

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - OPEN**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs	45.0	99.2	Martha Castillon	03/24/12
67.5kg/148.7lbs	77.5	170.9	Jennifer Stam	03/26/11
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Juniors 13-15**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Juniors (16-17)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Juniors (18-19)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Juniors (20-23)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs	77.5	170.9	Jennifer Stam	03/26/11
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Submasters (35-39)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (40-44)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs	45.0	99.2	Martha Castillon	03/24/12
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (45-49)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				



**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (50-54)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (55-59)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (60-64)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (65-69)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (70-74)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (75-79)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**USPF REGION 7 SINGLE LIFT RECORDS  
BENCH PRESS  
WOMEN - Masters (80+ Over)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				