

**Women's Divisions NASA's Utah State Bench Press Records  
(Single Lift)**

As of: 7/14/2007

|                    |                    | <b>Women</b> | <b>44 kgs.</b> | <b>97 lbs.</b>    |
|--------------------|--------------------|--------------|----------------|-------------------|
| <u>Division</u>    | <u>Bench Press</u> | <u>Kilos</u> | <u>lbs</u>     | <u>Date</u>       |
| Pure               | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| Pure Novice        | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| Open               | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| High School        | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| Teenage            | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| Juniors 13 - 20    | G. Cunningham      | 45           | 99.21          | 6/17/2006         |
| Intermediate       |                    |              |                |                   |
| Police / Fire      |                    |              |                |                   |
| Sub Masters 1      |                    |              |                |                   |
| Sub Masters 2      |                    |              |                |                   |
| Submasters Pure    |                    |              |                |                   |
| Masters - 1        |                    |              |                |                   |
| Masters - 2        |                    |              |                |                   |
| Masters - 3        |                    |              |                |                   |
| Masters - 4        |                    |              |                |                   |
| Masters - 5 (Pure) |                    |              |                |                   |
|                    |                    |              |                |                   |
|                    |                    | <b>Women</b> | <b>48 kgs.</b> | <b>105.7 lbs.</b> |
| <u>Division</u>    | <u>Bench Press</u> | <u>Kilos</u> | <u>lbs</u>     | <u>Date</u>       |
| Pure               |                    |              |                |                   |
| Pure Novice        |                    |              |                |                   |
| Open               |                    |              |                |                   |
| High School        |                    |              |                |                   |
| Teenage            |                    |              |                |                   |
| Juniors 13 - 20    |                    |              |                |                   |
| Intermediate       |                    |              |                |                   |
| Police / Fire      |                    |              |                |                   |
| Sub Masters 1      |                    |              |                |                   |
| Sub Masters 2      |                    |              |                |                   |
| Submasters Pure    |                    |              |                |                   |
| Masters - 1        |                    |              |                |                   |
| Masters - 2        |                    |              |                |                   |
| Masters - 3        |                    |              |                |                   |
| Masters - 4        |                    |              |                |                   |
| Masters - 5 (Pure) |                    |              |                |                   |
|                    |                    |              |                |                   |
|                    |                    | <b>Women</b> | <b>52 kgs.</b> | <b>114.5 lbs.</b> |
| <u>Division</u>    | <u>Bench Press</u> | <u>Kilos</u> | <u>lbs</u>     | <u>Date</u>       |
| Pure               |                    |              |                |                   |
| Pure Novice        |                    |              |                |                   |
| Open               |                    |              |                |                   |
| High School        |                    |              |                |                   |
| Teenage            |                    |              |                |                   |
| Juniors 13 - 20    |                    |              |                |                   |
| Intermediate       |                    |              |                |                   |
| Police / Fire      |                    |              |                |                   |
| Sub Masters 1      |                    |              |                |                   |
| Sub Masters 2      |                    |              |                |                   |
| Submasters Pure    |                    |              |                |                   |
| Masters - 1        |                    |              |                |                   |
| Masters - 2        |                    |              |                |                   |
| Masters - 3        |                    |              |                |                   |
| Masters - 4        |                    |              |                |                   |
| Masters - 5 (Pure) |                    |              |                |                   |

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|                           |                           |                     |                   |                    |
|---------------------------|---------------------------|---------------------|-------------------|--------------------|
|                           |                           | <b>Women</b>        | <b>56 kgs.</b>    | <b>123.5 lbs.</b>  |
| <u><b>Division</b></u>    | <u><b>Bench Press</b></u> | <u><b>Kilos</b></u> | <u><b>lbs</b></u> | <u><b>Date</b></u> |
| <b>Pure</b>               | J. Yamashita              | 95                  | 209.44            | 2/12/2005          |
| <b>Pure Novice</b>        | J. Yamashita              | 95                  | 209.44            | 2/12/2005          |
| <b>Open</b>               | J. Yamashita              | 95                  | 209.44            | 2/12/2005          |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       | J. Yamashita              | 95                  | 209.44            | 2/12/2005          |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |
| <b>Masters - 4</b>        |                           |                     |                   |                    |
| <b>Masters - 5 (Pure)</b> |                           |                     |                   |                    |
|                           |                           |                     |                   |                    |
|                           |                           | <b>Women</b>        | <b>60 kgs.</b>    | <b>132.2 lbs.</b>  |
| <u><b>Division</b></u>    | <u><b>Bench Press</b></u> | <u><b>Kilos</b></u> | <u><b>lbs</b></u> | <u><b>Date</b></u> |
| <b>Pure</b>               |                           |                     |                   |                    |
| <b>Pure Novice</b>        |                           |                     |                   |                    |
| <b>Open</b>               |                           |                     |                   |                    |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       |                           |                     |                   |                    |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |
| <b>Masters - 4</b>        |                           |                     |                   |                    |
| <b>Masters - 5 (Pure)</b> |                           |                     |                   |                    |
|                           |                           |                     |                   |                    |
|                           |                           | <b>Women</b>        | <b>67.5 kgs.</b>  | <b>148.7 lbs.</b>  |
| <u><b>Division</b></u>    | <u><b>Bench Press</b></u> | <u><b>Kilos</b></u> | <u><b>lbs</b></u> | <u><b>Date</b></u> |
| <b>Pure</b>               |                           |                     |                   |                    |
| <b>Pure Novice</b>        |                           |                     |                   |                    |
| <b>Open</b>               |                           |                     |                   |                    |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       |                           |                     |                   |                    |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |
| <b>Masters - 4</b>        |                           |                     |                   |                    |

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|                           |                           |                     |                   |                    |
|---------------------------|---------------------------|---------------------|-------------------|--------------------|
| <b>Masters - 5 (Pure)</b> |                           |                     |                   |                    |
|                           |                           | <b>Women</b>        | <b>75 kgs.</b>    | <b>165.2 lbs.</b>  |
| <b><u>Division</u></b>    | <b><u>Bench Press</u></b> | <b><u>Kilos</u></b> | <b><u>lbs</u></b> | <b><u>Date</u></b> |
| <b>Pure</b>               |                           |                     |                   |                    |
| <b>Pure Novice</b>        |                           |                     |                   |                    |
| <b>Open</b>               |                           |                     |                   |                    |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       |                           |                     |                   |                    |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |
| <b>Masters - 4</b>        |                           |                     |                   |                    |
| <b>Masters - 5 (Pure)</b> |                           |                     |                   |                    |
|                           |                           |                     |                   |                    |
|                           |                           | <b>Women</b>        | <b>82.5 kgs.</b>  | <b>181.7 lbs.</b>  |
| <b><u>Division</u></b>    | <b><u>Bench Press</u></b> | <b><u>Kilos</u></b> | <b><u>lbs</u></b> | <b><u>Date</u></b> |
| <b>Pure</b>               |                           |                     |                   |                    |
| <b>Pure Novice</b>        |                           |                     |                   |                    |
| <b>Open</b>               |                           |                     |                   |                    |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       |                           |                     |                   |                    |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |
| <b>Masters - 4</b>        |                           |                     |                   |                    |
| <b>Masters - 5 (Pure)</b> |                           |                     |                   |                    |
|                           |                           |                     |                   |                    |
|                           |                           | <b>Women</b>        | <b>90 kgs.</b>    | <b>198.2 lbs.</b>  |
| <b><u>Division</u></b>    | <b><u>Bench Press</u></b> | <b><u>Kilos</u></b> | <b><u>lbs</u></b> | <b><u>Date</u></b> |
| <b>Pure</b>               | H. Gibson                 | 92.5                | 203.9255          | 6/17/2006          |
| <b>Pure Novice</b>        | H. Gibson                 | 92.5                | 203.9255          | 6/17/2006          |
| <b>Open</b>               | H. Gibson                 | 92.5                | 203.9255          | 6/17/2006          |
| <b>High School</b>        |                           |                     |                   |                    |
| <b>Teenage</b>            |                           |                     |                   |                    |
| <b>Juniors 13 - 20</b>    |                           |                     |                   |                    |
| <b>Intermediate</b>       |                           |                     |                   |                    |
| <b>Police / Fire</b>      |                           |                     |                   |                    |
| <b>Sub Masters 1</b>      |                           |                     |                   |                    |
| <b>Sub Masters 2</b>      |                           |                     |                   |                    |
| <b>Submasters Pure</b>    |                           |                     |                   |                    |
| <b>Masters - 1</b>        |                           |                     |                   |                    |
| <b>Masters - 2</b>        |                           |                     |                   |                    |
| <b>Masters - 3</b>        |                           |                     |                   |                    |

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|                           |                           |                     |                   |                    |
|---------------------------|---------------------------|---------------------|-------------------|--------------------|
| <i>Masters - 4</i>        |                           |                     |                   |                    |
| <i>Masters - 5 (Pure)</i> |                           |                     |                   |                    |
|                           |                           |                     |                   |                    |
|                           |                           | <i>Women</i>        | <i>90 + kgs.</i>  | <i>Unlimited</i>   |
| <u><i>Division</i></u>    | <u><i>Bench Press</i></u> | <u><i>Kilos</i></u> | <u><i>lbs</i></u> | <u><i>Date</i></u> |
| <i>Pure</i>               |                           |                     |                   |                    |
| <i>Pure Novice</i>        |                           |                     |                   |                    |
| <i>Open</i>               |                           |                     |                   |                    |
| <i>High School</i>        |                           |                     |                   |                    |
| <i>Teenage</i>            |                           |                     |                   |                    |
| <i>Juniors 13 - 20</i>    |                           |                     |                   |                    |
| <i>Intermediate</i>       |                           |                     |                   |                    |
| <i>Police / Fire</i>      |                           |                     |                   |                    |
| <i>Sub Masters 1</i>      |                           |                     |                   |                    |
| <i>Sub Masters 2</i>      |                           |                     |                   |                    |
| <i>Submasters Pure</i>    |                           |                     |                   |                    |
| <i>Masters - 1</i>        |                           |                     |                   |                    |
| <i>Masters - 2</i>        |                           |                     |                   |                    |
| <i>Masters - 3</i>        |                           |                     |                   |                    |
| <i>Masters - 4</i>        |                           |                     |                   |                    |
| <i>Masters - 5 (Pure)</i> |                           |                     |                   |                    |