

USPF AMERICAN RAW**SINGLE LIFT DEADLIFT****PRETEEN - GIRLS AGE 9-10**

Weight	Lift	Kgs	Lbs	Name	Date
30kg/66.1lb	Deadlift	47.5	104.7	Paisyn Crain	2/10/2024
35kg/77.2lb	Deadlift				
40kg/88.2lb	Deadlift				
44kg/97lb	Deadlift				
48kg/105.7lb	Deadlift				
52kg/114.5lb	Deadlift				
56kg/123.5lb	Deadlift				
60kg/132.2lb	Deadlift				
67.5kg/148lb	Deadlift				
75kg/165.2lb	Deadlift				
82.5kg/181.7lb	Deadlift				
82.5+kg/181.7+lb	Deadlift				

PRETEEN - GIRLS AGE 11-12

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

75kg/165.2lb Deadlift

82.5kg/181.7lb Deadlift

82.5+kg/181.7+lb Deadlift 125 275.6 Colleen Williams 2/10/2024