

USPF ARIZONA STATE RAW RECORDS

PUSH / PULL

OPEN - WOMEN

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------|-------|-------|-------------------|------------|
| 44kg/97lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 48kg/105.7lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 52kg/114.5lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 56kg/123.5lb | Bench | 42.5 | 93.7 | Lynn Gerald | 11/16/2014 |
| | Deadlift | 85.0 | 187.4 | Lynn Gerald | 11/16/2014 |
| | TOTAL | 127.5 | 281.1 | Lynn Gerald | 11/16/2014 |
| 60kg/132.2lb | Bench | 57.5 | 126.8 | Gloria Valenzuela | 11/16/2014 |
| | Deadlift | 125.0 | 275.6 | Gloria Valenzuela | 11/16/2014 |
| | TOTAL | 182.5 | 402.3 | Gloria Valenzuela | 11/16/2014 |
| 67.5kg/148lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 75kg/165.2lb | Bench | 67.5 | 148.8 | Chrystal Garcia | 10/30/2016 |
| | Deadlift | 147.5 | 325.2 | Chrystal Garcia | 10/30/2016 |
| | TOTAL | 215.0 | 474.0 | Chrystal Garcia | 10/30/2016 |
| 82.5kg/181.7lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 90kg/198.2lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 90+kg/UNL | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |

WOMEN ~ SUBMASTER 35-39

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------|-----|-----|------|------|
| 44kg/97lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 48kg/105.7lb | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 52kg/114.5lb | Bench | | | | |

| | |
|----------------|----------------------------|
| | Deadlift TOTAL |
| 56kg/123.5lb | Bench Deadlift TOTAL |
| 60kg/132.2lb | Bench Deadlift TOTAL |
| 67.5kg/148lb | Bench Deadlift TOTAL |
| 75kg/165.2lb | Bench Deadlift TOTAL |
| 82.5kg/181.7lb | Bench Deadlift TOTAL |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTER 40-44

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|------------------------|-------------------------|--|--|
| 44kg/97lb | Bench Deadlift TOTAL | | | | |
| 48kg/105.7lb | Bench Deadlift TOTAL | | | | |
| 52kg/114.5lb | Bench Deadlift TOTAL | | | | |
| 56kg/123.5lb | Bench Deadlift TOTAL | 42.5 85.0 127.5 | 93.7 187.4 281.1 | Lynn Gerald Lynn Gerald Lynn Gerald | 11/16/2014 11/16/2014 11/16/2014 |
| 60kg/132.2lb | Bench Deadlift TOTAL | 52.5 132.5 185.0 | 115.7 292.1 407.9 | Jennifer Pusey Jennifer Pusey Jennifer Pusey | 11/18/2017 11/18/2017 11/18/2017 |
| 67.5kg/148lb | Bench Deadlift | 60.0 125.0 | 132.3 275.6 | Emma Villa Emma Villa | 10/30/2016 10/30/2016 |

TOTAL 185.0 407.9 Emma Villa 10/30/2016

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 45-49

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 50-54

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|------------------------|-------------------------|--|----------------------------------|
| 44kg/97lb | Bench Deadlift TOTAL | | | | |
| 48kg/105.7lb | Bench Deadlift TOTAL | | | | |
| 52kg/114.5lb | Bench Deadlift TOTAL | | | | |
| 56kg/123.5lb | Bench Deadlift TOTAL | | | | |
| 60kg/132.2lb | Bench Deadlift TOTAL | | | | |
| 67.5kg/148lb | Bench Deadlift TOTAL | | | | |
| 75kg/165.2lb | Bench Deadlift TOTAL | | | | |
| 82.5kg/181.7lb | Bench Deadlift TOTAL | | | | |
| 90kg/198.2lb | Bench Deadlift TOTAL | 47.5 122.5 170.0 | 104.7 270.1 374.8 | Cristina Ramirez Cristina Ramirez Cristina Ramirez | 5/1/2015 5/1/2015 5/1/2015 |
| 90+kg/UNL | Bench Deadlift TOTAL | | | | |

WOMEN ~ MASTER 55-59

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 44kg/97lb | Bench Deadlift TOTAL | | | | |
| 48kg/105.7lb | Bench Deadlift | | | | |

| | |
|----------------|----------------------------|
| | TOTAL |
| 52kg/114.5lb | Bench Deadlift TOTAL |
| 56kg/123.5lb | Bench Deadlift TOTAL |
| 60kg/132.2lb | Bench Deadlift TOTAL |
| 67.5kg/148lb | Bench Deadlift TOTAL |
| 75kg/165.2lb | Bench Deadlift TOTAL |
| 82.5kg/181.7lb | Bench Deadlift TOTAL |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTER 60-64

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 44kg/97lb | Bench Deadlift TOTAL | | | | |
| 48kg/105.7lb | Bench Deadlift TOTAL | | | | |
| 52kg/114.5lb | Bench Deadlift TOTAL | | | | |
| 56kg/123.5lb | Bench Deadlift TOTAL | | | | |
| 60kg/132.2lb | Bench Deadlift TOTAL | | | | |

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 65-69

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 70-74

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 75-79

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

| | |
|----------------|----------------------------|
| 48kg/105.7lb | Bench Deadlift TOTAL |
| 52kg/114.5lb | Bench Deadlift TOTAL |
| 56kg/123.5lb | Bench Deadlift TOTAL |
| 60kg/132.2lb | Bench Deadlift TOTAL |
| 67.5kg/148lb | Bench Deadlift TOTAL |
| 75kg/165.2lb | Bench Deadlift TOTAL |
| 82.5kg/181.7lb | Bench Deadlift TOTAL |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTER 80+

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 44kg/97lb | Bench Deadlift TOTAL | | | | |
| 48kg/105.7lb | Bench Deadlift TOTAL | | | | |
| 52kg/114.5lb | Bench Deadlift TOTAL | | | | |
| 56kg/123.5lb | Bench Deadlift TOTAL | | | | |

| | |
|----------------|----------------------------|
| 60kg/132.2lb | Bench Deadlift TOTAL |
| 67.5kg/148lb | Bench Deadlift TOTAL |
| 75kg/165.2lb | Bench Deadlift TOTAL |
| 82.5kg/181.7lb | Bench Deadlift TOTAL |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |