USPF TEXAS STATE RECORDS - FIREFIGHTERS
DIVISION 1 (SINGLE PLY) RECORDS
OPEN - WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat	rigo		Hamo	Date
3	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
E01/a/111 Elb	Cauct		142.0	D Doutoob	2002
52kg/114.5lb	Squat Bench		143.0 93.0	D Deutsch D Deutsch	2002 2002
	Deadlift		236.0	D Deutsch	2002
	TOTAL		473.0	D Deutsch	2002
	TOTAL		47 0.0	D Dedison	2002
56kg/123.5lb	Squat		253.0	T Swavey	2002
3	Bench		115.0	T Swavey	2002
	Deadlift		248.0	T Swavey	2002
	TOTAL		617.0	T Swavey	2002
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat		181.0	R Gerdes	2002
07.3kg/140.7lb	Bench		88.0	R Gerdes	2002
	Deadlift		221.0	R Gerdes	2002
	TOTAL		490.0	R Gerdes	2002
75kg/165.2lb	Squat		331.0	M Baum	2001
-	Bench		187.0	M Baum	2001
	Deadlift		350.0	M Baum	2000
	TOTAL		865.3	M Baum	2001
82.5kg/181.7lb	Squat		363.7	M Baum	2002
	Bench		214.9	M Baum	2002
	Deadlift		402.0	M Baum	2002
	TOTAL		981.0	M Baum	2002
90kg/198.2lb	Squat				
30Kg/130.2Ib	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
-	Bench				
	Deadlift				
	TOTAL				
Mainh		ASTERS - V			Data
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	IASTERS - N	NOMEN	40-44	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL	1195	200	Hamo	Duic

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

MASTERS - WOMEN 45-49									
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

	M.A	50-54			
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				
Woight		IASTERS -		55-59	o Doto
Weight 44kg/97lb	Squat Bench Deadlift TOTAL	Kgs	Lbs	Nam	e Date
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					
				OMEN	60-64	
Weight	Lift	ŀ	〈 gs	Lbs		Name
44kg/97lb	Squat Bench Deadlift TOTAL					
48kg/105.7lb	Squat Bench Deadlift TOTAL					

52kg/114.5lb

56kg/123.5lb

Squat Bench Deadlift TOTAL

Squat Bench Deadlift TOTAL Date

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

MASTER - WOMEN 65-69							
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

	TOTAL	TED WAN			_
		TER - WOM			
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

Squat Bench Deadlift TOTAL

82.5kg/181.7lb Squat Bench

Bench Deadlift TOTAL

90kg/198.2lb Squat

Bench Deadlift TOTAL

90+kg/UNL Squat

Squat Bench Deadlift TOTAL

TOTAL							
)A/ - ' - I - (TER - WO			D-/		
Weight	Lift	Kgs	Lbs	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						
30kg/123.31b	Bench						
	Deadlift						
	TOTAL						
60kg/132.2lb	Squat						
	Bench						
	Deadlift						
	TOTAL						
67 Eka/140 7lb	Cauct						
67.5kg/148.7lb	Squat Bench						
	Deadlift						
	TOTAL						
	. 317.2						
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					
VV/ o i culo t	1 :44	TERS - V		+08 N	Name	Doto
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

Squat Bench Deadlift TOTAL

90+kg/UNL Squat