

USPF IDAHO STATE
SINGLE LIFT BENCH PRESS - Raw KS Division 3
MEN - OPEN

| Weight Class | Kgs | Lbs | Name | Date |
|--------------|-----|-----|------|------|
|--------------|-----|-----|------|------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - TEENS (13 - 15)

| Weight Class | Kgs | Lbs | Name | Date |
|--------------|-----|-----|------|------|
|--------------|-----|-----|------|------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (16 - 17)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - TEENS (18 - 19)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (20 - 23)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Submaster (35-39)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (40-44)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (45-49)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (50-54)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (55-59)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (60-64)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

| | | | | |
|----------------|------|-------|------------------|----------|
| 67.5kg/148.7lb | 97.5 | 215.0 | Mitchel Thornton | 05/02/26 |
|----------------|------|-------|------------------|----------|

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (65-69)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (70-74)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (75-79)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (80+ Over)

| <u>Weight Class</u> | <u>Kgs</u> | <u>Lbs</u> | <u>Name</u> | <u>Date</u> |
|---------------------|------------|------------|-------------|-------------|
|---------------------|------------|------------|-------------|-------------|

52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)