

USPF TEXAS DIVISION 1 (SINGLE PLY) RECORDS
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		203.0	D Deutsch	2002
	Bench		137.0	D Deutsch	2002
	Deadlift		281.0	D Deutsch	2002
	TOTAL		622.0	D Deutsch	2002
56kg/123.5lb	Squat		369.0	S Rinn	2002
	Bench		236.0	S Rinn	2002
	Deadlift		325.0	S Rinn	2002
	TOTAL		931.0	S Rinn	2002
60kg/132.2lb	Squat		314.0	J Cowan	1999
	Bench		192.7	J Cowan	1998
	Deadlift		402.2	J Cowan	1998
	TOTAL		848.4	J Cowan	1998
67.5kg/148.7lb	Squat		319.5	J Cowan	1999
	Bench		181.8	J Cowan	2000
	Deadlift		380.2	J Cowan	2000
	TOTAL		876.3	J Cowan	2000
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		253.5	S Barbee	1999
	Bench		176.2	S Barbee	1999
	Deadlift		303.0	S Barbee	1999
	TOTAL		721.7	S Barbee	1999
90kg/198.2lb	Squat		363.7	S Barbee	2000
	Bench		292.0	S Barbee	2000
	Deadlift		402.2	S Barbee	2000
	TOTAL		1058.0	S Barbee	2000
90+kg/UNL	Squat		380.2	S Barbee	2000
	Bench		300.1	S Barbee	2000
	Deadlift		407.7	S Barbee	2000
	TOTAL		1063.5	S Barbee	2000

MASTERS - WOMEN 45-49

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat		176.2	B Hitt	1998
	Bench		99.0	B Hitt	1998
	Deadlift		214.7	B Hitt	1998
	TOTAL		490.5	B Hitt	1998
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat		242.5	R Kerr	1991
	Bench		115.5	R Kerr	1991
	Deadlift		220.2	R Kerr	1991
	TOTAL		578.2	R Kerr	1991
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		165.2	L Dunn	2002
	Bench		126.7	L Dunn	2002
	Deadlift		242.5	L Dunn	2002
	TOTAL		534.5	L Dunn	2002
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		204.0	J Mouser	2002
	Bench		105.0	J Mouser	2002
	Deadlift		314.0	J Mouser	2002
	TOTAL		623.0	J Mouser	2002
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		121.2	D Rawe	2002
	Bench		82.5	D Rawe	2002
	Deadlift		176.2	D Rawe	2002
	TOTAL		380.2	D Rawe	2002
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				