

USPF KENTUCKY STATE RAW RECORDS

PUSH / PULL

OPEN - WOMEN

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Bench	44.9	99.0	Samantha Neely	3/8/2014
	Deadlift	119.8	264.0	Samantha Neely	3/8/2014
	TOTAL	164.7	363.0	Samantha Neely	3/8/2014
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Bench				
	Deadlift				
	TOTAL				

WOMEN ~ SUBMASTER 35-39

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				

	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
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 40-44

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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

90+kg/UNL
Bench
Deadlift
TOTAL

WOMEN ~ MASTER 45-49

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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				

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 50-54

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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				
90+kg/UNL	Bench Deadlift TOTAL				

WOMEN ~ MASTER 55-59

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift				

	TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 60-64

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 65-69

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 70-74

Weight Lift **Kgs** Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

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

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 75-79

Weight Lift **Kgs** Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb	Bench Deadlift TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 80+

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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

90+kg/UNL Bench
Deadlift
TOTAL