

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

Lift	NAT		VGPF	
SQ	minimum	80	minimum	80
BP	minimum	50	minimum	50
DL	minimum	85	minimum	85
TOT	minimum	220	minimum	220

Junior

Lift	NAT		VGPF	
SQ	minimum	100	minimum	100
BP	minimum	60	minimum	60
DL	minimum	105	minimum	105
TOT	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	
SQ	minimum	100	minimum	100
BP	minimum	60	minimum	60
DL	minimum	105	minimum	105
TOT	minimum	265	minimum	265

Junior

Lift	NAT		VGPF	
SQ	minimum	110	minimum	110
BP	minimum	75	minimum	75
DL	minimum	115	minimum	115
TOT	minimum	295	minimum	295

Senior

Lift	NAT		VGPF	
SQ	Jennifer Heaysman	155	Jennifer Heaysman	155
BP	Jennifer Heaysman	85	Jennifer Heaysman	85
DL	Linda Van Riet	137,5	Linda Van Riet	137,5
TOT	Jennifer Heaysman	370	Jennifer Heaysman	370

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	127,5	Carine Stallaert	127,5
BP	Carine Stallaert	72,5	Carine Stallaert	72,5
DL	Carine Stallaert	135	Carine Stallaert	135
TOT	Carine Stallaert	325	Carine Stallaert	325

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	127,5	Carine Stallaert	127,5
BP	Carine Stallaert	72,5	Carine Stallaert	72,5
DL	Carine Stallaert	133	Carine Stallaert	133
TOT	Carine Stallaert	325	Carine Stallaert	325

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	115	Carine Stallaert	115
BP	Carine Stallaert	62,5	Carine Stallaert	62,5
DL	Carine Stallaert	120	Carine Stallaert	120
TOT	Carine Stallaert	290	Carine Stallaert	290

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	65	minimum	65
BP	minimum	40	minimum	40
DL	minimum	70	minimum	70
TOT	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	
SQ	minimum	125	minimum	125
BP	minimum	75	minimum	75
DL	minimum	130	minimum	130
TOT	minimum	330	minimum	330

Junior

Lift	NAT		VGPF	
SQ	minimum	145	minimum	145
BP	minimum	90	minimum	90
DL	minimum	150	minimum	150
TOT	minimum	375	minimum	375

Senior

Lift	NAT		VGPF	
SQ	Kathleen Compagnie	180	Kathleen Compagnie	180
BP	Kathleen Compagnie	122,5	Kathleen Compagnie	122,5
DL	Celine Spina	168	Kathleen Compagnie	167,5
TOT	Kathleen Compagnie	470	Kathleen Compagnie	470

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Kathleen Compagnie	180	Kathleen Compagnie	180
BP	Kathleen Compagnie	122,5	Kathleen Compagnie	122,5
DL	Kathleen Compagnie	167,5	Kathleen Compagnie	167,5
TOT	Kathleen Compagnie	470	Kathleen Compagnie	470

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Wendy Michiels	165	Wendy Michiels	165
BP	Wendy Michiels	100	Wendy Michiels	100
DL	Wendy Michiels	165	Wendy Michiels	165
TOT	Wendy Michiels	430	Wendy Michiels	430

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	95	minimum	95
BP	minimum	65	minimum	65
DL	minimum	100	minimum	100
TOT	minimum	260	minimum	260

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	85	minimum	85
BP	minimum	55	minimum	55
DL	minimum	90	minimum	90
TOT	minimum	250	minimum	250

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

Lift	NAT		VGPF	
SQ	Nadege Dechamps	172,5	minimum	127,5
BP	Nadege Dechamps	112,5	minimum	77,5
DL	Nadege Dechamps	167,5	minimum	132,5
TOT	Nadege Dechamps	450	minimum	337,5

Junior

Lift	NAT		VGPF	
SQ	Nadege Dechamps	172,5	minimum	150
BP	Nadege Dechamps	112,5	minimum	97,5
DL	Nadege Dechamps	167,5	minimum	155
TOT	Nadege Dechamps	450	minimum	392,5

Senior

Lift	NAT		VGPF	
SQ	Wendy Michiels	173	Wendy Michiels	173
BP	Nadege Dechamps	112,5	Wendy Michiels	107,5
DL	Nadege Dechamps	167,5	Wendy Michiels	167,5
TOT	Nadege Dechamps	450	Wendy Michiels	435

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Wendy Michiels	173	Wendy Michiels	173
BP	Wendy Michiels	107,5	Wendy Michiels	107,5
DL	Wendy Michiels	167,5	Wendy Michiels	167,5
TOT	Wendy Michiels	435	Wendy Michiels	435

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	112,5	minimum	112,5
BP	minimum	75	minimum	75
DL	Viviane Lerot	120	minimum	117,5
TOT	minimum	305	minimum	305

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	100	minimum	100
BP	minimum	70	minimum	70
DL	minimum	105	minimum	105
TOT	minimum	275	minimum	275

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	92,5	minimum	92,5
BP	minimum	60	minimum	60
DL	minimum	95	minimum	95
TOT	minimum	265	minimum	265

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

Lift	NAT		VGPF	
SQ	Nadege Dechamps	200	minimum	130
BP	Nadege Dechamps	135	minimum	80
DL	Nadege Dechamps	187,5	minimum	135
TOT	Nadege Dechamps	512,5	minimum	345

Junior

Lift	NAT		VGPF	
SQ	Nadege Dechamps	200	minimum	155
BP	Nadege Dechamps	135	minimum	105
DL	Nadege Dechamps	187,5	minimum	160
TOT	Nadege Dechamps	512,5	minimum	410

Senior

Lift	NAT		VGPF	
SQ	Nadege Dechamps	200	minimum	160
BP	Nadege Dechamps	135	minimum	110
DL	Nadege Dechamps	187,5	minimum	165
TOT	Nadege Dechamps	512,5	minimum	455

Master 1 (40+)

Lift	NAT		VGPF	
SQ	minimum	145	minimum	145
BP	minimum	100	minimum	100
DL	minimum	150	minimum	150
TOT	minimum	395	minimum	395

Master 2 (50+)

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

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	105	minimum	105
BP	minimum	75	minimum	75
DL	minimum	110	minimum	110
TOT	minimum	290	minimum	290

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	95	minimum	95
BP	minimum	65	minimum	65
DL	minimum	100	minimum	100
TOT	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