

**USPF REGION 2 D1 SINGLE LIFT
BENCH PRESS
MEN - OPEN**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb	260.0	573.2	Joe White	12/08/13
125kg/275.5lb	230.0	507.1	Sammy Sebok	12/08/13
140kg/308.5lb				
(SHW)				

MEN - JUNIORS (13 - 15)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (16 - 17)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb	112.5	192.9	Wes McKnight	12/08/13
--------------	-------	-------	--------------	----------

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (18 - 19)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (20 - 23)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb	277.5	611.8	Zach Howerton	12/08/13
---------------	-------	-------	---------------	----------

(SHW)

MEN - Submaster (35-39)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (40-44)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (45-49)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb 230.0 507.1 Ray Larkey 12/08/13

(SHW)

MEN - Masters (50-54)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (55-59)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb	130.0	286.6	Scott Phillips	11/22/14
----------------	-------	-------	----------------	----------

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (60-64)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (65-69)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (70-74)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
---------------------	------------	------------	-------------	-------------

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (75-79)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

MEN - Masters (80+ Over)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)