

USPF Colorado State Meet and

Denver CO

July 30th 2023

FULL POWER - DIVISION (Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)**MEN**

NAME	WT CLASS	SQUAT	BENCH
Tucker Skaufel Raw KS Junior/Teen 16-17	75	175 National	110
Matthew Rutledge RAW KS Submasters	75	210	130
			142.5 National
Adrian Vargas Raw KW Open and Junior	82.5	247.5	155
Liam Lentz Raw KS Junior	75	172.5	110
		185 national	
Michael Poort Raw KS Open and Master	100	227.5 National	175
			182.5 National

FULL POWER - DIVISION (Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)**WOMEN**

NAME	WT CLASS	SQUAT	BENCH
Amber Hinkle Raw KS open and master	90	85	70
Chelsea Brunner Raw KS Open	60	115	65
Heena Patel Raw KS Open	67.5	112.5	72.5
Heena Patel Raw KS Master	67.5	112.5	72.5 National
		120 National	

SINGLE LIFT (S/L Squat, S/L Bench Press, or S/L Deadlift) - **DIVISION** (Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)**MEN**

NAME	WT CLASS	BENCH
Isaac Dolson Raw KS Bench Press Open	140+	147.5
Michael Poort Raw KS open and Master		182.5

SINGLE LIFT (S/L Squat, S/L Bench Press, or S/L Deadlift) - **DIVISION** (Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)**WOMEN**

NAME	WT CLASS	BENCH
Heena Patel Raw KS Open	67.5	72.5
Heena Patel Raw KS Master	67.5	72.5

PUSH / PULL - DIVISION (Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)**MEN**

NAME	WT CLASS	BENCH
Tucker Skaufel Raw KS Junior/Teen 16-17	75	110

PUSH / PULL - DIVISION *(Raw KS D3, Raw KW D4, Single Ply D1, or Multi Ply D2)*
WOMEN

NAME

WT CLASS

BENCH

Open

DEADLIFT	TOTAL	
193 National	478	Best Good Lifts of 3 Attempts
210	550	4th Good Attempts (line below)
275	677.5	
192.5	475	
250	652.5 National	
267.5 National		

DEADLIFT	TOTAL	
125	280	
132.5	312.5	Best Good Lifts of 3 Attempts
155	340	4th Good Attempts (line below)
155	340	
162.5 National		
(1, or Multi Ply D2)		

DEADLIFT	TOTAL		←← Delete Other Two Events NOT E
267.5	147.5	Best Good Lifts of 3 Attempts	
		4th Good Attempts (line below)	
(1, or Multi Ply D2)			

DEADLIFT	TOTAL		←← Delete Other Two Events NOT E
155		4th Good Attempts (line below)	
162.5			

DEADLIFT	TOTAL	
193	303	Best Good Lifts of 3 Attempts
		4th Good Attempts (line below)

DEADLIFT

TOTAL

Best Good Lifts of 3 Attempts
4th Good Attempts (line below)

Being Used

Being Used