

**USPF AMERICAN RAW
SINGLE LIFT SQUAT**

PRETEEN - GIRLS AGE 9-10

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

PRETEEN - GIRLS AGE 11-12

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

75kg/165.2lb Squat

82.5kg/181.7lb Squat

82.5+kg/181.7+lb Squat 135 297.6 Colleen Williams 8/2/2024