

USPF OREGON STATE RECORDS - Single Ply Division 1

WOMEN TEENS 13-15

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat		154.25	KANDY CHOCEK	6/3/1995
	Bench		88.0	KANDY CHOCEK	6/3/1995
	Deadlift		187.3	KANDY CHOCEK	6/3/1995
	TOTAL		429.5	KANDY CHOCEK	6/3/1995
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat		176	TAMI SHIMMIN	6/3/1995
	Bench		94.0	TAMI SHIMMIN	6/3/1995
	Deadlift		220.3	TAMI SHIMMIN	6/3/1995
	TOTAL		490.3	TAMI SHIMMIN	6/3/1995
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat		175	ANDREA PAPKA	6/4/1995
	Bench		90.0	ANDREA PAPKA	6/4/1995
	Deadlift		210	ANDREA PAPKA	6/4/1995
	TOTAL		475.0	ANDREA PAPKA	6/4/1995
82.5kg/181.7lb	Squat		200.0	MISTY PARTLOW	6/4/1995
	Bench		125.0	MISTY PARTLOW	6/4/1995
	Deadlift		300.0	MISTY PARTLOW	6/4/1995
	TOTAL		625.0	MISTY PARTLOW	6/4/1995
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

WOMEN TEENS 16-17

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat		180.0	ANGIE CLUM	6/4/1995
	Bench		100.0	ANGIE CLUM	6/4/1995
	Deadlift		170.0	ANGIE CLUM	6/4/1995
	TOTAL		150.0	ANGIE CLUM	6/4/1995
56kg/123.5lb	Squat		231.3	HEATHER DILLON	5/6/1995
	Bench		105.0	HEATHER DILLON	5/6/1995
	Deadlift		290.0	KIKI HAFlich	6/4/1995
	TOTAL		595.0	KIKI HAFlich	6/4/1995
60kg/132.2lb	Squat		205.0	KATIE HAMILTON	6/4/1995
	Bench		105.0	KATIE HAMILTON	6/4/1995
	Deadlift		290.0	KATIE HAMILTON	6/4/1995
	TOTAL		600.0	KATIE HAMILTON	6/4/1995
67.5kg/148.7lb	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				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

WOMEN TEENS 18-19					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat		159.5	AMY REHER	3/11/1995
	Bench		94.0	AMY REHER	3/11/1995
	Deadlift		162.3	AMY REHER	3/11/1995
	TOTAL		415.8	AMY REHER	3/11/1995
56kg/123.5lb	Squat		159.5	BREANNA SKINNER	3/11/1995
	Bench		94.0	BREANNA SKINNER	3/11/1995
	Deadlift		176.3	BREANNA SKINNER	3/11/1995
	TOTAL		429.8	BREANNA SKINNER	3/11/1995
60kg/132.2lb	Squat		198.3	CHRISTINE HOBBS	3/11/1995
	Bench		94.0	CHRISTINE HOBBS	3/11/1995
	Deadlift		236.0	CHRISTINE HOBBS	3/11/1995
	TOTAL		528.3	CHRISTINE HOBBS	3/11/1995
67.5kg/148.7lb	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				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

		WOMEN	JUNIORS 20-23		
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				
	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				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				