

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

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat	55.0	121.3	Aiden Fox	5/20/2023
	Bench	45.0	99.2	Aiden Fox	5/20/2023
	Deadlift	80.0	176.4	Lincoln Lujan	6/11/2022
	TOTAL	180.0	396.8	Aiden Fox	5/20/2023
56kg/123.5lb	Squat	130.0	286.6	Alan Abrego	5/18/2024
	Bench	60.0	132.3	Alan Abrego	5/18/2024
	Deadlift	152.5	336.2	Alan Abrego	5/18/2024
	TOTAL	342.5	755.1	Alan Abrego	5/18/2024
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	160.0	352.7	Malachi Detherage	7/15/2023
	Bench	92.5	203.9	Malachi Detherage	7/15/2023
	Deadlift	192.5	424.4	Malachi Detherage	7/15/2023
	TOTAL	440.0	970.0	Malachi Detherage	7/15/2023
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	177.0	390.2	Jakobe Brown	6/11/2022
	Bench	112.5	248.0	Jakobe Brown	6/11/2022
	Deadlift	165.0	363.8	Jakobe Brown	6/11/2022
	TOTAL	455.0	1003.1	Jakobe Brown	6/11/2022
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 Bench Deadlift TOTAL	90.0 57.5 152.5 300.0	198.4 126.8 336.2 661.4	Anthony Lee Anthony Lee Anthony Lee Anthony Lee	4/1/2017 4/1/2017 4/1/2017 4/1/2017
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148lb	Squat Bench Deadlift TOTAL	155.0 92.5 207.5 437.5	341.7 203.9 457.5 964.5	Spencer Creamer Evan Pittman Spencer Creamer Spencer Creamer	6/10/2017 5/2/2015 6/10/2017 6/10/2017
75kg/165.2lb	Squat Bench Deadlift TOTAL	175.0 115.0 193.0 478.0	385.8 253.5 425.5 1053.8	Tucker Skaufel Jason Canada Tucker Skaufel Tucker Skaufel	7/30/2023 3/21/2015 7/30/2023 7/30/2023
82.5kg/181.7lb	Squat Bench Deadlift TOTAL	180 117.5 197.5 495.0	396.8 259.0 435.4 1091.3	Scott Stapleton Scott Stapleton Scott Stapleton Scott Stapleton	12/6/2014 12/6/2014 12/6/2014 12/6/2014
90kg/198.2lb	Squat Bench Deadlift TOTAL	182.5 122.5 227.5 532.5	402.3 270.1 501.6 1174.0	Blake Charles Blake Charles Blake Charles Blake Charles	12/6/2014 12/6/2014 12/6/2014 12/6/2014
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL	192.5 147.5 245.0 570.0	424.4 325.2 540.1 1256.6	Gunner Edmonds Gunner Edmonds Judd Walther Judd Walther	12/6/2014 12/6/2014 7/7/2012 7/7/2012
125kg/275lb	Squat Bench Deadlift TOTAL	272.5 132.5 233.6 625.0	600.8 292.1 515.0 1377.9	Austin Spangler Austin Spangler Austin Spangler Austin Spangler	6/11/2022 6/11/2022 7/31/2021 6/11/2022
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	117.5	259.0	Anthony Lee	12/2/2017
	Bench	80.0	176.4	Anthony Lee	12/2/2017
	Deadlift	167.5	369.3	Anthony Lee	12/2/2017
	TOTAL	365.0	804.7	Anthony Lee	12/2/2017
67.5kg/148lb	Squat	115.0	253.5	Riley Foster	11/12/2022
	Bench	57.5	126.8	Riley Foster	11/12/2022
	Deadlift	137.5	303.1	Riley Foster	11/12/2022
	TOTAL	310.0	683.4	Riley Foster	11/12/2022
75kg/165.2lb	Squat	200.0	440.9	Caleb Burpee	3/24/2012
	Bench	132.5	292.1	Dominic DeLeon	11/16/2014
	Deadlift	232.5	512.6	Dominic DeLeon	11/16/2014
	TOTAL	540.0	1190.5	Dominic DeLeon	11/16/2014
82.5kg/181.7lb	Squat	195.0	429.9	Chris Pierce	3/24/2012
	Bench	137.5	303.1	Jackson Dingess	11/13/2020
	Deadlift	200.0	440.9	Chris Pierce	3/24/2012
	TOTAL	527.5	1162.9	Chris Pierce	3/24/2012
90kg/198.2lb	Squat	190.0	418.9	Israel Mendoza	5/22/2016
	Bench	132.5	292.0	Paul Houmpavlis	7/9/2011
	Deadlift	250.0	551.0	Paul Houmpavlis	7/9/2011
	TOTAL	547.5	1206.7	Paul Houmpavlis	7/9/2011
100kg/220lb	Squat	180.0	396.8	Ricardo Rosales	11/22/2015
	Bench	137.5	303.1	Ricardo Rosales	11/22/2015
	Deadlift	192.5	424.4	Kyle Staton	7/7/2012
	TOTAL	485.0	1069.2	Ricardo Rosales	11/22/2015
110kg/242lb	Squat	237.5	523.6	Aaron Griffith	12/6/2014
	Bench	140.0	308.6	Aaron Griffith	12/6/2014
	Deadlift	275.0	606.3	Adam Griffith	12/6/2014
	TOTAL	630.0	1388.9	Aaron Griffith	12/6/2014
125kg/275lb	Squat	202.5	446.4	Miguel Romero	5/22/2016
	Bench	125.0	275.6	Miguel Romero	5/22/2016
	Deadlift	207.5	457.5	Nathan Seright	6/11/2022
	TOTAL	525.5	1157.4	Miguel Romero	5/22/2016
140kg/308.5lb	Squat	250.0	551.2	Austin Reahard	12/6/2014
	Bench	172.5	380.3	Austin Reahard	12/6/2014
	Deadlift	225.0	496.0	Austin Reahard	12/6/2014
	TOTAL	647.5	1427.5	Austin Reahard	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	418.8	Divale Roberson	5/10/2013
	Bench	142.5	314.2	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