

# Masters Weightlifting

## Malone-Meltzer Age Coefficients

Age	Coefficient	Age	Coefficient	Age	Coefficient
30	1	51	1.255	72	2.053
31	1.014	52	1.271	73	2.087
32	1.028	53	1.293	74	2.113
33	1.043	54	1.319	75	2.142
34	1.058	55	1.35	76	2.184
35	1.072	56	1.384	77	2.251
36	1.087	57	1.417	78	2.358
37	1.1	58	1.449	79	2.5
38	1.113	59	1.48	80	2.669
39	1.125	60	1.509	81	2.849
40	1.136	61	1.536	82	3.018
41	1.147	62	1.561	83	3.166
42	1.158	63	1.584	84	3.288
43	1.17	64	1.608	85	3.386
44	1.183	65	1.636	86	3.458
45	1.195	66	1.671	87	3.508
46	1.207	67	1.719	88	3.54
47	1.217	68	1.782	89	3.559
48	1.226	69	1.856	90	3.571
49	1.234	70	1.933		
50	1.243	71	2.002		

**NOTE:** A lifter's age is determined by his/her YEAR of birth, not DAY of birth. If a lifter is born on August 3, 1958, then he is considered age 44 for the ENTIRE calendar year 2002.