

ELITE AND OPEN MEN DIVISIONS

Please note the limits for entering Elite Open Men and the rules that apply to lifting in the Open Men Division:

Elite Open Men (Single-ply Bench Press Only): Any male lifter who has benched higher than the following in any and all sanctioned contests in any federation will be in the Elite division. Lifters may set state records in Elite Open and lift in other divisions EXCEPT Open Men.

CURRENT LIMITS FOR OPEN MEN DIVISION:

114#-303.0, 123#-380.2, 132#-407.7, 148#-458.3, 165#-529.0, 181#-564.2, 198#-623.8, 220#-685.4#, 242#-734.1#, 259#-727.5, 275#-788.0, 308#-826.5, SHW-840.8. If an Open lifter breaks the Open limit by the smallest margin, he may stay in the Open division and will get an Open record. These limits evolve depending on records set.

For example, **the current limit for 165# is 529.0. Your first lift may be 530.1. Your second, third, and fourth lifts may be 531.2, 532.3, and 533.4.** With these lifts you will be able to remain in the Open division. However, if you lift more than this, you will have to go to Elite Open or other divisions. If your lifting exceeds the Open division limits but doesn't break the current Elite Open record in your weight class, you will not get a record in Open Men or Elite Open Men and you may no longer lift in Open Men at the same weight class. These limits applies to World, National, and State records. **If the lifter's Open state record at 165# is 424.2 and the Open limit is 533.4 for worlds and nationals, (using the example above), the lifter may lift up to 533.4 for a new state record and still remain in the Open division.**