

**USPF AMERICAN RAW FULL POWER
WOMEN TEEN - 13-15**

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat	57.5	126.8	Brianna Murray	6/6/2014
	Bench	35.0	77.2	Brianna Murray	6/6/2014
	Deadlift	82.5	181.9	Brianna Murray	6/6/2014
	TOTAL	175.0	385.8	Brianna Murray	6/6/2014
52kg/114.5lb	Squat	80.0	176.4	Brynn Montgomery	5/4/2013
	Bench	45.0	99.2	Brynn Montgomery	5/4/2013
	Deadlift	92.5	203.9	Brynn Montgomery	5/4/2013
	TOTAL	215.0	474.0	Brynn Montgomery	5/4/2013
56kg/123.5lb	Squat	72.5	159.8	Jimmie Brownfield	6/11/2022
	Bench	37.5	82.7	Hannah Carter	5/10/2013
	Deadlift	105.0	231.2	Cassidy Newbrough	12/8/2012
	TOTAL	207.5	457.2	Cassidy Newbrough	12/8/2012
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat	62.5	137.8	Alejandra Huerta	11/22/2015
	Bench	52.5	115.7	Alejandra Huerta	11/22/2015
	Deadlift	92.5	203.9	Alejandra Huerta	11/22/2015
	TOTAL	207.5	457.5	Alejandra Huerta	11/22/2015
75kg/165.2lb	Squat	77.5	170.9	Matthew Negahnquet	7/15/2023
	Bench	50.0	110.2	Matthew Negahnquet	7/15/2023
	Deadlift	92.5	203.9	Matthew Negahnquet	7/15/2023
	TOTAL	220.0	485.0	Matthew Negahnquet	7/15/2023
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				

TOTAL

USPF AMERICAN RAW TEEN - WOMEN 16-17

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat	85.0	187.4	Sydney Woodard	7/15/2023
	Bench	40.0	88.2	Sydney Woodard	7/15/2023
	Deadlift	85.0	187.4	Sydney Woodard	7/15/2023
	TOTAL	210.0	463.0	Sydney Woodard	7/15/2023
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat	100.0	220.0	Megan Ceralde	6/10/2017
	Bench	52.5	115.7	Marlee Coleman	3/21/2015
	Deadlift	135.0	297.6	Marlee Coleman	3/21/2015
	TOTAL	280.0	617.3	Marlee Coleman	3/21/2015
75kg/165.2lb	Squat	52.5	115.7	Leslie Martinez	7/30/2022
	Bench	35.0	77.2	Leslie Martinez	7/30/2022
	Deadlift	100.0	220.5	Leslie Martinez	7/30/2022
	TOTAL	187.5	413.4	Leslie Martinez	7/30/2022
82.5kg/181.7lb	Squat	85.0	187.4	Alicia Soliz	7/30/2022
	Bench	46.0	101.4	Alicia Soliz	7/30/2022
	Deadlift	117.5	259.0	Alicia Soliz	7/30/2022
	TOTAL	247.5	545.6	Alicia Soliz	7/30/2022
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

USPF AMERICAN RAW TEEN - WOMEN 18-19

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	95.0	209.4	Brianna Bautista	10/30/2016
	Bench	50.0	110.2	Brianna Bautista	10/30/2016
	Deadlift	110.0	242.5	Brianna Bautista	10/30/2016
	TOTAL	247.5	545.6	Brianna Bautista	10/30/2016
67.5kg/148.7lb	Squat	92.5	209.0	Victoria Salomon	11/22/2015
	Bench	50.0	110.2	Victoria Salomon	11/22/2015
	Deadlift	115.0	253.5	Victoria Salomon	11/22/2015
	TOTAL	252.5	556.7	Victoria Salomon	11/22/2015
75kg/165.2lb	Squat	67.5	148.8	Erin Hanna-Speir	7/15/2023
	Bench	42.5	93.7	Erin Hanna-Speir	7/15/2023
	Deadlift	112.5	248.0	Meagen Taylor	4/5/2014
	TOTAL	212.5	468.5	Meagen Taylor	4/5/2014
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	100.0	220.5	Alicia Soliz	5/20/2023
	Bench	50.0	110.2	Alicia Soliz	5/20/2023
	Deadlift	120.0	264.6	Alicia Soliz	5/20/2023
	TOTAL	270.0	595.2	Alicia Soliz	5/20/2023
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

USPF AMERICAN RAW JUNIOR - WOMEN 20-23

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat	87.5	192.9	Zueyzan Montano	10/30/2016
	Bench	42.5	93.7	Zueyzan Montano	10/30/2016
	Deadlift	110.0	242.5	Zueyzan Montano	10/30/2016
	TOTAL	240.0	529.1	Zueyzan Montano	10/30/2016
56kg/123.5lb	Squat	100.0	220.5	Ashley Barry	2/4/2017
	Bench	54.5	120.2	Ashley Barry	2/4/2017
	Deadlift	137.5	303.1	Ashley Barry	2/4/2017
	TOTAL	287.0	583.1	Ashley Barry	2/4/2017
60kg/132.2lb	Squat	87.5	192.9	Kayla Vasquez	10/30/2016
	Bench	47.5	104.7	Jacey Lindsey	5/21/2016
	Deadlift	117.5	259.0	Jacey Lindsey	5/21/2016
	TOTAL	325.0	716.5	Jacey Lindsey	5/21/2016
67.5kg/148.7lb	Squat	107.5	237.0	Elizabeth Dotson	6/2/2018
	Bench	60.0	132.3	Alexandria King	7/7/2018
	Deadlift	140.0	308.6	Lizzie Berman	4/5/2014
	TOTAL	297.5	655.9	Elizabeth Dotson	6/2/2018
75kg/165.2lb	Squat	137.5	303.1	Michaela Piendel	6/2/2018
	Bench	55.0	131.3	Michaela Piendel	6/2/2018
	Deadlift	150.0	330.7	Michaela Piendel	6/2/2018
	TOTAL	342.0	755.1	Michaela Piendel	6/2/2018
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat	120.0	264.6	Ryan Julia Bird	11/12/2023
	Bench	55.0	121.3	Ryan Julia Bird	11/12/2023
	Deadlift	142.5	314.2	Ryan Julia Bird	11/12/2023
	TOTAL	317.5	700.0	Ryan Julia Bird	11/12/2023