

USPF AMERICAN RAW

FULL POWER

PRETEEN - GIRLS AGE 9-10

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------|-----|-----|------|------|
| 30kg/66.1lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 35kg/77.2lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 40kg/88.2lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 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/148lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |

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 | | | | |
| 35kg/77.2lb | Squat Bench Deadlift TOTAL | | | | |
| 40kg/88.2lb | Squat Bench Deadlift TOTAL | | | | |
| 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/148lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 75kg/165.2lb | Squat | | | | |
| | Bench | 42.5 | 93.7 | Colleen Williams | 7/15/2023 |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 82.5kg/181.7lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 82.5+kg/181.7+lb | Squat | 105 | 231.5 | Kennedi Phillips | 7/15/2023 |
| | Bench | 37.5 | 82.7 | Kennedi Phillips | 7/15/2023 |
| | Deadlift | 117.5 | 259 | Kennedi Phillips | 7/15/2023 |
| | TOTAL | 257.5 | 567.7 | Kennedi Phillips | 7/15/2023 |