

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - OPEN

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb | | | | |
| 56kg/123.5lb | | | | |
| 60kg/132.2lb | | | | |
| 67.5kg/148.7lb | | | | |
| 75kg/165.2lb | | | | |
| 82.5kg/181.7lb | | | | |
| 90kg/198.2lb | 182.5 | 400.0 | Nate Grasse | 03/26/11 |
| 100kg/220.2lb | | | | |
| 110kg/242.5lb | | | | |
| 125kg/275.5lb | | | | |
| 140kg/308.5lb | | | | |
| (SHW) | | | | |

**USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - JUNIORS (13 - 15)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - JUNIORS (16 - 17)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - JUNIORS (18 - 19)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

**USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - JUNIORS (20 - 23)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

**USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Submaster (35-39)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (40-44)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (45-49)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

**USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (50-54)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (55-59)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (60-64)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (65-69)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (70-74)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

**USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (75-79)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |

USPF COLORADO STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (80+ Over)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 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) | | | | |