USPF MASSACHUSETTS STATE RECORDS - Raw KS Division 3 PUSH / PULL						
			MEN ~ (
Weight	Lift	Kgs	Lbs	Name	Date	
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					
100kg/220lb	Bench Deadlift TOTAL					
110kg/242lb	Bench Deadlift TOTAL					
125kg/275lb	Bench Deadlift TOTAL					
140kg/308.5lb	Bench Deadlift TOTAL					
140+kg/308+lb	Bench Deadlift TOTAL	182.5 695.0 410.0	402.3 1532.2 903.9	Zac Gorra Zac Gorra Zac Gorra	8/3/2024 8/3/2024 8/3/2024	
		M	EN ~ TEE	NS 13- <u>15</u>		
Weight						
52kg/114.5lb	Lift Bench	Kgs	Lbs	Name	Date	

	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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ TEENS 16-17					
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		M	EN ~ TEE	NS 18-19	
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN	~ JUNI	ORS 20-23	
Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
	Deadlift TOTAL	MEN ~	SUBMASTI	ER 35-39	
Weight	Deadlift TOTAL Lift	MEN ~ Kgs		ER 35-39 ame	Date
	Deadlift TOTAL				Date
Weight	Deadlift TOTAL Lift Bench Deadlift				Date
Weight 52kg/114.5lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift				Date
Weight 52kg/114.5lb 56kg/123.5lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date
Weight 52kg/114.5lb 56kg/123.5lb 60kg/132.2lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date

	Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL	182.5 695.0 410.0	402.3 1532.2 903.9	Zac Gorra Zac Gorra Zac Gorra	8/3/2024 8/3/2024 8/3/2024
	TOTAL	410.0	903.9	Luc Cond	0/3/2024
	TOTAL			ER 40-44	0/3/2024
Weight	Lift				Date
Weight 52kg/114.5lb		ME	N ~ MAST	ER 40-44	
	Lift Bench Deadlift	ME	N ~ MAST	ER 40-44	
52kg/114.5lb	Lift Bench Deadlift TOTAL Bench Deadlift	ME	N ~ MAST	ER 40-44	
52kg/114.5lb 56kg/123.5lb	Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift	ME	N ~ MAST	ER 40-44	
52kg/114.5lb 56kg/123.5lb 60kg/132.2lb	Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift	ME	N ~ MAST	ER 40-44	

TOTAL

Bench Deadlift

90kg/198.2lb

	TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
$\lambda A = i \pi b + i \pi b$	1 :64			TER 45-49	Dete
Weight	Lift Bench	Kgs	Lbs	Name	Date
52kg/114.5lb	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				
100kg/220lb	Bench Deadlift TOTAL				

110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		ME	N ~ MAS [.]	TER 50-54	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
30kg/123.310	Deadlift				
	TOTAL				
	101/LE				
60kg/132.2lb	Bench				
-	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
10kg/100.2lb	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
0.01 (4.00.01)	D 1				
90kg/198.2lb	Bench				
	Deadlift TOTAL				
	TOTAL				
100kg/220lb	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Bench				
	Deadlift				
	TOTAL				
105ka/075k	Donch				
125kg/275lb	Bench				

	Deadlift TOTAL	
140kg/308.5lb	Bench Deadlift TOTAL	
140+kg/308+lb	Bench Deadlift TOTAL	

MEN ~ MASTER 55-59						
Weight	Lift	Kgs	Lbs	Name		Date
52kg/114.5lb	Bench					
	Deadlift					
	TOTAL					
56kg/123.5lb	Bench					
00Ng/120.015	Deadlift					
	TOTAL					
60kg/132.2lb	Bench					
	Deadlift					
	TOTAL					
67.5kg/148lb	Bench					
07.0Kg/14010	Deadlift					
	TOTAL					
75kg/165.2lb	Bench					
	Deadlift					
	TOTAL					
82.5kg/181.7lb	Bench					
62.0kg/101.1h	Deadlift					
	TOTAL					
90kg/198.2lb	Bench					
	Deadlift					
	TOTAL					
100kg/220lb	Bench					
100109/22010	Deadlift					
	TOTAL					
110kg/242lb	Bench					
	Deadlift					
	TOTAL					
125kg/275lb	Bench					
120119/21010	Deadlift					
	TOTAL					
140kg/308.5lb	Bench					
	Deadlift					

140+kg/308+lb Bench Deadlift TOTAL

				TER 60-64	
Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

			~ MASTERS	65-69	
Weight	Lift	Kgs	Lbs Na	ame	 Date
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				
02.3Kg/101.7D	Deadlift				
	TOTAL				
90kg/198.2lb	Bench				
30Kg/130.210	Deadlift				
	TOTAL				
	TOTAL				
100kg/220lb	Bench				
100119/22010	Deadlift				
	TOTAL				
	TOTAL				
110kg/242lb	Bench				
1101(g/21218	Deadlift				
	TOTAL				
	TOTAL				
125kg/275lb	Bench				
- 0,	Deadlift				
	TOTAL				
140kg/308.5lb	Bench				
0	Deadlift				
	TOTAL				
140+kg/308+lb	Bench				
~	Deadlift				
	TOTAL				
			N ~ MASTER		
Weight	Lift	Kgs	Lbs Na	ame	Date

MEN ~ MASIER 70-74					
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		ME	N ~ MAS	TER 80+	
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL