USPF REGION 2 D1 RECORDS PUSH / PULL							
			MEN ~ O	PEN			
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 ~ JUNIO	RS 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	65.0 140.0 205.0	143.3 308.6 451.9	Michael West Michael West Michael West	12/8/2013 12/8/2013 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				

WEN ~ WASTER 40-44							
Lift	Kgs	Lbs	Name	Date			
Bench							
Deadlift							
TOTAL							
Bench							
	Bench	Lift Kgs Bench Deadlift TOTAL	Lift Kgs Lbs Bench Deadlift TOTAL	Lift Kgs Lbs Name Bench Deadlift TOTAL			

	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				•	
\\\\ainh	1 :64	IZ ava		STER 45-4		Data
Weight 52kg/114.5lb	Lift Bench	Kgs	Lbs		Name	Date
JENY/ 1 14.JID	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

		N	MEN ~ MAST	ER 55-59	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
E6kg/100 Elb	Bench				
56kg/123.5lb					
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
55Ng/ 15=1=15	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

		M	EN~MASTER 6	0-64	
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

		ME	N ~ MASTERS 6	65-69		
Weight	Lift	Kgs	Lbs	N	ame	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	R 70-74	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	3			
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				
32.5kg/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		
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				