

USPF AMERICAN RAW KW DIVISION 4 FULL POWER
TEEN - MEN AGE 13-15

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				
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL	130.0 75.0 182.5 377.5	286.6 165.3 402.3 832.2	Wrigley Rendleman Wrigley Rendleman Wrigley Rendleman Wrigley Rendleman	7/15/2023 7/15/2023 7/15/2023 7/15/2023
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL				
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/SHW	Squat Bench Deadlift				

TOTAL

F AMERICAN RAW KW DIVISION 4 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				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat	142.5	314.2	Wrigley Rendleman	11/11/2023
	Bench	95.0	209.4	Wrigley Rendleman	11/11/2023
	Deadlift	165.0	363.8	Wrigley Rendleman	11/11/2023
	TOTAL	402.5	887.4	Wrigley Rendleman	11/11/2023
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat	165.0	363.8	Ricardo Velez	10/30/2021
	Bench	102.5	226.0	Ricardo Velez	10/30/2021
	Deadlift	182.5	402.3	Ricardo Velez	10/30/2021
	TOTAL	450.0	992.1	Ricardo Velez	10/30/2021
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				

F AMERICAN RAW KW DIVISION 4 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				
67.5kg/148lb	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				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL				
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/SHW	Squat Bench Deadlift TOTAL				

AMERICAN RAW KW DIVISION 4 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				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	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				
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				