

USPF WV STATE SINGLE PLY DIVISION 1 FULL POWER

HIGH SCHOOL - MALES

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat		347.0	D. Jeffrey Jr.	
	Bench		220.0	D. Jeffrey Jr.	
	Deadlift		360.0	S. Poole	
	TOTAL		898.0	D. Jeffrey Jr.	
56kg/123.5lb	Squat		336.0	D. Jeffrey Jr.	6/19/2010
	Bench		220.2	D. Jeffrey Jr.	6/19/2010
	Deadlift		369.0	D. Jeffrey Jr.	6/19/2010
	TOTAL		911.4	D. Jeffrey Jr.	6/19/2010
60kg/132.2lb	Squat		375.0	R. Green	
	Bench		225.0	R. Goldsmith	5/7/2010
	Deadlift		446.0	R. Greene	
	TOTAL		1020.0	R. Greene	
67.5kg/148lb	Squat		418.0	C. Politino	
	Bench		292.0	T. Greene	5/7/2010
	Deadlift		446.0	W. Osborne	
	TOTAL		1102.0	C. Politino	
75kg/165.2lb	Squat		435.0	B. Burgess	
	Bench		314.0	Bruce Veltri	
	Deadlift		551.0	B. Burgess	
	TOTAL		1218.0	B. Burgess	
82.5kg/181.7lb	Squat		451.0	E. Horton	
	Bench		308.0	B. Critchfield	
	Deadlift		485.0	E. Horton	
	TOTAL		1158.0	E. Horton	
90kg/198.2lb	Squat		534.0	B. Szasz	
	Bench		385.0	M. Wickland	
	Deadlift		534.0	B. Szasz	
	TOTAL		1372.0	B. Szasz	
100kg/220lb	Squat		534.0	B. Szasz	
	Bench		380.0	K. Workman	
	Deadlift		518.0	W. Wallace	
	TOTAL		1349.0	B. Szasz	
110kg/242lb	Squat		501.0	K. Allman	
	Bench		402.0	R. Adkins	
	Deadlift		560.0	A. Lester	
	TOTAL		1375.0	A. Lester	
125kg/275lb	Squat		580.0	J. Klawon	
	Bench		435.0	B. Siders	
	Deadlift		560.0	S. Hass	
	TOTAL		1565.0	S. Hass	
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Squat		650.0	J. Redman	
	Bench		363.0	C. Marshall	
	Deadlift		581.0	P. Gallihue	
	TOTAL		1488.0	J. Redman	

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HIGH SCHOOL - FEMALES

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat		159.0	P. Mann	
	Bench		104.0	P. Mann	
	Deadlift		220.0	M. Woodman	
	TOTAL		473.0	P. Mann	
48kg/105.7lb	Squat		253.0	L. Jeffrey	
	Bench		137.0	L. Jeffrey	
	Deadlift		264.0	L. Jeffrey	
	TOTAL		650.0	L. Jeffrey	
52kg/114.5lb	Squat		314.0	L. Jeffrey	
	Bench		170.0	L. Jeffrey	
	Deadlift		330.0	L. Jeffrey	
	TOTAL		815.0	L. Jeffrey	
56kg/123.5lb	Squat		308.0	L. Jeffrey	
	Bench		178.0	L. Jeffrey	
	Deadlift		341.0	L. Jeffrey	
	TOTAL		821.0	L. Jeffrey	
60kg/132.2lb	Squat		286.0	R. Bush	
	Bench		154.0	R. Bush	
	Deadlift		325.0	R. Bush	
	TOTAL		766.0	R. Bush	
67.5kg/148.7lb	Squat		275.0	A. Helminski	
	Bench		159.0	A. Helminski	
	Deadlift		297.0	A. Helminski	
	TOTAL		733.0	A. Helminski	
75kg/165.2lb	Squat		242.0	W. Hendrick	
	Bench		115.0	W. Hendrick	
	Deadlift		297.0	W. Hendrick	
	TOTAL		655.0	W. Hendrick	
82.5kg/181.7lb	Squat		275.0	A. Helminski	
	Bench		130.0	A. Helminski	
	Deadlift		290.0	A. Helminski	
	TOTAL		695.0	A. Helminski	
90kg/198.2lb	Squat		248.0	H. McComas	
	Bench		126.0	H. McComas	
	Deadlift		303.0	A. Harper	
	TOTAL		666.0	A. Harper	
90+kg/UNL	Squat		440.0	C. McClellan	
	Bench		181.0	C. McClellan	
	Deadlift		429.0	C. McClellan	
	TOTAL		1052.0	C. McClellan	