

USPF ARIZONA STATE RAW SINGLE LIFT RECORDS
SQUAT
WOMEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Teens 13-15

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Teens (16-17)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs	82.5	181.9	Liesel Seller	08/02/24
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Teens (18-19)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				

60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

SQUAT WOMEN - Juniors (20-23)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs
48kg/105.7lbs
52kg/114.5lbs
56kg/123.5lbs
60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

SQUAT WOMEN - Submasters (35-39)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs
48kg/105.7lbs
52kg/114.5lbs
56kg/123.5lbs
60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

SQUAT WOMEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs
48kg/105.7lbs
52kg/114.5lbs
56kg/123.5lbs
60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

SQUAT WOMEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs
48kg/105.7lbs
52kg/114.5lbs
56kg/123.5lbs
60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

SQUAT WOMEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				

90+kg/198.2+lbs

SQUAT WOMEN - Masters (65-69)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

SQUAT WOMEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				

60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs