



WASHINGTON STATE BENCH PRESS RECORDS

Updated by Ed Kutin
Ed@ENKutin.com

11/7/2017

Weight Class: 132 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	110.5 kgs / 243.6 lbs Gary Peterson 11/2017	94.0 kgs / 207.2 lbs Gary Peterson 11/2017	160.5 kgs / 353.8 lbs Gary Peterson 11/2017	363.5 kgs / 801.3 lbs Gary Peterson 11/2017
40-44	110.5 kgs / 243.6 lbs Gary Peterson 11/2017	94.0 kgs / 207.2 lbs Gary Peterson 11/2017	160.5 kgs / 353.8 lbs Gary Peterson 11/2017	363.5 kgs / 801.3 lbs Gary Peterson 11/2017

Weight Class: 148 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	112.5 kgs / 248.0 lbs James Stefen 2013	75.0 kgs / 165.3 lbs James Stefen 2013	140.0 kgs / 308.6 lbs James Stefen 2013	327.5 kgs / 722.0 lbs James Stefen 2013
50-54	112.5 kgs / 248.0 lbs James Stefen 2013	75.0 kgs / 165.3 lbs James Stefen 2013	140.0 kgs / 308.6 lbs James Stefen 2013	327.5 kgs / 722.0 lbs James Stefen 2013

Weight Class: 165 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	137.5 kgs / 303.1 lbs James Stefen 2011	100.0 kgs / 220.4 lbs James Stefen 2011	170.0 kgs / 374.7 lbs James Stefen 2011	407.5 kgs / 898.3 lbs James Stefen 2011
50-54	137.5 kgs / 303.1 lbs James Stefen 2011	100.0 kgs / 220.4 lbs James Stefen 2011	170.0 kgs / 374.7 lbs James Stefen 2011	407.5 kgs / 898.3 lbs James Stefen 2011

Weight Class: 275 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	220.0 kgs / 485.0 lbs Josh Wireman 2012	150.0 kgs / 330.6 lbs Josh Wireman 2012	230.0 kgs / 507.0 lbs Josh Wireman 2012	600.0 kgs / 1322.7 lbs Josh Wireman 2012
18-19	220.0 kgs / 485.0 lbs Josh Wireman 2012	150.0 kgs / 330.6 lbs Josh Wireman 2012	230.0 kgs / 507.0 lbs Josh Wireman 2012	600.0 kgs / 1322.7 lbs Josh Wireman 2012