

Sinclair and DOTS tables

Find the coefficient for a bodyweight, multiply the total by it and compare lifters of any weight.

SINCLAIR • WEIGHTLIFTING • 1 JANUARY 2025 TO 31 DECEMBER 2028

Sinclair total = total × 10^(A × X²), with X = log10(bodyweight ÷ b)

Men: A = 0.700767819, b = 201.159 kg. Women: A = 0.674107991, b = 163.918 kg. A lifter heavier than b gets a coefficient of 1, so the total stays as it is.

BW	MEN	WOMEN	BW	MEN	WOMEN	BW	MEN	WOMEN
40 kg	2.2122	1.7904	95 kg	1.1868	1.0910	150 kg	1.0266	1.0023
45 kg	1.9787	1.6311	100 kg	1.1603	1.0741	155 kg	1.0209	1.0009
50 kg	1.8036	1.5109	105 kg	1.1373	1.0598	160 kg	1.0161	1.0002
55 kg	1.6683	1.4178	110 kg	1.1173	1.0477	165 kg	1.0120	1.0000
60 kg	1.5611	1.3441	115 kg	1.0998	1.0375	170 kg	1.0087	1.0000
65 kg	1.4746	1.2846	120 kg	1.0846	1.0289	175 kg	1.0059	1.0000
70 kg	1.4037	1.2361	125 kg	1.0713	1.0217	180 kg	1.0038	1.0000
75 kg	1.3448	1.1960	130 kg	1.0597	1.0159	185 kg	1.0021	1.0000
80 kg	1.2953	1.1626	135 kg	1.0496	1.0111	190 kg	1.0010	1.0000
85 kg	1.2534	1.1346	140 kg	1.0408	1.0073	195 kg	1.0003	1.0000
90 kg	1.2176	1.1110	145 kg	1.0332	1.0044	200 kg	1.0000	1.0000

Example: a woman weighing 75.4 kg who totals 270 kg has a coefficient of 1.1931. Her Sinclair total is 322.1 kg. Grey cells are at or above b.

SOURCE

The Sinclair Coefficients for the Olympiad, 2025 to 2028 (Rev 1.0), Marc Poretti for the Alberta Weightlifting Association, March 2025
The IWF changed its bodyweight categories on 1 August 2026. We have not found a newer set of coefficients, so this page uses the 2025 to 2028 set.

<https://ironcloud.ca/nextcloud/s/XjprwjxDRqzcqHL>

DOTS coefficient by bodyweight

$$\text{DOTS} = \text{total} \times 500 \div (a \times \text{BW}^4 + b \times \text{BW}^3 + c \times \text{BW}^2 + d \times \text{BW} + e)$$

	MEN	WOMEN
a	-0.000001093	-0.0000010706
b	0.0007391293	0.0005158568
c	-0.1918759221	-0.1126655495
d	24.0900756	13.6175032
e	-307.75076	-57.96288

BW is bodyweight in kg. Below 40 kg, or above 210 kg for men and 150 kg for women, the nearest limit is used, as OpenPowerlifting does. Grey cells use the limit.

BW	MEN	WOMEN	BW	MEN	WOMEN	BW	MEN	WOMEN
40 kg	1.2711	1.4848	100 kg	0.6155	0.8533	160 kg	0.5287	0.7708
45 kg	1.1096	1.3539	105 kg	0.6031	0.8378	165 kg	0.5244	0.7708
50 kg	0.9948	1.2530	110 kg	0.5923	0.8243	170 kg	0.5204	0.7708
55 kg	0.9095	1.1731	115 kg	0.5827	0.8125	175 kg	0.5165	0.7708
60 kg	0.8440	1.1085	120 kg	0.5743	0.8024	180 kg	0.5129	0.7708
65 kg	0.7925	1.0555	125 kg	0.5668	0.7937	185 kg	0.5094	0.7708
70 kg	0.7512	1.0113	130 kg	0.5599	0.7864	190 kg	0.5061	0.7708
75 kg	0.7174	0.9740	135 kg	0.5537	0.7804	195 kg	0.5031	0.7708
80 kg	0.6895	0.9422	140 kg	0.5480	0.7758	200 kg	0.5003	0.7708
85 kg	0.6663	0.9150	145 kg	0.5427	0.7726	205 kg	0.4978	0.7708
90 kg	0.6466	0.8915	150 kg	0.5378	0.7708	210 kg	0.4956	0.7708
95 kg	0.6299	0.8711	155 kg	0.5331	0.7708			

Example: a man weighing 90 kg with a 700 kg total scores 452.6 DOTS.

SOURCE

OpenPowerlifting source code, coefficients/src/dots.rs

We checked our results against DOTS scores published on OpenPowerlifting.

<https://gitlab.com/openpowerlifting/opl-data/-/blob/main/crates/coefficients/src/dots.rs>