

**USPF REGION 7 RAW RECORDS****PUSH / PULL****OPEN - WOMEN**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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				
90+kg/UNL	Bench Deadlift TOTAL				

**WOMEN ~ SUBMASTER 35-39**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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
90+kg/UNL	Bench Deadlift TOTAL

**WOMEN ~ MASTER 40-44**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench	60.0	132.3	Emma Villa	10/30/2016
	Deadlift	125.0	275.6	Emma Villa	10/30/2016

TOTAL 185.0 407.9 Emma Villa 10/30/2016

75kg/165.2lb Bench  
Deadlift  
TOTAL

82.5kg/181.7lb Bench  
Deadlift  
TOTAL

90kg/198.2lb Bench  
Deadlift  
TOTAL

90+kg/UNL Bench  
Deadlift  
TOTAL

**WOMEN ~ MASTER 45-49**

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench  
Deadlift  
TOTAL

48kg/105.7lb Bench  
Deadlift  
TOTAL

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

90+kg/UNL      Bench  
Deadlift  
TOTAL

**WOMEN ~ MASTER 50-54**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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				
90+kg/UNL	Bench Deadlift TOTAL				

**WOMEN ~ MASTER 55-59**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift				

	TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

**WOMEN ~ MASTER 60-64**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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

90+kg/UNL    Bench  
Deadlift  
TOTAL

**WOMEN ~ MASTER 65-69**

Weight      Lift      Kgs      Lbs      Name      Date

44kg/97lb    Bench  
Deadlift  
TOTAL

48kg/105.7lb    Bench  
Deadlift  
TOTAL

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



48kg/105.7lb	Bench Deadlift TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

**WOMEN ~ MASTER 80+**

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				

