|                     |   | WOW                            | EN TEEN-13-15  |  |
|---------------------|---|--------------------------------|--|--|
| Weight<br>44kg/97lb | Lift<br>Squat<br>Bench<br>Deadlift<br>TOTAL | Kgs                            | Name   | Date   |
| 48kg/105.7lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 52kg/114.5lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 56kg/123.5lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         | 92.5<br>42.5<br>107.5<br>242.5 | Elektra Coughran<br>Elektra Coughran<br>Elektra Coughran<br>Elektra Coughran | 7/15/2023<br>7/15/2023<br>7/15/2023<br>7/15/2023 |
| 60kg/132.2lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 67.5kg/148.7lb      | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 75kg/165.2lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 82.5kg/181.7lb      | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 90kg/198.2lb        | Squat<br>Bench<br>Deadlift<br>TOTAL         |                                |  |  |
| 90+kg/UNL           | Squat<br>Bench<br>Deadlift                  |                                |  |  |

## SUPERIOR WORLD POWERLIFTING RAW KW D4 FULL POW WOMEN TEEN - 13-15

TOTAL

| SWF               | P RAW KV | V D4 TEE | N - WOMEN | 16-17 |      |
|-------------------|----------|----------|-----------|-------|------|
| Weight            | Lift     | Kgs      | Name      |       | Date |
| 44kg/97lb         | Squat    |          |           |       |      |
|                   | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 48kg/105.7lb      | Squat    |          |           |       |      |
|                   | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 52kg/114.5lb      | Squat    |          |           |       |      |
| eg,e              | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 56kg/123.5lb      | Squat    |          |           |       |      |
| 001(g/ 120.015    | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 60kg/132.2lb      | Squat    |          |           |       |      |
| 0011g, 102.215    | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 67.5kg/148.7lb    | Squat    |          |           |       |      |
| or long, richting | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 75kg/165.2lb      | Squat    |          |           |       |      |
| 70Kg/100.210      | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 82.5kg/181.7lb    | Squat    |          |           |       |      |
| 02.3Kg/101.7ID    | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
|                   |          |          |           |       |      |
| 90kg/198.2lb      | Squat    |          |           |       |      |
|                   | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |
| 90+kg/UNL         | Squat    |          |           |       |      |
|                   | Bench    |          |           |       |      |
|                   | Deadlift |          |           |       |      |
|                   | TOTAL    |          |           |       |      |

| SWP            | RAW KW D4         | 1 TEEN | - WOMEN 18-19   |           |
|----------------|-------------------|--------|-----------------|-----------|
| Weight         | Lift              | Kgs    | Name            | Date      |
| 44kg/97lb      | Squat             |        |                 |           |
|                | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
| 48kg/105.7lb   | Squat             |        |                 |           |
| 40Kg/100.71b   | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
|                |                   |        |                 |           |
| 52kg/114.5lb   | Squat             |        |                 |           |
|                | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
| 56kg/123.5lb   | Squat             |        |                 |           |
| eeng, 1_01015  | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
| 60kg/132.2lb   | Squat             |        |                 |           |
| 00kg/132.210   | Squat<br>Bench    |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
|                |                   |        |                 |           |
| 67.5kg/148.7lb |                   |        |                 |           |
|                | Bench             |        |                 |           |
|                | Deadlift<br>TOTAL |        |                 |           |
|                | IOTAL             |        |                 |           |
| 75kg/165.2lb   | Squat             | 115.0  | Mackenzie Bates | 7/15/2023 |
|                | Bench             | 65.0   | Mackenzie Bates | 7/15/2023 |
|                | Deadlift          | 115.0  | Mackenzie Bates | 7/15/2023 |
|                | TOTAL             | 295.0  | Mackenzie Bates | 7/15/2023 |
| 82.5kg/181.7lb | Squat             |        |                 |           |
| 02.3Kg/101.7lb | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |
|                |                   |        |                 |           |
| 90kg/198.2lb   | Squat             |        |                 |           |
|                | Bench<br>Deadlift |        |                 |           |
|                | TOTAL             |        |                 |           |
|                | I O I AL          |        |                 |           |
| 90+kg/UNL      | Squat             |        |                 |           |
|                | Bench             |        |                 |           |
|                | Deadlift          |        |                 |           |
|                | TOTAL             |        |                 |           |

| SWF            | P RAW KV          | D4 JUN | IOR - WOMEI | N 20-23 |      |
|----------------|-------------------|--------|-------------|---------|------|
| Weight         | Lift              | Kgs    | Name        |         | Date |
| 44kg/97lb      | Squat             |        |             |         |      |
|                | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
| 48kg/105.7lb   | Squat             |        |             |         |      |
| - <b>J</b>     | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
|                | <b>.</b> .        |        |             |         |      |
| 52kg/114.5lb   | Squat             |        |             |         |      |
|                | Bench             |        |             |         |      |
|                | Deadlift<br>TOTAL |        |             |         |      |
|                | TOTAL             |        |             |         |      |
| 56kg/123.5lb   | Squat             |        |             |         |      |
| 0              | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
| 60kg/122 2lb   | Squat             |        |             |         |      |
| 60kg/132.2lb   | Squat<br>Bench    |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
|                | 101/LE            |        |             |         |      |
| 67.5kg/148.7lb | Squat             |        |             |         |      |
|                | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
| 75kg/165.2lb   | Squat             |        |             |         |      |
| 73Kg/103.21D   | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
|                |                   |        |             |         |      |
| 82.5kg/181.7lb |                   |        |             |         |      |
|                | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
| 00ka/108 2lb   | Squat             |        |             |         |      |
| 90kg/198.2lb   | Squat<br>Bench    |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |
|                |                   |        |             |         |      |
| 90+kg/UNL      | Squat             |        |             |         |      |
|                | Bench             |        |             |         |      |
|                | Deadlift          |        |             |         |      |
|                | TOTAL             |        |             |         |      |