

USPF OREGON STATE RECORDS - Single Ply Division 1

OPEN - WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat		187.8	ANGIECLUM	4/30/1994
	Bench		110.0	DORIS APONTE	5/6/1995
	Deadlift		181.8	DORIS APONTE	5/6/1995
	TOTAL		446.5	ANGIECLUM	4/30/1994
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat		154.0	CARMEN HATCH	3/22/1997
	Bench		135.0	LYNN ROSE	4/23/1994
	Deadlift		242.5	CARMEN HATCH	3/22/1997
	TOTAL		484.8	CARMEN HATCH	3/22/1997
56kg/123.5lb	Squat		300.0	ESTHER SUMNER	1/29/1994
	Bench		140.0	ESTHER SUMNER	1/29/1994
	Deadlift		315.0	ESTHER SUMNER	1/29/1994
	TOTAL		755.0	ESTHER SUMNER	1/29/1994
60kg/132.2lb	Squat		290.0	SHANNON HEANY	1/29/1994
	Bench		155.0	SHANNON HEANY	1/29/1994
	Deadlift		310.0	SHANNON HEANY	1/29/1994
	TOTAL		755.0	SHANNON HEANY	1/29/1994
67.5kg/148lb	Squat		325.0	APRIL LUJAN	1/29/1994
	Bench		187.0	DANI MYERS	3/22/1997
	Deadlift		391.5	DANI MYERS	3/22/1997
	TOTAL		881.8	DANI MYERS	3/22/1997
75kg/165.2lb	Squat		285.0	J. BELSKIS	6/5/1993
	Bench		165.0	VENNEA STEPHENSON	5/6/1995
	Deadlift		325.0	J. BELSKIS	6/5/1993
	TOTAL		775.0	J. BELSKIS	6/5/1993
82.5kg/181.7lb	Squat		420.0	JULIE HAVELKA	5/30/1998
	Bench		260.0	JULIE HAVELKA	5/30/1998
	Deadlift		400.0	JULIE HAVELKA	5/30/1998
	TOTAL		1060.0	JULIE HAVELKA	5/30/1998
90kg/198.2lb	Squat		303.0	KELLY WALKER	3/11/1995
	Bench		187.3	KELLY WALKER	3/11/1995
	Deadlift		14.0	USA NEWBY	5/7/1995
	TOTAL		771.3	KELLY WALKER	3/11/1995
90+kg/UNL	Squat		303.0	SABRINO PAOLO	3/22/1997
	Bench		181.8	SABRINO PAOLO	3/22/1997
	Deadlift		325.0	SABRINO PAOLO	3/22/1997
	TOTAL		809.0	SABRINO PAOLO	3/22/1997

SUBMASTER - WOMEN 35-39

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat		104.5	JEANETTE MORENO	5/7/1995
	Bench		110.0	JEANETTE MORENO	5/7/1995
	Deadlift		165.3	JEANETTE MORENO	5/7/1995
	TOTAL		379.8	JEANETTE MORENO	5/7/1995
75kg/165.2lb	Squat		303.0	VENNEA STEPHENSON	3/11/1995
	Bench		165.3	VENNEA STEPHENSON	5/7/1995
	Deadlift		314.0	PATRICIA CORNS	3/22/1997
	TOTAL		754.8	VENNEA STEPHENSON	5/7/1995
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat		297.5	LISA NEWBY	5/7/1995
	Bench		154.3	LISA NEWBY	5/7/1995
	Deadlift		314.0	LISA NEWBY	5/7/1995
	TOTAL		765.8	LISA NEWBY	5/7/1995