

## Weight Changes for 2009

<b>Sex</b>	<b>Age</b>	<b>Weight Division</b>	<b>2008 New Weight</b>
Men	18-29	Super Light	<b>139 &amp; under</b>
Men	18-29	Light	<b>140-154</b>
Men	18-29	Light Middle	<b>155-169</b>
Men	18-29	Middle	<b>170-184</b>
Men	18-29	Light Heavy	<b>185-199</b>
Men	18-29	Heavy	<b>200 &amp; over</b>
Men	30-39	Light	<b>169 &amp; under</b>
Men	30-39	Light Middle	<b>170-184</b>
Men	30-39	Light Heavy	<b>185-199</b>
Men	30-39	Heavy	<b>200 &amp; over</b>
Men	40-49	Light	<b>189 &amp; under</b>
Men	40-49	Heavy	<b>190 &amp; over</b>
Men	50 & over	Light	<b>189 &amp; under</b>
Men	50 & over	Heavy	<b>190 &amp; over</b>
Women	18-29	Super Light	<b>129 &amp; under</b>
Women	18-29	Light	<b>130-149</b>
Women	18-29	Middle	<b>150 &amp; over</b>
Women	30-39	Light	<b>139 &amp; under</b>
Women	30-39	Middle	<b>140 &amp; over</b>
Women	40 & over	Light	<b>139 &amp; under</b>
Women	40 & over	Middle	<b>**140 &amp; over</b>