

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - OPEN**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u>     | <u>Date</u> |
|---------------------|------------|------------|-----------------|-------------|
| 52kg/114.5lb        |            |            |                 |             |
| 56kg/123.5lb        |            |            |                 |             |
| 60kg/132.2lb        |            |            |                 |             |
| 67.5kg/148.7lb      |            |            |                 |             |
| 75kg/165.2lb        |            |            |                 |             |
| 82.5kg/181.7lb      |            |            |                 |             |
| 90kg/198.2lb        | 180.0      | 396.8      | Nate Grasse     | 03/26/11    |
| 100kg/220.2lb       | 295.0      | 650.4      | Tim Sparkes     | 03/26/11    |
| 110kg/242.5lb       | 272.5      | 600.8      | Robert Schleder | 03/26/11    |
| 125kg/275.5lb       | 137.5      | 303.1      | Gene Lawrence   | 05/04/13    |
| 140kg/308.5lb       |            |            |                 |             |

(SHW)

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Juniors (13-15)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Juniors (16-17)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Juniors (18-19)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Juniors (20-23)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Submasters (35-39)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u>    | <u>Date</u> |
|---------------------|------------|------------|----------------|-------------|
| 52kg/114.5lb        |            |            |                |             |
| 56kg/123.5lb        |            |            |                |             |
| 60kg/132.2lb        |            |            |                |             |
| 67.5kg/148.7lb      |            |            |                |             |
| 75kg/165.2lb        |            |            |                |             |
| 82.5kg/181.7lb      |            |            |                |             |
| 90kg/198.2lb        | 207.5      | 457.5      | Jeff Honeycutt | 03/26/11    |
| 100kg/220.2lb       |            |            |                |             |
| 110kg/242.5lb       | 255.0      | 562.2      | Ben Seller     | 05/03/15    |
| 125kg/275.5lb       |            |            |                |             |
| 140kg/308.5lb       | 255.0      | 562.2      | Ben Seller     | 03/24/12    |

(SHW)

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (40-44)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       | 295.0      | 650.4      | Tim Sparkes | 03/26/11    |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       | 247.5      | 545.6      | Rich Garcia | 03/26/11    |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (45-49)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |



**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (50-54)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (55-59)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       | 207.5      | 457.9      | Bill Sands  | 03/26/11    |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (60-64)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (65-69)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (70-74)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u>   | <u>Date</u> |
|---------------------|------------|------------|---------------|-------------|
| 52kg/114.5lb        |            |            |               |             |
| 56kg/123.5lb        |            |            |               |             |
| 60kg/132.2lb        |            |            |               |             |
| 67.5kg/148.7lb      |            |            |               |             |
| 75kg/165.2lb        |            |            |               |             |
| 82.5kg/181.7lb      |            |            |               |             |
| 90kg/198.2lb        |            |            |               |             |
| 100kg/220.2lb       |            |            |               |             |
| 110kg/242.5lb       |            |            |               |             |
| 125kg/275.5lb       | 137.5      | 303.1      | Gene Lawrence | 05/04/13    |
| 140kg/308.5lb       |            |            |               |             |
| (SHW)               |            |            |               |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (75-79)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u>   | <u>Date</u> |
|---------------------|------------|------------|---------------|-------------|
| 52kg/114.5lb        |            |            |               |             |
| 56kg/123.5lb        |            |            |               |             |
| 60kg/132.2lb        |            |            |               |             |
| 67.5kg/148.7lb      |            |            |               |             |
| 75kg/165.2lb        |            |            |               |             |
| 82.5kg/181.7lb      |            |            |               |             |
| 90kg/198.2lb        |            |            |               |             |
| 100kg/220.2lb       |            |            |               |             |
| 110kg/242.5lb       | 150.0      | 330.7      | Gene Lawrence | 05/03/15    |
| 125kg/275.5lb       |            |            |               |             |
| 140kg/308.5lb       |            |            |               |             |
| (SHW)               |            |            |               |             |

**USPF REGION 7 SINGLE LIFT RECORDS**  
**DEADLIFT**  
**MEN - Masters (80+ Over)**

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
| 52kg/114.5lb        |            |            |             |             |
| 56kg/123.5lb        |            |            |             |             |
| 60kg/132.2lb        |            |            |             |             |
| 67.5kg/148.7lb      |            |            |             |             |
| 75kg/165.2lb        |            |            |             |             |
| 82.5kg/181.7lb      |            |            |             |             |
| 90kg/198.2lb        |            |            |             |             |
| 100kg/220.2lb       |            |            |             |             |
| 110kg/242.5lb       |            |            |             |             |
| 125kg/275.5lb       |            |            |             |             |
| 140kg/308.5lb       |            |            |             |             |
| (SHW)               |            |            |             |             |