

McCulloch Master's Formula (revised, 40-90 years)

Usage: *Relative strength age adjusted total = relative strength adjusted total * age coefficient*

If calculating official results, be aware that most federations calculate age by calendar year; for example, if a lifter turns 52 in August 2007, he will be regarded as 52 for the whole year of 2007. Also verify that this is the official age adjustment formula.

age	coeff										
40	1	41	1.01	42	1.02	43	1.031	44	1.043	45	1.055
46	1.068	47	1.082	48	1.097	49	1.113	50	1.13	51	1.147
52	1.165	53	1.184	54	1.204	55	1.225	56	1.246	57	1.268
58	1.291	59	1.315	60	1.34	61	1.366	62	1.393	63	1.421
64	1.45	65	1.48	66	1.511	67	1.543	68	1.576	69	1.61
70	1.645	71	1.681	72	1.718	73	1.756	74	1.795	75	1.835
76	1.876	77	1.918	78	1.961	79	2.005	80	2.05	81	2.096
82	2.143	83	2.19	84	2.238	85	2.287	86	2.337	87	2.388
88	2.44	89	2.494	90	2.549						

McCulloch Master's Formula (original, 40-80 years)

Usage: *Relative strength age adjusted total = relative strength adjusted total * age coefficient*

If calculating official results, be aware that most federations calculate age by calendar year; for example, if a lifter turns 52 in August 2007, he will be regarded as 52 for the whole year of 2007. Also verify that this is the official age adjustment formula.

age	coeff										
40	1	41	1.005	42	1.014	43	1.028	44	1.044	45	1.06
46	1.078	47	1.096	48	1.114	49	1.132	50	1.15	51	1.168
52	1.187	53	1.207	54	1.228	55	1.25	56	1.273	57	1.297
58	1.322	59	1.35	60	1.38	61	1.41	62	1.44	63	1.47
64	1.501	65	1.533	66	1.565	67	1.597	68	1.63	69	1.664
70	1.7	71	1.74	72	1.78	73	1.82	74	1.86	75	1.9
76	1.94	77	1.98	78	2.02	79	2.06	80	2.1		