

**USPF AMERICAN HIGH SCHOOL RECORDS**

**FEMALE FULL POWER**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>
44kg/97lb	Squat			
	Bench			
	Deadlift			
	TOTAL			
48kg/105.7lb	Squat			
	Bench			
	Deadlift			
	TOTAL			
52kg/114.5lb	Squat	87.5	192.9	Brynn Montgomery
	Bench	45.0	99.2	Brynn Montgomery
	Deadlift	97.5	215.0	Brynn Montgomery
	TOTAL	227.5	501.6	Brynn Montgomery
56kg/123.5lb	Squat	77.5	170.8	Amanda Payne
	Bench	42.5	93.7	Amanda Payne
	Deadlift	67.5	148.8	Amanda Payne
	TOTAL	187.5	413.4	Amanda Payne
60kg/132.2lb	Squat			
	Bench			
	Deadlift			
	TOTAL			
67.5kg/148.7lb	Squat	85.0	187.4	Janae Hancock
	Bench	57.5	126.8	Janae Hancock
	Deadlift	100.0	220.5	Janae Hancock
	TOTAL	237.5	523.6	Janae Hancock
75kg/165.2lb	Squat			
	Bench			
	Deadlift			
	TOTAL			
82.5kg/181.7lb	Squat	80.0	176.4	Shayla Hancock
	Bench	45.0	99.2	Shayla Hancock
	Deadlift	147.5	325.2	Shayla Hancock
	TOTAL	272.5	600.8	Shayla Hancock
90kg/198.2lb	Squat			
	Bench			
	Deadlift			

TOTAL

90+kg/UNL

Squat

Bench

Deadlift

TOTAL



Date

9/21/2013

9/21/2013

9/21/2013

9/21/2013

4/25/2008

4/25/2008

4/25/2008

4/25/2008

9/24/2011

9/24/2011

9/24/2011

9/24/2011

9/24/2011

9/24/2011

9/24/2011

9/24/2011