

USPF AMERICAN RAW  
SINGLE LIFT BENCH PRESS  
PRETEEN - GIRLS AGE 9-10

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Bench				
35kg/77.2lb	Bench				
40kg/88.2lb	Bench				
44kg/97lb	Bench				
48kg/105.7lb	Bench				
52kg/114.5lb	Bench				
56kg/123.5lb	Bench				
60kg/132.2lb	Bench				
67.5kg/148lb	Bench				
75kg/165.2lb	Bench				
82.5+kg/181.7+lb	Bench				
82.5+kg/181.7+lb	Bench				

PRETEEN - GIRLS AGE 11-12

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Bench				
35kg/77.2lb	Bench				
40kg/88.2lb	Bench				
44kg/97lb	Bench				
48kg/105.7lb	Bench				
52kg/114.5lb	Bench				
56kg/123.5lb	Bench				
60kg/132.2lb	Bench				
67.5kg/148lb	Bench				

75kg/165.2lb Bench

82.5kg/181.7lb Bench

82.5+kg/181.7+lb Bench 55 121.3 Colleen Williams 2/10/2024

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