

USPF KENTUCKY STATE RAW RECORDS

PUSH / PULL

MEN ~ OPEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Bench	64.9	143.0	Jason McCown	3/8/2014
	Deadlift	319.8	705.0	Jason McCown	3/8/2014
	TOTAL	348.7	848.0	Jason McCown	3/8/2014
140kg/308.5lb	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Bench				
	Deadlift				
	TOTAL				

MEN ~ JUNIORS 20-23

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				

	TOTAL
56kg/123.5lb	Bench Deadlift TOTAL
60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ SUBMASTER 35-39

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				

60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 40-44

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

100kg/220lb Bench
Deadlift
TOTAL

110kg/242lb Bench
Deadlift
TOTAL

125kg/275lb Bench
Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTER 45-49

Weight Lift **Kgs** Lbs Name Date

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift

	TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 50-54

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				

90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 55-59

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				

100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 60-64

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench				

Deadlift
TOTAL

125kg/275lb Bench
Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTERS 65-69

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift				

TOTAL

140kg/308.5lb
Bench
Deadlift
TOTAL

140+kg/308+lb
Bench
Deadlift
TOTAL

MEN ~ MASTER 70-74

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				

140+kg/308+lb
Bench
Deadlift
TOTAL

MEN ~ MASTER 75-79

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

MEN ~ MASTER 80+

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				