

RAW Powerlifting Canada

Atlantic and Eastern Canada

Single Lift - **MILITARY PRESS** and **STRICT CURL**

Updated 2025Aug04

<u>Female 44 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 48 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 52 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 56 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 60 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 67.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 75 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 82.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 90 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Female 90+ kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 48 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
OPEN		10.7 Angelo Anastasio Jr. - ON'25
11 and under		10.7 Angelo Anastasio Jr. - ON'25

<u>Male 52 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 56 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 60 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 67.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 75 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 82.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 90 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 100 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 110 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 125 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male 140 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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<u>Male SHW CLASS</u>	<u>MILITARY PRESS (kg)</u>	<u>STRICT CURL (kg)</u>
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