## USPF AMERICAN RAW PUSH PULL

## PRETEEN - GIRLS AGE 9-10

| Weight         | Lift     | Kae . | Lbs | Name | Date |
|----------------|----------|-------|-----|------|------|
|                |          | Kgs   | LUS | Name | Date |
| 30kg/66.1lb    | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 35kg/77.2lb    | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 40kg/88.2lb    | Bench    |       |     |      |      |
| 1016, 001210   | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                | TOTAL    |       |     |      |      |
| 44kg/97lb      | Donch    |       |     |      |      |
| 44Kg/97ID      | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 48kg/105.7lb   | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 52kg/114.5lb   | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 56kg/123.5lb   | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                | TOTAL    |       |     |      |      |
| 60kg/132.2lb   | Bench    |       |     |      |      |
| OURG/ 132.210  |          |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 67.5kg/148lb   | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 75kg/165.2lb   | Bench    |       |     |      |      |
|                | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                |          |       |     |      |      |
| 82.5kg/181.7lb | Bench    |       |     |      |      |
| <b>J.</b>      | Deadlift |       |     |      |      |
|                | TOTAL    |       |     |      |      |
|                | IOIAL    |       |     |      |      |

82.5+kg/181.7+lb Bench Deadlift

TOTAL

|              |                                     | PRETEEN | - GIRLS | AGE 11-12 |      |
|--------------|-------------------------------------|---------|---------|-----------|------|
| Weight       | Lift                                | Kgs     | Lbs     | Name      | Date |
| 30kg/66.1lb  | Bench<br>Deadlift<br>TOTAL<br>TOTAL |         |         |           |      |
| 35kg/77.2lb  | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 40kg/88.2lb  | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 44kg/97lb    | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 48kg/105.7lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 52kg/114.5lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 56kg/123.5lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 60kg/132.2lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 67.5kg/148lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |
| 75kg/165.2lb | Bench<br>Deadlift<br>TOTAL          |         |         |           |      |

| 82.5kg/181.7lb   | Bench<br>Deadlift<br>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 |