

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	85kg	Standard	02-Aug-24			
	Bench	50kg	Standard	02-Aug-24			
	Deadlift	95kg	Standard	02-Aug-24			
	Total	230kg	Standard	02-Aug-24			
48kg	Squat	105kg	Standard	02-Aug-24			
	Bench	72.5kg	Standard	02-Aug-24			
	Deadlift	135kg	Standard	02-Aug-24			
	Total	300kg	Standard	02-Aug-24			
52kg	Squat	120kg	Standard	02-Aug-24			
	Bench	85kg	Standard	02-Aug-24			
	Deadlift	162.5kg	Standard	02-Aug-24			
	Total	367.5kg	Standard	02-Aug-24			
56kg	Squat	130kg	Standard	02-Aug-24			
	Bench						

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Sub Teen Women (10-12) Unofficial WPC

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	45kg	Standard	02-Aug-24			
	Bench	25kg	Standard	02-Aug-24			
	Deadlift	65kg	Standard	02-Aug-24			
	Total	130kg	Standard	02-Aug-24			
48kg	Squat	50kg	Standard	02-Aug-24			
	Bench	30kg	Standard	02-Aug-24			
	Deadlift	72.5kg	Standard	02-Aug-24			
	Total	152.5kg	Standard	02-Aug-24			
52kg	Squat		Vacant	02-Aug-24			
	Bench		Vacant	02-Aug-24			
	Deadlift		Vacant	02-Aug-24			
	Total		Vacant	02-Aug-24			
56kg	Squat	67.5kg	Standard	02-Aug-24			

