

M5 (60-64)	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	
	56	56	60	60	67.5	67.5	75	75	82.5	82.5	90	90	100	100	110	110	125	125	140	140	140+	140+	
	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
A Standard	265	325	297.5	367.5	352.5	422.5	385	460	412.5	500	435	525	460	552.5	475	570	487.5	587.5	500	600	510	612.5	
B Standard	235	285	265	317.5	295	357.5	325	385	347.5	415	367.5	440	385	460	397.5	480	410	495	422.5	505	430	512.5	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
A Standard	97.5	120	110	135	130	157.5	142.5	170	152.5	185	160	195	170	205	175	210	180	217.5	185	222.5	187.5	227.5	
B Standard	87.5	105	97.5	117.5	110	132.5	120	142.5	127.5	152.5	135	162.5	142.5	170	147.5	177.5	152.5	182.5	157.5	187.5	160	190	
	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	
A Standard	65	80	72.5	90	87.5	102.5	95	112.5	100	122.5	107.5	127.5	112.5	135	117.5	140	120	145	122.5	147.5	125	150	
B Standard	57.5	70	65	77.5	72.5	87.5	80	95	85	102.5	90	107.5	95	112.5	97.5	117.5	100	122.5	102.5	122.5	105	125	
	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	
A Standard	102.5	125	115	142.5	135	162.5	147.5	177.5	160	192.5	167.5	202.5	177.5	212.5	182.5	220	187.5	225	192.5	230	197.5	235	
B Standard	90	110	102.5	122.5	112.5	137.5	125	147.5	135	160	142.5	170	147.5	177.5	152.5	185	157.5	190	162.5	195	165	197.5	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
M6 (65-69)	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	
	56	56	60	60	67.5	67.5	75	75	82.5	82.5	90	90	100	100	110	110	125	125	140	140	140+	140+	
	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
A Standard	247.5	297.5	265	332.5	325	395	357.5	430	385	460	407.5	487.5	430	512.5	447.5	532.5	455	545	467.5	560	480	572.5	
B Standard	215	257.5	235	287.5	275	325	297.5	357.5	325	387.5	347.5	412.5	357.5	432.5	372.5	447.5	385	460	390	472.5	400	480	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
A Standard	92.5	110	97.5	122.5	120	145	132.5	160	142.5	170	150	180	160	190	165	197.5	167.5	202.5	172.5	207.5	177.5	212.5	
B Standard	80	95	87.5	107.5	102.5	120	110	132.5	120	142.5	127.5	152.5	132.5	160	137.5	165	142.5	170	145	175	147.5	177.5	
	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	
A Standard	60	72.5	65	82.5	80	97.5	87.5	105	95	112.5	100	120	105	125	110	130	112.5	132.5	115	137.5	117.5	140	
B Standard	52.5	62.5	57.5	70	67.5	80	72.5	87.5	80	95	85	100	87.5	105	92.5	110	95	112.5	95	115	97.5	117.5	
	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	
A Standard	95	115	102.5	127.5	125	152.5	137.5	165	147.5	177.5	157.5	187.5	165	197.5	172.5	205	175	210	180	215	185	220	
B Standard	82.5	100	90	110	105	125	115	137.5	125	150	135	160	137.5	167.5	142.5	172.5	147.5	177.5	150	182.5	155	185	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
M7 (70-74)	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	
	56	56	60	60	67.5	67.5	75	75	82.5	82.5	90	90	100	100	110	110	125	125	140	140	140+	140+	
	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
A Standard	230	275	245	312.5	305	365	332.5	397.5	357.5	427.5	377.5	450	397.5	475	412.5	495	422.5	507.5	432.5	525	440	532.5	
B Standard	202.5	242.5	222.5	267.5	252.5	305	277.5	332.5	297.5	357.5	317.5	380	332.5	400	345	412.5	350	427.5	357.5	437.5	370	447.5	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
A Standard	85	102.5	90	115	112.5	135	122.5	147.5	132.5	157.5	140	167.5	147.5	175	152.5	182.5	157.5	187.5	160	195	162.5	197.5	
B Standard	75	90	82.5	100	92.5	112.5	102.5	122.5	110	132.5	117.5	140	122.5	147.5	127.5	152.5	130	157.5	132.5	162.5	137.5	165	
	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	
A Standard	57.5	67.5	60	77.5	75	90	82.5	97.5	87.5	105	92.5	110	97.5	117.5	100	122.5	102.5	125	105	127.5	107.5	130	
B Standard	50	60	55	65	62.5	75	67.5	82.5	72.5	87.5	77.5	92.5	82.5	97.5	85	100	85	105	87.5	107.5	90	110	
	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	
A Standard	87.5	105	95	120	117.5	140	127.5	152.5	137.5	165	145	172.5	152.5	182.5	160	190	162.5	195	167.5	202.5	170	205	
B Standard	77.5	92.5	85	102.5	97.5	117.5	107.5	127.5	115	137.5	122.5	147.5	127.5	155	132.5	160	135	165	137.5	167.5	142.5	172.5	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
M8 (75-79)	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	
	56	56	60	60	67.5	67.5	75	75	82.5	82.5	90	90	100	100	110	110	125	125	140	140	140+	140+	
	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
A Standard	202.5	242.5	215	277.5	267.5	325	292.5	352.5	317.5	377.5	330	400	350	422.5	365	435	370	450	385	460	390	470	
B Standard	175	215	195	237.5	225	270	245	295	265	317.5	277.5	337.5	295	352.5	305	367.5	317.5	380	325	387.5	330	395	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
A Standard	75	90	80	102.5	100	120	107.5	130	117.5	140	122.5	147.5	130	157.5	135	160	137.5	167.5	142.5	170	145	175	
B Standard	65	80	72.5	87.5	82.5	100	90	110	97.5	117.5	102.5	125	110	130	112.5	135	117.5	140	120	142.5	122.5	145	
	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	
A Standard	50	60	52.5	67.5	65	80	72.5	87.5	77.5	92.5	80	97.5	85	102.5	90	107.5	90	110	95	112.5	95	115	
B Standard	42.5	52.5	47.5	57.5	55	65	60	72.5	65	77.5	67.5	82.5	72.5	87.5	75	90	77.5	92.5	80	95	80	97.5	
	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	DL	
A Standard	77.5	92.5	82.5	107.5	102.5	125	112.5	135	122.5	145	127.5	155	135	162.5	140	167.5	142.5	172.5	147.5	177.5	150	180	
B Standard	67.5	82.5	75	92.5	87.5	105	95	112.5	102.5	122.5	107.5	130	112.5	135	117.5	142.5	122.5	147.5	125	150	127.5	152.5	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
M9 (80+)	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	Raw	Eq	
	56	56	60	60	67.5	67.5	75	75	82.5	82.5	90	90	100	100	110	110	125	125	140	140	140+	140+	
	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
A Standard	175	215	190	242.5	235	277.5	257.5	310	277.5	332.5	290	347.5	310	370	317.5	385	325	395	337.5	402.5	345	412.5	
B Standard	155	187.5	170	207.5	195	235	215	257.5	232.5	277.5	245	295	257.5	310	267.5	325	275	330	285	337.5	287.5	345	
	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	SQ	
A Standard	65	80	70	90	87.5	102.5	95	115	102.5	122.5	107.5	127.5	115	137.5	117.5	142.5	120	145	125	150	127.5	152.5	
B Standard	57.5	70	62.5	77.5	72.5	87.5	80	95	85	102.5	90	110	95	115	100	120	102.5	122.5	105	125	107.5	127.5	
	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	BP	
A Standard	42.5	52.5	47.5	60	57.5	67.5	62.5	75	67.5	82.5	70	85	75	90	77.5	95	80	97.5	82				