USPF VIRGINIA STATE RAW SINGLE LIFT RECORDS							
	PUSH / PULL MEN ~ OPEN						
Weight	Lift	Kgs	Lbs	Name			
52kg/114.5lb	Bench Deadlift TOTAL	Ng3	203	Name			
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						
100kg/220lb	Bench Deadlift TOTAL						
110kg/242lb	Bench Deadlift TOTAL						
125kg/275lb	Bench Deadlift TOTAL						
140kg/308.5lb	Bench Deadlift TOTAL						

140+kg/308+lb Bench Deadlift TOTAL

		Μ	EN ~ JUNIORS	13-15
Weight	Lift	Kgs	Lbs	Name
52kg/114.5lb	Bench			
	Deadlift			
	TOTAL			
56kg/123.5lb	Bench			
5016/ 1201010	Deadlift			
	TOTAL			
60kg/132.2lb	Bench			
	Deadlift			
	TOTAL			
67.5kg/148lb	Bench	105.0	231.5	Cherokee Widner
0710118/ = 1010	Deadlift	170.0	374.8	Cherokee Widner
	TOTAL	275.0	606.3	Cherokee Widner
75kg/165.2lb	Bench			
	Deadlift			
	TOTAL			
82.5kg/181.7lb	Bench			
	Deadlift			
	TOTAL			
90kg/198.2lb	Bench			
	Deadlift			
	TOTAL			
100kg/220lb	Bench			
	Deadlift			
	TOTAL			
110kg/242lb	Bench			
	Deadlift			
	TOTAL			
125kg/275lb	Bench			
	Denon			

	Deadlift
	TOTAL
140kg/308.5lb	Bench
11016/3001310	Deadlift
	TOTAL
140+kg/308+lb	Bench
	Deadlift
	TOTAL



Date

6/7/2014 6/7/2014 6/7/2014