	USPF REGION 7 RECORDS PUSH / PULL					
		MEN ~	OPEN			
Weight	Lift	Kgs	Lbs	Name	Date	
52kg/114.5lb	Bench Deadlift TOTAL					
56kg/123.5lb	Bench Deadlift TOTAL					
60kg/132.2lb	Bench Deadlift TOTAL					
67.5kg/148lb	Bench Deadlift TOTAL					
75kg/165.2lb	Bench Deadlift TOTAL					
82.5kg/181.7lb	Bench Deadlift TOTAL					
90kg/198.2lb	Bench Deadlift TOTAL					
100kg/220lb	Bench Deadlift TOTAL					
110kg/242lb	Bench Deadlift TOTAL	95.0 150.0 245.0	209.4 330.7 540.1	Gene Lawrence Gene Lawrence Gene Lawrence	5/3/2015 5/3/2015 5/3/2015	
125kg/275lb	Bench Deadlift TOTAL	155.0 272.5 427.5	341.7 600.8 942.5	Michael Desrosies Michael Desrosies Michael Desrosies	4/5/2014 4/5/2014 4/5/2014	
140kg/308.5lb	Bench Deadlift TOTAL					
140+kg/308+lb	Bench Deadlift TOTAL					
	ME	N ~ SUBM	ASTER 3	5-39		
Weight	Lift	Kgs	Lbs	Name	Date	
52kg/114.5lb	Bench					

	Deadlift TOTAL	
56kg/123.5lb	Bench Deadlift TOTAL	
60kg/132.2lb	Bench Deadlift TOTAL	
67.5kg/148lb	Bench Deadlift TOTAL	
75kg/165.2lb	Bench Deadlift TOTAL	
82.5kg/181.7lb	Bench Deadlift TOTAL	
90kg/198.2lb	Bench Deadlift TOTAL	
100kg/220lb	Bench Deadlift TOTAL	
110kg/242lb	Bench Deadlift TOTAL	
125kg/275lb	Bench Deadlift TOTAL	
140kg/308.5lb	Bench Deadlift TOTAL	
140+kg/308+lb	Bench Deadlift TOTAL	
		MEN ~

MEN ~ MASTER 40-44							
Weight	Lift	Kgs	Lbs	Name	Date		
52kg/114.5lb	Bench						
	Deadlift						
	TOTAL						
56kg/123.5lb	Bench						
J	Deadlift						

	TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
		MEN ~ MA			
Weight 52kg/114.5lb	Lift Bench Deadlift TOTAL	Kgs	Lbs	Name	Date
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				

67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		15N MAG		<b>5</b> 4				
MEN ~ MASTER 50-54								
Weight	Lift	Kgs	Lbs	Name	Date			
52kg/114.5lb	Bench							
	Deadlift							
	TOTAL							
	. 0 . 7 . 2							
56kg/123.5lb	Bench							
30kg/123.3lb	Deadlift							
	TOTAL							
/								
60kg/132.2lb	Bench							
	Deadlift							
	TOTAL							
67.5kg/148lb	Bench							
<b>3</b>	Deadlift							
	TOTAL							
	IOIAL							
751, a/105 01b	Danah							
75kg/165.2lb	Bench							

	Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN ~ MAS	TER 55-	59	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift				
	TOTAL				
56kg/123.5lb	Bench Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift TOTAL				
67.5kg/148lb	Bench				
	Deadlift TOTAL				
75kg/165.2lb	Bench				
	Deadlift TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				

	TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN ~ MAS	TER 60-	64	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
30kg/123.3lb	Deadlift				
	TOTAL				
	TOTAL				
60kg/132.2lb	Bench				
_	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
7 okg/ 100.21b	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
001 /400 011					
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				

100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN ~ MAS	TERS 65	-69	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				

110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 70-74						
Weight	Lift	Kgs	Lbs	Name	Date	
52kg/114.5lb	Bench Deadlift TOTAL	J				
56kg/123.5lb	Bench Deadlift TOTAL					
60kg/132.2lb	Bench Deadlift TOTAL					
67.5kg/148lb	Bench Deadlift TOTAL					
75kg/165.2lb	Bench Deadlift TOTAL					
82.5kg/181.7lb	Bench Deadlift TOTAL					
90kg/198.2lb	Bench Deadlift TOTAL					
100kg/220lb	Bench Deadlift TOTAL					
110kg/242lb	Bench Deadlift TOTAL					
125kg/275lb	Bench	112.5	248.0	Gene Lawrence	5/4/2013	

	Deadlift	137.5	303.1	Gene Lawrence	5/4/2013
	TOTAL	250.0	551.2	Gene Lawrence	5/4/2013
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

		MEN ~ MAS	TER 75-7	79	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
501/400 51b	Danah				
56kg/123.5lb	Bench Deadlift				
	TOTAL				
	TOTAL				
60kg/132.2lb	Bench				
55.tg/ 15=.=.5	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
,,					
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
2.5kg/181.7lb	Bench				
2.5kg/101.7lb	Deadlift				
	TOTAL				
0kg/198.2lb	Bench				
_	Deadlift				
	TOTAL				
00kg/220lb	Bench				
	Deadlift				
	TOTAL				
10kg/242lb	Donoh	05.0	200.4	Conolouronos	E/2/2045
10kg/242lb	Bench Deadlift	95.0 150.0	209.4 330.7	Gene Lawrence	5/3/2015 5/3/2015
	TOTAL	245.0	540.1	Gene Lawrence Gene Lawrence	5/3/2015
	IOIAL	270.0	J <del>-1</del> U. I	Jene Lawience	3/3/2010
25kg/275lb	Bench				
	Deadlift				
	TOTAL				
40kg/308.5lb	Bench				
	Deadlift				

TOTAL

140+kg/308+lb Bench

Deadlift TOTAL

		MEN ~ MA	STER 80	)+	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	J			
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				