

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

| 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 | | 143.0 93.0 236.0 473.0 | D Deutsch D Deutsch D Deutsch D Deutsch | 2002 2002 2002 2002 |
| 56kg/123.5lb | Squat Bench Deadlift TOTAL | | 253.0 115.0 248.0 617.0 | T Swavey T Swavey T Swavey T Swavey | 2002 2002 2002 2002 |
| 60kg/132.2lb | Squat Bench Deadlift TOTAL | | | | |
| 67.5kg/148.7lb | Squat Bench Deadlift TOTAL | | 181.0 88.0 221.0 490.0 | R Gerdes R Gerdes R Gerdes R Gerdes | 2002 2002 2002 2002 |
| 75kg/165.2lb | Squat Bench Deadlift TOTAL | | 331.0 187.0 350.0 865.3 | M Baum M Baum M Baum M Baum | 2001 2001 2000 2001 |
| 82.5kg/181.7lb | Squat Bench Deadlift TOTAL | | 363.7 214.9 402.0 981.0 | M Baum M Baum M Baum M Baum | 2002 2002 2002 2002 |
| 90kg/198.2lb | Squat Bench Deadlift TOTAL | | | | |
| 90+kg/UNL | Squat Bench Deadlift TOTAL | | | | |

SUBMASTERS - WOMEN 35-39

| 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

| MASTERS - WOMEN 40-44 | | | | | |
|--------------------------|----------|-----|-----|------|------|
| 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

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 Bench Deadlift TOTAL |

MASTERS - WOMEN 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

MASTERS - WOMEN 55-59

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

MASTERS - WOMEN 60-64

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

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
Bench
Deadlift
TOTAL

MASTER - WOMEN 70-74

| 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

MASTER - WOMEN 75-79

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

MASTERS - WOMEN 80+

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