

# USPF COLORADO STATE RECORDS - Single Ply Division 1

## MASTER - WOMEN 40-44

| Weight         | Lift     | Kgs | Lbs | Name | Date |
|----------------|----------|-----|-----|------|------|
| 44kg/97lb      | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 48kg/105.7lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 52kg/114.5lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 56kg/123.5lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 60kg/132.2lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 75kg/165.2lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 90kg/198.2lb   | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |
| 90+kg/UNL      | Squat    |     |     |      |      |
|                | Bench    |     |     |      |      |
|                | Deadlift |     |     |      |      |
|                | TOTAL    |     |     |      |      |

| MASTER - WOMEN 45-49 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 50-54 |          |       |        |             |           |
|----------------------|----------|-------|--------|-------------|-----------|
| Weight               | Lift     | Kgs   | Lbs    | Name        | Date      |
| 44kg/97lb            | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 48kg/105.7lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 52kg/114.5lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 56kg/123.5lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 60kg/132.2lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 67.5kg/148.7lb       | Squat    | 192.5 | 423.5  | Heena Patel | 4/14/2024 |
|                      | Bench    | 107.5 | 236.5  | Heena Patel | 4/14/2024 |
|                      | Deadlift | 202.5 | 445.5  | Heena Patel | 4/14/2024 |
|                      | TOTAL    | 502.5 | 1105.5 | Heena Patel | 4/14/2024 |
| 75kg/165.2lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 82.5kg/181.7lb       | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 90kg/198.2lb         | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |
| 90+kg/UNL            | Squat    |       |        |             |           |
|                      | Bench    |       |        |             |           |
|                      | Deadlift |       |        |             |           |
|                      | TOTAL    |       |        |             |           |

| MASTER - WOMEN 55-59 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 60-64 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 65-69 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 70-74 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 75-79 |          |     |     |      |      |
|----------------------|----------|-----|-----|------|------|
| Weight               | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 48kg/105.7lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 52kg/114.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 56kg/123.5lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 60kg/132.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 75kg/165.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb       | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90kg/198.2lb         | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |
| 90+kg/UNL            | Squat    |     |     |      |      |
|                      | Bench    |     |     |      |      |
|                      | Deadlift |     |     |      |      |
|                      | TOTAL    |     |     |      |      |

| MASTER - WOMEN 80+ |          |     |     |      |      |
|--------------------|----------|-----|-----|------|------|
| Weight             | Lift     | Kgs | Lbs | Name | Date |
| 44kg/97lb          | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 48kg/105.7lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 52kg/114.5lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 56kg/123.5lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 60kg/132.2lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 67.5kg/148.7lb     | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 75kg/165.2lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 82.5kg/181.7lb     | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 90kg/198.2lb       | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |
| 90+kg/UNL          | Squat    |     |     |      |      |
|                    | Bench    |     |     |      |      |
|                    | Deadlift |     |     |      |      |
|                    | TOTAL    |     |     |      |      |