

USPF REGION 7 OPEN - MEN

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	285.0	628.3	John Pena	3/24/2012
	Bench	195.0	429.9	John Pena	3/24/2012
	Deadlift	275.0	606.3	Peter Thomas	3/26/2011
	TOTAL	730.0	1609.4	John Pena	3/24/2012
100kg/220lb	Squat	242.5	534.6	Gary Panttila	3/26/2011
	Bench	162.5	358.2	Gary Panttila	3/26/2011
	Deadlift	242.5	534.6	Gary Panttila	3/26/2011
	TOTAL	647.5	1427.5	Gary Panttila	3/26/2011
110kg/242lb	Squat	95.0	209.4	Gene Lawrence	05/03/15
	Bench	95.0	209.4	Gene Lawrence	05/03/15
	Deadlift	150.0	330.7	Gene Lawrence	05/03/15
	TOTAL	340.0	749.6	Gene Lawrence	05/03/15
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Squat	255.0	562.2	James Ortiz	4/5/2014
	Bench	205.0	451.9	James Ortiz	4/5/2014
	Deadlift	272.5	600.8	James Ortiz	4/5/2014
	TOTAL	732.5	1614.9	James Ortiz	4/5/2014

USPF REGION 7 SUBMASTER - MEN AGE 35-39

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	285.0	628.3	John Pena	3/24/2012
	Bench	195.0	429.9	John Pena	3/24/2012
	Deadlift	250.0	551.2	John Pena	3/24/2012
	TOTAL	730.0	1609.4	John Pena	3/24/2012
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				