.8278 | 0.8276 | 0.8273 | 0.8271 |
| 226.00 | 0.8268 | 0.8265 | 0.8263 | 0.8261 |
| 227.00 | 0.8259 | 0.8256 | 0.8253 | 0.8252 |
| 228.00 | 0.8249 | 0.8246 | 0.8244 | 0.8242 |
| 229.00 | 0.8240 | 0.8237 | 0.8235 | 0.8233 |
| 230.00 | 0.8230 | 0.8228 | 0.8226 | 0.8224 |
| 231.00 | 0.8221 | 0.8219 | 0.8217 | 0.8215 |
| 232.00 | 0.8213 | 0.8211 | 0.8209 | 0.8206 |
| 233.00 | 0.8204 | 0.8202 | 0.8200 | 0.8198 |
| 234.00 | 0.8196 | 0.8194 | 0.8192 | 0.8189 |
| 235.00 | 0.8188 | 0.8186 | 0.8184 | 0.8181 |
| 236.00 | 0.8180 | 0.8178 | 0.8175 | 0.8173 |
| 237.00 | 0.8172 | 0.8170 | 0.8168 | 0.8166 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 238.00 | 0.8164 | 0.8162 | 0.8160 | 0.8158 |
| 239.00 | 0.8156 | 0.8155 | 0.8153 | 0.8151 |
| 240.00 | 0.8149 | 0.8147 | 0.8145 | 0.8143 |
| 241.00 | 0.8142 | 0.8140 | 0.8138 | 0.8136 |
| 242.00 | 0.8134 | 0.8132 | 0.8131 | 0.8129 |
| 243.00 | 0.8127 | 0.8125 | 0.8124 | 0.8122 |
| 244.00 | 0.8120 | 0.8118 | 0.8117 | 0.8115 |
| 245.00 | 0.8113 | 0.8112 | 0.8110 | 0.8108 |
| 246.00 | 0.8106 | 0.8105 | 0.8103 | 0.8102 |
| 247.00 | 0.8100 | 0.8099 | 0.8097 | 0.8095 |
| 248.00 | 0.8093 | 0.8092 | 0.8090 | 0.8089 |
| 249.00 | 0.8087 | 0.8085 | 0.8084 | 0.8082 |
| 250.00 | 0.8081 | 0.8079 | 0.8078 | 0.8076 |
| 251.00 | 0.8075 | 0.8073 | 0.8071 | 0.8070 |
| 252.00 | 0.8068 | 0.8067 | 0.8065 | 0.8064 |
| 253.00 | 0.8062 | 0.8061 | 0.8059 | 0.8058 |
| 254.00 | 0.8056 | 0.8055 | 0.8053 | 0.8052 |
| 255.00 | 0.8050 | 0.8049 | 0.8047 | 0.8046 |
| 256.00 | 0.8045 | 0.8043 | 0.8042 | 0.8040 |
| 257.00 | 0.8038 | 0.8037 | 0.8036 | 0.8034 |
| 258.00 | 0.8033 | 0.8032 | 0.8030 | 0.8028 |
| 259.00 | 0.8027 | 0.8026 | 0.8024 | 0.8023 |
| 260.00 | 0.8022 | 0.8021 | 0.8019 | 0.8017 |
| 261.00 | 0.8016 | 0.8015 | 0.8013 | 0.8012 |
| 262.00 | 0.8011 | 0.8009 | 0.8008 | 0.8006 |
| 263.00 | 0.8005 | 0.8004 | 0.8003 | 0.8001 |
| 264.00 | 0.8000 | 0.7998 | 0.7997 | 0.7995 |
| 265.00 | 0.7994 | 0.7993 | 0.7992 | 0.7990 |
| 266.00 | 0.7988 | 0.7987 | 0.7986 | 0.7985 |
| 267.00 | 0.7984 | 0.7982 | 0.7981 | 0.7980 |
| 268.00 | 0.7978 | 0.7977 | 0.7975 | 0.7974 |
| 269.00 | 0.7973 | 0.7972 | 0.7971 | 0.7969 |
| 270.00 | 0.7968 | 0.7966 | 0.7965 | 0.7964 |
| 271.00 | 0.7963 | 0.7961 | 0.7960 | 0.7958 |
| 272.00 | 0.7957 | 0.7956 | 0.7955 | 0.7954 |
| 273.00 | 0.7952 | 0.7951 | 0.7949 | 0.7948 |
| 274.00 | 0.7947 | 0.7946 | 0.7945 | 0.7943 |
| 275.00 | 0.7942 | 0.7941 | 0.7939 | 0.7938 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 276.00 | 0.7937 | 0.7936 | 0.7934 | 0.7933 |
| 277.00 | 0.7932 | 0.7930 | 0.7929 | 0.7928 |
| 278.00 | 0.7927 | 0.7926 | 0.7924 | 0.7923 |
| 279.00 | 0.7922 | 0.7920 | 0.7919 | 0.7918 |
| 280.00 | 0.7917 | 0.7915 | 0.7914 | 0.7913 |
| 281.00 | 0.7911 | 0.7910 | 0.7909 | 0.7908 |
| 282.00 | 0.7907 | 0.7905 | 0.7904 | 0.7902 |
| 283.00 | 0.7901 | 0.7900 | 0.7899 | 0.7898 |
| 284.00 | 0.7897 | 0.7895 | 0.7894 | 0.7892 |
| 285.00 | 0.7891 | 0.7890 | 0.7889 | 0.7888 |
| 286.00 | 0.7887 | 0.7885 | 0.7883 | 0.7882 |
| 287.00 | 0.7881 | 0.7880 | 0.7879 | 0.7878 |
| 288.00 | 0.7877 | 0.7876 | 0.7874 | 0.7872 |
| 289.00 | 0.7871 | 0.7870 | 0.7869 | 0.7868 |
| 290.00 | 0.7867 | 0.7865 | 0.7864 | 0.7862 |
| 291.00 | 0.7861 | 0.7860 | 0.7859 | 0.7858 |
| 292.00 | 0.7857 | 0.7855 | 0.7854 | 0.7853 |
| 293.00 | 0.7852 | 0.7850 | 0.7849 | 0.7848 |
| 294.00 | 0.7846 | 0.7845 | 0.7844 | 0.7843 |
| 295.00 | 0.7842 | 0.7841 | 0.7839 | 0.7838 |
| 296.00 | 0.7836 | 0.7835 | 0.7834 | 0.7833 |
| 297.00 | 0.7832 | 0.7831 | 0.7830 | 0.7828 |
| 298.00 | 0.7827 | 0.7825 | 0.7824 | 0.7823 |
| 299.00 | 0.7822 | 0.7821 | 0.7820 | 0.7818 |
| 300.00 | 0.7817 | 0.7816 | 0.7815 | 0.7814 |
| 301.00 | 0.7813 | 0.7812 | 0.7810 | 0.7808 |
| 302.00 | 0.7807 | 0.7806 | 0.7805 | 0.7804 |
| 303.00 | 0.7803 | 0.7802 | 0.7800 | 0.7799 |
| 304.00 | 0.7798 | 0.7797 | 0.7796 | 0.7795 |
| 305.00 | 0.7794 | 0.7792 | 0.7791 | 0.7790 |
| 306.00 | 0.7789 | 0.7787 | 0.7786 | 0.7785 |
| 307.00 | 0.7783 | 0.7782 | 0.7781 | 0.7780 |
| 308.00 | 0.7779 | 0.7778 | 0.7777 | 0.7776 |
| 309.00 | 0.7774 | 0.7773 | 0.7772 | 0.7771 |
| 310.00 | 0.7770 | 0.7769 | 0.7768 | 0.7766 |
| 311.00 | 0.7765 | 0.7764 | 0.7763 | 0.7762 |
| 312.00 | 0.7761 | 0.7760 | 0.7759 | 0.7758 |
| 313.00 | 0.7757 | 0.7756 | 0.7755 | 0.7754 |

Wilks formula for Women cont.

| BWT in Pounds (lbs) | Interpolated Wilks Coefficients | | | |
|------------------------|------------------------------------|--------|--------|--------|
| | (1/4 lbs.) → | even | 1/4 | 1/2 |
| 314.00 | 0.7753 | 0.7752 | 0.7750 | 0.7749 |
| 315.00 | 0.7748 | 0.7747 | 0.7746 | 0.7745 |
| 316.00 | 0.7744 | 0.7744 | 0.7742 | 0.7741 |
| 317.00 | 0.7740 | 0.7739 | 0.7738 | 0.7737 |
| 318.00 | 0.7736 | 0.7735 | 0.7734 | 0.7733 |
| 319.00 | 0.7732 | 0.7731 | 0.7730 | 0.7730 |
| 320.00 | 0.7729 | 0.7727 | 0.7726 | 0.7725 |
| 321.00 | 0.7725 | 0.7724 | 0.7723 | 0.7722 |
| 322.00 | 0.7721 | 0.7720 | 0.7719 | 0.7718 |
| 323.00 | 0.7717 | 0.7717 | 0.7716 | 0.7715 |
| 324.00 | 0.7714 | 0.7713 | 0.7712 | 0.7712 |
| 325.00 | 0.7711 | 0.7710 | 0.7709 | 0.7708 |
| 326.00 | 0.7707 | 0.7707 | 0.7706 | 0.7705 |
| 327.00 | 0.7705 | 0.7704 | 0.7703 | 0.7702 |
| 328.00 | 0.7702 | 0.7701 | 0.7700 | 0.7700 |
| 329.00 | 0.7699 | 0.7699 | 0.7698 | 0.7697 |
| 330.00 | 0.7696 | 0.7696 | 0.7695 | 0.7695 |
| 331.00 | 0.7694 | 0.7693 | 0.7693 | 0.7692 |
| 332.00 | 0.7692 | 0.7691 | 0.7691 | 0.7691 |

Kilos to Pounds Conversion Table

| <u>Kilo</u> | <u>Pound</u> | <u>Kilo</u> | <u>Pound</u> | <u>Kilo</u> | <u>Pound</u> | <u>Kilo</u> | <u>Pound</u> | <u>Kilo</u> | <u>Pound</u> |
|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|
| 40 | 88.2 | 127.5 | 281.1 | 215 | 474 | 302.5 | 666.89 | 390 | 859.79 |
| 42.5 | 93.7 | 130 | 286.6 | 217.5 | 479.5 | 305 | 672.4 | 392.5 | 865.31 |
| 45 | 99.2 | 132.5 | 292.1 | 220 | 485.01 | 307.5 | 677.91 | 395 | 870.82 |
| 47.5 | 104.7 | 135 | 297.6 | 222.5 | 490.52 | 310 | 683.43 | 397.5 | 876.33 |
| 50 | 110.2 | 137.5 | 303.1 | 225 | 496.04 | 312.5 | 688.94 | 400 | 881.84 |
| 52.5 | 115.7 | 140 | 308.6 | 227.5 | 501.55 | 315 | 694.45 | 402.5 | 887.35 |
| 55 | 121.3 | 142.5 | 314.2 | 230 | 507.06 | 317.5 | 699.96 | 405 | 892.86 |
| 57.5 | 126.8 | 145 | 319.7 | 232.5 | 512.57 | 320 | 705.47 | 407.5 | 898.37 |
| 60 | 132.3 | 147.5 | 325.2 | 235 | 518.08 | 322.5 | 710.98 | 410 | 903.89 |
| 62.5 | 137.8 | 150 | 330.7 | 237.5 | 523.59 | 325 | 716.5 | 412.5 | 909.4 |
| 65 | 143.3 | 152.5 | 336.2 | 240 | 529.1 | 327.5 | 722.01 | 415 | 914.91 |
| 67.5 | 148.8 | 155 | 341.7 | 242.5 | 534.62 | 330 | 727.52 | 417.5 | 920.42 |
| 70 | 154.3 | 157.5 | 347.2 | 245 | 540.13 | 332.5 | 733.03 | 420 | 925.9 |
| 72.5 | 159.8 | 160 | 352.7 | 247.5 | 545.64 | 335 | 738.54 | 422.5 | 931.4 |
| 75 | 165.3 | 162.5 | 358.2 | 250 | 551.15 | 337.5 | 744.05 | 425 | 937 |
| 77.5 | 170.9 | 165 | 363.8 | 252.5 | 556.66 | 340 | 749.56 | 427.5 | 942.5 |
| 80 | 176.4 | 167.5 | 369.3 | 255 | 562.17 | 342.5 | 755.08 | 430 | 948 |
| 82.5 | 181.9 | 170 | 374.8 | 257.5 | 567.68 | 345 | 760.59 | 432.5 | 953.5 |
| 85 | 187.4 | 172.5 | 380.3 | 260 | 573.2 | 347.5 | 766.1 | 435 | 959 |
| 87.5 | 192.9 | 175 | 385.8 | 262.5 | 578.71 | 350 | 771.61 | 437.5 | 964.5 |
| 90 | 198.4 | 177.5 | 391.3 | 265 | 584.22 | 352.5 | 777.12 | 440 | 970 |
| 92.5 | 203.9 | 180 | 396.8 | 267.5 | 589.73 | 355 | 782.63 | 442.5 | 975.5 |
| 95 | 209.4 | 182.5 | 402.3 | 270 | 595.24 | 357.5 | 788.14 | 445 | 981 |
| 97.5 | 214.9 | 185 | 407.9 | 272.5 | 600.75 | 360 | 793.66 | 447.5 | 986.6 |
| 100 | 220.5 | 187.5 | 413.4 | 275 | 606.27 | 362.5 | 799.17 | 450 | 992.1 |
| 102.5 | 226 | 190 | 418.9 | 277.5 | 611.78 | 365 | 804.68 | 452.5 | 997.6 |
| 105 | 231.5 | 192.5 | 424.4 | 280 | 617.29 | 367.5 | 810.19 | 455 | 1003.1 |
| 107.5 | 237 | 195 | 429.9 | 282.5 | 622.8 | 370 | 815.7 | | |
| 110 | 242.5 | 197.5 | 435.4 | 285 | 628.31 | 372.5 | 821.21 | | |
| 112.5 | 248 | 200 | 440.9 | 287.5 | 633.82 | 375 | 826.73 | | |
| 115 | 253.5 | 202.5 | 446.4 | 290 | 639.33 | 377.5 | 832.24 | | |
| 117.5 | 259 | 205 | 451.9 | 292.5 | 644.85 | 380 | 837.75 | | |
| 120 | 264.6 | 207.5 | 457.5 | 295 | 650.36 | 382.5 | 843.26 | | |
| 122.5 | 270.1 | 210 | 463 | 297.5 | 655.87 | 385 | 848.77 | | |
| 125 | 275.6 | 212.5 | 468.5 | 300 | 661.38 | 387.5 | 854.28 | | |