

USPF AMERICAN RAW

SINGLE LIFT DEADLIFT

PRETEEN - GIRLS AGE 9-10

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Deadlift	52.5	115.7	Paisyn Crain	11/9/2024
35kg/77.2lb	Deadlift				
40kg/88.2lb	Deadlift				
44kg/97lb	Deadlift				
48kg/105.7lb	Deadlift				
52kg/114.5lb	Deadlift				
56kg/123.5lb	Deadlift				
60kg/132.2lb	Deadlift				
67.5kg/148lb	Deadlift				
75kg/165.2lb	Deadlift				
82.5kg/181.7lb	Deadlift				
82.5+kg/181.7+lb	Deadlift				

PRETEEN - GIRLS AGE 11-12

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Deadlift				
35kg/77.2lb	Deadlift				
40kg/88.2lb	Deadlift				
44kg/97lb	Deadlift				
48kg/105.7lb	Deadlift				
52kg/114.5lb	Deadlift	80.0	176.4	Hailey Gonzales	5/18/2024
56kg/123.5lb	Deadlift				
60kg/132.2lb	Deadlift				
67.5kg/148lb	Deadlift				

75kg/165.2lb	Deadlift	70.0	154.3	Findley Seller	8/2/2024
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82.5kg/181.7lb	Deadlift				
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82.5+kg/181.7+lb	Deadlift	125	275.6	Colleen Williams	2/10/2024
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