

USPF VIRGINIA STATE RAW SINGLE LIFT RECORDS

PUSH / PULL

MEN ~ OPEN

Weight	Lift	Kgs	Lbs	Name
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 ~ JUNIORS 13-15

Weight	Lift	Kgs	Lbs	Name
52kg/114.5lb	Bench Deadlift TOTAL			
56kg/123.5lb	Bench Deadlift TOTAL			
60kg/132.2lb	Bench Deadlift TOTAL			
67.5kg/148lb	Bench Deadlift TOTAL	105.0 170.0 275.0	231.5 374.8 606.3	Cherokee Widner Cherokee Widner Cherokee Widner
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



Date



Date

6/7/2014

6/7/2014

6/7/2014