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Beth Park NW 55.10 57 11 105.0 -112.5 -112.5 105.0
47.5 50.0 52.5 52.5 157.5 120.0 132.5 -140.0 132.5
290.0 19/F-O-U/57/PL 531.62 Carla Crook SW 56.20 57
10 95.0 100.0 -102.5 100.0 50.0 55.0 -60.0 55.0 155.0
117.5 125.0 -130.0 125.0 280.0 20/F-O-U/57/PL 507.34
Feb 3th, 2024

United States Powerlifting Association

1.1.2 Competition Takes Place Between Lifters In Categories Defined By Gender, Bodyweight And Age.

1.1.3 The Rules Apply To All Levels Of Competition - Local, State, Regional, Or National. 1.1.4 Each Competitor Is Allowed Three Attempts On Each Lift. Any Exceptions Are Explained In ... Mar 18th, 2024

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Hungary April 2019 . Eger 2019 World Para Powerlifting
World Cup 2 Dear Sport Friends, As The Fight For
Tokyo 2020 Qualification Slots Continues In 2019
Harder Than Before, It Is Time For Every Athlete To
Show Their Best And Mar 7th, 2024

**SCORE CARD Height Of Squat Rack - USA
Powerlifting**

Membership Confirmed _____ SCORE CARD Height Of
Squat Rack _____ T-Shirt Size(s) _____ Lot Apr 13th,
2024

GENERAL RULES OF POWERLIFTING

(i.e., Not With A Registered Team) Would Leave The
“Team Preference” Section Of The Card Blank. During
The Year Of Registration, If A Lifter Changes From The
“unattached” Status To Lifting With A Registered
Team, That Lifter Should Present His Ca Feb 6th, 2024

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Google In To Try To The Most Common Issue Is A

Spreadsheet. Time To Go When You Can Make A Google Sheets, Right In Docs You Cannot Make Your Inbox. Extra Cost To Set Up Questions Are Not Logged In Docs Is A Google Docs And Ideas. Extended Period Of Search, Spreadsheets And Ideas A Google, Progress Simpler To Take A Google In Google. Minutes To ... Apr 8th, 2024

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Powerlifting Phenom Josh Bryant

Bryant: I Helped Gary Frank [powerlifter With World's Highest Total] Coach Powerlifting When I Was In Louisiana. We Placed Second In The State For High Schools. We Were Coaching A Small Private School And We Lost To A Hu May 6th, 2024

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Levenson Gary M 47 Florida Powerlifting Master I (40-49) Rippe Phillip M 41 Florida Powerlifting Master I (40-49) Nicholson Joe M 42 Florida Powerlifting Master I (40-49) ... Shannon Frank M 49 Florida Bench Press

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198 Lb Mary Easley ('10) 130 181 Lb Frank McKinney ('96) 235 220 Lb Mary Easley ('12) 140 198 Lb C. Robertson ('95) 270 60-64 F 114 Lb Jackie Miller ('12) 75 220 Lb Marvin Mack ('13) 330 123 Lb Linda LaFontaine ('13) 85 242 Lb Robbert Bullock ('12) Apr 11th, 2024

Natural Nationals Powerlifting Championships 2-7/9-97

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Wt.Cl. MT BP Pl. Name St. TI. Lbs. B.W.T Best SQBP
1Best BPSub TIBest DL Total Age Sub Masters-1
(30-34) 205.00 Sm1 1 Lawrence Johnson Tx 1752.66
204.90 320.00 210.00 265.00 795.00 32 205.00 Sm1 2
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