

USPF VIRGINIA STATE RAW SINGLE LIFT RECORDS

BENCH PRESS

MEN - OPEN

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</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)			

BENCH PRESS ~ MEN - JUNIORS (13 - 15)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb	105.0	231.5	Cherokee Widner	6/7/2014
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				



Date



Date

6/7/2014