

**USPF REGION 2 D1 RECORDS**

**PUSH / PULL**

**MEN ~ OPEN**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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 ~ JUNIORS 18-19**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb	Bench				

	Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench	65.0	143.3	Michael West	12/8/2013
	Deadlift	140.0	308.6	Michael West	12/8/2013
	TOTAL	205.0	451.9	Michael West	12/8/2013
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 40-44

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 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
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 50-54**

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 55-59**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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 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 ~ MASTERS 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

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 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