USPF AMERICAN RAW
FULL POWER
PRETEEN - GIRLS AGE 9-10

		PRETEEN	- GIRLS	S AGE 9-10	
Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Squat				
-	Bench				
	Deadlift				
	TOTAL				
	TOTAL				
25k~/77 21b	Carrat				
35kg/77.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
40kg/88.2lb	Squat				
4016/00.210	Bench				
	Deadlift				
	TOTAL				
44kg/97lb	Squat				
44Kg/37ID	Squat Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
40Kg/ 103.71b	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
5 = 1.6/i = = 1.5 1.5	Bench				
	Deadlift				
	TOTAL				
	TOTAL				
56kg/123.5lb	Squat				
J.	Bench				
	Deadlift				
	TOTAL				
	TOTAL				
60kg/132.2lb	Squat				
001.8/ =0=1=1.5	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
<u> </u>	Bench				
	Deadlift				
	Dedunit				

	TOTAL
75kg/165.2lb	Squat Bench Deadlift TOTAL
82.5kg/181.7lb	Squat Bench Deadlift TOTAL
82.5+kg/181.7+lb	Squat Bench Deadlift TOTAL

		PRETEEN	- GIRLS	AGE 11-12	
Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Squat				
	Bench Deadlift				
	TOTAL				
	TOTAL				
35kg/77.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
401 /00 011					
40kg/88.2lb	Squat				
	Bench Deadlift				
	TOTAL				
	TOTAL				
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
49ka/10F 7lb	Caust				
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/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL	42.5	93.7	Colleen Williams	7/15/2023
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
82.5+kg/181.7+lb	Squat Bench Deadlift TOTAL	105 37.5 117.5 257.5	231.5 82.7 259 567.7	Kennedi Phillips Kennedi Phillips Kennedi Phillips Kennedi Phillips	7/15/2023 7/15/2023 7/15/2023 7/15/2023