

USPF AMERICAN 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	42.5	93.7	Lynn Gerald	11/16/2014
	Deadlift	85.0	187.4	Lynn Gerald	11/16/2014
	TOTAL	127.5	281.1	Lynn Gerald	11/16/2014
60kg/132.2lb	Bench	57.5	126.8	Gloria Valenzuela	11/16/2014
	Deadlift	132.5	292.1	Jennifer Pusey	11/18/2017
	TOTAL	185.0	407.9	Jennifer Pusey	11/18/2017
67.5kg/148lb	Bench	50.0	110.2	Jessica Rush	6/6/2014
	Deadlift	119.7	264.0	Samantha Neeley	3/8/2014
	TOTAL	164.7	363.0	Samantha Neeley	3/8/2014
75kg/165.2lb	Bench	72.1	159.0	Jamie Robinette	3/8/2014
	Deadlift	149.7	330.0	Jamie Robinette	3/8/2014
	TOTAL	222.3	490.0	Jamie Robinette	3/8/2014
82.5kg/181.7lb	Bench	110.0	242.5	Kylee Craig	7/10/2017
	Deadlift	157.5	347.2	Kylee Craig	7/10/2017
	TOTAL	267.5	589.7	Kylee Craig	7/10/2017
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Bench				
	Deadlift				
	TOTAL				

WOMEN ~ TEEN 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	55.0 95.0 150.0	121.3 209.4 330.7	Alejandra Huerta Alejandra Huerta Alejandra Huerta	5/21/2016 5/21/2016 5/21/2016
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 ~ SUBMASTER 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	47.5	104.7	Bev Jones	12/8/2013
	Deadlift	137.5	303.1	Bev Jones	12/8/2013
	TOTAL	185.0	407.9	Bev Jones	12/8/2013
82.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Bench	82.5	182.0	Jamie Notch Francis	11/14/2020
	Deadlift	147.5	325.2	Jamie Notch Francis	11/14/2020
	TOTAL	230.0	507.1	Jamie Notch Francis	11/14/2020

WOMEN ~ MASTER 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	42.5	93.7	Lynn Gerald	11/16/2014
	Deadlift	85.0	187.4	Lynn Gerald	11/16/2014
	TOTAL	127.5	281.1	Lynn Gerald	11/16/2014
60kg/132.2lb	Bench	52.2	115.0	Heather Rider	3/8/2014
	Deadlift	124.7	275.0	Heather Rider	3/8/2014
	TOTAL	177.4	391.0	Heather Rider	3/8/2014
67.5kg/148lb	Bench	60.0	132.3	Emma Villa	10/30/2016
	Deadlift	125.0	275.6	Emma Villa	10/30/2016
	TOTAL	185.0	407.9	Emma Villa	10/30/2016
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 ~ MASTER 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

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 50-54

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	47.5	104.7	Cristina Ramirez	5/1/2015
	Deadlift	122.5	270.1	Cristina Ramirez	5/1/2015
	TOTAL	170.0	374.8	Cristina Ramirez	5/1/2015
90+kg/UNL	Bench Deadlift TOTAL				

WOMEN ~ MASTER 55-59

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 ~ MASTER 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 ~ MASTER 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 ~ MASTER 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 ~ MASTER 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 ~ MASTER 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