

**-43 V****PL EQUIPPED****Sub-Junior**

| <b>Lift</b> | <b>NAT</b> |     | <b>VGPF</b> |     |
|-------------|------------|-----|-------------|-----|
| <b>SQ</b>   | minimum    | 80  | minimum     | 80  |
| <b>BP</b>   | minimum    | 50  | minimum     | 50  |
| <b>DL</b>   | minimum    | 85  | minimum     | 85  |
| <b>TOT</b>  | minimum    | 220 | minimum     | 220 |

**Junior**

| <b>Lift</b> | <b>NAT</b> |     | <b>VGPF</b> |     |
|-------------|------------|-----|-------------|-----|
| <b>SQ</b>   | minimum    | 100 | minimum     | 100 |
| <b>BP</b>   | minimum    | 60  | minimum     | 60  |
| <b>DL</b>   | minimum    | 105 | minimum     | 105 |
| <b>TOT</b>  | minimum    | 250 | minimum     | 250 |

**-47 V****PL EQUIPPED****Sub-Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 90  | minimum | 90  |
| BP   | minimum | 55  | minimum | 55  |
| DL   | minimum | 95  | minimum | 95  |
| TOT  | minimum | 240 | minimum | 240 |

**Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 105 | minimum | 105 |
| BP   | minimum | 70  | minimum | 70  |
| DL   | minimum | 110 | minimum | 110 |
| TOT  | minimum | 265 | minimum | 265 |

**Senior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 110 | minimum | 110 |
| BP   | minimum | 70  | minimum | 70  |
| DL   | minimum | 115 | minimum | 115 |
| TOT  | minimum | 295 | minimum | 295 |

**Master 1 (40+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 95  | minimum | 95  |
| BP   | minimum | 60  | minimum | 60  |
| DL   | minimum | 100 | minimum | 100 |
| TOT  | minimum | 255 | minimum | 255 |

**Master 2 (50+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 85  | minimum | 85  |
| BP   | minimum | 50  | minimum | 50  |
| DL   | minimum | 90  | minimum | 90  |
| TOT  | minimum | 225 | minimum | 225 |

**Master 3 (60+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 70  | minimum | 70  |
| BP   | minimum | 45  | minimum | 45  |
| DL   | minimum | 75  | minimum | 75  |
| TOT  | minimum | 190 | minimum | 190 |

**Master 4 (70+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 60  | minimum | 60  |
| BP   | minimum | 35  | minimum | 35  |
| DL   | minimum | 65  | minimum | 65  |
| TOT  | minimum | 180 | minimum | 180 |

**-52 V****PL EQUIPPED****Sub-Junior**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 100 | minimum | 100 |
| <b>BP</b>  | minimum | 60  | minimum | 60  |
| <b>DL</b>  | minimum | 105 | minimum | 105 |
| <b>TOT</b> | minimum | 265 | minimum | 265 |

**Junior**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 110 | minimum | 110 |
| <b>BP</b>  | minimum | 75  | minimum | 75  |
| <b>DL</b>  | minimum | 115 | minimum | 115 |
| <b>TOT</b> | minimum | 295 | minimum | 295 |

**Senior**

| Lift       | NAT               |       | VGPF              |       |
|------------|-------------------|-------|-------------------|-------|
| <b>SQ</b>  | Jennifer Heaysman | 155   | Jennifer Heaysman | 155   |
| <b>BP</b>  | Jennifer Heaysman | 85    | Jennifer Heaysman | 85    |
| <b>DL</b>  | Linda Van Riet    | 137,5 | Linda Van Riet    | 137,5 |
| <b>TOT</b> | Jennifer Heaysman | 370   | Jennifer Heaysman | 370   |

**Master 1 (40+)**

| Lift       | NAT              |       | VGPF             |       |
|------------|------------------|-------|------------------|-------|
| <b>SQ</b>  | Carine Stallaert | 127,5 | Carine Stallaert | 127,5 |
| <b>BP</b>  | Carine Stallaert | 72,5  | Carine Stallaert | 72,5  |
| <b>DL</b>  | Carine Stallaert | 135   | Carine Stallaert | 135   |
| <b>TOT</b> | Carine Stallaert | 325   | Carine Stallaert | 325   |

**Master 2 (50+)**

| Lift       | NAT              |       | VGPF             |       |
|------------|------------------|-------|------------------|-------|
| <b>SQ</b>  | Carine Stallaert | 127,5 | Carine Stallaert | 127,5 |
| <b>BP</b>  | Carine Stallaert | 72,5  | Carine Stallaert | 72,5  |
| <b>DL</b>  | Carine Stallaert | 133   | Carine Stallaert | 133   |
| <b>TOT</b> | Carine Stallaert | 325   | Carine Stallaert | 325   |

**Master 3 (60+)**

| Lift       | NAT              |      | VGPF             |      |
|------------|------------------|------|------------------|------|
| <b>SQ</b>  | Carine Stallaert | 115  | Carine Stallaert | 115  |
| <b>BP</b>  | Carine Stallaert | 62,5 | Carine Stallaert | 62,5 |
| <b>DL</b>  | Carine Stallaert | 115  | Carine Stallaert | 115  |
| <b>TOT</b> | Carine Stallaert | 290  | Carine Stallaert | 290  |

**Master 4 (70+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 65  | minimum | 65  |
| <b>BP</b>  | minimum | 40  | minimum | 40  |
| <b>DL</b>  | minimum | 70  | minimum | 70  |
| <b>TOT</b> | minimum | 195 | minimum | 195 |

**-57 V****PL EQUIPPED****Sub-Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 110 | minimum | 110 |
| BP   | minimum | 65  | minimum | 65  |
| DL   | minimum | 115 | minimum | 115 |
| TOT  | minimum | 290 | minimum | 290 |

**Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 120 | minimum | 120 |
| BP   | minimum | 80  | minimum | 80  |
| DL   | minimum | 125 | minimum | 125 |
| TOT  | minimum | 320 | minimum | 320 |

**Senior**

| Lift | NAT               |       | VGPF              |       |
|------|-------------------|-------|-------------------|-------|
| SQ   | Jennifer Heaysman | 170   | Jennifer Heaysman | 170   |
| BP   | Jennifer Heaysman | 92,5  | Jennifer Heaysman | 92,5  |
| DL   | Jennifer Heaysman | 147,5 | Jennifer Heaysman | 147,5 |
| TOT  | Jennifer Heaysman | 405   | Jennifer Heaysman | 405   |

**Master 1 (40+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 115 | minimum | 115 |
| BP   | minimum | 80  | minimum | 80  |
| DL   | minimum | 120 | minimum | 120 |
| TOT  | minimum | 315 | minimum | 315 |

**Master 2 (50+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 95  | minimum | 95  |
| BP   | minimum | 60  | minimum | 60  |
| DL   | minimum | 100 | minimum | 100 |
| TOT  | minimum | 255 | minimum | 255 |

**Master 3 (60+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 80  | minimum | 80  |
| BP   | minimum | 55  | minimum | 55  |
| DL   | minimum | 85  | minimum | 85  |
| TOT  | minimum | 220 | minimum | 220 |

**Master 4 (70+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 70  | minimum | 70  |
| BP   | minimum | 45  | minimum | 45  |
| DL   | minimum | 75  | minimum | 75  |
| TOT  | minimum | 210 | minimum | 210 |

**-63 V****PL EQUIPPED****Sub-Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 115 | minimum | 115 |
| BP   | minimum | 70  | minimum | 70  |
| DL   | minimum | 120 | minimum | 120 |
| TOT  | minimum | 305 | minimum | 305 |

**Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 130 | minimum | 130 |
| BP   | minimum | 85  | minimum | 85  |
| DL   | minimum | 135 | minimum | 135 |
| TOT  | minimum | 340 | minimum | 340 |

**Senior**

| Lift | NAT                |     | VGPF               |     |
|------|--------------------|-----|--------------------|-----|
| SQ   | Anne Daineffe      | 185 | Anne Daineffe      | 185 |
| BP   | Kathleen Compagnie | 110 | Kathleen Compagnie | 110 |
| DL   | Anne Daineffe      | 170 | Anne Daineffe      | 170 |
| TOT  | Anne Daineffe      | 445 | Anne Daineffe      | 445 |

**Master 1 (40+)**

| Lift | NAT                |       | VGPF               |       |
|------|--------------------|-------|--------------------|-------|
| SQ   | Anne Daineffe      | 185   | Anne Daineffe      | 185   |
| BP   | Kathleen Compagnie | 110   | Kathleen Compagnie | 110   |
| DL   | Anne Daineffe      | 162,5 | Anne Daineffe      | 162,5 |
| TOT  | Anne Daineffe      | 445   | Anne Daineffe      | 445   |

**Master 2 (50+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 100 | minimum | 100 |
| BP   | minimum | 65  | minimum | 65  |
| DL   | minimum | 105 | minimum | 105 |
| TOT  | minimum | 270 | minimum | 270 |

**Master 3 (60+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 90  | minimum | 90  |
| BP   | minimum | 60  | minimum | 60  |
| DL   | minimum | 95  | minimum | 95  |
| TOT  | minimum | 245 | minimum | 245 |

**Master 4 (70+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 80  | minimum | 80  |
| BP   | minimum | 50  | minimum | 50  |
| DL   | minimum | 85  | minimum | 85  |
| TOT  | minimum | 235 | minimum | 235 |

**-69 V****PL EQUIPPED****Sub-Junior**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 125 | minimum | 125 |
| <b>BP</b>  | minimum | 75  | minimum | 75  |
| <b>DL</b>  | minimum | 130 | minimum | 130 |
| <b>TOT</b> | minimum | 330 | minimum | 330 |

**Junior**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 145 | minimum | 145 |
| <b>BP</b>  | minimum | 90  | minimum | 90  |
| <b>DL</b>  | minimum | 150 | minimum | 150 |
| <b>TOT</b> | minimum | 375 | minimum | 375 |

**Senior**

| Lift       | NAT                |     | VGPF               |       |
|------------|--------------------|-----|--------------------|-------|
| <b>SQ</b>  | Kathleen Compagnie | 175 | Kathleen Compagnie | 175   |
| <b>BP</b>  | Kathleen Compagnie | 120 | Kathleen Compagnie | 120   |
| <b>DL</b>  | Celine Spina       | 168 | Kathleen Compagnie | 167,5 |
| <b>TOT</b> | Kathleen Compagnie | 460 | Kathleen Compagnie | 460   |

**Master 1 (40+)**

| Lift       | NAT                |       | VGPF               |       |
|------------|--------------------|-------|--------------------|-------|
| <b>SQ</b>  | Kathleen Compagnie | 175   | Kathleen Compagnie | 175   |
| <b>BP</b>  | Kathleen Compagnie | 120   | Kathleen Compagnie | 120   |
| <b>DL</b>  | Kathleen Compagnie | 167,5 | Kathleen Compagnie | 167,5 |
| <b>TOT</b> | Kathleen Compagnie | 460   | Kathleen Compagnie | 460   |

**Master 2 (50+)**

| Lift       | NAT           |       | VGPF    |     |
|------------|---------------|-------|---------|-----|
| <b>SQ</b>  | Viviane Lerot | 110   | minimum | 110 |
| <b>BP</b>  | minimum       | 70    | minimum | 70  |
| <b>DL</b>  | Viviane Lerot | 120,5 | minimum | 115 |
| <b>TOT</b> | minimum       | 295   | minimum | 295 |

**Master 3 (60+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 95  | minimum | 95  |
| <b>BP</b>  | minimum | 65  | minimum | 65  |
| <b>DL</b>  | minimum | 100 | minimum | 100 |
| <b>TOT</b> | minimum | 260 | minimum | 260 |

**Master 4 (70+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 85  | minimum | 85  |
| <b>BP</b>  | minimum | 55  | minimum | 55  |
| <b>DL</b>  | minimum | 90  | minimum | 90  |
| <b>TOT</b> | minimum | 250 | minimum | 250 |

**-76 V****PL EQUIPPED****Sub-Junior**

| Lift       | NAT             |       | VGPF    |       |
|------------|-----------------|-------|---------|-------|
| <b>SQ</b>  | Nadege Dechamps | 172,5 | minimum | 127,5 |
| <b>BP</b>  | Nadege Dechamps | 112,5 | minimum | 77,5  |
| <b>DL</b>  | Nadege Dechamps | 167,5 | minimum | 132,5 |
| <b>TOT</b> | Nadege Dechamps | 450   | minimum | 337,5 |

**Junior**

| Lift       | NAT             |       | VGPF    |       |
|------------|-----------------|-------|---------|-------|
| <b>SQ</b>  | Nadege Dechamps | 172,5 | minimum | 150   |
| <b>BP</b>  | Nadege Dechamps | 112,5 | minimum | 97,5  |
| <b>DL</b>  | Nadege Dechamps | 167,5 | minimum | 155   |
| <b>TOT</b> | Nadege Dechamps | 450   | minimum | 392,5 |

**Senior**

| Lift       | NAT             |       | VGPF           |       |
|------------|-----------------|-------|----------------|-------|
| <b>SQ</b>  | Wendy Michiels  | 173   | Wendy Michiels | 173   |
| <b>BP</b>  | Nadege Dechamps | 112,5 | Wendy Michiels | 107,5 |
| <b>DL</b>  | Nadege Dechamps | 167,5 | Wendy Michiels | 167,5 |
| <b>TOT</b> | Nadege Dechamps | 450   | Wendy Michiels | 435   |

**Master 1 (40+)**

| Lift       | NAT            |       | VGPF           |       |
|------------|----------------|-------|----------------|-------|
| <b>SQ</b>  | Wendy Michiels | 173   | Wendy Michiels | 173   |
| <b>BP</b>  | Wendy Michiels | 107,5 | Wendy Michiels | 107,5 |
| <b>DL</b>  | Wendy Michiels | 167,5 | Wendy Michiels | 167,5 |
| <b>TOT</b> | Wendy Michiels | 435   | Wendy Michiels | 435   |

**Master 2 (50+)**

| Lift       | NAT           |       | VGPF    |       |
|------------|---------------|-------|---------|-------|
| <b>SQ</b>  | minimum       | 112,5 | minimum | 112,5 |
| <b>BP</b>  | minimum       | 75    | minimum | 75    |
| <b>DL</b>  | Viviane Lerot | 120   | minimum | 117,5 |
| <b>TOT</b> | minimum       | 305   | minimum | 305   |

**Master 3 (60+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 100 | minimum | 100 |
| <b>BP</b>  | minimum | 70  | minimum | 70  |
| <b>DL</b>  | minimum | 105 | minimum | 105 |
| <b>TOT</b> | minimum | 275 | minimum | 275 |

**Master 4 (70+)**

| Lift       | NAT     |      | VGPF    |      |
|------------|---------|------|---------|------|
| <b>SQ</b>  | minimum | 92,5 | minimum | 92,5 |
| <b>BP</b>  | minimum | 60   | minimum | 60   |
| <b>DL</b>  | minimum | 95   | minimum | 95   |
| <b>TOT</b> | minimum | 265  | minimum | 265  |

**-84 V****PL EQUIPPED****Sub-Junior**

| Lift       | NAT             |       | VGPF    |     |
|------------|-----------------|-------|---------|-----|
| <b>SQ</b>  | Nadege Dechamps | 200   | minimum | 130 |
| <b>BP</b>  | Nadege Dechamps | 135   | minimum | 80  |
| <b>DL</b>  | Nadege Dechamps | 187,5 | minimum | 135 |
| <b>TOT</b> | Nadege Dechamps | 512,5 | minimum | 345 |

**Junior**

| Lift       | NAT             |       | VGPF    |     |
|------------|-----------------|-------|---------|-----|
| <b>SQ</b>  | Nadege Dechamps | 200   | minimum | 155 |
| <b>BP</b>  | Nadege Dechamps | 135   | minimum | 105 |
| <b>DL</b>  | Nadege Dechamps | 187,5 | minimum | 160 |
| <b>TOT</b> | Nadege Dechamps | 512,5 | minimum | 410 |

**Senior**

| Lift       | NAT             |       | VGPF    |     |
|------------|-----------------|-------|---------|-----|
| <b>SQ</b>  | Nadege Dechamps | 200   | minimum | 160 |
| <b>BP</b>  | Nadege Dechamps | 135   | minimum | 110 |
| <b>DL</b>  | Nadege Dechamps | 187,5 | minimum | 165 |
| <b>TOT</b> | Nadege Dechamps | 512,5 | minimum | 455 |

**Master 1 (40+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 145 | minimum | 145 |
| <b>BP</b>  | minimum | 100 | minimum | 100 |
| <b>DL</b>  | minimum | 150 | minimum | 150 |
| <b>TOT</b> | minimum | 395 | minimum | 395 |

**Master 2 (50+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 115 | minimum | 115 |
| <b>BP</b>  | minimum | 80  | minimum | 80  |
| <b>DL</b>  | minimum | 120 | minimum | 120 |
| <b>TOT</b> | minimum | 315 | minimum | 315 |

**Master 3 (60+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 105 | minimum | 105 |
| <b>BP</b>  | minimum | 75  | minimum | 75  |
| <b>DL</b>  | minimum | 110 | minimum | 110 |
| <b>TOT</b> | minimum | 290 | minimum | 290 |

**Master 4 (70+)**

| Lift       | NAT     |     | VGPF    |     |
|------------|---------|-----|---------|-----|
| <b>SQ</b>  | minimum | 95  | minimum | 95  |
| <b>BP</b>  | minimum | 65  | minimum | 65  |
| <b>DL</b>  | minimum | 100 | minimum | 100 |
| <b>TOT</b> | minimum | 280 | minimum | 280 |



**+84 V****PL EQUIPPED****Sub-Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 145 | minimum | 145 |
| BP   | minimum | 95  | minimum | 95  |
| DL   | minimum | 150 | minimum | 150 |
| TOT  | minimum | 390 | minimum | 390 |

**Junior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 160 | minimum | 160 |
| BP   | minimum | 110 | minimum | 110 |
| DL   | minimum | 165 | minimum | 165 |
| TOT  | minimum | 425 | minimum | 425 |

**Senior**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 175 | minimum | 175 |
| BP   | minimum | 115 | minimum | 115 |
| DL   | minimum | 180 | minimum | 180 |
| TOT  | minimum | 470 | minimum | 470 |

**Master 1 (40+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 155 | minimum | 155 |
| BP   | minimum | 110 | minimum | 110 |
| DL   | minimum | 160 | minimum | 160 |
| TOT  | minimum | 425 | minimum | 425 |

**Master 2 (50+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 120 | minimum | 120 |
| BP   | minimum | 85  | minimum | 85  |
| DL   | minimum | 125 | minimum | 125 |
| TOT  | minimum | 330 | minimum | 330 |

**Master 3 (60+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 115 | minimum | 115 |
| BP   | minimum | 80  | minimum | 80  |
| DL   | minimum | 120 | minimum | 120 |
| TOT  | minimum | 315 | minimum | 315 |

**Master 4 (70+)**

| Lift | NAT     |     | VGPF    |     |
|------|---------|-----|---------|-----|
| SQ   | minimum | 105 | minimum | 105 |
| BP   | minimum | 70  | minimum | 70  |
| DL   | minimum | 110 | minimum | 110 |
| TOT  | minimum | 305 | minimum | 305 |