

**USPF TEXAS RAW RECORDS
PUSH / PULL
OPEN - WOMEN**

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-------|-------|--------------|------------|
| 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 | 65.0 | 143.3 | Regina Raine | 10/22/2016 |
| | Deadlift | 155.0 | 341.7 | Regina Raine | 10/22/2016 |
| | TOTAL | 220.0 | 485.0 | Regina Raine | 10/22/2016 |
| 82.5kg/181.7lb | Bench Deadlift TOTAL | | | | |
| 90kg/198.2lb | Bench Deadlift TOTAL | | | | |
| 90+kg/UNL | Bench Deadlift TOTAL | | | | |

WOMEN ~ TEENS 13-15

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ TEENS 16-17

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ TEENS 18-19

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-----|-----|------|------|
| 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 | | | | |
| 90kg/198.2lb | Bench Deadlift TOTAL | | | | |

90+kg/UNL Bench
 Deadlift
 TOTAL

WOMEN ~ JUNIORS 20-23

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-----|-----|------|------|
| 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 | | | | |
| 90kg/198.2lb | Bench Deadlift TOTAL | | | | |
| 90+kg/UNL | Bench Deadlift TOTAL | | | | |

WOMEN ~ SUBMASTERS 35-39

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTERS 40-44

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTERS 45-49

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-----|-----|------|------|
| 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 | | | | |

| | |
|----------------|----------------------------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTERS 60-64

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTERS 65-69

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-----|-----|------|------|
| 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

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTERS 70-74

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------------------------|-----|-----|------|------|
| 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 | | | | |
| 90kg/198.2lb | Bench Deadlift TOTAL | | | | |
| 90+kg/UNL | Bench Deadlift TOTAL | | | | |

WOMEN ~ MASTERS 75-79

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------|------|-----|-----|------|------|
|--------|------|-----|-----|------|------|

| | |
|----------------|----------------------------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |

WOMEN ~ MASTERS 80+

| Weight | Lift | Kgs | Lbs | Name | Date |
|--------------|----------------------------|-----|-----|------|------|
| 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 |
| 90kg/198.2lb | Bench Deadlift TOTAL |
| 90+kg/UNL | Bench Deadlift TOTAL |