



World Para Powerlifting Appendix 8: Loading Chart Version 1.1 2025

WPPO LOADING CHART

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
25	BAR	COLLAR											
26	BAR	COLLAR											1
27	BAR	COLLAR										1	
28	BAR	COLLAR								1			
29	BAR	COLLAR								1			
30	BAR	COLLAR							1				
31	BAR	COLLAR							1				1
32	BAR	COLLAR							1			1	
33	BAR	COLLAR							1		1		
34	BAR	COLLAR							1	1			
35	BAR	COLLAR						1					
36	BAR	COLLAR						1					1
37	BAR	COLLAR						1				1	
38	BAR	COLLAR						1			1		
39	BAR	COLLAR						1		1			
40	BAR	COLLAR						1	1				
41	BAR	COLLAR						1	1				1
42	BAR	COLLAR						1	1			1	
43	BAR	COLLAR						1	1		1		
44	BAR	COLLAR						1	1	1			
45	BAR	COLLAR					1						
46	BAR	COLLAR					1						1
47	BAR	COLLAR					1					1	
48	BAR	COLLAR					1				1		
49	BAR	COLLAR					1			1			
50	BAR	COLLAR					1		1				
51	BAR	COLLAR					1		1				1
52	BAR	COLLAR					1		1			1	
53	BAR	COLLAR					1		1		1		
54	BAR	COLLAR					1		1	1			
55	BAR	COLLAR				1							
56	BAR	COLLAR				1							1
57	BAR	COLLAR				1						1	

Weight	Loading sequence
25	Collar
26	0.5 - Collar
27	1 - Collar
28	1.5 - Collar
29	2 - Collar
30	2.5 - Collar
31	2.5 - 0.5 - Collar
32	2.5 - 1 - Collar
33	2.5 - 1.5 - Collar
34	2.5 - 2 - Collar
35	5 - Collar
36	5 - 0.5 - Collar
37	5 - 1 - Collar
38	5 - 1.5 - Collar
39	5 - 2 - Collar
40	5 - 2.5 - Collar
41	5 - 2.5 - 0.5 - Collar
42	5 - 2.5 - 1 - Collar
43	5 - 2.5 - 1.5 - Collar
44	5 - 2.5 - 2 - Collar
45	10 - Collar
46	10 - 0.5 - Collar
47	10 - 1 - Collar
48	10 - 1.5 - Collar
49	10 - 2 - Collar
50	10 - 2.5 - Collar
51	10 - 2.5 - 0.5 - Collar
52	10 - 2.5 - 1 - Collar
53	10 - 2.5 - 1.5 - Collar
54	10 - 2.5 - 2 - Collar
55	15 - Collar
56	15 - 0.5 - Collar
57	15 - 1 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
58	BAR	COLLAR				1					1		
59	BAR	COLLAR				1				1			
60	BAR	COLLAR				1			1				
61	BAR	COLLAR				1			1				1
62	BAR	COLLAR				1			1			1	
63	BAR	COLLAR				1			1		1		
64	BAR	COLLAR				1			1	1			
65	BAR	COLLAR			1								
66	BAR	COLLAR			1								1
67	BAR	COLLAR			1							1	
68	BAR	COLLAR			1						1		
69	BAR	COLLAR			1					1			
70	BAR	COLLAR			1				1				
71	BAR	COLLAR			1				1				1
72	BAR	COLLAR			1				1			1	
73	BAR	COLLAR			1				1		1		
74	BAR	COLLAR			1				1	1			
75	BAR	COLLAR		1									
76	BAR	COLLAR		1									1
77	BAR	COLLAR		1								1	
78	BAR	COLLAR		1							1		
79	BAR	COLLAR		1						1			
80	BAR	COLLAR		1					1				
81	BAR	COLLAR		1					1				1
82	BAR	COLLAR		1					1			1	
83	BAR	COLLAR		1					1		1		
84	BAR	COLLAR		1					1	1			
85	BAR	COLLAR		1				1					
86	BAR	COLLAR		1				1					1
87	BAR	COLLAR		1				1				1	
88	BAR	COLLAR		1				1			1		
89	BAR	COLLAR		1				1		1			
90	BAR	COLLAR		1				1	1				
91	BAR	COLLAR		1				1	1				1

Weight	Loading Sequence
58	15 - 1.5 - Collar
59	15 - 2 - Collar
60	15 - 2.5 - Collar
61	15 - 2.5 - 0.5 - Collar
62	15 - 2.5 - 1 - Collar
63	15 - 2.5 - 1.5 - Collar
64	15 - 2.5 - 2 - Collar
65	20 - Collar
66	20 - 0.5 - Collar
67	20 - 1 - Collar
68	20 - 1.5 - Collar
69	20 - 2 - Collar
70	20 - 2.5 - Collar
71	20 - 2.5 - 0.5 - Collar
72	20 - 2.5 - 1 - Collar
73	20 - 2.5 - 1.5 - Collar
74	20 - 2.5 - 2 - Collar
75	25 - Collar
76	25 - 0.5 - Collar
77	25 - 1 - Collar
78	25 - 1.5 - Collar
79	25 - 2 - Collar
80	25 - 2.5 - Collar
81	25 - 2.5 - 0.5 - Collar
82	25 - 2.5 - 1 - Collar
83	25 - 2.5 - 1.5 - Collar
84	25 - 2.5 - 2 - Collar
85	25 - 5 - Collar
86	25 - 5 - 0.5 - Collar
87	25 - 5 - 1 - Collar
88	25 - 5 - 1.5 - Collar
89	25 - 5 - 2 - Collar
90	25 - 5 - 2.5 - Collar
91	25 - 5 - 2.5 - 0.5 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
92	BAR	COLLAR		1				1	1			1	
93	BAR	COLLAR		1				1	1		1		
94	BAR	COLLAR		1				1	1	1			
95	BAR	COLLAR		1			1						
96	BAR	COLLAR		1			1						1
97	BAR	COLLAR		1			1					1	
98	BAR	COLLAR		1			1				1		
99	BAR	COLLAR		1			1			1			
100	BAR	COLLAR		1			1		1				
101	BAR	COLLAR		1			1		1				1
102	BAR	COLLAR		1			1		1			1	
103	BAR	COLLAR		1			1		1		1		
104	BAR	COLLAR		1			1		1	1			
105	BAR	COLLAR		1		1							
106	BAR	COLLAR		1		1							1
107	BAR	COLLAR		1		1						1	
108	BAR	COLLAR		1		1					1		
109	BAR	COLLAR		1		1				1			
110	BAR	COLLAR		1		1			1				
111	BAR	COLLAR		1		1			1				1
112	BAR	COLLAR		1		1			1			1	
113	BAR	COLLAR		1		1			1		1		
114	BAR	COLLAR		1		1			1	1			
115	BAR	COLLAR		1	1								
116	BAR	COLLAR		1	1								1
117	BAR	COLLAR		1	1							1	
118	BAR	COLLAR		1	1						1		
119	BAR	COLLAR		1	1					1			
120	BAR	COLLAR		1	1				1				
121	BAR	COLLAR		1	1				1				1
122	BAR	COLLAR		1	1				1			1	
123	BAR	COLLAR		1	1				1		1		
124	BAR	COLLAR		1	1				1	1			
125	BAR	COLLAR		2									

Weight	Loading Sequence
92	25 - 5 - 2.5 - 1 - Collar
93	25 - 5 - 2.5 - 1.5 - Collar
94	25 - 5 - 2.5 - 2 - Collar
95	25 - 10 - Collar
96	25 - 10 - 0.5 - Collar
97	25 - 10 - 1 - Collar
98	25 - 10 - 1.5 - Collar
99	25 - 10 - 2 - Collar
100	25 - 10 - 2.5 - Collar
101	25 - 10 - 2.5 - 0.5 - Collar
102	25 - 10 - 2.5 - 1 - Collar
103	25 - 10 - 2.5 - 1.5 - Collar
104	25 - 10 - 2.5 - 2 - Collar
105	25 - 15 - Collar
106	25 - 15 - 0.5 - Collar
107	25 - 15 - 1 - Collar
108	25 - 15 - 1.5 - Collar
109	25 - 15 - 2 - Collar
110	25 - 15 - 2.5 - Collar
111	25 - 15 - 2.5 - 0.5 - Collar
112	25 - 15 - 2.5 - 1 - Collar
113	25 - 15 - 2.5 - 1.5 - Collar
114	25 - 15 - 2.5 - 2 - Collar
115	25 - 20 - Collar
116	25 - 20 - 0.5 - Collar
117	25 - 20 - 1 - Collar
118	25 - 20 - 1.5 - Collar
119	25 - 20 - 2 - Collar
120	25 - 20 - 2.5 - Collar
121	25 - 20 - 2.5 - 0.5 - Collar
122	25 - 20 - 2.5 - 1 - Collar
123	25 - 20 - 2.5 - 1.5 - Collar
124	25 - 20 - 2.5 - 2 - Collar
125	25 - 25 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
126	BAR	COLLAR		2									1
127	BAR	COLLAR		2								1	
128	BAR	COLLAR		2							1		
129	BAR	COLLAR		2						1			
130	BAR	COLLAR		2					1				
131	BAR	COLLAR		2					1				1
132	BAR	COLLAR		2					1			1	
133	BAR	COLLAR		2					1		1		
134	BAR	COLLAR		2					1	1			
135	BAR	COLLAR		2				1					
136	BAR	COLLAR		2				1					1
137	BAR	COLLAR		2				1				1	
138	BAR	COLLAR		2				1			1		
139	BAR	COLLAR		2				1		1			
140	BAR	COLLAR		2				1	1				
141	BAR	COLLAR		2				1	1				1
142	BAR	COLLAR		2				1	1			1	
143	BAR	COLLAR		2				1	1		1		
144	BAR	COLLAR		2				1	1	1			
145	BAR	COLLAR		2			1						
146	BAR	COLLAR		2			1						1
147	BAR	COLLAR		2			1					1	
148	BAR	COLLAR		2			1				1		
149	BAR	COLLAR		2			1			1			
150	BAR	COLLAR		2			1		1				
151	BAR	COLLAR		2			1		1				1
152	BAR	COLLAR		2			1		1			1	
153	BAR	COLLAR		2			1		1		1		
154	BAR	COLLAR		2			1		1	1			
155	BAR	COLLAR		2		1							
156	BAR	COLLAR		2		1							1
157	BAR	COLLAR		2		1						1	
158	BAR	COLLAR		2		1					1		
159	BAR	COLLAR		2		1				1			

Weight	Loading Sequence
126	25 - 25 - 0.5 - Collar
127	25 - 25 - 1 - Collar
128	25 - 25 - 1.5 - Collar
129	25 - 25 - 2 - Collar
130	25 - 25 - 2.5 - Collar
131	25 - 25 - 2.5 - 0.5 - Collar
132	25 - 25 - 2.5 - 1 - Collar
133	25 - 25 - 2.5 - 1.5 - Collar
134	25 - 25 - 2.5 - 2 - Collar
135	25 - 25 - 5 - Collar
136	25 - 25 - 5 - 0.5 - Collar
137	25 - 25 - 5 - 1 - Collar
138	25 - 25 - 5 - 1.5 - Collar
139	25 - 25 - 5 - 2 - Collar
140	25 - 25 - 5 - 2.5 - Collar
141	25 - 25 - 5 - 2.5 - 0.5 - Collar
142	25 - 25 - 5 - 2.5 - 1 - Collar
143	25 - 25 - 5 - 2.5 - 1.5 - Collar
144	25 - 25 - 5 - 2.5 - 2 - Collar
145	25 - 25 - 10 - Collar
146	25 - 25 - 10 - 0.5 - Collar
147	25 - 25 - 10 - 1 - Collar
148	25 - 25 - 10 - 1.5 - Collar
149	25 - 25 - 10 - 2 - Collar
150	25 - 25 - 10 - 2.5 - Collar
151	25 - 25 - 10 - 2.5 - 0.5 - Collar
152	25 - 25 - 10 - 2.5 - 1 - Collar
153	25 - 25 - 10 - 2.5 - 1.5 - Collar
154	25 - 25 - 10 - 2.5 - 2 - Collar
155	25 - 25 - 15 - Collar
156	25 - 25 - 15 - 0.5 - Collar
157	25 - 25 - 15 - 1 - Collar
158	25 - 25 - 15 - 1.5 - Collar
159	25 - 25 - 15 - 2 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
160	BAR	COLLAR		2		1			1				
161	BAR	COLLAR		2		1			1				1
162	BAR	COLLAR		2		1			1			1	
163	BAR	COLLAR		2		1			1		1		
164	BAR	COLLAR		2		1			1	1			
165	BAR	COLLAR		2	1								
166	BAR	COLLAR		2	1								1
167	BAR	COLLAR		2	1							1	
168	BAR	COLLAR		2	1						1		
169	BAR	COLLAR		2	1					1			
170	BAR	COLLAR		2	1				1				
171	BAR	COLLAR		2	1				1				1
172	BAR	COLLAR		2	1				1			1	
173	BAR	COLLAR		2	1				1		1		
174	BAR	COLLAR		2	1				1	1			
175	BAR	COLLAR		3									
176	BAR	COLLAR		3									1
177	BAR	COLLAR		3								1	
178	BAR	COLLAR		3							1		
179	BAR	COLLAR		3						1			
180	BAR	COLLAR		3					1				
181	BAR	COLLAR		3					1				1
182	BAR	COLLAR		3					1			1	
183	BAR	COLLAR		3					1		1		
184	BAR	COLLAR		3					1	1			
185	BAR	COLLAR		3				1					
186	BAR	COLLAR		3				1					1
187	BAR	COLLAR		3				1				1	
188	BAR	COLLAR		3				1			1		
189	BAR	COLLAR		3				1		1			
190	BAR	COLLAR		3				1	1				
191	BAR	COLLAR		3				1	1				1
192	BAR	COLLAR		3				1	1			1	
193	BAR	COLLAR		3				1	1		1		

Weight	Loading Sequence
160	25 - 25 - 15 - 2.5 - Collar
161	25 - 25 - 15 - 2.5 - 0.5 - Collar
162	25 - 25 - 15 - 2.5 - 1 - Collar
163	25 - 25 - 15 - 2.5 - 1.5 - Collar
164	25 - 25 - 15 - 2.5 - 2 - Collar
165	25 - 25 - 20 - Collar
166	25 - 25 - 20 - 0.5 - Collar
167	25 - 25 - 20 - 1 - Collar
168	25 - 25 - 20 - 1.5 - Collar
169	25 - 25 - 20 - 2 - Collar
170	25 - 25 - 20 - 2.5 - Collar
171	25 - 25 - 20 - 2.5 - 0.5 - Collar
172	25 - 25 - 20 - 2.5 - 1 - Collar
173	25 - 25 - 20 - 2.5 - 1.5 - Collar
174	25 - 25 - 20 - 2.5 - 2 - Collar
175	25 - 25 - 25 - Collar
176	25 - 25 - 25 - 0.5 - Collar
177	25 - 25 - 25 - 1 - Collar
178	25 - 25 - 25 - 1.5 - Collar
179	25 - 25 - 25 - 2 - Collar
180	25 - 25 - 25 - 2.5 - Collar
181	25 - 25 - 25 - 2.5 - 0.5 - Collar
182	25 - 25 - 25 - 2.5 - 1 - Collar
183	25 - 25 - 25 - 2.5 - 1.5 - Collar
184	25 - 25 - 25 - 2.5 - 2 - Collar
185	25 - 25 - 25 - 5 - Collar
186	25 - 25 - 25 - 5 - 0.5 - Collar
187	25 - 25 - 25 - 5 - 1 - Collar
188	25 - 25 - 25 - 5 - 1.5 - Collar
189	25 - 25 - 25 - 5 - 2 - Collar
190	25 - 25 - 25 - 5 - 2.5 - Collar
191	25 - 25 - 25 - 5 - 2.5 - 0.5 - Collar
192	25 - 25 - 25 - 5 - 2.5 - 1 - Collar
193	25 - 25 - 25 - 5 - 2.5 - 1.5 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
194	BAR	COLLAR		3				1	1	1			
195	BAR	COLLAR		3			1						
196	BAR	COLLAR		3			1						1
197	BAR	COLLAR		3			1					1	
198	BAR	COLLAR		3			1				1		
199	BAR	COLLAR		3			1			1			
200	BAR	COLLAR		3			1		1				
201	BAR	COLLAR		3			1		1				1
202	BAR	COLLAR		3			1		1			1	
203	BAR	COLLAR		3			1		1		1		
204	BAR	COLLAR		3			1		1	1			
205	BAR	COLLAR		3		1							
206	BAR	COLLAR		3		1							1
207	BAR	COLLAR		3		1						1	
208	BAR	COLLAR		3		1					1		
209	BAR	COLLAR		3		1				1			
210	BAR	COLLAR		3		1			1				
211	BAR	COLLAR		3		1			1				1
212	BAR	COLLAR		3		1			1			1	
213	BAR	COLLAR		3		1			1		1		
214	BAR	COLLAR		3		1			1	1			
215	BAR	COLLAR		3	1								
216	BAR	COLLAR		3	1								1
217	BAR	COLLAR		3	1							1	
218	BAR	COLLAR		3	1						1		
219	BAR	COLLAR		3	1					1			
220	BAR	COLLAR		3	1				1				
221	BAR	COLLAR		3	1				1				1
222	BAR	COLLAR		3	1				1			1	
223	BAR	COLLAR		3	1				1		1		
224	BAR	COLLAR		3	1				1	1			
225	BAR	COLLAR		4									
226	BAR	COLLAR		4									1
227	BAR	COLLAR		4								1	

Weight	Loading Sequence
194	25 - 25 - 25 - 5 - 2.5 - 2 - Collar
195	25 - 25 - 25 - 10 - Collar
196	25 - 25 - 25 - 10 - 0.5 - Collar
197	25 - 25 - 25 - 10 - 1 - Collar
198	25 - 25 - 25 - 10 - 1.5 - Collar
199	25 - 25 - 25 - 10 - 2 - Collar
200	25 - 25 - 25 - 10 - 2.5 - Collar
201	25 - 25 - 25 - 10 - 2.5 - 0.5 - Collar
202	25 - 25 - 25 - 10 - 2.5 - 1 - Collar
203	25 - 25 - 25 - 10 - 2.5 - 1.5 - Collar
204	25 - 25 - 25 - 10 - 2.5 - 2 - Collar
205	25 - 25 - 25 - 15 - Collar
206	25 - 25 - 25 - 15 - 0.5 - Collar
207	25 - 25 - 25 - 15 - 1 - Collar
208	25 - 25 - 25 - 15 - 1.5 - Collar
209	25 - 25 - 25 - 15 - 2 - Collar
210	25 - 25 - 25 - 15 - 2.5 - Collar
211	25 - 25 - 25 - 15 - 2.5 - 0.5 - Collar
212	25 - 25 - 25 - 15 - 2.5 - 1 - Collar
213	25 - 25 - 25 - 15 - 2.5 - 1.5 - Collar
214	25 - 25 - 25 - 15 - 2.5 - 2 - Collar
215	25 - 25 - 25 - 20 - Collar
216	25 - 25 - 25 - 20 - 0.5 - Collar
217	25 - 25 - 25 - 20 - 1 - Collar
218	25 - 25 - 25 - 20 - 1.5 - Collar
219	25 - 25 - 25 - 20 - 2 - Collar
220	25 - 25 - 25 - 20 - 2.5 - Collar
221	25 - 25 - 25 - 20 - 2.5 - 0.5 - Collar
222	25 - 25 - 25 - 20 - 2.5 - 1 - Collar
223	25 - 25 - 25 - 20 - 2.5 - 1.5 - Collar
224	25 - 25 - 25 - 20 - 2.5 - 2 - Collar
225	25 - 25 - 25 - 25 - Collar
226	25 - 25 - 25 - 25 - 0.5 - Collar
227	25 - 25 - 25 - 25 - 1 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
228	BAR	COLLAR		4							1		
229	BAR	COLLAR		4						1			
230	BAR	COLLAR		4					1				
231	BAR	COLLAR		4					1				1
232	BAR	COLLAR		4					1			1	
233	BAR	COLLAR		4					1		1		
234	BAR	COLLAR		4					1	1			
235	BAR	COLLAR		4				1					
236	BAR	COLLAR	1	2				1					1
237	BAR	COLLAR	1	2				1				1	
238	BAR	COLLAR	1	2				1			1		
239	BAR	COLLAR	1	2				1		1			
240	BAR	COLLAR	1	2				1	1				
241	BAR	COLLAR	1	2				1	1				1
242	BAR	COLLAR	1	2				1	1			1	
243	BAR	COLLAR	1	2				1	1		1		
244	BAR	COLLAR	1	2				1	1	1			
245	BAR	COLLAR	1	2			1						
246	BAR	COLLAR	1	2			1						1
247	BAR	COLLAR	1	2			1					1	
248	BAR	COLLAR	1	2			1				1		
249	BAR	COLLAR	1	2			1			1			
250	BAR	COLLAR	1	2			1		1				
251	BAR	COLLAR	1	2			1		1				1
252	BAR	COLLAR	1	2			1		1			1	
253	BAR	COLLAR	1	2			1		1		1		
254	BAR	COLLAR	1	2			1		1	1			
255	BAR	COLLAR	1	2		1							
256	BAR	COLLAR	1	2		1							1
257	BAR	COLLAR	1	2		1						1	
258	BAR	COLLAR	1	2		1					1		
259	BAR	COLLAR	1	2		1				1			
260	BAR	COLLAR	1	2		1			1				
261	BAR	COLLAR	1	2		1			1				1

Weight	Loading Sequence
228	25 - 25 - 25 - 25 - 1.5 - Collar
229	25 - 25 - 25 - 25 - 2 - Collar
230	25 - 25 - 25 - 25 - 2.5 - Collar
231	25 - 25 - 25 - 25 - 2.5 - 0.5 - Collar
232	25 - 25 - 25 - 25 - 2.5 - 1 - Collar
233	25 - 25 - 25 - 25 - 2.5 - 1.5 - Collar
234	25 - 25 - 25 - 25 - 2.5 - 2 - Collar
235	25 - 25 - 25 - 25 - 5 - Collar
236	50 - 25 - 25 - 5 - 0.5 - Collar
237	50 - 25 - 25 - 5 - 1 - Collar
238	50 - 25 - 25 - 5 - 1.5 - Collar
239	50 - 25 - 25 - 5 - 2 - Collar
240	50 - 25 - 25 - 5 - 2.5 - Collar
241	50 - 25 - 25 - 5 - 2.5 - 0.5 - Collar
242	50 - 25 - 25 - 5 - 2.5 - 1 - Collar
243	50 - 25 - 25 - 5 - 2.5 - 1.5 - Collar
244	50 - 25 - 25 - 5 - 2.5 - 2 - Collar
245	50 - 25 - 25 - 10 - Collar
246	50 - 25 - 25 - 10 - 0.5 - Collar
247	50 - 25 - 25 - 10 - 1 - Collar
248	50 - 25 - 25 - 10 - 1.5 - Collar
249	50 - 25 - 25 - 10 - 2 - Collar
250	50 - 25 - 25 - 10 - 2.5 - Collar
251	50 - 25 - 25 - 10 - 2.5 - 0.5 - Collar
252	50 - 25 - 25 - 10 - 2.5 - 1 - Collar
253	50 - 25 - 25 - 10 - 2.5 - 1.5 - Collar
254	50 - 25 - 25 - 10 - 2.5 - 2 - Collar
255	50 - 25 - 25 - 15 - Collar
256	50 - 25 - 25 - 15 - 0.5 - Collar
257	50 - 25 - 25 - 15 - 1 - Collar
258	50 - 25 - 25 - 15 - 1.5 - Collar
259	50 - 25 - 25 - 15 - 2 - Collar
260	50 - 25 - 25 - 15 - 2.5 - Collar
261	50 - 25 - 25 - 15 - 2.5 - 0.5 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
262	BAR	COLLAR	1	2		1			1			1	
263	BAR	COLLAR	1	2		1			1		1		
264	BAR	COLLAR	1	2		1			1	1			
265	BAR	COLLAR	1	2	1								
266	BAR	COLLAR	1	2	1								1
267	BAR	COLLAR	1	2	1							1	
268	BAR	COLLAR	1	2	1						1		
269	BAR	COLLAR	1	2	1					1			
270	BAR	COLLAR	1	2	1				1				
271	BAR	COLLAR	1	2	1				1				1
272	BAR	COLLAR	1	2	1				1			1	
273	BAR	COLLAR	1	2	1				1		1		
274	BAR	COLLAR	1	2	1				1	1			
275	BAR	COLLAR	1	3									
276	BAR	COLLAR	1	3									1
277	BAR	COLLAR	1	3								1	
278	BAR	COLLAR	1	3							1		
279	BAR	COLLAR	1	3						1			
280	BAR	COLLAR	1	3					1				
281	BAR	COLLAR	1	3					1				1
282	BAR	COLLAR	1	3					1			1	
283	BAR	COLLAR	1	3					1		1		
284	BAR	COLLAR	1	3					1	1			
285	BAR	COLLAR	1	3				1					
286	BAR	COLLAR	1	3				1					1
287	BAR	COLLAR	1	3				1				1	
288	BAR	COLLAR	1	3				1			1		
289	BAR	COLLAR	1	3				1		1			
290	BAR	COLLAR	1	3				1	1				
291	BAR	COLLAR	1	3				1	1				1
292	BAR	COLLAR	1	3				1	1			1	
293	BAR	COLLAR	1	3				1	1		1		
294	BAR	COLLAR	1	3				1	1	1			

Weight	Loading Sequence
262	50 - 25 - 25 - 15 - 2.5 - 1 - Collar
263	50 - 25 - 25 - 15 - 2.5 - 1.5 - Collar
264	50 - 25 - 25 - 15 - 2.5 - 2 - Collar
265	50 - 25 - 25 - 20 - Collar
266	50 - 25 - 25 - 20 - 0.5 - Collar
267	50 - 25 - 25 - 20 - 1 - Collar
268	50 - 25 - 25 - 20 - 1.5 - Collar
269	50 - 25 - 25 - 20 - 2 - Collar
270	50 - 25 - 25 - 20 - 2.5 - Collar
271	50 - 25 - 25 - 20 - 2.5 - 0.5 - Collar
272	50 - 25 - 25 - 20 - 2.5 - 1 - Collar
273	50 - 25 - 25 - 20 - 2.5 - 1.5 - Collar
274	50 - 25 - 25 - 20 - 2.5 - 2 - Collar
275	50 - 25 - 25 - 25 - Collar
276	50 - 25 - 25 - 25 - 0.5 - Collar
277	50 - 25 - 25 - 25 - 1 - Collar
278	50 - 25 - 25 - 25 - 1.5 - Collar
279	50 - 25 - 25 - 25 - 2 - Collar
280	50 - 25 - 25 - 25 - 2.5 - Collar
281	50 - 25 - 25 - 25 - 2.5 - 0.5 - Collar
282	50 - 25 - 25 - 25 - 2.5 - 1 - Collar
283	50 - 25 - 25 - 25 - 2.5 - 1.5 - Collar
284	50 - 25 - 25 - 25 - 2.5 - 2 - Collar
285	50 - 25 - 25 - 25 - 5 - Collar
286	50 - 25 - 25 - 25 - 5 - 0.5 - Collar
287	50 - 25 - 25 - 25 - 5 - 1 - Collar
288	50 - 25 - 25 - 25 - 5 - 1.5 - Collar
289	50 - 25 - 25 - 25 - 5 - 2 - Collar
290	50 - 25 - 25 - 25 - 5 - 2.5 - Collar
291	50 - 25 - 25 - 25 - 5 - 2.5 - 0.5 - Collar
292	50 - 25 - 25 - 25 - 5 - 2.5 - 1 - Collar
293	50 - 25 - 25 - 25 - 5 - 2.5 - 1.5 - Collar
294	50 - 25 - 25 - 25 - 5 - 2.5 - 2 - Collar

			50	25	20	15	10	5	2.5	2	1.5	1	0.5
295	BAR	COLLAR	1	3			1						
296	BAR	COLLAR	1	3			1						1
297	BAR	COLLAR	1	3			1					1	
298	BAR	COLLAR	1	3			1				1		
299	BAR	COLLAR	1	3			1			1			
300	BAR	COLLAR	1	3			1		1				
301	BAR	COLLAR	1	3			1		1				1
302	BAR	COLLAR	1	3			1		1			1	
303	BAR	COLLAR	1	3			1		1		1		
304	BAR	COLLAR	1	3			1		1	1			
305	BAR	COLLAR	2	1		1							
306	BAR	COLLAR	2	1		1							1
307	BAR	COLLAR	2	1		1						1	
308	BAR	COLLAR	2	1		1					1		
309	BAR	COLLAR	2	1		1				1			
310	BAR	COLLAR	2	1		1			1				
311	BAR	COLLAR	2	1		1			1				1
312	BAR	COLLAR	2	1		1			1			1	
313	BAR	COLLAR	2	1		1			1		1		
314	BAR	COLLAR	2	1		1			1	1			
315	BAR	COLLAR	2	1	1								
316	BAR	COLLAR	2	1	1								1
317	BAR	COLLAR	2	1	1							1	
318	BAR	COLLAR	2	1	1						1		
319	BAR	COLLAR	2	1	1					1			
320	BAR	COLLAR	2	1	1				1				
321	BAR	COLLAR	2	1	1				1				1
322	BAR	COLLAR	2	1	1				1			1	
323	BAR	COLLAR	2	1	1				1		1		
324	BAR	COLLAR	2	1	1				1	1			
325	BAR	COLLAR	2	2									

Weight	Loading Sequence
295	50 - 25 - 25 - 25 - 10 - Collar
296	50 - 25 - 25 - 25 - 10 - 0.5 - Collar
297	50 - 25 - 25 - 25 - 10 - 1 - Collar
298	50 - 25 - 25 - 25 - 10 - 1.5 - Collar
299	50 - 25 - 25 - 25 - 10 - 2 - Collar
300	50 - 25 - 25 - 25 - 10 - 2.5 - Collar
301	50 - 25 - 25 - 25 - 10 - 2.5 - 0.5 - Collar
302	50 - 25 - 25 - 25 - 10 - 2.5 - 1 - Collar
303	50 - 25 - 25 - 25 - 10 - 2.5 - 1.5 - Collar
304	50 - 25 - 25 - 25 - 10 - 2.5 - 2 - Collar
305	50 - 50 - 25 - 15 - Collar
306	50 - 50 - 25 - 15 - 0.5 - Collar
307	50 - 50 - 25 - 15 - 1 - Collar
308	50 - 50 - 25 - 15 - 1.5 - Collar
309	50 - 50 - 25 - 15 - 2 - Collar
310	50 - 50 - 25 - 15 - 2.5 - Collar
311	50 - 50 - 25 - 15 - 2.5 - 0.5 - Collar
312	50 - 50 - 25 - 15 - 2.5 - 1 - Collar
313	50 - 50 - 25 - 15 - 2.5 - 1.5 - Collar
314	50 - 50 - 25 - 15 - 2.5 - 2 - Collar
315	50 - 50 - 25 - 20 - Collar
316	50 - 50 - 25 - 20 - 0.5 - Collar
317	50 - 50 - 25 - 20 - 1 - Collar
318	50 - 50 - 25 - 20 - 1.5 - Collar
319	50 - 50 - 25 - 20 - 2 - Collar
320	50 - 50 - 25 - 20 - 2.5 - Collar
321	50 - 50 - 25 - 20 - 2.5 - 0.5 - Collar
322	50 - 50 - 25 - 20 - 2.5 - 1 - Collar
323	50 - 50 - 25 - 20 - 2.5 - 1.5 - Collar
324	50 - 50 - 25 - 20 - 2.5 - 2 - Collar
325	50 - 50 - 25 - 25 - Collar

5 Version History

Version	Date	Comments
1.0	2022-02-21	Initial document creation.
1.1	2025-04-15	Update related to new competition cycle 2025-2028.