

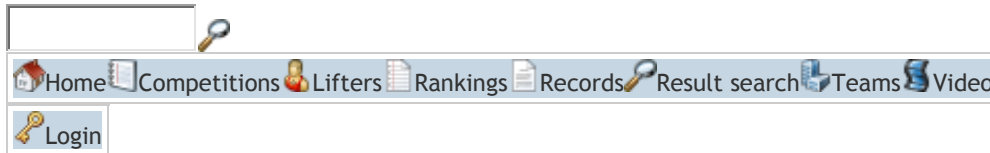
# USA Powerlifting

## Liftingdatabase

### Instructions to find Records

For this example I'll use Florida State Raw Records and the Raw Open division for the -84kg weight class.

1. Find USAPL.Liftingdatabase
2. Click on Records
3. Type: Scroll down to and select Florida State Raw Records
4. Division: Scroll down to and select Raw Open
5. Weightclass: Scroll down to and select -84
6. Unit: Change from kg to lbs



Language:

Unit:



## Records

[Active records](#) | [Retired records](#)

Type:	<input type="text" value="Florida State Raw Records"/>
Division:	<input type="text" value="Raw Open"/>
Weightclass	<input type="text" value="-84"/>

Q: Records or Results discrepancies?

A: If State/Local, please contact the State Chair in which the meet was held. National, Regional or International, please contact the National Office. Include specific links and detailed information. Allow up to 4 weeks for research and correction if required.

Q: Why am I seeing a M2b record also in the M2a or M1 category?

A: If you exceed a record in an older age category (or younger for your Jr and below), you are credited for the additional age category. From the IPF Rulebook:

*Men's and Women's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category.  
Men's and Women's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category.  
Men's and Women's 70+ records exceeding those gained in the 60-69 age group will be included in the 60-69 category.  
Likewise Sub-Junior 14- 18 records exceeding those gained in the Junior 19-23 age group will be included in this group.*

Female						
<b>Raw Open - Squat</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	507.1 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>
<b>Raw Open - Bench press</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	302 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>
<b>Raw Open - Bench press single lift</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	302 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>
<b>Raw Open - Deadlift</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	542.3 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>
<b>Raw Open - Deadlift single lift</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	542.3 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>
<b>Raw Open - Total</b>						
	<i>Name</i>	<i>Weight</i>	<i>Date</i>	<i>Location</i>		
- 84	<a href="#">Daniella Melo</a>	1351.4 lbs	06/04/2019	IPF 7th World Classic Championships - Helsingborg, Sweden	 <a href="#">Certificate</a>	<a href="#">Add video</a>

7. To Display Record Certificate click on Certificate to the right of the record in question. Note that the record is always expressed in Kilos.



## FLORIDA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**DANIELLA MELO**

Has Established The

**-84 OPEN RAW RECORD  
230 KG SQUAT**

**IPF 7TH WORLD CLASSIC CHAMPIONSHIPS - HELSINGBORG, SWEDEN**

**06/04/2019**



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8. To see a history of the record in question click on the clock (history symbol) to the right of the lift in question.



[Home](#) [Competitions](#) [Lifters](#) [Rankings](#) [Records](#) [Result search](#) [Teams](#) [Video](#)

[Login](#)

Language:

English ▼

Unit:

lbs ▼



## History

Female - Florida State Raw Records Raw Open -84 Squat

lbsClick and drag to zoomWeightJul '15Jan '16Jul '16Jan '17Jul '17Jan '18Jul '18Jan '19350400450500550

03/03/2018

**Daniella Melo**

490.5lbs

Name	Weight	Date	Location	Status	Certificate
<b><u>Daniella Melo</u></b>	<b>507.1 lbs</b>	<b>06/04/2019</b>	<b>IPF 7th World Classic Championships - Helsingborg, Sweden</b>	<b>Confirmed</b>	<b><u>Certificate</u></b>
<u>Daniella Melo</u>	501.6 lbs	10/11/2018	Raw Nationals	Confirmed	<u>Certificate</u>
<u>Daniella Melo</u>	490.5 lbs	03/03/2018	The Arnold - SBD Pro American	Confirmed	<u>Certificate</u>
<u>Daniella Melo</u>	455.3 lbs	06/22/2017	IPF World Classic Powerlifting Championships, Minsk, Belarus	Confirmed	<u>Certificate</u>
<u>Daniella Melo</u>	429.9 lbs	03/04/2017	Arnold - Slingshot Pro American	Confirmed	<u>Certificate</u>
<u>Daniella Melo</u>	413.4 lbs	10/13/2016	Raw Nationals 2016	Confirmed	<u>Certificate</u>
<u>Daniella Melo</u>	396.8 lbs	07/23/2016	5th Annual Central Florida Powerlifting Championships	Confirmed	<u>Certificate</u>
<u>Marcia Darbouze</u>	347.2 lbs	06/13/2015	Florida Sunshine State Games, West Palm Beach, FL	Confirmed	<u>Certificate</u>
<u>Tempest Ziegler</u>	314.2 lbs	03/14/2015	Florida State Championships, Boca Raton, FL	Confirmed	<u>Certificate</u>

9. Note that certificates can be printed for prior records by clicking certificate to the right of the old record



## FLORIDA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TEMPEST ZIEGLER**

Has Established The

**-84 OPEN RAW RECORD  
142.5 KG SQUAT**

**FLORIDA STATE CHAMPIONSHIPS, BOCA RATON, FL  
03/14/2015**



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