

USPF OHIO STATE RAW FULL POWER
WOMEN TEEN - 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				
	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

WOMEN 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 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				

TEEN - WOMEN		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 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				

WOMEN JRS 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	75.0	165.3	Alexandria King	7/7/2018
	Bench	60.0	132.3	Alexandria King	7/7/2018
	Deadlift	87.5	192.9	Alexandria King	7/7/2018
	TOTAL	222.5	490.5	Alexandria King	7/7/2018
75kg/165.2lb	Squat	120.0	264.6	Kimmy Markov	7/6/2019
	Bench	60.0	132.3	Kimmy Markov	7/6/2019
	Deadlift	120.0	264.6	Kimmy Markov	7/6/2019
	TOTAL	300.0	661.4	Kimmy Markov	7/6/2019
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				