

USPF WASHINGTON STATE
SINGLE LIFT BENCH PRESS - RAW Division 3
MEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
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)	217.5	479.5	Ryan Heintz	5/17/2025

MEN - TEENS (13 - 15)

Weight Class	Kgs	Lbs	Name	Date
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)				

MEN - JUNIORS (16 - 17)

Weight Class	Kgs	Lbs	Name	Date
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)

MEN - TEENS (18 - 19)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - JUNIORS (20 - 23)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Submaster (35-39)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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 217.5 479.5 Ryan Heintz 5/17/2025

(SHW)

MEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (65-69)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

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)

MEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
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)

MEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
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)