Weight	Lift		H / PULI I ~ OPEN		
Weight					
		Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
U	Bench Deadlift TOTAL				
U	Bench Deadlift TOTAL				
Ū	Bench Deadlift TOTAL	115.0 175.0 290.0	253.5 385.8 639.3	Cade Elms Cade Elms Cade Elms	10/15/2016 10/15/2016 10/15/2016
U	Bench Deadlift TOTAL				
Ũ	Bench Deadlift TOTAL	152.5 272.5 425.0	336.3 600.8 937.0	Chase Kiser Chase Kiser Chase Kiser	10/22/2016 10/22/2016 10/22/2016
U	Bench Deadlift TOTAL				
U	Bench Deadlift TOTAL	150.0 272.5 422.5	330.7 600.8 931.4	Brandon Forrest Brandon Forrest Brandon Forrest	10/15/2016 10/15/2016 10/15/2016
Ū	Bench Deadlift TOTAL				
Ũ	Bench Deadlift TOTAL				
0	Bench Deadlift TOTAL	207.5 330.0 537.5	457.5 727.5 1185.0	Vincent Vela Vincent Vela Vincent Vela	10/15/2016 10/15/2016 10/15/2016
Ũ	Bench Deadlift TOTAL				
	MEN	~ TEENS	13- <u>15</u>		
	Lift Bench	Kgs	Lbs	Name	Date

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
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/SHW	Bench Deadlift TOTAL

MEN ~ TEENS 16-17						
Weight	Lift	Kgs	Lbs	Name	Date	
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
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/SHW	Bench Deadlift TOTAL

	ME	N ~ TEENS	18-19		
Weight	Lift	Kgs	Lbs	Name	Date
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
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/SHW	Bench Deadlift TOTAL

		MEN ~ JUNI	OR 20-2	23	
Weight	Lift	Kgs	Lbs	Name	Date
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					
	TOTAL					
82.5kg/181.7lb	Bench Deadlift TOTAL					
90kg/198.2lb	Bench Deadlift TOTAL					
100kg/220lb	Bench Deadlift TOTAL					
110kg/242lb	Bench Deadlift TOTAL					
125kg/275lb	Bench Deadlift TOTAL					
140kg/308.5lb	Bench Deadlift TOTAL					
140+kg/SHW	Bench					
-	Deadlift TOTAL					
-						
	TOTAL			ERS 35-39	Dete	
Weight 52kg/114.5lb		MEN ~ S Kgs	UBMASTE Lbs	RS 35-39 Name	Date	
Weight	TOTAL Lift Bench Deadlift				 Date	
Weight 52kg/114.5lb	TOTAL Lift Bench Deadlift TOTAL Bench Deadlift				Date	
Weight 52kg/114.5lb 56kg/123.5lb	TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date	
Weight 52kg/114.5lb 56kg/123.5lb 60kg/132.2lb	TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench				Date	

	Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

WeightLiftKgsLbsNameDate52kg/114.5lbBench Deadlift TOTALDeadlift TOTAL			MEN ~	MASTERS	40-44	
Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench			Kgs	Lbs	Name	Date
TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench	52kg/114.5lb					
56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench						
Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench		TOTAL				
Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench	56kg/123.5lb	Bench				
60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench	0	Deadlift				
Deadlift TOTAL 67.5kg/148lb Bench Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench		TOTAL				
Deadlift TOTAL 67.5kg/148lb Bench Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench	60kg/122 2lb	Donoh				
TOTAL 67.5kg/148lb Bench Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench	60Kg/132.21D					
 67.5kg/148lb Bench Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench 						
Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench						
TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench	67.5kg/148lb	Bench				
 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench 						
Deadlift TOTAL 82.5kg/181.7lb Bench		IOTAL				
Deadlift TOTAL 82.5kg/181.7lb Bench	75ka/165.2lb	Bench				
82.5kg/181.7lb Bench	, eng, reei_io					
		TOTAL				
		D .				
	82.5kg/181./lb					
TOTAL						
90kg/198.2lb Bench	90kg/198.2lb	Bench				

Deadlift TOTAL100kg/220lbBench Deadlift TOTAL110kg/242lbBench Deadlift TOTAL125kg/275lbBench Deadlift TOTAL140kg/308.5lbBench Deadlift TOTAL140+kg/308+lbBench Deadlift TOTAL140+kg/308+lbBench Deadlift TOTAL140+kg/308+lbBench Deadlift TOTAL140+kg/308+lbBench Deadlift TOTAL140+kg/308+lbBench Deadlift TOTAL140-kg/308+lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL	TOTAL Dokg/220lb Bench Deadlift TOTAL Bench Deadlift TOTAL 25kg/275lb Bench Deadlift TOTAL
Deadlift TOTAL 110kg/242lb Bench Deadlift TOTAL 125kg/275lb Bench Deadlift TOTAL 140kg/308.5lb Bench Deadlift TOTAL 140+kg/308+lb Bench Deadlift TOTAL MEN ~ MASTERS 45-49 Weight Lift Kgs Lbs Name Date 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	Deadlift TOTAL Bench Deadlift TOTAL 25kg/275lb Bench Deadlift TOTAL
Deadlift TOTAL 125kg/275lb Bench Deadlift TOTAL 140kg/308.5lb Bench Deadlift TOTAL 140+kg/308+lb Bench Deadlift TOTAL <u>MEN ~ MASTERS 45-49</u> <u>Weight Lift Kgs Lbs Name Date</u> 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	Deadlift TOTAL 25kg/275lb Bench Deadlift TOTAL
Deadlift TOTAL 140kg/308.5lb Bench Deadlift TOTAL 140+kg/308+lb Bench Deadlift TOTAL <u>MEN ~ MASTERS 45-49</u> <u>Weight Lift Kgs Lbs Name Date</u> 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	Deadlift TOTAL
Deadlift TOTAL 140+kg/308+lb Bench Deadlift TOTAL <u>MEN ~ MASTERS 45-49</u> <u>Weight Lift Kgs Lbs Name Date</u> 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	
Deadlift TOTAL <u>MEN ~ MASTERS 45-49</u> <u>Weight Lift Kgs Lbs Name Date</u> 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	Deadlift
Weight Lift Kgs Lbs Name Date 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	Deadlift
Weight Lift Kgs Lbs Name Date 52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	MEN ~ MASTERS 45-49
52kg/114.5lb Bench Deadlift TOTAL 56kg/123.5lb Bench Deadlift	
Deadlift	2kg/114.5lb Bench Deadlift
	Deadlift
60kg/132.2lb Bench	0kg/132.2lb Bench Deadlift TOTAL

67.5kg/148lb Bench Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL

90kg/198.2lb	Bench
	Deadlift
	TOTAL
100kg/220lb	Bench
	Deadlift

	TOTAL					
110kg/242lb	Bench Deadlift TOTAL					
125kg/275lb	Bench Deadlift TOTAL					
140kg/308.5lb	Bench Deadlift TOTAL					
140+kg/308+lb	Bench Deadlift TOTAL					
		MEN ~	MASTERS	50-54		
\//aiabt	1.;#	Kao	l ho	Nome	Data	

			MASILING	JU-J-	
Weight	Lift	Kgs	Lbs	Name	Date
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				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				

140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
		MEN ~	MASTERS	55-59	
Weight	Lift	Kgs	Lbs	Name	Date
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				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				

125kg/275lb

Bench Deadlift TOTAL

Bench		
Deadlift		
TOTAL		
Bonch		

140+kg/308+lb Bench Deadlift TOTAL

		MEN ~	MASTERS	60-64	
Weight	Lift	Kgs	Lbs	Name	Date
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				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				

		MEN ~ N	IASTERS		
Weight	Lift	Kgs	Lbs	Name	Date
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				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

Weight	Lift	Kgs	Lbs	Name	Date
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				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
		MEN ~ MA	STERS	75-79	
Weight	Lift	Kgs	Lbs	Name	Date
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
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN ~ M	ASTERS	S 80+	
Weight	Lift	Kgs	Lbs	Name	Date
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
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL