

FEMALE

HEIGHT	15 - 19 YRS	20 - 24 YRS	25 - 29 YRS	30 - 34 YRS	35 - 39 YRS	40 - 44 YRS	45 - 49 YRS	50 & ABOVE
5'0" 152cm	80 - 116 lbs 36.4 - 52.7 kg	85 - 123 lbs 38.6 - 55.9 kg	89 - 130 lbs 40.4 - 59.1 kg	86 - 128 lbs 39.1 58.2 kg	88 - 130 lbs 40.0 - 59.1 kg	90 - 134 lbs 40.9 - 60.9 kg	92 - 136 lbs 41.8 - 61.8 kg	92 - 138 lbs 41.8 - 62.7 kg
5'1" 155cm	81 - 118 lbs 36.8 - 53.6 kg	86 - 126 lbs 39.1 - 57.3 kg	91 - 132 lbs 41.4 - 60.0 kg	88 - 130 lbs 40.0 - 59.1 kg	89 - 133 lbs 40.4 - 60.4 kg	92 - 136 lbs 41.8 - 61.8 kg	93 - 139 lbs 42.3 - 63.2 kg	94 - 140 lbs 42.7 - 63.6 kg
5'2" 157cm	84 - 122 lbs 38.2 - 55.4 kg	89 - 130 lbs 40.4 - 59.1 kg	92 - 135 lbs 41.8 - 61.4 kg	89 - 133 lbs 40.4 - 60.4 kg	91 - 135 lbs 41.4 - 61.4 kg	93 - 139 lbs 42.3 - 63.2 kg	95 - 141 lbs 43.2 - 64.1 kg	96 - 142 lbs 43.6 - 64.6 kg
5'3" 160cm	86 - 126lbs 39.1 - 57.3 kg	91 - 133 lbs 41.4 - 60.4 kg	95 - 138 lbs 43.2 - 62.7 kg	92 - 136 lbs 41.8 - 61.8 kg	93 - 139 lbs 42.3 - 63.2 kg	96 - 142 lbs 43.6 - 64.4 kg	97 - 145 lbs 44.1 - 65.9 kg	98 - 146 lbs 44.6 - 66.4 kg
5'4" 162cm	89 - 130 lbs 40.4 - 59.1 kg	95 - 138 lbs 43.2 - 62.7 kg	97 - 142 lbs 44.1 - 64.4 kg	94 - 140 lbs 42.7 - 63.6 kg	96 - 144 lbs 43.6 - 65.4 lbs	98 - 146 lbs 44.6 - 66.4 kg	100 - 148 lbs 45.4 - 67.3 kg	100 - 150 lbs 45.4 - 68.2 kg
5'5" 165cm	92 - 135 lbs 41.8 - 61.4 kg	98 - 143 lbs 44.6 - 65.0 kg	101 - 147 lbs 45.9 - 66.8 kg	97 - 145 lbs 44.1 - 65.9 kg	100 - 148 lbs 45.4 - 67.3 kg	100 - 150 lbs 45.4 - 68.2 kg	103 - 153 lbs 46.8 - 69.6 kg	104 - 154 lbs' 47.3 - 70.0 kg
5'6" 168cm	96 - 140 lbs 43.6 - 63.6 kg	102 - 148 lbs 46.4 - 67.3 kg	104 - 152 lbs 47.3 - 69.1 kg	101 - 151 lbs 45.9 - 68.6 kg	103 - 153 lbs 46.8 - 69.6 kg	104 - 156 lbs 47.3 - 70.9 kg	106 - 158 lbs 46.2 - 71.8 kg	107 - 159 lbs 48.6 - 72.3 kg
5'7" 170cm	99 - 145 lbs 45.0 - 65.9 kg	104 -152 lbs 47.3 - 69.1 kg	108 - 157 lbs 49.1 - 71.4 kg	104 - 154 lbs 47.3 - 70.0 kg	106 - 158 lbs 48.2 - 71.8 kg	108 - 160 lbs 49.1 - 72.2 kg	109 - 163 lbs 49.6 - 74.1 kg	110 - 164 lbs 50.0 - 74.6 kg
5'8" 172cm	102 - 150 lbs 46.4 - 68.2 kg	108 - 157 lbs 49.1 - 71.4 kg	111 - 162 lbs 50.4 - 73.6 kg	108 - 160 lbs 49.1 - 72.7 kg	110- 164 lbs 50.0 - 74.6 kg	112 - 166 lbs 50.9 - 75.4 kg	113 - 169 lbs 51.4 - 76.8 kg	114 - 170 lbs 51.8 - 77.3 kg
5'9" 175cm	106 - 155 lbs 48.2 - 70.4 kg	111 - 162 lbs 50.4 - 73.6 kg	114 - 167 lbs 51.8 - 75.9 kg	111 - 165 lbs 50.4 - 75.0 kg	114 - 170 lbs 51.8 - 77.3 kg	116 - 172 lbs 52.7 - 78.2 kg	117 - 175 lbs 53.2 - 79.6 kg	118 - 176 lbs 53.6 - 80.0 kg
5'10" 178cm	109 - 160 lbs 49.6 - 72.7 kg	114 - 167 lbs 51.8 - 75.9 kg	118 - 172 lbs 53.6 - 78.2 kg	115 - 171 lbs 52.3 77.7 kg	118 - 176 lbs 53.6 - 80.0 kg	120 - 176 lbs 54.6 - 80.9 kg	123 - 181 lbs 55.0 - 82.3 kg	122 - 182 lbs 55.4 - 82.7 kg
5'11" 180cm	114 - 166 lbs 51.8 - 75.4 kg	118 - 172 lbs 53.6 - 78.2 lbs	122 - 178 lbs 55.4 - 80.9 kg	119 - 177 lbs 54.1 - 80.4 kg	122 - 182 lbs 55.4 - 82.7 kg	124 - 186 lbs 56.4 - 84.6 kg	126 - 188 lbs 57.3 - 85.4 kg	127 - 186 lbs 57.7 - 85.9 kg
6'0" 183cm	118 - 172 lbs 53.6 - 78.2 kg	122 - 178 lbs 55.4 - 80.9 kg	127 - 186 lbs 57.7 - 84.6 kg	124 - 184 lbs 56.4 - 83.6 kg	127 - 189 lbs 57.7 - 85.9 kg	129 - 193 lbs 58.6 - 87.7 kg	131 - 195 lbs 59.6 - 88.6 kg	132 - 196 lbs 60.0 - 89.1 kg
6'1" 188cm	123 - 178 lbs 55.4 - 80.9 kg	128 - 183 lbs 58.2 - 85.0 kg	132 - 193 lbs 60.0 - 87.7 kg	128 - 192 lbs 58.2 - 87.3 kg	132 - 196 lbs 60.0 - 89.1 kg	134 - 200 lbs 60.9 - 90.9 kg	136 - 204 lbs 61.8 - 92.7 kg	137 - 205 lbs 62.3 - 93.2 kg

MALE

HEIGHT	15 - 19 YRS	20 - 24 YRS	25 - 29 YRS	30 - 34 YRS	35 - 39 YRS	40 - 44 YRS	45 - 49 YRS	50 & ABOVE
5' 0" 152 cm	88 - 128 lbs 40.0 - 58.2 kg	93 - 136 lbs 42.3 - 61.8 kg	97 - 142 lbs 44.1 - 64.4 kg	94 - 140 lbs 42.7 - 63.6 kg	96 - 142 lbs 43.6 - 66.4 kg	98 - 146 lbs 44.6 - 66.4 lbs	100 - 143 lbs 45.4 - 67.3 kg	100 - 150 lbs 45.4 - 68.2 kg
5' 1" 155 cm	90 - 131 lbs 40.9 - 59.5 kg	95 - 138 lbs 43.2 - 62.7 kg	99 - 145 lbs 45.0 - 65.9 kg	96 - 142 lbs 43.6 - 64.6 kg	97 - 145 lbs 44.1 - 65.9 kg	100 - 148 lbs 45.4 - 67.3 kg	101 - 151 lbs 45.9 - 68.6 kg	102 - 152 lbs 46.4 - 69.1 kg
5' 2" 157 cm	92 - 135 lbs 41.8 - 61.4 kg	97 - 142 lbs 44.1 - 64.6 kg	101 - 142 lbs 45.9 - 66.8 kg	97 - 145 lbs 44.2 - 65.9 kg	99 - 147 lbs 45.8 - 66.8 kg	101 - 151 lbs 45.9 - 68.6 kg	103 - 153 lbs 46.8 - 69.6 kg	104 - 154 lbs 47.3 - 70.0 kg
5' 3" 160 cm	95 - 138 lbs 43.2 - 62.7 kg	100 - 146 lbs 45.4 - 66.4 kg	103 - 151 lbs 46.8 - 68.6 kg	100 - 148 lbs 45.4 - 67.3 kg	101 - 151 lbs 45.9 - 68.6 kg	104 - 154 lbs 47.3 - 70.0 kg	105 - 157 lbs 47.7 - 71.4 kg	106 - 158 lbs 48.2 - 71.8 kg
5' 4" 162 cm	97 - 142 lbs 44.1 - 64.5 kg	101 - 151 lbs 46.8 - 68.6 kg	106 - 155 lbs 48.2 - 70.4 kg	102 - 152 lbs 46.4 - 69.1 kg	104 - 156 lbs 47.3 - 70.9 kg	106 - 158 lbs 48.2 - 71.8 kg	108 - 160 lbs 49.1 - 72.7 kg	108 - 162 lbs 49.1 - 73.6 kg
5' 5" 165 cm	101 - 147 lbs 40.5 - 66.8 kg	107 - 156 lbs 48.6 - 70.9 kg	109 - 160 lbs 49.6 - 72.7 kg	105 - 157 lbs 47.7 - 71.4 kg	108 - 160 lbs 49.1 - 72.7 kg	108 - 162 lbs 49.1 - 73.6 kg	111 - 165 lbs 50.4 - 75.0 kg	112 - 166 lbs 50.9 - 75.4 kg
5' 6" 168 cm	104 - 152 lbs 47.3 - 69.1 kg	110 - 161 lbs 50.0 - 73.2 kg	113 - 165 lbs 51.4 - 75.0 kg	109 - 163 lbs 49.6 - 74.1 kg	111 - 165 lbs 50.4 - 75.0 kg	112 - 168 lbs 50.9 - 76.4 kg	114 - 170 lbs 51.8 - 77.3 kg	115 - 171 lbs 52.3 - 77.7 kg
5' 7" 170 cm	108 - 157 lbs 49.1 - 71.4 kg	113 - 165 lbs 51.4 - 75.0 kg	116 - 170 lbs 52.7 - 77.3 kg	112 - 166 lbs 50.9 - 75.4 kg	114 - 170 lbs 51.8 - 77.3 kg	116 - 172 lbs 52.7 - 78.2 kg	117 - 175 lbs 53.2 - 79.6 kg	118 - 176 lbs 53.6 - 80.0 kg
5' 8" 173 cm	111 - 162 lbs 50.4 - 73.6 kg	116 - 170 lbs 52.7 - 77.3 kg	119 - 175 lbs 54.1 - 79.6 kg	116 - 172 lbs 52.7 - 78.2 kg	118 - 176 lbs 53.6 - 80.0 kg	120 - 178 lbs 54.6 - 80.9 kg	121 - 181 lbs 55.0 - 82.3 kg	122 - 182 lbs 55.4 - 82.7 kg
5' 9" 175 cm	114 - 167 lbs 51.8 - 75.9 kg	119 - 175 lbs 54.1 - 79.6 kg	123 - 180 lbs 55.9 - 88.8 kg	119 - 177 lbs 54.1 - 80.4 kg	122 - 182 lbs 55.4 - 82.7 kg	124 - 184 lbs 56.4 - 83.6 kg	125 - 187 lbs 56.8 - 85.0 kg	126 - 188 lbs 57.3 - 85.4 kg
5' 10" 178 cm	118 - 172 lbs 53.6 - 78.2 kg	123 - 180 lbs 55.9 - 81.8 kg	126 - 185 lbs 57.3 - 84.1 kg	123 - 183 lbs 55.9 - 83.2 kg	126 - 188 lbs 57.3 - 85.4 kg	128 - 190 lbs 58.0 - 86.4 kg	129 - 193 lbs 58.6 - 87.7 kg	130 - 194 lbs 59.1 - 88.2 kg
5' 11" 180 cm	122 - 178 lbs 55.4 - 80.9 kg	126 - 185 lbs 57.3 - 84.1 kg	131 - 191 lbs 59.6 - 86.8 kg	127 - 189 lbs 57.7 - 85.9 kg	130 - 194 lbs 59.1 - 88.2 kg	132 - 198 lbs 60.0 - 90.0 kg	134 - 200 lbs 60.9 - 90.9 kg	135 - 201 lbs 61.4 - 91.4 kg
6' 0" 183 cm	126 - 185 lbs 57.3 - 84.1 kg	131 - 191 lbs 59.6 - 86.8 kg	136 - 198 lbs 61.8 - 90.0 kg	132 - 196 lbs 60.0 - 89.1 kg	135 - 201 lbs 61.4 - 91.4 kg	137 - 205 lbs 62.3 - 93.2 kg	139 - 207 lbs 63.2 - 94.1 kg	140 - 206 lbs 63.6 - 93.6 kg
6' 1" 185 cm	131 - 192 lbs 59.6 - 86.8 kg	135 - 197 lbs 61.4 - 89.6 kg	141 - 206 lbs 64.1 - 93.6 kg	136 - 204 lbs 61.8 - 92.8 kg	140 - 208 lbs 63.6 - 94.5 kg	142 - 212 lbs 64.4 - 96.4 kg	144 - 216 lbs 65.4 - 98.2 kg	145 - 217 lbs 65.9 - 98.6 kg
6' 2" 188 cm	135 - 197 lbs 61.5 - 80.6 kg	140 - 203 lbs 63.6 - 92.3 kg	146 - 211 lbs 66.4 - 96.8 kg	141 - 211 lbs 64.2 - 95.9 kg	145 - 217 lbs 65.9 - 98.6 kg	148 - 220 lbs 67.3 - 100.0 kg	150 - 224 lbs 68.2 - 101.8 kg	151 - 225 lbs 68.9 - 102.3 kg
6' 3" 190 cm	139 - 203 lbs 63.2 - 92.3 kg	143 - 210 lbs 65.0 - 95.4 kg	151 - 221 lbs 68.6 - 100.4 kg	146 - 218 lbs 66.4 - 99.1 kg	150 - 224 lbs 68.2 - 101.3 kg	153 - 229 lbs 69.6 - 104.1 kg	156 - 232 lbs 70.9 - 105.4 kg	156 - 234 lbs 70.9 - 106.4 kg
6' 4" 193 cm	143 - 210 lbs 65.0 - 95.4 kg	148 - 216 lbs 67.3 - 98.2 kg	155 - 227 lbs 70.4 - 103.2 kg	151 - 225 lbs 68.6 - 102.3 kg	155 - 231 lbs 70.4 - 105.0 kg	159 - 237 lbs 73.2 - 108.5 kg	161 - 241 lbs 73.2 - 108.5 kg	162 - 242 lbs 73.6 - 110.0 kg