

USPF ARIZONA STATE RECORDS HIGH SCHOOL - FEMALE

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Squat	87.5	192.9	Brynn Montgomery	9/21/2013
	Bench	45.0	99.2	Brynn Montgomery	9/21/2013
	Deadlift	97.5	215.0	Brynn Montgomery	9/21/2013
	TOTAL	227.5	501.6	Brynn Montgomery	9/21/2013
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	77.5	170.8	Amanda Payne	4/25/2008
	Bench	42.5	93.7	Amanda Payne	4/25/2008
	Deadlift	67.5	148.8	Amanda Payne	4/25/2008
	TOTAL	187.5	413.4	Amanda Payne	4/25/2008
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat	85.0	187.4	Janae Hancock	9/24/2011
	Bench	57.5	126.8	Janae Hancock	9/24/2011
	Deadlift	100.0	220.5	Janae Hancock	9/24/2011
	TOTAL	237.5	523.6	Janae Hancock	9/24/2011
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat	80.0	176.4	Shayla Hancock	9/24/2011
	Bench	45.0	99.2	Shayla Hancock	9/24/2011
	Deadlift	147.5	325.2	Shayla Hancock	9/24/2011
	TOTAL	272.5	600.8	Shayla Hancock	9/24/2011
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				