

XPS HISTORICAL RAW MEET RANKINGS

**114 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1. 185		Trevor Weeden (11/26/06) 11/16/19 111.2	No
2. 130		Joseph Rufo (8/7/92) 5/14/2022 110.4	No
3. 120		Connor Ashby (9/4/2010) 11/21/2020 72.8	No
4. 115		Colten Barnes (2/20/2011) 11/21/2020 75.8	No
5. 115		Brian Mann ( ) 5/14/2022 102.4	No
6. 102		Giacomo Ston Moritz (1/29/11) 11/21/2020 54	No
7. 95		Matthew McKenna (2/23/2012) 11/21/2020	No
8. 90		Gavin Davis (5/25/2009) 11/21/2020	No

**114 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 135		Kayden Berry ( ) 3/13/2021
2. 135		Joseph Rufo (8/7/92) 5/14/2022 110.4
3. 120		Ethen Ringer (8/12/08) 11/6/2021 101.0
4. 116		Trevor Weeden (11/26/06) 11/16/19 111.2
5. 110		Brody Hampe ( ) 3/12/2022 107.8
6. 95		Jason Herrmann ( ) 5/14/2022 114.0
7. 85		Brian Mann ( ) 5/14/2022 102.4
8. 75		Connor Ashby (9/4/2010) 1/30/2021 73.4
9. 70		Colten Barnes (2/20/2011) 1/30/2021 74.4
10. 70		Emmett Ranck ( ) 3/13/2021
11. 65		Giacomo Ston Moritz (1/29/11) 11/21/2020 54
12. 65		Gavin Davis (5/25/2009) 1/30/2021 86.0
13. 60		Matthew McKenna (2/23/2012) 1/30/2021 102.8
14. 55		Tyler Calabro (4/24/11) 3/12/2022 93.6
15. 51		Triton Ringer ( ) 11/6/2021 53.0

### **114 Pound Men's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 250		Joseph Rufo (8/7/92) 5/14/2022 110.4
2. 235		Kayden Berry ( ) 3/13/2021
3. 210		Ethen Ringer (8/12/08) 6/26/2021 95.0
4. 210		Brody Hampe ( ) 3/12/2022 107.8
5. 200		Trevor Weeden (11/26/06) 11/16/19 111.2
6. 200		Brian Mann ( ) 5/14/2022 102.4
7. 175		Emmett Ranck ( ) 3/13/2021
8. 170		Gavin Davis (5/25/2009) 1/30/2021 86.0
9. 165		Tyler Calabro (4/24/11) 3/12/2022 93.6
10. 160		Connor Ashby (9/4/2010) 1/30/2021 73.4
11. 160		Colten Barnes (2/20/2011) 1/30/2021 74.4
12. 160		Matthew McKenna (2/23/2012) 1/30/2021 102.8
13. 150		Antonio Soullas (1/6/09) 5/18/2019) 77.4
14. 150		Jason Herrmann ( ) 5/21/2022 114.0
15. 145		Giacomo Ston Moritz (1/29/11) 11/21/2020 54

### **114 Pound Men's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 515		Joseph Rufo (8/7/92) 5/14/2022 110.4
2. 501		Trevor Weeden (11/26/06) 11/16/19 111.2
3. 400		Brian Mann ( ) 5/14/2022 102.4
4. 355		Connor Ashby (9/4/2010) 1/30/2021 73.4
5. 326		Colten Barnes (2/20/2011) 11/21/2020 75.8
6. 325		Gavin Davis (5/25/2009) 1/30/2021 86.0
7. 312		Giacomo Ston Moritz (1/29/11) 11/21/2020 54
8. 315		Matthew McKenna (2/23/2012) 1/30/2021 102.8

### **123 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1. 330		Jacob Yankloski (4/27/95) 2/2/2019 120.8	No
2. 280		Daryl Johnson ( ) 6/20/2015 123	
3. 150		Ryan Goldacker ( ) 5/14/2022 123.0	No

### **123 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 200		Jacob Yankloski (4/27/95) 2/2/2019 120.8
2. 180		Daryl Johnson ( ) 6/20/2015 123
3. 120		Ryan Goldacker ( ) 5/14/2022 123.0

### **123 Pound Men's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 420		Daryl Johnson ( ) 6/20/2015 123
2. 380		Jacob Yankloski ( ) 5/19/2018 122.0
3. 205		Ryan Goldacker ( ) 5/14/2022 123.0

### **123 Pound Men's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 905		Jacob Yankloski (4/27/95) 2/2/2019 120.8
2. 880		Daryl Johnson ( ) 6/20/2015 123
3. 475		Ryan Goldacker ( ) 5/14/2022 123.0

### **132 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 330		Daryl Johnson ( ) 2/18/17 126.8
2. 225		Rawn Prowell ( ) 11/17/18 128.6 Wrapped

### **132 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 195		Daryl Johnson ( ) 7/16/2016 125.8
2. 145		Rawn Prowell ( ) 11/17/18 128.6

### **132 Pound Men's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 420		Daryl Johnson ( ) 2/18/17 126.8
2. 405		Nathan Duda ( ) 5/21/2022 132.0
3. 300		Rawn Prowell ( ) 11/17/18 128.6

### **132 Pound Men's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 945		Daryl Johnson ( ) 2/18/17 126.8
2. 670		Rawn Prowell ( ) 11/17/18 128.6

**148 Pound Men's --- Squat**

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	415		Wayne Cook (3/20/96) 5/19/2018 145.4	Yes
2.	385		Anthony Meola (11/14/89) 2/2/2019 143.2	No
3.	345		Lucas Yankloski (9/30/97) 11/18/17 144.8	No
4.	320		Graham Leggat (5/24/95) 6/3/2017 144.2	No
5.	290		Alex Devine (4/16/97) 2/2/2019 147.8	No
6.	265		Michael Moore (6/8/66) 2/3/18 148.4	No
7.	255		Jacob Smith ( ) 5/19/2018 148.2	Yes
8.	205		Daniel Flynn (11/4/02) 8/26/2017 143.4	No
9.	190		Magnuss McVicar ( ) 2/18/2017 146.4	
10.	170		Mike Worboys ( ) 5/14/2022 138.4	No
11.	145		Kyle McDonigal ( ) 5/14/2022 148.5	No

**148 Pound Men's --- Bench Press**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	265		Anthony Meola (11/14/89) 2/2/2019 143.2
2.	255		Wayne Cook (3/20/96) 11/18/17 146.2
3.	235		Lucas Yankloski (9/30/97) 11/18/17 144.8
4.	235		Michael Moore (6/8/66) 2/3/18 148.4
5.	225		Alex Devine (4/16/97) 2/2/2019 147.8
6.	225		Joseph Crabbe ( ) 7/31/2021 146.9
7.	215		Graham Leggat (5/24/95) 6/3/2017 144.2
8.	175		Jacob Smith ( ) 5/19/2018 148.2
9.	170		Magnuss McVicar ( ) 2/18/2017 146.4
10.	160		Daniel Flynn (11/4/02) 8/26/2017 143.4
11.	135		Kyle McDonigal ( ) 5/14/2022 148.5
12.	115		Mike Worboys ( ) 5/14/2022 138.4
13.	95		Chris Krebs ( ) 5/24/2022 147.4
14.	60		Trent Bryson ( ) 3/13/2021

### **148 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	475		Wayne Cook (3/20/96) 11/18/17 146.2
2.	455		Anthony Meola (11/14/89) 2/2/2019 143.2
3.	430		Joseph Crabbe ( ) 5/21/2022 147.9
4.	405		Lucas Yankloski (9/30/97) 11/18/17 144.8
5.	390		Alex Devine (4/16/97) 2/2/2019 147.8
6.	320		Jacob Smith ( ) 5/19/2018 148.2
7.	310		Magnuss McVicar ( ) 2/18/2017 146.4
8.	305		Daniel Flynn (11/4/02) 8/26/2017 143.4
9.	325		Michael Moore (6/8/66) 2/3/18 148.4
10.	285		Graham Leggat (5/24/95) 6/3/2017 144.2
11.	230		Mike Worboys ( ) 5/14/2022 138.4
12.	200		Kyle McDonigal ( ) 5/14/2022 148.5
13.	165		Trent Bryson ( ) 3/13/2021
14.	135		Chris Krebs ( ) 5/24/2022 147.4

### **148 Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1105		Anthony Meola (11/14/89) 2/2/2019 143.2
2.	1095		Wayne Cook (3/20/96) 11/18/17 146.2
3.	985		Lucas Yankloski (9/30/97) 11/18/17 144.8
4.	905		Alex Devine (4/16/97) 2/2/2019 147.8
5.	825		Michael Moore (6/8/66) 2/3/18 148.4
6.	820		Graham Leggat (5/24/95) 6/3/2017 144.2
7.	750		Jacob Smith ( ) 5/19/2018 148.2
8.	670		Magnuss McVicar ( ) 2/18/2017 146.4
9.	670		Daniel Flynn (11/4/02) 8/26/2017 143.4
10.	515		Mike Worboys ( ) 5/14/2022 138.4
11.	480		Kyle McDonigal ( ) 5/14/2022 148.5

### 165 Pound Men's --- Squat

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	525		Anthony Pirie (2/5/92) 11/18/2017 163.2	Yes
2.	510		James Wells (1/18/95) 11/16/2019 163.8	Yes
3.	450		John Wells ( ) 6/20/2015	
4.	435		Joe Rosato ( ) 3/27/2021 165.1	Yes
5.	430		Frank Meola (7/21/92) 2/2/2019 163.6	Yes
6.	430		Lucas Yankloski (9/30/97) 2/2/2019 162.2	No
7.	415		Aaron Bennett (10/18/93) 2/2/2019 164.4	Yes
8.	405		David Cangialosi Jr (9/11/91) 164.4	No
9.	405		James Nowack (7/11/96) 2/2/2019 163.0	No
10.	385		Ezequiel Ortiz ( ) 2/18/2017 163.6	Yes
11.	380		Joseph Falcone (3/6/99) 11/20/2021	No
12.	375		Marion Hebert ( ) 2/18/2017 163.8	
13.	370		Daniel Pelow (10/4/89) 2/3/18 162.8	No
14.	360		Eddie Lianos ( ) 3/27/2021 165	
15.	355		Santana Deanda (11/29/97) 11/18/2017 160.2	
16.	350		Stephen Caserta ( ) 11/21/2015	
17.	350		Jonah Geremiah (10/16/95) 2/3/18	Yes
18.	350		James Benedict (4/9/05) 5/19/18 162.6	Yes
19.	335		Ryan Dieffenderfer (1/28/90) 1/30/2021 165.2	
20.	330		Zachary Szigeti (7/20/01 ) 8/4/2018 165.2	
21.	325		Jon Caldwell ( ) 6/20/2015	

### 165 Pound Men's --- Bench Press

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	350		James La Tray ( ) 6/18/2016, 165.2
2.	345		Aaron Bennett (10/18/93) 2/2/2019 164.4
3.	335		John Wells ( ) 6/20/2015
4.	330		James Wells (1/18/95) 11/16/2019 163.8
5.	315		David Cangialosi Jr. (9/11/91) 11/18/2017 163.0
6.	315		Joseph Rosato Jr. ( ) 7/31/2021 164.4
7.	305		Anthony Pirie (2/5/92) 11/18/2017 163.2
8.	290		Dylan Molchanoff ( ) 11/21/2015
9.	290		Eddie Llanos ( ) 7/31/2021 165.1
10.	285		Paul Mallette (3/9/95) 11/18/17 157.8
11.	285		Daniel Pelow (10/4/89) 2/3/18 162.8
12.	285		Lucas Yankloski ( ) 5/19/2018 161.4
13.	285		Joe Rosato ( ) 3/27/2021 165.1
14.	275		Marion Hebert ( ) 2/18/2017 163.8
15.	275		Anthony Sciametti (2/13/97) 6/3/2017 163.4
16.	275		Santana Deanda (11/29/97) 11/18/2017 160.2
17.	275		Jonah Geremiah (10/16/95) 2/3/18
18.	275		Frank Meola (7/21/92) 2/2/2019 163.6
19.	275		Joseph Falcone (3/6/99) 11/20/2021
20.	265		Ezequiel Ortiz ( ) 2/18/2017 163.6

### **165 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	575		Jonah Geremiah (10/16/95) 2/3/18
2.	545		Anthony Pirie (2/5/92) 11/18/2017 163.2
3.	535		Joseph Rosato Jr. ( ) 7/31/2021 164.4
4.	525		Jacob Meola ( ) 5/21/2022 164.2
5.	515		John Wells ( ) 6/20/2015
6.	505		Aaron Bennett (10/18/93) 2/2/2019 164.4
7.	500		Joe Rosato ( ) 3/27/2021 165.1
8.	495		Frank Meola (7/21/92) 2/2/2019 163.6
9.	475		David Cangialosi Jr (9/11/91) 164.4
10.	475		Lucas Yankloski (9/30/97) 2/2/2019 162.2
11.	475		James Wells (1/18/95) 11/16/2019 163.8
12.	475		Eddie Llanos ( ) 7/31/2021 165.1
13.	465		John Martucelli ( ) 2/18/2017 161.8
14.	460		Joseph Falcone (3/6/99) 11/20/2021
15.	455		Anthony Sciametti ( ) 2/18/2017 158.8
16.	450		Santana Deanda (11/29/97) 11/18/2017 160.2
17.	435		Daniel Pelow (10/4/89) 2/3/18 162.8
18.	435		James Nowack (7/11/96) 2/2/2019 163.0
19.	430		James Benedict (4/9/02) 11/18/07 162.2
20.	425		Stephen Caserta ( ) 11/21/2015

### **165 Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1375		Anthony Pirie (2/5/92) 11/18/2017 163.2
2.	1315		James Wells (1/18/95) 11/16/2019 163.8
3.	1300		John Wells ( ) 6/20/2015
4.	1265		Aaron Bennett (10/18/93) 2/2/2019 164.4
5.	1230		Joe Rosato ( ) 3/27/2021 165.1
6.	1200		Jonah Geremiah (10/16/95) 2/3/18
7.	1200		Frank Meola (7/21/92) 2/2/2019 163.6
8.	1185		David Cangialosi Jr (9/11/91) 164.4
9.	1185		Lucas Yankloski (9/30/97) 2/2/2019 162.2
10.	1115		Joseph Falcone (3/6/99) 11/20/2021
11.	1090		Daniel Pelow (10/4/89) 2/3/18 162.8
12.	1085		Santana Deanda (11/29/97) 11/18/2017 160.2
13.	1065		Ezequiel Ortiz ( ) 2/18/2017 163.6
14.	1065		James Nowack (7/11/96) 2/2/2019 163.0
15.	1055		Marion Hebert ( ) 2/18/2017 163.8
16.	1045		Eddie Llanos ( ) 3/27/2021 165
17.	1025		John Martucelli ( ) 2/18/2017 161.8
18.	965		Jon Caldwell ( ) 6/20/2015
19.	965		James Benedict (4/9/05) 5/19/18 162.6
20.	940		Zachary Szigeti (7/20/01 ) 8/4/2018 165.2



### **181 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	730	Anthony Hobaica ( ) 11/05/2016 179.6 wrapped
2.	710	Marcus Morris ( ) 11/18/2017 181.4 wrapped
3.	650	Joe Ryan (7/1/91) 11/16/2019 180.6 wrapped
4.	550	Christian Garcilazo (5/14/1992) 180.2
5.	505	Ted de Ment ( ) 11/05/2016 180.2
6.	500	Ethan Teller (11/10/03) 3/26/2022 180.2 wrapped
7.	495	Noah Urbanski (7/15/99) 11/16/2019 180.6
8.	485	Darren McGreevy ( ) 11/17/18 179.8
9.	460	Jason Irorio ( ) 11/05/2016 180.6 wrapped
10.	455	Matt Baio ( ) 5/19/2018 180.2
11.	450	Anthony Kite ( ) 11/05/2016 178.6
12.	445	Steve Grosso ( ) 6/20/2015
13.	440	Adam Perkel (9/30/1990) 176.8
14.	435	Jonah Jeremiah ( ) 6/20/2015
15.	430	Evan Stone (10/12/00) 5/19/2018 179.6 wrapped
16.	430	Michael Cellini ( ) 11/17/18 181.0
17.	430	Andrew Clark ( ) 3/27/2021 178.2 wrapped
18.	425	John Martucelli (5/29/97) 8/26/2017 178.4
19.	425	Jacob Topple ( ) 11/17/2018 178.0
20.	415	Ryan Morse (7/14/92) 8/4/2018 178.6

### **181 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	485	Anthony Hobaica ( ) 11/05/2016 179.6
2.	430	Joe Ryan (7/1/91) 11/16/2019 180.6
3.	385	Matthew Sullivan ( ) 11/21/2015
4.	385	James La Tray ( ) 6/20/2015
5.	365	Michael Walley (7/1/95) 11/18/2017 181.6
6.	365	Marcus Morris ( ) 11/18/2017 181.4
7.	345	Anthony Kite ( ) 11/05/2016 178.6
8.	340	Christian Garcilazo (5/14/1992) 180.2
9.	335	Ryan Mellish( ) 8/26/2017 170.8
10.	325	Matt Baio ( ) 5/19/2018 180.2
11.	325	Darren McGreevy ( ) 11/17/18 179.8
12.	325	Noah Urbanski (7/15/99) 11/16/2019 180.6
13.	320	Adam Perkel (9/30/1990) 176.8
14.	315	Joseph Pancari ( ) 11/05/2016 175.6
15.	315	Anthony Franco ( ) 3/27/2021 179.3
16.	310	Jonah Jeremiah ( ) 6/20/2015
17.	310	Andrew Clark ( ) 7/31/2021 180.4
18.	300	Jimmie Abraham (3/28/94) 11/18/2017 180.0
19.	300	Alex Carbone (4/27/73) 11/21/2020 176.0
20.	300	Ethan Teller (11/10/03) 3/26/2022 180.2

### **181 Pound Men's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 685		Anthony Hobaica ( ) 11/05/2016 179.6
2. 670		Marcus Morris ( ) 11/18/2017 181.4
3. 595		Noah Urbanski (7/15/99) 11/16/2019 180.6
4. 575		Christian Garcilazo ( ) 5/19/2018 180.0
5. 570		Jimmie Abraham (3/28/94) 11/18/2017 180.0
6. 565		Jonah Geremiah ( ) 6/20/2015
7. 560		Michael Cellini ( ) 11/17/18 181.0
8. 555		Andrew Clark ( ) 7/31/2021 180.4
9. 550		Evan Stone (10/12/00) 5/19/2018 179.6
10. 545		John Martucelli (5/29/97) 8/26/2017 178.4
11. 545		Alex Carbone (4/27/73) 11/21/2020 176.0
12. 535		Harley Wright ( ) 7/31/2021 179.5
13. 530		Jacob Topple ( ) 11/17/2018 178.0
14. 530		Darren McGreevy ( ) 11/17/18 179.8
15. 530		Jack Longo ( ) 5/21/2022 177.8
16. 525		Anthony Kite ( ) 11/05/2016 178.6
17. 525		Joe Ryan (7/1/91) 11/16/2019 180.6
18. 520		Harry Williams ( ) 5/21/2022 181.0
19. 505		Matthew Barnell ( ) 5/19/2018 175.8
20. 505		Mick Deshpande (11/8/02) 3/26/2022 175.0

### **181 Pound Men's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1900		Anthony Hobaica ( ) 11/05/2016 179.6
2. 1745		Marcus Morris ( ) 11/18/2017 181.4
3. 1605		Joe Ryan (7/1/91) 11/16/2019 180.6
4. 1440		Christian Garcilazo (5/14/1992) 180.2
5. 1415		Noah Urbanski (7/15/99) 11/16/2019 180.6
6. 1380		Christian Garcilazo ( ) 5/19/2018 180.0
7. 1340		Darren McGreevy ( ) 11/17/18 179.8
8. 1320		Anthony Kite ( ) 11/05/2016 178.6
9. 1280		Jonah Geremiah ( ) 6/20/2015
10. 1280		Matt Baio ( ) 5/19/2018 180.2
11. 1275		Jimmie Abraham (3/28/94) 11/18/2017 180.0
12. 1275		Ethan Teller (11/10/03) 3/26/2022 180.2
13. 1265		John Martucelli (5/29/97) 8/26/2017 178.4
14. 1265		Michael Cellini ( ) 11/17/18 181.0
15. 1240		Adam Perkel (9/30/1990) 176.8
16. 1230		Michael Walley (7/1/95) 11/18/2017 181.6
17. 1230		Alex Carbone (4/27/73) 11/21/2020 176.0
18. 1215		Andrew Clark ( ) 3/27/2021 178.2
19. 1200		Evan Stone (10/12/00) 5/19/2018 179.6
20. 1200		Jacob Topple ( ) 11/17/2018 178.0

### 198 Pound Men's --- Squat

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	725	Akeel Gaines (10/6/82) 8/26/2017 195	Yes
2.	625	Joshua Hunt (4/12/82) 11/20/2021 197.4	Yes
3.	575	Daniel Predmore ( ) 11/05/2016 195.6	
4.	565	Damir Hadzalic (5/28/92) 197.4	Yes
5.	565	Justin Grygas (9/13/83) 7/13/2019 197.2	Yes
6.	540	Sa-id Shakir ( ) 11/21/2015	
7.	540	Craig Recore ( ) 11/21/2015	
8.	540	Blaine Stottlar (6/2/92) 7/13/2019	Yes
9.	500	Mike Cellini (9/23/97) 5/18/2019 190.4	
10.	490	Nick Reyes ( ) 3/26/2022 195.0	
11.	480	Brian Nguyen ( ) 11/21/2015	
12.	475	Calvin Halfacre (10/8/95) 6/3/2017 197.4	Yes
13.	470	Collin Stirpe (9/28/94) 5/18/2019 192.8	
14.	465	Nicholas Dale (8/9/93) 7/73/2019	Yes
15.	460	Stephen Marx ( ) 11/21/2015	
16.	460	Andrew Koch (2/4/97) 5/18/2019 195.8	
17.	460	Nick Labella ( ) 3/27/2021 195.9	No
18.	455	Darren McGreevy ( ) 11/05/2016 196.8	
19.	450	Joshua Davidson ( ) 11/21/2015	
20.	450	William Scholl (5/6/63) 6/3/2017 195.2	Yes

### 198 Pound Men's --- Bench Press

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	435		Akeel Gaines (10/6/82) 8/26/2017 195
2.	430		Jose Graham ( ) 6/18/2016, 197.4
3.	415		Joshua Hunt (4/12/82) 11/20/2021 197.4
4.	410		Chris Soullas ( ) 5/18/2019 196.2
5.	405		Kelvin Melton II (8/13/90) 1/30/2021 196.8
6.	380		Daniel Predmore ( ) 11/05/2016 195.6
7.	375		Justin Grygas (9/13/83) 7/13/2019
8.	355		Josh Dern ( ) 6/20/2015
9.	355		Nick Reyes ( ) 3/26/2022 195.0
10.	350		Craig Recore ( ) 11/21/2015
11.	350		Tim Coe (4/21/92) 11/18/2017 195.4
12.	350		Andrew Koch (2/4/97) 5/18/2019 195.8
13.	340		Sa-id Shakir ( ) 11/21/2015
14.	340		Darren McGreevy ( ) 11/05/2016 196.8
15.	340		Alex Carbone ( ) 3/27/2021 195.3
16.	340		Brendan Schultz ( ) 3/27/2021 197.2
17.	335		Teddy McBride ( ) 6/20/2015
18.	335		Christopher Cumberbatch (9/20/79) 11/18/17
19.	335		Damir Hadzalic (5/28/92) 11/18/2017 196.8
20.	330		Stephen Marx ( ) 11/21/2015

### **198 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	675		Akeel Gaines (10/6/82) 5/19/2018 195.6
2.	665		Jack DeMinno ( ) 5/21/2022 198.0
3.	650		Sa-id Shakir ( ) 11/21/2015
4.	640		Kelvin Melton II (8/13/90) 1/30/2021 196.8
5.	635		Craig Recore ( ) 11/21/2015
6.	635		Brendan Schultz ( ) 3/27/2021 197.2
7.	630		Chris Soullas ( ) 5/18/2019 196.2
8.	610		Collin Stirpe (9/28/94) 5/18/2019 192.8
9.	600		Alex Carbone ( ) 7/31/2021 196.3
10.	585		Andrew Koch (2/4/97) 5/18/2019 195.8
11.	575		Mike Cellini (9/23/97) 5/18/2019 190.4
12.	570		Daniel Predmore ( ) 11/21/2015
13.	570		Ahmed Zahirovic ( ) 5/12/2022 191.6
14.	565		Justin Grygas (9/13/83) 7/13/2019 197.2
15.	565		Tim Coe (4/21/92) 5/18/2019 198.2
16.	565		Nick Labella ( ) 3/27/2021 195.9
17.	555		Damir Hadzalic (5/28/92) 11/18/2017 196.8
18.	555		Blaine Stottlar (6/2/92) 7/13/2019
19.	555		Joshua Hunt (4/12/82) 11/20/2021 197.4
20.	550		Teddy McBride ( ) 6/20/2015

### **198 Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1820		Akeel Gaines (10/6/82) 8/26/2017 195
2.	1595		Joshua Hunt (4/12/82) 11/20/2021 197.4
3.	1530		Sa-id Shakir ( ) 6/20/2015
4.	1525		Craig Recore ( ) 11/21/2015
5.	1510		Daniel Predmore ( ) 11/21/2015
6.	1505		Justin Grygas (9/13/83) 7/13/2019 197.2
7.	1455		Chris Soullas ( ) 5/18/2019 196.2
8.	1425		Damir Hadzalic (5/28/92) 11/18/2017 196.8
9.	1395		Andrew Koch (2/4/97) 5/18/2019 195.8
10.	1380		Collin Stirpe (9/28/94) 5/18/2019 192.8
11.	1365		Nick Reyes ( ) 3/26/2022 195.0
12.	1360		Mike Cellini (9/23/97) 5/18/2019 190.4
13.	1345		Calvin Halfacre (10/8/95) 6/3/2017 197.4
14.	1345		Blaine Stottlar (6/2/92) 7/13/2019
15.	1330		Stephen Marx ( ) 11/21/2015
16.	1315		Nick Labella ( ) 3/27/2021 195.9
17.	1300		Darren McGreevy ( ) 11/05/2016 196.8
18.	1290		Nick Labella ( ) 3/27/2021 195.9
19.	1285		Josh Dern ( ) 6/20/2015
20.	1285		Brian Nguyen ( ) 11/21/2015

## **220 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	700	Adam Ferchen ( ) 6/20/2015	
2.	700	Jeremy Hillyard ( ) 11/21/2015	
3.	675	Jose Rodriguez (8/4/95) 11/16/2019	Yes
4.	685	Sa-id Shakir ( ) 11/05/2016 217.4	
5.	685	Durell Cull (3/21/86) 8/4/2018 218.6	Yes
6.	665	Mark Chieco ( ) 11/05/2016 219.8	
7.	640	Dan Predmore (6/1/94) 8/26/2017 213.2	Yes
8.	635	Robert Saeva ( ) 11/21/2015	
9.	625	Joe Casero ( ) 11/05/2016 218.2	
10.	620	Kyle Sheridan (11/8/89) 5/18/2018 216.4	No
11.	615	Ed DiBari (10/18/67) 11/16/2019 220.0	Yes
12.	585	Chris Caban (8/3/93) 7/13/2019 198.2	No
13.	575	Brandon Curry /( ) 5/19/2018 218.4	Yes
14.	570	Alex Seamans (7/23/95) 6/3/2017 214.2	Yes
15.	570	Blaine Stottler ( ) 3/27/2021 200.1	No
16.	570	Nick LaBella (6/19/98) 3/26/2022 216.6	Yes
17.	565	Dom Gonzalez ( ) 2/18/2017 220.2	Yes
18.	565	Jason Goracy (4/23/85) 11/21/2020 217.6	Yes
19.	550	Mike Johnson ( ) 11/17/18 214.8	Yes
20.	550	Darren McGreevy ( ) 3/27/2021 216.2	Yes

## **220 Pound Men's --- Bench Press**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	530		Mark Chieco ( ) 11/05/2016 219.8
2.	485		Durell Cull (3/21/86) 2/3/2018 218.8
3.	450		Scott Rowe ( ) 6/20/2015
4.	440		Kris Dulmer ( ) 11/21/2015
5.	435		Adam Ferchen ( ) 6/20/2015
6.	430		Geoff Roberts ( ) 7/31/2021
7.	420		Jose Rodriguez (8/4/95) 11/16/2019
8.	420		Matt Nagurney ( ) 3/27/2021 218.0
9.	420		Fredrick Bevacqua (8/12/94) 3/26/2022 216.6
10.	415		Thomas DiCarlo ( ) 11/5/2016 209.0
11.	415		Ed DiBari (10/18/67) 11/16/2019 220.0
12.	410		Dan Predmore (6/1/94) 8/26/2017 213.2
13.	400		Jason Goracy ( ) 7/31/2021 217.8
14.	380		Adam Struppler ( ) 11/21/2015
15.	380		Judd Long ( ) 11/7/2020 216
16.	380		Haidon Moran (4/5/2004) 3/12/2022 217
17.	385		Robert Saeva ( ) 11/18/2017 220.2
18.	380		Jason Goracy ( ) 3/27/2021 219.2
19.	375		Luke Bright ( ) 6/20/2015
20.	375		Alexander Mix (5/23/86) 11/18/2017 203.2

## 220 Pound Men's --- Deadlift

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	770		Kyle Sheridan (11/8/89) 5/18/2018 216.4
2.	770		Lucas Johnson ( ) 7/31/2021 218.3
3.	710		Durell Cull (3/21/86) 2/3/2018 218.8
4.	705		Geoff Roberts ( ) 7/31/2021
5.	700		Adam Ferchen ( ) 6/20/2015
6.	660		Luke Bright ( ) 6/20/2015
7.	650		Robert Saeva ( ) 11/21/2015
8.	650		Sa-id Shakir ( ) 11/05/2016 217.4
9.	650		Nick Labella ( ) 5/21/2022 213.1
10.	640		Chris Caban (8/3/93) 7/13/2019 198.2
11.	630		Mynor Gonzalez ( ) 5/19/2018 219.4
12.	625		Joe Casero ( ) 11/05/2016 218.2
13.	625		Brian Skelly ( ) 2/18/2017 205.6
14.	625		Mitchell Griffen ( ) 7/31/2021 209.1
15.	620		Blaine Stottlar ( ) 5/21/2022 208.2
16.	615		Mark Chieco ( ) 11/05/2016 219.8
17.	615		Brandon Curry ( ) 5/19/2018 218.4
18.	615		Jack DelMinno ( ) 3/27/2021 199.3
19.	615		Fredrick Bevacqua (8/12/94) 3/26/2022 216.6
20.	600		Dom Gonzalez ( ) 2/18/2017 220.2

## 220 Pound Men's --- Total

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1865		Durell Cull (3/21/86) 2/3/2018 218.8
2.	1835		Adam Ferchen ( ) 6/20/2015
3.	1810		Mark Chieco ( ) 11/05/2016 219.8
4.	1750		Kyle Sheridan (11/8/89) 5/18/2018 216.4
5.	1695		Jose Rodriguez (8/4/95) 11/16/2019
6.	1685		Sa-id Shakir ( ) 11/05/2016 217.4
7.	1665		Robert Saeva ( ) 11/21/2015
8.	1615		Ed DiBari (10/18/67) 11/16/2019 220.0
9.	1605		Joe Casero ( ) 11/05/2016 218.2
10.	1600		Jeremy Hillyard ( ) 11/21/2015
11.	1600		Dan Predmore (6/1/94) 8/26/2017 213.2
12.	1555		Brandon Curry ( ) 5/19/2018 218.4
13.	1555		Fredrick Bevacqua (8/12/94) 3/26/2022 216.6
14.	1530		Chris Caban (8/3/93) 7/13/2019 198.2
15.	1520		Dom Gonzalez ( ) 2/18/2017 220.2
16.	1520		Jason Goracy (4/23/85) 11/21/2020 217.6
17.	1510		Kris Dulmer ( ) 11/05/2016 220.2
18.	1510		Alex Seamans (7/23/95) 6/3/2017 214.2
19.	1470		Brian Skelly ( ) 2/18/2017 205.6
20.	1470		Jason Goracy ( ) 3/27/2021 219.2

## **242 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	800	Mark Chieco (8/30/77) 5/19/2018 238.4	Yes
2.	775	Dan Predmore (6/1/94) 5/18/2019 231.2	Yes
3.	740	Julian Alessi (3/30/87) 4/3/2021 239.8	Yes
4.	725	Joshua Walker ( ) 11/17/18 238.8	Yes
5.	725	Zachariah Mauro (4/3/91) 11/21/2020 241.0	Yes
6.	725	Mark Chieco ( ) 3/27/2021 239.8	Yes
7.	715	Kyle Sheridan ( ) 11/21/2015	
8.	700	Luigi Fagiani ( ) 6/20/15	
9.	700	Durell Cull (3/21/86) 7/13/2019 240.8	Yes
10.	695	Luke Graham ( ) 3/27/2021 239.0	Yes
11.	675	Brian Devins (7/5/87) 11/21/2020 235.0	Yes
12.	675	Anthony Jackson (12/7/92) 11/21/2020 241.2	Yes
13.	675	Adam Stewart ( ) 3/27/2021 235.1	Yes
14.	615	Ethan Dreiblatt (2/12/96) 7/13/2019 238.2	Yes
15.	615	Andy Mucica ( ) 3/27/2021 231.8	Yes
16.	600	Alex Alexander ( ) 11/21/2015	
17.	600	Vinny Cotroupe (12/3/95) 3/26/2022 241.0	Yes
18.	590	Ryan Robertson (2/19/01) 11/16/2019 239.0	Yes
19.	575	Eddie Wilson ( ) 11/21/2015	
20.	575	Ryan Hannon ( ) 2/18/2017 241.2	Yes

## **242 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	575	Mark Chieco (8/30/77) 5/19/2018 238.4
2.	500	Durell Cull (3/21/86) 7/13/2019 240.8
3.	475	Dan Predmore (6/1/94) 5/18/2019 231.2
4.	450	Anthony Jackson (12/7/92) 11/21/2020 241.2
5.	445	Alex Alexander ( ) 11/21/2015
6.	440	Luigi Fagiani ( ) 6/20/15
7.	440	Joshua Walker ( ) 11/17/18 238.8
8.	435	Julian Alessi (3/30/87) 4/3/2021 239.8
9.	430	Ryan Hannon ( ) 2/18/2017 241.2
10.	430	Kris Dulmer (7/8/75) 2/3/18 236.8
11.	425	Matt Nagurney ( ) 7/31/2021 223.4
12.	415	James La Grange ( ) 7/16/2016 240.8
13.	415	Luke Graham ( ) 3/27/2021 239.0
14.	410	Ted Damiano (5/15/86) 5/18/2019 238.2
15.	410	Ed Dibari ( ) 7/31/2021 234.0
16.	405	Romie Sigmon III ( ) 11/21/2015
17.	405	Ted Damiano ( ) 5/19/2018 233.8
18.	405	Dustin Taubert (7/8/93) 8/4/2018 237.2
19.	405	Ethan Dreiblatt (2/12/96) 7/13/2019 238.2
20.	400	Eddie Wilson ( ) 11/21/2015

## **242 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	800		Luigi Fagiani ( ) 6/20/15
2.	755		Luke Graham ( ) 3/27/2021 239.0
3.	740		Alex Alexander ( ) 5/21/2022 242.1
4.	735		Adam Stewart (3/15/92) 3/26/2022 235.8
5.	715		Brian Devins (7/5/87) 11/21/2020 235.0
6.	710		Durell Cull (3/21/86) 5/21/2022 239.7
7.	705		Kyle Sheridan ( ) 11/21/2015
8.	700		Ryan Hannon ( ) 2/18/2017 241.2
9.	700		Jared Clark ( ) 5/19/2018 268.4
10.	660		Eddie Wilson ( ) 11/21/2015
11.	670		Ethan Dreiblatt (2/12/96) 7/13/2019 238.2
12.	660		Mark Chieco (8/30/77) 5/19/2018 238.4
13.	660		Andy Mucica ( ) 3/27/2021 231.8
14.	645		Julian Alessi (3/30/87) 4/3/2021 239.8
15.	640		Vinny Cotroupe (12/3/95) 3/26/2022 241.0
16.	635		Joshua Walker ( ) 11/17/18 238.8
17.	635		Ryan Robertson (2/19/01) 11/16/2019 239.0
18.	635		Zachariah Mauro (4/3/91) 11/21/2020 241.0
19.	625		Benford Henry ( ) 2/18/2017 230.2
20.	625		Thomas Coene (1/24/98) 6/3/2017 235.4

## **242 Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	2035		Mark Chieco (8/30/77) 5/19/2018 238.4
2.	1940		Luigi Fagiani ( ) 6/20/15
3.	1900		Durell Cull (3/21/86) 7/13/2019 240.8
4.	1880		Mark Chieco ( ) 3/27/2021 239.8
5.	1865		Luke Graham ( ) 3/27/2021 239.0
6.	1820		Julian Alessi (3/30/87) 4/3/2021 239.8
7.	1805		Kyle Sheridan ( ) 11/21/2015
8.	1800		Joshua Walker ( ) 11/17/18 238.8
9.	1780		Brian Devins (7/5/87) 11/21/2020 235.0
10.	1775		Alex Alexander ( ) 11/21/2015
11.	1775		Adam Stewart (3/15/92) 3/26/2022 235.8
12.	1745		Zachariah Mauro (4/3/91) 11/21/2020 241.0
13.	1705		Ryan Hannon ( ) 2/18/2017 241.2
14.	1700		Anthony Jackson (12/7/92) 11/21/2020 241.2
15.	1650		Andy Mucica ( ) 3/27/2021 231.8
16.	1635		Eddie Wilson ( ) 11/21/2015
17.	1605		Vinny Cotroupe (12/3/95) 3/26/2022 241.0
18.	1590		Ethan Dreiblatt (2/12/96) 7/13/2019 238.2
19.	1575		Ryan Robertson (2/19/01) 11/16/2019 239.0
20.	1545		Ted Damiano (5/15/86) 5/18/2019 238.2



## **275 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	
1.	900	Mike Lackey ( ) 5/19/2018 266.8	Yes
2.	840	Sean Green ( ) 5/19/2018 269.8	Yes
3.	810	Bob Merkh ( ) 5/19/2018 257.0	Yes
4.	700	Erik Schiferle (2/17/91) 8/4/2018 275.2	Yes
5.	675	Mark Chieco (8/7/77) 1/30/2021 265.0	Yes
6.	665	Jeff Sobol ( ) 2/18/2017 273.4	Yes
7.	660	Adam Williams ( ) 6/20/2015	
8.	660	Marc-Antoine Provost-Dourekas (2/4/91) 5/18/2019	Yes
9.	660	Ted Damiano (5/15/86) 3/27/2021 257.2	Yes
10.	630	Shane Hachey (2/10/91) 8/26/2017 261.8	Yes
11.	610	Christopher Moro (8/18/86) 3/27/2021 273.8	No
12.	605	Mike Garofalo ( ) 2/18/2017 274.6	Yes
13.	605	Vincent LaGuardia (8/25/95) 3/26/2022 266.6	Yes
14.	600	James Farina (12/30/78) 11/21/2020 275	Yes
15.	585	Keith Caton ( ) 5/19/2018 263.6	
16.	585	Anthony Piccione (6/1/82) 3/26/2022 263.6	No
17.	565	Phillip Fletcher (12/4/68) 7/13/2019	Yes
18.	550	Joshua Walker (9/6/86) 2/3/18 251.0	No
19.	540	Zach Sugrue (4/26/95) 11/21/2020 248.2	No
20.	535	Anthony Altieri (1/10/02) 3/26/2022 254.6	No

## **275 Pound Men's --- Bench Press**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	550		Mike Lackey ( ) 5/19/2018 266.8
2.	540		Mike Garofalo ( ) 2/18/2017 274.6
3.	510		Mark Chieco (8/7/77) 7/31/2021 252.3
4.	500		Robb Francis ( ) 6/20/2015
5.	500		Jason Weaver (4/27/76) 8/26/2017 273.0
6.	500		James Farina (12/30/78) 11/21/2020 275
7.	465		Shane Hachey ( ) 5/19/2018
8.	460		Derek Keiser ( ) 7/25/2020 275.0
9.	455		Bob Merkh ( ) 5/19/2018 257.0
10.	450		Erik Balogh (7/13/71) 7/31/2021 266.7
11.	450		Christopher Moro (8/18/86) 11/20/2021 265.8
12.	445		Jeff Sobol ( ) 2/18/2017 273.4
13.	445		Josh Everson ( ) 3/27/2021 259.2
14.	440		Lou Rappa ( ) 11/05/2016 282.0
15.	440		Sean Green ( ) 5/19/2018 269.8
16.	435		Joshua Walker (9/6/86) 2/3/18 251.0
17.	425		Jim LaGrange ( ) 6/20/2015
18.	425		Jason Kuhar ( ) 3/13/2021
19.	425		Ted Damiano (5/15/86) 3/27/2021 257.2

## **275 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	870		Sean Green ( ) 5/19/2018 269.8
2.	805		Rob Washburn ( ) 7/31/2021 271.5
3.	800		Mike Lackey ( ) 5/19/2018 266.8
4.	700		Bob Merkh ( ) 5/19/2018 257.0
5.	700		Erik Schiferle (2/17/91) 8/4/2018 275.2
6.	690		Jason Weaver (4/27/76) 8/26/2017 273.0
7.	685		Jared Clark ( ) 7/31/2021 272.8
8.	675		Ted Damiano ( ) 5/21/2022 266.6
9.	665		Jeff Sobol ( ) 2/18/2017 273.4
10.	660		Shane Hachey ( ) 5/19/2018
11.	660		Christopher Moro (8/18/86) 11/20/2021 265.8
12.	650		Mike Garofalo ( ) 2/18/2017 274.6
13.	640		Keith Caton ( ) 5/19/2018 263.6
14.	640		Jose Dos Santos (1/8/98) 11/21/2020 261.2
15.	640		Josh Everson ( ) 7/31/2021 252.2
16.	630		Brian Nguyen (9/22/99) 11/18/2017 270.8
17.	625		Travis Redeye ( ) 3/13/2021
18.	620		Zach Sugrue (4/26/95) 11/21/2020 248.2
19.	615		Anthony Piccione ( ) 3/27/2021 263.9
20.	610		Marc-Antoine Provost-Dourekas (2/4/91) 5/18/2019

## **275 Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	2250		Mike Lackey ( ) 5/19/2018 266.8
2.	2150		Sean Green ( ) 5/19/2018 269.8
3.	1975		Jason Weaver (4/27/76) 8/26/2017 273.0
4.	1965		Bob Merkh ( ) 5/19/2018 257.0
5.	1795		Mike Garofalo ( ) 2/18/2017 274.6
6.	1775		Jeff Sobol ( ) 2/18/2017 273.4
7.	1775		Erik Schiferle (2/17/91) 8/4/2018 275.2
8.	1765		Mark Chieco (8/7/77) 1/30/2021 265.0
9.	1750		Shane Hachey ( ) 5/19/2018
10.	1715		Christopher Moro (8/18/86) 11/20/2021 265.8
11.	1705		Ted Damiano (5/15/86) 3/27/2021 257.2
12.	1690		Brian Nguyen ( ) 11/05/2016 253.6
13.	1675		James Farina (12/30/78) 11/21/2020 275
14.	1635		Marc-Antoine Provost-Dourekas (2/4/91) 5/18/2019
15.	1585		Joshua Walker (9/6/86) 2/3/18 251.0
16.	1575		Keith Caton ( ) 5/19/2018 263.6
17.	1570		Jose Dos Santos (1/8/98) 11/21/2020 261.2
18.	1560		Zach Sugrue (4/26/95) 11/21/2020 248.2
19.	1555		Vincent LaGuardia (8/25/95) 3/26/2022 266.6
20.	1525		Anthony Altieri (1/10/02) 3/26/2022 254.6

### **308 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	905	Mike Lackey (12/7/92) 11/21/2020 288.1	Yes
2.	825	Jason Weaver (4/27/76) 5/19/2018 291.0	Yes
3.	755	Pat McNamera ( ) 3/27/2021 304.3	Yes
4.	585	Matt Krajacic ( ) 11/17/18 292.4	Yes
5.	580	Luke Marean (7/22/92) 11/18/2017 297.0	No
6.	550	Jeff Linton ( ) 6/20/2015	
7.	545	Mario Jellencich (7/12/77) 11/21/2020 280.4	Yes
8.	550	Alexander Pavlov (3/25/00) 11/16/2019 283.8	No
9.	480	Brandon Price (4/2/87) 11/20/2021 294.0	No
10.	450	Rob Gerling (11/25/86) 3/26/2022 280.6	No
11.	410	Michael Flynn (12/10/69) 7/13/2019 293.0	No
12.	375	Evan Ellis (6/17/93) 5/18/2019 297.6	No
13.	305	Jose Olivo (4/14/03) 7/13/2019 289.8	NO

### **308 Pound Men's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	580	Mike Lackey (12/7/92) 11/21/2020 288.1
2.	525	Jason Weaver (4/27/76) 5/19/2018 291.0
3.	450	Toni Balijagic (7/18/95) 7/31/2021 306.5
4.	440	Jeff Linton ( ) 6/20/2015
5.	440	Lou Rapa ( ) 11/5/2016 282.0
6.	430	Gary Thomas (8/1/67) 7/13/2019
7.	425	Chris Medlar (8/24/78) 11/21/2020 297.2
8.	425	Anthony Giffune ( ) 3/27/2021 289.2
9.	415	Pat McNamera ( ) 3/27/2021 304.3
10.	405	Mario Jellencich (7/12/77) 11/21/2020 280.4
11.	395	Glen Mucica ( ) 3/27/2021 307.0
12.	380	Rob Gerling (11/25/86) 3/26/2022 280.6
13.	350	Luke Marean ( ) 2/18/2017 289.0
14.	350	Alexander Pavlov (3/25/00) 11/16/2019 283.8
15.	345	Giles Cates ( ) 1/30/2021 286.8
16.	335	Matt Krajacic (4/26/88) 2/2/2019 288.0
17.	335	Michael Flynn (12/10/69) 11/20/2021 296.2
18.	320	Brandon Price (4/2/87) 11/20/2021 294.0
19.	280	Jose Olivo (4/14/03) 7/13/2019 289.8
20.	225	Kenny Hampe ( ) 3/13/2021
21.	210	Evan Ellis (6/17/93) 5/18/2019 297.6

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### 308 Pound Men's --- Deadlift

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 825		Mike Lackey (12/7/92) 5/21/2022 292.8
2. 755		Jason Weaver ( ) 5/19/2018 296.4
3. 735		Toni Balijagic (7/18/95) 7/31/2021 306.5
4. 725		Pete Knutsen ( ) 5/21/2022 296.0
5. 675		Alexander Pavlov (3/25/00) 11/16/2019 283.8
6. 670		Pat McNamera ( ) 3/27/2021 304.3
7. 660		Jeff Linton ( ) 6/20/2015
8. 650		Jared Clark ( ) 5/21/2022 288.6
9. 650		Anthony Giffune ( ) 5/21/2022 297.4
10. 620		Gary Thomas (8/1/67) 7/13/2019
11. 610		Matt Krajacic (4/26/88) 2/2/2019 288.0
12. 570		Luke Marean (7/22/92) 11/18/2017 297.0
13. 555		Mario Jellencich (7/12/77) 3/27/2021 307.4
14. 500		Glen Mucica ( ) 3/27/2021 307.0
15. 485		Brandon Price (4/2/87) 11/20/2021 294.0
16. 475		Evan Ellis (6/17/93) 5/18/2019 297.6
17. 475		Rob Gerling (11/25/86) 3/26/2022 280.6
18. 455		Michael Flynn (12/10/69) 11/20/2021 296.2
19. 435		Jose Olivo (4/14/03) 7/13/2019 289.8
20. 425		Kenny Hampe ( ) 3/13/2021

### 308 Pound Men's --- Total

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 2285		Mike Lackey (12/7/92) 11/21/2020 288.1
2. 2050		Jason Weaver (4/27/76) 5/19/2018 291.0
3. 1840		Pat McNamera ( ) 3/27/2021 304.3
4. 1650		Jeff Linton ( ) 6/20/2015
5. 1575		Alexander Pavlov (3/25/00) 11/16/2019 283.8
6. 1515		Matt Krajacic (4/26/88) 2/2/2019 288.0
7. 1490		Luke Marean (7/22/92) 11/18/2017 297.0
8. 1490		Mario Jellencich (7/12/77) 11/21/2020 280.4
9. 1305		Rob Gerling (11/25/86) 3/26/2022 280.6
10. 1285		Brandon Price (4/2/87) 11/20/2021 294.0
11. 1155		Michael Flynn (12/10/69) 7/13/2019 293.0
12. 1060		Evan Ellis (6/17/93) 5/18/2019 297.6
13. 1020		Jose Olivo (4/14/03) 7/13/2019 289.8

### **SHW Pound Men's --- Squat**

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	740		Pete Knutsen (4/25/1987) 318.0 wrapped
2.	700		Tony Egnoto ( ) 2/18/2017 347.0 wrapped
3.	700		Nicholas Lebreton (5/5/92) 3/26/2022 320.0 wrapped
4.	620		Toni Balijagic (7/18/85) 11/21/2020 314.4 wrapped
5.	610		Anthony Gifune (1/15/93) 11/21/2020 316.0
6.	600		Chris Andrews (9/22/87) 8/4/2018 249.2
7.	530		Richard Sprancmanis (5/21/96) 11/16/2019 321.2
8.	475		Mason Hawker (1/30/91) 11/16/2019 338.6
9.	450		Cliff Rodriguez (5/5/85) 3/26/2022 313.4
10.	315		Frank Bahamonde (12/18/79) 3/26/2022 325.0
11.	45		Dan Entress ( ) 5/14/2022 343.4

### **SHW Pound Men's --- Bench Press**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	480		Wyatt Lozano (5/12/2004) 4/3/2021 349.0
2.	450		Anthony Gifune (1/15/93) 11/21/2020 316.0
3.	435		Toni Balijagic (7/18/85) 11/21/2020 314.4
4.	430		Pete Knutsen (4/25/1987) 318.0
5.	425		Chris Andrews (9/22/87) 8/4/2018 249.2
6.	415		Nicholas Lebreton (5/5/92) 3/26/2022 320.0
7.	400		Richard Sprancmanis (5/21/96) 11/16/2019
8.	375		Tony Egnoto ( ) 2/18/2017 347.0
9.	360		Kevin Barrows ( ) 3/27/2021 330.0
10.	335		J.D. Freer ( ) 3/27/2021 350.0
11.	325		Mason Hawker (1/30/91) 11/16/2019 338.6
12.	315		Cliff Rodriguez (5/5/85) 3/26/2022 313.4
13.	275		Frank Bahamonde (12/18/79) 3/26/2022 325.0
14.	190		Dan Entress ( ) 5/14/2022 343.4
15.	175		Nick McRedmond (11/28/00) 5/14/2022 339.6

### **SHW Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	735		Pete Knutsen (4/25/1987) 318.0
2.	725		Tony Egnoto ( ) 2/18/2017 347.0
3.	700		Toni Balijagic (7/18/85) 11/21/2020 314.4
4.	635		Nicholas Lebreton (5/5/92) 3/26/2022 320.0
5.	615		Anthony Gifune (1/15/93) 11/21/2020 316.0
6.	600		Chris Andrews (9/22/87) 8/4/2018 249.2
7.	600		Gary Thomas ( ) 11/6/2021 340.0
8.	575		Richard Sprancmanis (5/21/96) 11/16/2019
9.	540		Brandon Price ( ) 5/21/2022 313.8
10.	535		Cliff Rodriguez (5/5/85) 3/26/2022 313.4
11.	525		Mason Hawker (1/30/91) 11/16/2019 338.6
12.	500		Glen Mucica ( ) 5/21/2022 312.1
13.	465		Frank Bahamonde (12/18/79) 3/26/2022 325.0
14.	455		Kevin Barrows ( ) 7/31/2021 364.5
15.	360		Nick McRedmond (11/28/00) 5/21/2022 339.6
16.	250		Dan Entress ( ) 5/14/2022 343.4

### **SHW Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1905		Pete Knutsen (4/25/1987) 318.0
2.	1800		Tony Egnoto ( ) 2/18/2017 347.0
3.	1755		Toni Balijagic (7/18/85) 11/21/2020 314.4
4.	1750		Nicholas Lebreton (5/5/92) 3/26/2022 320.0
5.	1675		Anthony Gifune (1/15/93) 11/21/2020 316.0
6.	1625		Chris Andrews (9/22/87) 8/4/2018 249.2
7.	1505		Richard Sprancmanis (5/21/96) 11/16/2019
8.	1325		Mason Hawker (1/30/91) 11/16/2019 338.6
9.	1300		Cliff Rodriguez (5/5/85) 3/26/2022 313.4
10.	1055		Frank Bahamonde (12/18/79) 3/26/2022 325.0
11.	485		Dan Entress ( ) 5/14/2022 343.4

## WOMEN'S RANKINGS

### 97 Pound Women's --- Squat

Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 190		Alex Pratt ( ) 10/21/2017 97.0 wrapped
2. 115		Sophia Gervais (7/7/11) 11/21/2020 80.4

### 97 Pound Women's --- Bench Press

Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 90		Alex Pratt ( ) 10/21/2017 97.0
2. 60		Sophia Gervais (7/7/11) 11/21/2020 80.4
3. 60		Raellyn Ryan (12/26/06) 3/12/2022 93

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### 97 Pound Women's --- Deadlift

+Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 225		Alex Pratt ( ) 10/21/2017 97.0
2. 165		Raellyn Ryan (12/26/06) 3/12/2022 93
3. 155		Sophia Gervais (7/7/11) 11/21/2020 80.4

### 97 Pound Women's --- Total

Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 505		Alex Pratt ( ) 10/21/2017 97.0
2. 330		Sophia Gervais (7/7/11) 11/21/2020 80.4

**105 Pound Women's --- Squat**

**Squat**                    **X- BW**                    **Lifter/YOB/Date lifted/Exact BW**  
1.

**105 Pound Women's --- Bench Press**

**Bench**                    **X- BW**                    **Lifter/YOB/Date lifted/Exact BW**  
1.

**105 Pound Women's --- Deadlift**

**Deadlift**                    **X- BW**                    **Lifter/YOB/Date lifted/Exact BW**  
1.

**105 Pound Women's --- Total**

**Total**                    **X- BW**                    **Lifter/YOB/Date lifted/Exact BW**  
1.



### **114 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 280		Michele Agostaneli (12/5/96) 11/17/2018 113.4
2. 260		Nicole Boshart ( ) 11/21/2015
3. 185		Alyssa Quick (1/7/98) 11/17/2018 111.4
4. 180		Layla Merkh ( ) 10/21/2017 113.8 wrapped
5. 155		Stacy Packard (2/19/73) 8/4/2018 114.5
6. 135		Emily Weaver ( ) 5/19/2018 114.0

### **114 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 145		Michele Agostaneli (12/5/96) 11/17/2018 113.4
2. 130		Nicole Boshart ( ) 11/21/2015
3. 125		Stacy Packard (2/19/73) 8/4/2018 114.5
4. 90		Emily Weaver ( ) 5/19/2018 114.0
5. 75		Layla Merkh ( ) 10/21/2017 113.8
6. 75		Alyssa Quick (1/7/98) 11/17/2018 111.4

### **114 Pound Women's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 275		Michele Agostaneli (12/5/96) 11/17/2018 113.4
2. 260		Nicole Boshart ( ) 11/21/2015
3. 260		Stacy Packard (2/19/73) 8/4/2018 114.5
4. 235		Emily Weaver ( ) 5/19/2018 114.0
5. 230		Alyssa Quick (1/7/98) 11/17/2018 111.4
6. 185		Layla Merkh ( ) 11/5/2016 114.2
7. 120		Gabbielle Gawlinski (7/29/10) 6/26/2021 109.0

### **114 Pound Women's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 700		Michele Agostaneli (12/5/96) 11/17/2018 113.4
2. 650		Nicole Boshart ( ) 11/21/2015
3. 540		Stacy Packard (2/19/73) 8/4/2018 114.5
4. 490		Alyssa Quick (1/7/98) 11/17/2018 111.4
5. 460		Emily Weaver ( ) 5/19/2018 114.0
6. 435		Layla Merkh ( ) 10/21/2017 113.8

### **123 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 385		Jennifer Hazzard (6/6/85) 11/16/2019 122.8 Wrapped
2. 370		Evelin Perez (11/27/93) 11/21/2020 123.1
3. 320		Antoinette Bashir ( ) 2/18/2017 123.2 wrapped
4. 310		Emily Gillespie ( ) 11/5/2016 121.6
5. 240		Rachel Betts (7/11/93) 9/28/2019 123.0
6. 230		Lesley Georger ( ) 10/21/217 120.8
7. 215		Jennifer Piazza ( ) 10/21/2017 123.2
8. 205		JoVina Taylor (7/19/98) 3/26/2022 122.0
9. 180		Bridgette Pritchard ( ) 10/21/2017 116.6
10. 155		Emily Weaver (1/5/2002) 7/13/2019 120.8 wrapped
11. 140		Sonja Fries ( ) 6/20/2015 123

### **123 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 195		Evelin Perez (11/27/93) 11/21/2020 123.1
2. 190		Jennifer Hazzard (6/6/85) 11/16/2019 122.8
3. 150		Emily Gillespie ( ) 11/5/2016 121.6
4. 145		Antoinette Bashir ( ) 2/18/2017 123.2
5. 135		Rachel Betts (7/11/93) 9/28/2019 123.0
6. 135		Nikki Button ( ) 7/31/2021 115.6
7. 115		Sonja Fries ( ) 6/20/2015 123
8. 115		Jennifer Piazza ( ) 11/21/2015 120.8
9. 115		Bridgette Pritchard ( ) 10/21/2017 116.6
10. 110		Emily Weaver (1/5/2002) 7/13/2019 120.8
11. 110		JoVina Taylor (7/19/98) 3/26/2022 122.0
12. 105		Lesley Georger ( ) 10/21/217 120.8
13. 105		Sylvia Elmquist ( ) 7/25/2020 123.0

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### **123 Pound Women's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 440		Jennifer Hazzard (6/6/85) 11/16/2019 122.8
2. 360		Evelin Perez (11/27/93) 11/21/2020 123.1
3. 320		Emily Gillespie ( ) 11/5/2016 121.6
4. 315		Antoinette Bashir ( ) 2/18/2017 123.2
5. 300		Rachel Betts (7/11/93) 9/28/2019 123.0
6. 275		JoVina Taylor (7/19/98) 3/26/2022 122.0
7. 265		Lesley Georger ( ) 10/21/217 120.8
8. 255		Nikki Button ( ) 7/31/2021 115.6
9. 250		Bridgette Pritchard ( ) 10/21/2017 116.6
10. 240		Emily Weaver (1/5/2002) 7/13/2019 120.8
11. 225		Jennifer Piazza ( ) 6/20/2015 123
12. 225		Sylvia Elmquist ( ) 7/25/2020 123.0
13. 220		Sonja Fries ( ) 6/20/2015 123

### **123 Pound Women's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1015		Jennifer Hazzard (6/6/85) 11/16/2019 122.8
2. 925		Evelin Perez (11/27/93) 11/21/2020 123.1
3. 780		Emily Gillespie ( ) 11/5/2016 121.6
4. 780		Antoinette Bashir ( ) 2/18/2017 123.2
5. 675		Rachel Betts (7/11/93) 9/28/2019 123.0
6. 600		Lesley Georger ( ) 10/21/217 120.8
7. 590		JoVina Taylor (7/19/98) 3/26/2022 122.0
8. 545		Bridgette Pritchard ( ) 10/21/2017 116.6
9. 535		Jennifer Piazza ( ) 10/21/2017 123.2
10. 505		Emily Weaver (1/5/2002) 7/13/2019 120.8
11. 475		Sonja Fries ( ) 6/20/2015 123

### **132 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 420	3.187	Becki Pierotti (5/5/85) 10/13/18 131.8 Wrapped
2. 330	<b>2.511</b>	Jessica Kline ( ) 11/05/2016 131.4
3. 325		Jen Hazzard ( ) 3/27/2021 131.2 Wrapped
4. 290	2.2	Emily Gillespie (8/18/95) 10/13/18 131.8
5. 260		Emily Bajish (7/3/72) 2/2/19 129.2
6. 250	1.891	Emily Holmes (7/24/93) 10/13/18 132.2
7. 235	1.78	Chrissy Cimino ( ) 6/20/2015 132
8. 230		Madeline Rosado (9/22/1970) 6/5/2021 132.0
9. 200	1.54	Rachel Betts ( ) 11/5/2016 129.8
10. 185	1.447	Phyllis Rose ( ) 11/5/2016 127.8
11. 170		Belinda Ragland (9/29/92) 11/17/2018 126.8
12. 170		Jessica Tedesco (2/28/95) 11/17/18
13. 165		Elizabeth Neeves ( ) 2/18/2017 132.2
14. 145		Gina Brightman (7/8/67) 8/4/2018 129.4
15. 110		Olivia DeGraw (4/9/1964) 5/18/2019 125.0

### **132 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 225	1.707	Becki Pierotti (5/5/85) 10/13/18 131.8
2. 225		Jen Hazzard ( ) 3/27/2021 131.2
3. 160		Madeline Rosado (9/22/1970) 11/21/2020 130.8
4. 150	1.135	Emily Holmes (7/24/93) 10/13/18 132.2
5. 150	1.138	Emily Gillespie (8/18/95) 10/13/18 131.8
6. 145		Jessica Kline ( ) 11/05/2016 131.4
7. 145		Bailey Norton ( ) 11/6/2021 132.0
8. 145		Brandy Haskins (3/10/85) 3/12/2022 132
9. 141		Mary Lissfelt ( ) 11/6/2021 128.0
10. 125		Chrissy Cimino ( ) 6/20/2015 132
11. 125		Elizabeth Neeves ( ) 2/18/2017 132.2
12. 125		Emily Bajish (7/3/72) 2/2/19 129.2
13. 115		Belinda Ragland (9/29/92) 11/17/2018 126.8
14. 100		Rachel Betts ( ) 11/5/2016 129.8
15. 100		Gina Brightman (7/8/67) 8/4/2018 129.4
16. 95		Phyllis Rose ( ) 11/5/2016 127.8
17. 75		Jessica Tedesco (2/28/95) 11/17/18
18. 75		Olivia DeGraw (4/9/1964) 5/18/2019 125.0
19. 75		Chevelle Bauman (9/14/06) 3/12/2022 125.0
20. 55		Cindy Struckle (8/18/57) 8/4/2018 124.2

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### 132 Pound Women's --- Deadlift

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 505		Jen Hazzard ( ) 7/31/2021 130.8
2. 410	3.11	Becki Pierotti (5/5/85) 10/13/18 131.8
3. 385	2.912	Emily Holmes (7/24/93) 10/13/18 132.2
4. 330	2.503	Emily Gilespe (8/18/95) 10/13/18 131.8
5. 325		Jessica Kline ( ) 11/05/2016 131.4
6. 300		Nikki Button ( ) 5/21/2022 122.5
7. 285		Bailey Norton ( ) 11/6/2021 132.0
8. 280		Mary Lissfelt ( ) 11/6/2021 128.0
9. 265		Emily Bajish (7/3/72) 2/2/19 129.2
10. 260		Elizabeth Neeves ( ) 2/18/2017 132.2
11. 255		Chrissy Cimino ( ) 6/20/2015 132
12. 235		Rachel Betts ( ) 11/5/2016 129.8
13. 235		Phyllis Rose ( ) 11/5/2016 127.8
14. 230		Belinda Ragland (9/29/92) 11/17/2018 126.8
15. 230		Madeline Rosado (9/22/1970) 6/5/2021 132.0
16. 225		Gina Brightman (7/8/67) 8/4/2018 129.4
17. 225		Jessica Tedesco (2/28/95) 11/17/18
18. 210		Chevelle Bauman (9/14/06) 3/12/2022 125.0
19. 165		Olivia DeGraw (4/9/1964) 5/18/2019 125.0
20. 140		Gabrielle Gawlinski (7/29/10) 3/12/2022 128

### 132 Pound Women's --- Total

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1055	8.00	Becki Pierotti (5/5/85) 10/13/18 131.8
2. 1050		Jen Hazzard ( ) 3/27/2021 131.2
3. 800		Jessica Kline ( ) 11/05/2016 131.4
4. 785	5.937	Emily Holmes (7/24/93) 10/13/18 132.2
5. 770	5.842	Emily Gilespe (8/18/95) 10/13/18 131.8
6. 650		Emily Bajish (7/3/72) 2/2/19 129.2
7. 615		Chrissy Cimino ( ) 6/20/2015 132
8. 615		Madeline Rosado (9/22/1970) 6/5/2021 132.0
9. 550		Elizabeth Neeves ( ) 2/18/2017 132.2
10. 535		Rachel Betts ( ) 11/5/2016 129.8
11. 515		Phyllis Rose ( ) 11/5/2016 127.8
12. 515		Belinda Ragland (9/29/92) 11/17/2018 126.8
13. 470		Gina Brightman (7/8/67) 8/4/2018 129.4
14. 470		Jessica Tedesco (2/28/95) 11/17/18
15. 350		Olivia DeGraw (4/9/1964) 5/18/2019 125.0

### 148 Pound Women's --- Squat

<b>Squat</b>		<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1.	475		Becki Pierotti ( ) 11/21/2020 133.8	Yes
2.	425	2.86	Allison Hind (9/14/81) 10/13/18 148.6	Yes
3.	385	2.77	Jessica Kline (1/23/90) 10/13/18 139.0	Yes
4.	360		Lauren Angelet ( ) 10/21/2017 147.8	Yes
5.	315		Victoria Conrad (10/21/93) 11/20/2021 148.0	Yes
6.	315		Cassandra Grippe (10/1/96)	
7.	310	2.208	Christina Bruce (6/12/90) 10/13/18 140.4	No
8.	305		Susan Hudson (10/22/65) 5/18/2019 148.2	Yes
9.	300		Cassie Kardias ( ) 11/21/2015 141.8	
10.	300		Catharine Novick (10/23/79) 11/20/2021 148.0	Yes
11.	255		Calley Shurgot ( ) 11/21/2015 148.2	
12.	255		Chelsea Dos Santos (6/5/94) 11/21/2020 146.8	No
13.	250		Maya Pollock (2/28/99) 11/21/2020 146.8	No
14.	245		Hayley Rosen (7/8/86) 6/5/2021 146.0	No
15.	240		Kayla Robinson (1/13/90) 11/21/2020 145.9	No
16.	215		Felicia Barr (11/17/95) 11/18/17 142.4	No
17.	215		Jennifer Romano (5/6/77) 11/18/2017 143.2	No
18.	205		Terri Groves (10/22/59) 11/20/2021 144.2	No
19.	200		Christina Watson ( ) 3/27/2021 143.2	Yes
20.	195		Diane Petrowski ( ) 11/05/2016 141.0	

### 148 Pound Women's --- Bench Press

<b>Bench</b>		<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	
1.	335	2.254	Allison Hind (9/14/81) 10/13/18 148.6	
2.	235		Becki Pierotti ( ) 11/21/2020 133.8	
3.	195		Lauren Angelet ( ) 10/21/2017 147.8	
4.	175		Stormy Mendez ( ) 11/17/18 147.6	
5.	175		Susan Hudson (10/22/65) 5/18/2019 148.2	
6.	175		Victoria Conrad (10/21/93) 11/20/2021 148.0	
7.	170		JoVina Taylor (7/19/98) 3/26/2022 122.0	
8.	165		Calley Shurgot ( ) 11/21/2015 148.2	
9.	165		Melaina Johnson ( ) 7/31/2021 148.1	
10.	155		Cassie Kardias ( ) 11/21/2015 141.8	
11.	155	1.115	Jessica Kline (1/23/90) 10/13/18 139.0	
12.	155		Chelsea Dos Santos (6/5/94) 11/21/2020 146.8	
13.	155		Maya Pollock (2/28/99) 11/21/2020 146.8	
14.	145		Jennifer Romano (5/6/77) 11/18/2017 143.2	
15.	145	1.033	Christina Bruce (6/12/90) 10/13/18 140.4	
16.	145		Brandy Haskins (3/10/85) 6/26/2021 142.0	
17.	140		Catharine Novick (10/23/79) 11/20/2021 148.0	
18.	135		Diane Petrowski ( ) 11/21/2015 145.6	
19.	135		Felicia Barr (11/17/95) 11/18/17 142.4	
20.	135		Mary Brockway (10/31/94) 11/16/2019 145.6	

### 148 Pound Women's --- Deadlift

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 450		Becki Pierotti ( ) 11/21/2020 133.8
2. 430		Allison Hind ( ) 5/19/2018 147.8
3. 405		Lauren Angelet ( ) 10/21/2017 147.8
4. 390		JoVina Taylor (7/19/98) 3/26/2022 122.0
5. 385		Susan Hudson (10/22/65) 5/18/2019 148.2
6. 370		Cassie Kardias ( ) 11/21/2015 141.8
7. 370		Sarah Ransom ( ) 11/6/2021 145.0
8. 360	2.564	Christina Bruce (6/12/90) 10/13/18 140.4
9. 355	2.554	Jessica Kline (1/23/90) 10/13/18 139.0
10. 350		Calley Shurgot ( ) 11/21/2015 148.2
11. 350		Victoria Conrad (10/21/93) 11/20/2021 148.0
12. 340		Stormy Mendez ( ) 11/17/18 147.6
13. 340		Melaina Johnson ( ) 7/31/2021 148.1
14. 315		Chelsea Dos Santos (6/5/94) 11/21/2020 146.8
15. 310		Maya Pollock (2/28/99) 11/21/2020 146.8
16. 310		Kayla Robinson (1/13/90) 11/21/2020 145.9
17. 305		Victoria Slye ( ) 3/14/2020 145.0
18. 305		Catharine Novick (10/23/79) 11/20/2021 148.0
19. 295		Ashley Borza (9/12/90) 7/13/2019 136
20. 295		Hayley Rosen (7/8/86) 6/5/2021 146.0

### 148 Pound Women's --- Total

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1175	7.907	Allison Hind (9/14/81) 10/13/18 148.6
2. 1160	8.67	Becki Pierotti ( ) 11/21/2020 133.8
3. 960		Lauren Angelet ( ) 10/21/2017 147.8
4. 895	6.438	Jessica Kline (1/23/90) 10/13/18 139.0
5. 875		JoVina Taylor (7/19/98) 3/26/2022 122.0
6. 865		Susan Hudson (10/22/65) 5/18/2019 148.2
7. 840		Victoria Conrad (10/21/93) 11/20/2021 148.0
8. 825		Cassie Kardias ( ) 11/21/2015 141.8
9. 815	5.804	Christina Bruce (6/12/90) 10/13/18 140.4
10. 770		Calley Shurgot ( ) 11/21/2015 148.2
11. 745		Catharine Novick (10/23/79) 11/20/2021 148.0
12. 725		Chelsea Dos Santos (6/5/94) 11/21/2020 146.8
13. 715		Maya Pollock (2/28/99) 11/21/2020 146.8
14. 685		Kayla Robinson (1/13/90) 11/21/2020 145.9
15. 675		Hayley Rosen (7/8/86) 6/5/2021 146.0
16. 630		Felicia Barr (11/17/95) 11/18/17 142.4
17. 605		Jennifer Romano (5/6/77) 11/18/2017 143.2
18. 580		Christina Watson ( ) 3/27/2021 143.2
19. 565		Diane Petrowski ( ) 11/05/2016 141.0
20. 545		Mary Brockway (10/31/94) 11/16/2019 145.6

### 165 Pound Women's --- Squat

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	<b>Wrapped</b>
1. 505		Allison Hind (9/14/81) 9/28/2019 164.6	Yes
2. 430		Everly Blank (2/22/80) 9/28/2019 157.4	
3. 390		Kayleigh Corrado (9/5/94) 11/21/2020 155.5	No
4. 380		Samantha Mello ( ) 10/21/2017 163.6	Yes
5. 375		Victoria Long (8/4/89) 11/21/2020 163.5	Yes
6. 360		Christine Morris (2/10/84) 9/28/2019 163.4	Yes
7. 350		Jessica Carbone ( ) 2/18/2017 165.0	Yes
8. 340		Amy Berardinelli (6/19/73) 9/28/2019 164.6	Yes
9. 325		Leanna Matthews ( ) 11/21/2015 154.2	
10. 315		Chantie Jones ( ) 11/21/2015 163	
11. 315		Cheyenne Pelletier ( ) 10/21/2017 164.6	Yes
12. 315	1.947	Gretchen Darrah (10/17/82) 10/13/18 161.8	Yes
13. 315		Victoria Conrad (10/14/93) 3/26/2022 164.4	
14. 300		Heather Freeborn ( ) 11/05/2016 164.4	
15. 290		Emily Silva ( ) 10/21/2017 165.2	
16. 275		Tunde Szivak ( ) 10/21/2017 152.4	Yes
17. 275		Maya Pollock (2/28/99) 3/27/2021 151.1	
18. 270		Lisa Vokes ( ) 11/05/2016 159.8	
19. 255		Jen Woodhouse (3/1/89) 11/17/2018	
20. 250		Heather Vona ( ) 11/05/2016 165.2	

### 165 Pound Women's --- Bench Press

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>	
1. 350		Allison Hind (9/14/81) 6/5/2021 164.2	
2. 255		Everly Blank (2/22/80) 9/28/2019 157.4	
3. 245		Sabrina DeCosta ( ) 10/21/2017 164.4	
4. 215		Cheyenne Pelletier ( ) 10/21/2017 164.6	
5. 210		Christine Morris (2/10/84) 9/28/2019 163.4	
6. 210		Victoria Long (8/4/89) 11/21/2020 163.5	
7. 205		Chanel Nolet ( ) 2/18/2017 152.2	
8. 205		Amy Berardinelli (6/19/73) 9/28/2019 164.6	
9. 200	1.236	Gretchen Darrah (10/17/82) 10/13/18 161.8	
10. 190		Amanda Leavall (6/4/96) 11/17/2018	
11. 185		Vanessa Sanchez ( ) 10/21/2017 155.0	
12. 180		Lisa Vokes ( ) 11/05/2016 159.8	
13. 180		Jessica Carbone ( ) 2/18/2017 165.0	
14. 180		Victoria Conrad (10/14/93) 3/26/2022 164.4	
15. 175		Kayleigh Corrado (9/5/94) 11/21/2020 155.5	
16. 170	1.03	Anandi Caldwell (3/20/92) 165.0	
17. 160		Samantha Mello ( ) 10/21/2017 163.6	
18. 160		Tunde Szivak ( ) 10/21/2017 152.4	
19. 160		Samantha Shallcross (3/17/99) 3/26/2022 161.4	
20. 155		Chantie Jones ( ) 11/21/2015 163	

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### 165 Pound Women's --- Deadlift

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 485		Allison Hind (9/14/81) 9/28/2019 164.6
2. 435		Everly Blank (2/22/80) 9/28/2019 157.4
3. 425		Victoria Long (8/4/89) 11/21/2020 163.5
4. 415		Amy Berardinelli (6/19/73) 9/28/2019 164.6
5. 400		Cheyenne Pelletier ( ) 10/21/2017 164.6
6. 360		Jessica Carbone ( ) 2/18/2017 165.0
7. 360		Samantha Mello ( ) 10/21/2017 163.6
8. 350		Chantie Jones ( ) 11/21/2015 163
9. 350	2.121	Anandi Caldwell (3/20/92) 165.0
10. 350		Victoria Conrad (10/14/93) 3/26/2022 164.4
11. 335		Leanna Matthews ( ) 11/21/2015 154.2
12. 335		Vanessa Sanchez ( ) 10/21/2017 155.0
13. 335	2.07	Gretchen Darrah (10/17/82) 10/13/18 161.8
14. 335		Christine Morris (2/10/84) 9/28/2019 163.4
15. 335		Kayleigh Corrado (9/5/94) 11/21/2020 155.5
16. 330		Erin Goodman ( ) 3/27/2021 153.3
17. 330		Maya Pollock (2/28/99) 3/27/2021 151.1
18. 320		Emily Silva ( ) 10/21/2017 165.2
19. 305		Ashley Buckley ( ) 11/05/2016 161.6
20. 305		Jody Hale ( ) 8/4/2018 154.8

### 165 Pound Women's --- Total

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1335		Allison Hind (9/14/81) 9/28/2019 164.6
2. 1120		Everly Blank (2/22/80) 9/28/2019 157.4
3. 1010		Victoria Long (8/4/89) 11/21/2020 163.5
4. 960		Amy Berardinelli (6/19/73) 9/28/2019 164.6
5. 930		Cheyenne Pelletier ( ) 10/21/2017 164.6
6. 905		Christine Morris (2/10/84) 9/28/2019 163.4
7. 900		Samantha Mello ( ) 10/21/2017 163.6
8. 900		Kayleigh Corrado (9/5/94) 11/21/2020 155.5
9. 890		Jessica Carbone ( ) 2/18/2017 165.0
10. 850	5.253	Gretchen Darrah (10/17/82) 10/13/18 161.8
11. 845		Victoria Conrad (10/14/93) 3/26/2022 164.4
12. 820		Chantie Jones ( ) 11/21/2015 163
13. 805		Leanna Matthews ( ) 11/21/2015 154.2
14. 760	4.606	Anandi Caldwell (3/20/92) 165.0
15. 760		Maya Pollock (2/28/99) 3/27/2021 151.1
16. 755		Emily Silva ( ) 10/21/2017 165.2
17. 745		Heather Freeborn ( ) 11/05/2016 164.4
18. 730		Tunde Szivak ( ) 10/21/2017 152.4
19. 710		Amanda Leavall (6/4/96) 11/17/2018
20. 690		Jody Hale ( ) 8/4/2018 154.8

### **181 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	600	Jeanine Whittaker ( ) 10/21/2017 180.0 wrapped
2.	440	Calley Shurgot ( ) 10/21/2017 180.0 wrapped
3.	425	Sabrina Omand (7/16/82) 9/28/2019 180.4 wrapped
4.	405	Samantha Mello (12/31/91) 2/3/18 181.4
5.	365	Heather Freeborn ( ) 2/18/2017 174.0 wrapped
6.	330	Jody Hale (7/16/79) 9/28/2019 175.0 wrapped
7.	325	Stephanie Feathers ( ) 3/27/2021 168.6
8.	300	Jennifer Mahon (11/4/80) 11/20/2021 181.0 wrapped
9.	280	Kaleigh Churchill (12/23/94) 9/28/2019 180.2
10.	270	Catherine DeStefano (1/27/91) 11/16/2019 170.8 wrapped
11.	245	Amy Miner ( ) 11/05/2016 178.8
12.	240	Molly Nicholson (5/27/82) 8/4/2018 174.8
13.	235	Hana Grosso ( ) 6/20/2015
14.	225	Latoneya Burwell (7/11/80) 11/18/2017 181.6 wrapped
15.	215	Kathryn Macdonald (1/29/98) 11/17/18
16.	210	Katelyn Bolen ( ) 11/21/2015 181.0
17.	190	Carol Clarke (11/30/54) 11/16/2019 172.8
18.	155	Catherine Tisenchek (7/8/57) 8/4/2018 180.2

### **181 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	355	Allison Hind ( ) 7/31/2021 176.2
2.	300	Jeanine Whittaker ( ) 10/21/2017 180.0
3.	235	Sabrina Omand (7/16/82) 9/28/2019 180.4
4.	225	Calley Shurgot ( ) 10/21/2017 180.0
5.	205	Stephanie Feathers ( ) 3/27/2021 168.6
6.	175	Samantha Mello (12/31/91) 2/3/18 181.4
7.	160	Kaleigh Churchill (12/23/94) 9/28/2019 180.2
8.	160	Catherine DeStefano (1/27/91) 11/16/2019 170.8
9.	155	Jody Hale (7/16/79) 9/28/2019 175.0
10.	150	Heather Freeborn ( ) 2/18/2017 174.0
11.	150	Molly Nicholson (5/27/82) 8/4/2018 174.8
12.	150	Shannon McPheron (11/20/76) 5/18/2019 181.4
13.	145	Brianna Kane ( ) 2/18/2017 169.0
14.	145	Jennifer Mahon (11/4/80) 11/20/2021 181.0
15.	135	Latoneya Burwell (7/11/80) 11/18/2017 181.6
16.	130	Emma Gardner (2/11/98) 6/26/2021 184.0
17.	125	Carol Clarke (11/30/54) 5/18/2019 173.8
18.	115	Amy Miner ( ) 11/05/2016 178.8
19.	105	Kathryn Macdonald (1/29/98) 11/17/18
20.	95	Catherine Tisenchek (7/8/57) 8/4/2018 180.2

### 181 Pound Women's --- Deadlift

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 535		Jeanine Whittaker ( ) 10/21/2017 180.0
2. 450		Allison Hind ( ) 3/17/2021 176.2
3. 440		Calley Shurgot ( ) 10/21/2017 180.0
4. 425		Amanda Unz ( ) 7/31/2021 175.8
5. 415		Sabrina Omand (7/16/82) 9/28/2019 180.4
6. 375		Stephanie Feathers ( ) 7/31/2021 171.9
7. 370		Samantha Mello (12/31/91) 2/3/18 181.4
8. 350		Shannon McPheron (11/20/76) 5/18/2019 181.4
9. 335		Jody Hale (7/16/79) 9/28/2019 175.0
10. 335		Emma Gardner (2/11/98) 6/26/2021 184.0
11. 325		Latoneya Burwell (7/11/80) 11/18/2017 181.6
12. 325		Kaleigh Churchill (12/23/94) 9/28/2019 180.2
13. 315		Heather Freeborn ( ) 2/18/2017 174.0
14. 315		Jennifer Mahon (11/4/80) 11/20/2021 181.0
15. 310		Molly Nicholson (5/27/82) 8/4/2018 174.8
16. 300		Katelyn Bolen ( ) 11/21/2015 181.0
17. 300		Kathryn Macdonald (1/29/98) 11/17/18
18. 290		Amy Miner ( ) 11/05/2016 178.8
19. 295		Hana Grosso ( ) 6/20/2015
20. 275		Carol Clarke (11/30/54) 11/16/2019 172.8

### 181 Pound Women's --- Total

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1435		Jeanine Whittaker ( ) 10/21/2017 180.0
2. 1105		Calley Shurgot ( ) 10/21/2017 180.0
3. 1075		Sabrina Omand (7/16/82) 9/28/2019 180.4
4. 950		Samantha Mello (12/31/91) 2/3/18 181.4
5. 885		Stephanie Feathers ( ) 3/27/2021 168.6
6. 830		Heather Freeborn ( ) 2/18/2017 174.0
7. 820		Jody Hale (7/16/79) 9/28/2019 175.0
8. 765		Kaleigh Churchill (12/23/94) 9/28/2019 180.2
9. 760		Jennifer Mahon (11/4/80) 11/20/2021 181.0
10. 700		Molly Nicholson (5/27/82) 8/4/2018 174.8
11. 685		Latoneya Burwell (7/11/80) 11/18/2017 181.6
12. 665		Catherine DeStefano (1/27/91) 11/16/2019 170.8
13. 650		Amy Miner ( ) 11/05/2016 178.8
14. 620		Kathryn Macdonald (1/29/98) 11/17/18
15. 615		Hana Grosso ( ) 6/20/2015
16. 590		Carol Clarke (11/30/54) 11/16/2019 172.8
17. 425		Catherine Tisenchek (7/8/57) 8/4/2018 180.2

### **198 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	350	Cassandra Blackman ( ) 6/20/2015 198
2.	325	Amber Brusman ( ) 10/21/2017 191.4 wrapped
3.	290	Jennifer Smith (5/26/84) 11/17/2018
4.	285	Shannon McPheron (11/20/76) 8/26/2017 183.6
5.	265	LeAnn Bradt (2/3/82) 3/26/2022 191.6
6.	220	Jessica Hansler (4/9/76) 8/4/2018 187.8

### **198 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	175	Tiffany Turner (7/7/84) 3/12/2022
2.	165	Jessica Hansler (4/9/76) 8/4/2018 187.8
3.	150	Cassandra Blackman ( ) 6/20/2015 198
4.	150	Jennifer Smith (5/26/84) 11/17/2018
5.	145	Shannon McPheron (11/20/76) 8/26/2017 183.6
6.	145	Amber Brusman ( ) 10/21/2017 191.4
7.	135	Lisa Thomas ( ) 11/6/2021 198.0
8.	135	Leann Bradt (2/3/82) 11/20/2021 197.6
9.	105	Randi Snyder ( ) 11/6/2021 183.0

### **198 Pound Women's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	385	Tiffany Turner (7/7/84) 3/12/2022
2.	360	Cassandra Blackman ( ) 6/20/2015 198
3.	355	Amber Brusman ( ) 10/21/2017 191.4
4.	350	Leann Bradt (2/3/82) 11/20/2021 197.6
5.	330	Shannon McPheron (11/20/76) 8/26/2017 183.6
6.	315	Jennifer Smith (5/26/84) 11/17/2018
7.	300	Lisa Thomas ( ) 11/6/2021 198.0
8.	280	Jessica Hansler (4/9/76) 8/4/2018 187.8
9.	265	Randi Snyder ( ) 3/13/2021
10.	260	Kate Bolen ( ) 6/20/2015 198

### **198 Pound Women's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	860	Cassandra Blackman ( ) 6/20/2015 198
2.	825	Amber Brusman ( ) 10/21/2017 191.4
3.	760	Shannon McPheron (11/20/76) 8/26/2017 183.6
4.	755	Jennifer Smith (5/26/84) 11/17/2018
5.	745	Leann Bradt (2/3/82) 11/20/2021 197.6
6.	665	Jessica Hansler (4/9/76) 8/4/2018 187.8

**198 Pound Women's --- Squat**

**Squat X- BW Lifter/YOB/Date lifted/Exact BW**  
1.

**198 Pound Women's --- Bench Press**

**Bench X- BW Lifter/YOB/Date lifted/Exact BW**  
1. 160 Karen Huckabaa ( ) 11/6/2021 200.0  
2.

**220 Pound Women's --- Deadlift**

**Deadlift X- BW Lifter/YOB/Date lifted/Exact BW**  
1. 315 Karen Huckabaa ( ) 11/6/2021 200.0  
2. 235 Dolores Johnson (11/14/51) 6/26/2021 197.0

**198 Pound Women's --- Total**

**Total X- BW Lifter/YOB/Date lifted/Exact BW**  
1.

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**220 Pound Women's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	450	Collette Bates (4/10/70) 11/20/2021 212.6
2.	275	Lisa DuBois (10/30/76) 11/20/2021 200.6

**220 Pound Women's --- Bench Press**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	220	Collette Bates (4/10/70) 11/20/2021
2.	160	Karen Huckabaa ( ) 11/6/2021 200.0
3.	115	Lisa DuBois (10/30/76) 11/20/2021 200.6

**220 Pound Women's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	525	Collette Bates (4/10/70) 11/20/2021
2.	315	Karen Huckabaa ( ) 11/6/2021 200.0
3.	240	Lisa DuBois (10/30/76) 11/20/2021 200.6

**220 Pound Women's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	1195	Collette Bates (4/10/70) 11/20/2021
2.	630	Lisa DuBois (10/30/76) 11/20/2021 200.6

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### SHW Pound Women's --- Squat

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 445		Collette Bates (4/10/76) 6/5/2021 221.4
2. 400		Carrie Tolerico ( ) 11/05/2016 269.6
3. 400		Janaina Barreto-Romero (9/21/91) 5/18/2019 248.2 wrapped
4. 310		Gabrielle Huther (7/2/94) 11/21/2020 231.2 wrapped
5. 360		Krielle Baldwin ( ) 5/19/2018 230.0 wrapped
6. 350		Jerriann Doll ( ) 10/21/2017 205.2 wrapped
7. 345	1.69	Steffany Rose (4/24/77) 10/13/18 204.2 wrapped
8. 320		Chari Lane Mayer ( ) 11/21/2015 218
9. 315		Madison LeVea (6/15/00) 2/3/18 221.4
10. 290		LaToneya Burwell ( ) 5/19/2018 206.6
11. 280		Marlene Miranda ( ) 11/05/2016 219.2
12. 265		Danielle Velazquez (10/20/70) 5/19/2018 283.4
13. 240		Morgan Brader (7/22/97) 11/21/2020 287.8
14. 165		Crystal Shene ( ) 5/19/2018 218.0 wrapped

### SHW Pound Women's --- Bench Press

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 225		Collette Bates (4/10/76) 6/5/2021 221.4
2. 220	1.077	Steffany Rose (4/24/77) 10/13/18 204.2
3. 200		Jerriann Doll ( ) 10/21/2017 205.2
4. 185		Krielle Baldwin ( ) 5/19/2018 230.0
5. 180		Carrie Tolerico ( ) 10/21/2017 272.4
6. 170		Chari Lane Mayer ( ) 11/21/2015 218
7. 170		Marlene Miranda ( ) 11/05/2016 219.2
8. 170		Sara Jordan ( ) 10/21/2017 206.8
9. 165		Kara Kiehn (11/13/89) 5/18/2019 256.4
10. 160		Janaina Barreto-Romero (9/21/91) 5/18/2019 248.2
11. 160		Morgan Brader (7/22/97) 11/21/2020 287.8
12. 150		LaToneya Burwell ( ) 5/19/2018 206.6
13. 135		MonaLissa Edson (8/27/82) 8/4/2018 259.4
14. 130		Madison LeVea (6/15/00) 2/3/18 221.4
15. 130		Danielle Velazquez (10/20/70) 5/19/2018 283.4
16. 125		Katie Loyd ( ) 3/13/2021
17. 120		Sarah Wilday (7/30/89) 8/4/2018 246.0
18. 120		Gabrielle Huther (7/2/94) 11/21/2020 231.2

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### **SHW Pound Women's --- Deadlift**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 510		Collette Bates (4/10/76) 6/5/2021 221.4
2. 410		Krielle Baldwin ( ) 5/19/2018 230.0
3. 400		Janaina Barreto-Romero (9/21/91) 5/18/2019 248.2
4. 390		Jerriann Doll ( ) 10/21/2017 205.2
5. 385		Marlene Miranda ( ) 11/05/2016 219.2
6. 365		LaToneya Burwell ( ) 5/19/2018 206.6
7. 335		Gabrielle Huther (7/2/94) 11/21/2020 231.2
8. 330		Chari Lane Mayer ( ) 11/21/2015 218
9. 330	1.616	Steffany Rose (4/24/77) 10/13/18 204.2
10. 325		Madison LeVea (6/15/00) 2/3/18 221.4
11. 325		Danielle Velazquez (10/20/70) 5/19/2018 283.4
12. 315		MonaLissa Edson (8/27/82) 8/4/2018 259.4
13. 315		Katie Loyd ( ) 3/13/2021
14. 300		Carrie Tolerico ( ) 10/21/2017 272.4
15. 245		Morgan Brader (7/22/97) 11/21/2020 287.8
16. 210		Crystal Shene ( ) 5/19/2018 218.0

### **SHW Pound Women's --- Total**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 1180		Collette Bates (4/10/76) 6/5/2021 221.4
2. 960		Janaina Barreto-Romero (9/21/91) 5/18/2019 248.2
3. 955		Krielle Baldwin ( ) 5/19/2018 230.0
4. 940		Jerriann Doll ( ) 10/21/2017 205.2
5. 900	4.407	Steffany Rose (4/24/77) 10/13/18 204.2
6. 865		Carrie Tolerico ( ) 11/05/2016 269.6
7. 835		Marlene Miranda ( ) 11/05/2016 219.2
8. 820		Chari Lane Mayer ( ) 11/21/2015 218
9. 805		LaToneya Burwell ( ) 5/19/2018 206.6
10. 765		Gabrielle Huther (7/2/94) 11/21/2020 231.2
11. 770		Madison LeVea (6/15/00) 2/3/18 221.4
12. 720		Danielle Velazquez (10/20/70) 5/19/2018 283.4
13. 645		Morgan Brader (7/22/97) 11/21/2020 287.8