

Southwest: Women's Full Power Equipped

OPEN EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5	CLAXTON	80						
53	ALDRIDGE	102.5	ALDRIDGE	47.5	ALDRIDGE	120	ALDRIDGE	270
55.5	EDMONDS	110	EDMONDS	57.5	EDMONDS	137.5	EDMONDS	300
58.5	EDMONDS	115	EDMONDS	62.5	EDMONDS	140	EDMONDS	315
63	JONES	145	JONES	75.5	JONES	157.5	JONES	362.5
70	THORNTON	136	LEWIS	70			THORNTON	340
80	TUNE	130	TUNE	77.5	TUNE	140	TUNE	347.5
90								
90+	RAWLING	80						

TEENAGE 1 (14-15 years) EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5			EDMONDS	55				
58.5	PERKINS	80						
63								
70								
80								
90			RAWLING	37.5	RAWLING	105	RAWLING	200
90+	RAWLING	80						

TEENAGE 2 (16-17 years) EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								

TEENAGE 3 (18-19 years) EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5	EDMONDS	110	EDMONDS	57.5	EDMONDS	137.5	EDMONDS	300
58.5	EDMONDS	115	EDMONDS	62.5	EDMONDS	140	EDMONDS	315
63	PERKINS	90						
70								
80								
90								
90+								

JUNIOR (20-23 years) EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63					DREWETT	148		
70	SMITH	62.5	SMITH	35				
80								
90								
90+								

MASTER 1 (40-44 years) EQUIPPED

WGT	Squat		Bench press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	THORNTON	100	THORNTON	50	THORNTON	125		
80	HEWLETT	92.5	HEWLETT	50	HEWLETT	137.5	HEWLETT	280

90								
90+								

MASTER 2 (45-49 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 3 (50-54 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 4 (55-59 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 5 (60-64 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 6 (65-69 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 7 (70-74 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				

80								
90								
90+								

MASTER 8 (75-79 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 9 (80-84 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 10 (85-89 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				