USPF WV STATE RAW RECORDS PUSH / PULL								
			MEN ~ OF					
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	72.5 137.5 210.0	159.8 303.1 463.0	Matthew Zimmerman Matthew Zimmerman Matthew Zimmerman	11/14/2020 11/14/2020 11/14/2020			
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 ~ TEEN 13-15								
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	I ∼ TEEN	16-17					
Weight	Lift	Kgs	Lbs	Name	Date				
52kg/114.5lb	Bench								

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	~ TEEN	18-19	
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 -	JUNIOI	RS 20-23	
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 ~ S	SUBMAS	TER 35-39	
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

				R 40-44		
Weight	Lift	Kgs	Lbs	Name	Dat	:e
52kg/114.5lb	Bench					
	Deadlift					
	TOTAL					
56kg/123.5lb	Bench					
	Deadlift					
	TOTAL					
60kg/132.2lb	Bench					
5 5 1 1 g , 1 5 <u></u>	Deadlift					
	TOTAL					
07.51 . /4.40!!	Devel					
67.5kg/148lb	Bench					
	Deadlift TOTAL					
	IOIAL					
75kg/165.2lb	Bench					
	Deadlift					
	TOTAL					
82.5kg/181.7lb	Bench					
02.0kg/101.7lb	Donon					

	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
Weight	Lift
52kg/114.5lb	Bench

	TOTAL					
		MEN -		R 45-49		
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					
/5kg/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	MASTE	R 50-54	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	1.95			
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	MASTE	R 55-59	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	. 1.90			
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 -	~ MASTE	ER 60-64	
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 -	- MASTE	RS 65-69	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	<u> </u>			
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	I ∼ MAST	ER 70-74	
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	I∼ MAST	ER 75-79	
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 80+					
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