

USPF AMERICAN RAW FULL POWER
TEEN - MEN AGE 13-15

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat	29.5	65.0	Aiden Fox	7/31/2021
	Bench	27.2	60.0	Aiden Fox	7/31/2021
	Deadlift	68.0	150.0	Aiden Fox	7/31/2021
	TOTAL	106.6	235.0	Aiden Fox	7/31/2021
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	115.0	253.5	Trever Weeden	11/14/2020
	Bench	67.5	148.8	Trever Weeden	11/14/2020
	Deadlift	117.5	259.3	Trever Weeden	11/14/2020
	TOTAL	292.5	644.9	Trever Weeden	11/14/2020
67.5kg/148lb	Squat	137.5	303.0	Austin Bruenig	7/8/2011
	Bench	90.0	198.2	Austin Bruenig	7/8/2011
	Deadlift	170.0	374.8	Daniel Salomon	11/22/2015
	TOTAL	380.0	837.2	Austin Bruenig	7/8/2011
75kg/165.2lb	Squat	131.5	290.0	Tayden Smith	4/26/2014
	Bench	83.9	185.0	Tayden Smith	4/26/2014
	Deadlift	163.3	360.0	Tayden Smith	4/26/2014
	TOTAL	378.8	835.0	Tayden Smith	4/26/2014
82.5kg/181.7lb	Squat	125.0	275.6	Ben Pierce	11/22/2015
	Bench	95.0	209.4	Ben Pierce	11/22/2015
	Deadlift	150.0	330.7	Ben Pierce	11/22/2015
	TOTAL	370.0	815.7	Ben Pierce	11/22/2015
90kg/198.2lb	Squat	140.0	308.6	Justin Allman	10/12/2013
	Bench	87.5	192.9	Justin Allman	10/12/2013
	Deadlift	155.0	341.7	Justin Allman	10/12/2013
	TOTAL	382.5	843.3	Justin Allman	10/12/2013
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat	175.0	385.8	Thomas Moreno	10/30/2021
	Bench	115.0	253.5	Thomas Moreno	10/30/2021
	Deadlift	182.5	402.3	Thomas Moreno	10/30/2021
	TOTAL	472.0	1040.6	Thomas Moreno	10/30/2021
125kg/275lb	Squat	226.8	500.0	Austin Spangler	8/1/2020
	Bench	108.9	240.0	Austin Spangler	8/1/2020
	Deadlift	204.1	450.0	Austin Spangler	8/1/2020
	TOTAL	542.0	1195.0	Austin Spangler	8/1/2020
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/SHW	Squat				
	Bench				
	Deadlift				

TOTAL

USPF AMERICAN RAW TEEN - MEN				AGE 16-17	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat	90.0	198.4	Anthony Lee	4/1/2017
	Bench	57.5	126.8	Anthony Lee	4/1/2017
	Deadlift	152.5	336.2	Anthony Lee	4/1/2017
	TOTAL	300.0	661.4	Anthony Lee	4/1/2017
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148lb	Squat	155.0	341.7	Spencer Creamer	6/10/2017
	Bench	92.5	203.9	Evan Pittman	5/2/2015
	Deadlift	207.5	457.5	Spencer Creamer	6/10/2017
	TOTAL	437.5	964.5	Spencer Creamer	6/10/2017
75kg/165.2lb	Squat	147.5	325.2	Jason Canada	3/21/2015
	Bench	115.0	253.5	Jason Canada	3/21/2015
	Deadlift	192.5	424.4	Adam Kulacz	6/2/2018
	TOTAL	432.5	953.5	Jason Canada	3/21/2015
82.5kg/181.7lb	Squat	180	396.8	Scott Stapleton	12/6/2014
	Bench	117.5	259.0	Scott Stapleton	12/6/2014
	Deadlift	197.5	435.4	Scott Stapleton	12/6/2014
	TOTAL	495.0	1091.3	Scott Stapleton	12/6/2014
90kg/198.2lb	Squat	182.5	402.3	Blake Charles	12/6/2014
	Bench	122.5	270.1	Blake Charles	12/6/2014
	Deadlift	227.5	501.6	Blake Charles	12/6/2014
	TOTAL	532.5	1174.0	Blake Charles	12/6/2014
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat	192.5	424.4	Gunner Edmonds	12/6/2014
	Bench	147.5	325.2	Gunner Edmonds	12/6/2014
	Deadlift	245.0	540.1	Judd Walther	7/7/2012
	TOTAL	570.0	1256.6	Judd Walther	7/7/2012
125kg/275lb	Squat	254.0	560.0	Austin Spangler	7/31/2021
	Bench	124.7	275.0	Austin Spangler	7/31/2021
	Deadlift	233.6	515.0	Austin Spangler	7/31/2021
	TOTAL	612.3	1350.0	Austin Spangler	7/31/2021
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/SHW	Squat Bench Deadlift TOTAL				

USPF AMERICAN RAW TEEN - MEN				AGE 18-19	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL	117.5 80.0 167.5 365.0	259.0 176.4 369.3 804.7	Anthony Lee Anthony Lee Anthony Lee Anthony Lee	12/2/2017 12/2/2017 12/2/2017 12/2/2017
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL	200.0 132.5 232.5 540.0	440.9 292.1 512.6 1190.5	Caleb Burpee Dominic DeLeon Dominic DeLeon Dominic DeLeon	3/24/2012 11/16/2014 11/16/2014 11/16/2014
82.5kg/181.7lb	Squat Bench Deadlift TOTAL	195.0 137.5 200.0 527.5	429.9 303.1 440.9 1162.9	Chris Pierce Jackson Dingess Chris Pierce Chris Pierce	3/24/2012 11/13/2020 3/24/2012 3/24/2012
90kg/198.2lb	Squat Bench Deadlift TOTAL	190.0 132.5 250.0 547.5	418.9 292.0 551.0 1206.7	Israel Mendoza Paul Houmpavlis Paul Houmpavlis Paul Houmpavlis	5/22/2016 7/9/2011 7/9/2011 7/9/2011
100kg/220lb	Squat Bench Deadlift TOTAL	180.0 137.5 192.5 485.0	396.8 303.1 424.4 1069.2	Ricardo Rosales Ricardo Rosales Kyle Staton Ricardo Rosales	11/22/2015 11/22/2015 7/7/2012 11/22/2015
110kg/242lb	Squat Bench Deadlift TOTAL	237.5 140.0 275.0 630.0	523.6 308.6 606.3 1388.9	Aaron Griffith Aaron Griffith Adam Griffith Aaron Griffith	12/6/2014 12/6/2014 12/6/2014 12/6/2014
125kg/275lb	Squat Bench Deadlift TOTAL	202.5 125.0 200.0 525.5	446.4 275.6 440.9 1157.4	Miguel Romero Miguel Romero Miguel Romero Miguel Romero	5/22/2016 5/22/2016 5/22/2016 5/22/2016
140kg/308.5lb	Squat Bench Deadlift TOTAL	250.0 172.5 225.0 647.5	551.2 380.3 496.0 1427.5	Austin Reahard Austin Reahard Austin Reahard Austin Reahard	12/6/2014 12/6/2014 12/6/2014 12/6/2014
140+kg/SHW	Squat Bench Deadlift TOTAL				

USPF AMERICAN RAW JUNIOR - MEN				AGE 20-23	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	137.5	303.1	Daniel Kirk	6/11/2011
	Bench	90.0	198.4	Daniel Kirk	6/11/2011
	Deadlift	160.0	352.7	Daniel Kirk	6/11/2011
	TOTAL	387.5	854.2	Daniel Kirk	6/11/2011
67.5kg/148lb	Squat	165.0	363.8	Hung Le	10/30/2016
	Bench	110.0	242.5	Hung Le	10/30/2016
	Deadlift	180.0	396.8	Hung Le	10/30/2016
	TOTAL	455.0	1003.1	Hung Le	10/30/2016
75kg/165.2lb	Squat	190.0	402.2	Divale Roberson	5/10/2013
	Bench	142.5	281.0	Divale Roberson	5/10/2013
	Deadlift	237.5	523.6	Gabriel Pereyra	4/21/2012
	TOTAL	552.5	1218.1	Divale Roberson	5/10/2013
82.5kg/181.7lb	Squat	217.0	479.5	Arsenio Leeth	4/5/2014
	Bench	142.5	314.2	Peter Crifase	5/10/2013
	Deadlift	285.0	628.3	Peter Crifase	5/10/2013
	TOTAL	620.0	1366.9	Peter Crifase	5/10/2013
90kg/198.2lb	Squat	247.5	545.6	Aaron Sealy	4/1/2017
	Bench	182.5	402.3	Timothy Paynter	6/6/2014
	Deadlift	330.0	727.5	Timothy Paynter	6/6/2014
	TOTAL	745.0	1642.4	Timothy Paynter	6/6/2014
100kg/220lb	Squat	237.5	523.5	Anthony Hernandez	7/9/2011
	Bench	172.5	380.3	Marvin Snodgrass	3/24/2012
	Deadlift	280.0	617.2	Anthony Hernandez	7/9/2011
	TOTAL	665.0	1465.9	Anthony Hernandez	7/9/2011
110kg/242lb	Squat	305.0	672.2	Jared Martin	7/9/2011
	Bench	197.5	435.4	Kenneth Zimmerman	7/9/2011
	Deadlift	332.5	710.7	Jared Martin	7/9/2011
	TOTAL	815.0	1796.4	Jared Martin	7/9/2011
125kg/275lb	Squat	295.0	650.4	Isaiah Grace	5/10/2013
	Bench	207.5	457.5	Isaiah Grace	5/10/2013
	Deadlift	300.0	661.4	Isaiah Grace	5/10/2013
	TOTAL	802.5	1769.2	Isaiah Grace	5/10/2013
140kg/308.5lb	Squat	275.5	606.3	Thomas Paynter	6/6/2014
	Bench	215.0	474.0	Thomas Paynter	6/6/2014
	Deadlift	317.5	700.0	Thomas Paynter	6/6/2014
	TOTAL	807.5	1780.2	Thomas Paynter	6/6/2014
140+kg/ SHW	Squat	250.0	551.2	Mikey Fonner	3/21/2015
	Bench	172.5	380.3	Mikey Fonner	3/21/2015
	Deadlift	247.5	545.6	Mikey Fonner	3/21/2015
	TOTAL	670.0	1477.1	Mikey Fonner	3/21/2015