

USPF ARIZONA STATE RECORDS OPEN - WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	107.5	237.0	Judy Polanco	10/30/2016
	Bench	62.5	137.8	Judy Polanco	10/30/2016
	Deadlift	132.5	292.1	Judy Polanco	10/30/2016
	TOTAL	302.5	666.9	Judy Polanco	10/30/2016
60kg/132.2lb	Squat	82.5	181.9	Stevie Templeton	3/24/2012
	Bench	50.0	110.2	Stevie Templeton	3/24/2012
	Deadlift	105.0	231.5	Stevie Templeton	3/24/2012
	TOTAL	237.5	523.6	Stevie Templeton	3/24/2012
67.5kg/148lb	Squat	150.0	330.5	Victoria Yarbrough	9/25/2010
	Bench	85.0	187.3	Victoria Yarbrough	9/25/2010
	Deadlift	160.0	352.5	Victoria Yarbrough	9/25/2010
	TOTAL	395.0	870.8	Victoria Yarbrough	9/25/2010
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat	97.5	215.0	Danielle Noumeh	11/22/2015
	Bench	55.0	121.3	Danielle Noumeh	11/22/2015
	Deadlift	130.0	286.6	Danielle Noumeh	11/22/2015
	TOTAL	282.5	622.8	Danielle Noumeh	11/22/2015

USPF ARIZONA STATE RECORDS SUBMASTER - WOMEN 35-39

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat	100.0	220.3	Jackie Judd	9/26/2009
	Bench	52.5	115.5	Jackie Judd	9/26/2009
	Deadlift	107.5	236.8	Jackie Judd	9/26/2009
	TOTAL	260.0	573.0	Jackie Judd	9/26/2009
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				