



Masters Age Multiples

AGE	MAM	AGE	MAM	AGE	MAM	AGE	MAM
40	1.000	50	1.130	60	1.340	70	1.645
41	1.010	51	1.147	61	1.366	71	1.681
42	1.020	52	1.165	62	1.393	72	1.718
43	1.031	53	1.184	63	1.421	73	1.756
44	1.043	54	1.204	64	1.450	74	1.795
45	1.055	55	1.225	65	1.480	75	1.835
46	1.068	56	1.246	66	1.511	76	1.876
47	1.082	57	1.268	67	1.543	77	1.918
48	1.097	58	1.291	68	1.576	78	1.961
49	1.113	59	1.315	69	1.610	79	2.005
						80	2.050

The formula to determine masters best lifter is: $(LT) \times (SFC) \times (MAM) = (PN)$

LT - Lifters total or single lift
 SFC - Schwartz Formula Coefficient
 MAM - Masters Age Multiple