

USPF AMERICAN RAW

PUSH PULL

PRETEEN - GIRLS AGE 9-10

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Bench				
	Deadlift				
	TOTAL				
35kg/77.2lb	Bench				
	Deadlift				
	TOTAL				
40kg/88.2lb	Bench				
	Deadlift				
	TOTAL				
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				

82.5+kg/181.7+lb Bench
 Deadlift
 TOTAL

PRETEEN - GIRLS AGE 11-12

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Bench				
	Deadlift				
	TOTAL				
	TOTAL				
35kg/77.2lb	Bench				
	Deadlift				
	TOTAL				
40kg/88.2lb	Bench				
	Deadlift				
	TOTAL				
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				

82.5kg/181.7lb Bench
Deadlift
TOTAL

82.5+kg/181.7+lb	Bench	60	132.3	Colleen Williams	8/2/2024
	Deadlift	120	264.6	Colleen Williams	8/2/2024
	TOTAL	180	396.8	Colleen Williams	8/2/2024