

**USPF OREGON STATE - Single Ply Division 1
SINGLE LIFT SQUAT
WOMEN - OPEN**

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - TEENS 13-15

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - TEENS (16-17)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs		170.8	BETH NIXON	06/03/95
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75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - TEENS (18-19)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - JUNIORS (20-23)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Submasters (35-39)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (40-44)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (60-64)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (65-69)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs