



NEBRASKA STATE BENCH PRESS RECORDS

Updated by Ed Kutin
12/17/2017

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Weight Class: 77 Female			
Division	Bench Press	Name	Date
Open	21.5 kgs / 47.3 lbs	Ila Paladino	3/2014
8-9	21.5 kgs / 47.3 lbs	Ila Paladino	3/2014

Weight Class: 105 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Kaitlyn Davis	11/2017
25-29	50.0 kgs / 110.2 lbs	Kaitlyn Davis	11/2017
35-39	45.0 kgs / 99.2 lbs	Marni Frandson	6/2016

Weight Class: 114 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Julie Puetz	3/2017
20-24	40.0 kgs / 88.1 lbs	Kari Sakamoto	3/2013
35-39	75.0 kgs / 165.3 lbs	Julie Puetz	3/2017
60-64	30.0 kgs / 66.1 lbs	Mary Kosmicki	3/2016

Weight Class: 123 Female			
Division	Bench Press	Name	Date
Open	80.0 kgs / 176.3 lbs	Julie Puetz	11/2017
16-17	45.0 kgs / 99.2 lbs	Kristen Meisenheimer	3/2008
18-19	45.0 kgs / 99.2 lbs	Lucy Chung	6/2014
35-39	80.0 kgs / 176.3 lbs	Julie Puetz	11/2017
60-64	52.5 kgs / 115.7 lbs	Patty Failla	12/2016

Weight Class: 132 Female			
Division	Bench Press	Name	Date
Open	70.0 kgs / 154.3 lbs	Julie Puetz	12/2016
18-19	57.5 kgs / 126.7 lbs	Danielle Carr	12/2016
25-29	52.5 kgs / 115.7 lbs	Kristyn Kocsis	6/2017
35-39	70.0 kgs / 154.3 lbs	Julie Puetz	12/2016
55-59	35.0 kgs / 77.1 lbs	Mechelle Keller-Curtin	3/2017
Police/Fire/Mil	35.0 kgs / 77.1 lbs	Mechelle Keller-Curtin	3/2017

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Emily Weber	11/2017
16-17	60.0 kgs / 132.2 lbs	Courtney Young	3/2017
20-24	65.0 kgs / 143.2 lbs	Danielle Carr	11/2017

25-29	75.0 kgs / 165.3 lbs	Emily Weber	11/2017
30-34	57.5 kgs / 126.7 lbs	Melissa Cropsey	6/2017
35-39	65.0 kgs / 143.2 lbs	Judy Gelber	12/2016
45-49	62.5 kgs / 137.7 lbs	Deborah Post	12/2016
50-54	32.5 kgs / 71.6 lbs	Diane Reyes	3/2016
55-59	50.0 kgs / 110.2 lbs	Carol Smolsky	12/2015

Weight Class: 165 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Christina Gregory	12/2016
16-17	50.0 kgs / 110.2 lbs	Becky Kubiaczyk	7/2007
20-24	72.5 kgs / 159.8 lbs	Christina Gregory	12/2016
25-29	72.5 kgs / 159.8 lbs	Emily Weber	6/2017
45-49	57.5 kgs / 126.7 lbs	Megan Martin	12/2016
50-54	60.0 kgs / 132.2 lbs	Megan Martin	6/2017
55-59	52.5 kgs / 115.7 lbs	Susan Gregory	12/2016
60-64	70.5 kgs / 155.4 lbs	Linda Jess	6/2017

Weight Class: 181 Female			
Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Hayley Bloom	3/2008
14-15	52.5 kgs / 115.7 lbs	Rachel Vincent	6/2011
20-24	81.6 kgs / 179.8 lbs	Kacie Sharp	2007
25-29	72.5 kgs / 159.8 lbs	Jade Massey	6/2017
35-39	57.5 kgs / 126.7 lbs	Cara Tabor	12/2016
Police/Fire/Mil	75.0 kgs / 165.3 lbs	Monique Skelton	6/2014

Weight Class: 198 Female			
Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	Elizabeth Gregory	12/2015
16-17	55.0 kgs / 121.2 lbs	Rachel Vincent	6/2013
20-24	82.5 kgs / 181.8 lbs	Kacie Sharp	7/2007
25-29	82.5 kgs / 181.8 lbs	Jacquelin Wuiff	11/2017
35-39	42.5 kgs / 93.6 lbs	Carla Hall	6/2014

Weight Class: 198+ Female			
Division	Bench Press	Name	Date
Open	95.0 kgs / 209.4 lbs	Kacie Sharp	6/2011
16-17	55.0 kgs / 121.2 lbs	Alicia VanWestern	7/2007
20-24	80.0 kgs / 176.3 lbs	Kacie Sharp	6/2010
25-29	90.0 kgs / 198.4 lbs	Kacie Moser	6/2015
30-34	52.5 kgs / 115.7 lbs	Nikki Jacob	6/2017
45-49	42.5 kgs / 93.6 lbs	Catherine Dargin	3/2016

Weight Class: 88 Male			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Kamryn Vasquez	6/2010
10-11	35.0 kgs / 77.1 lbs	Kamryn Vasquez	6/2010

Weight Class: 97 Male			
Division	Bench Press	Name	Date

Open	92.5 kgs / 203.9 lbs	Jasen Hinkel	7/2007
12-13	40.0 kgs / 88.1 lbs	Zach Williamson	6/2013
14-15	37.5 kgs / 82.6 lbs	Seth Walter	6/2014
16-17	92.5 kgs / 203.9 lbs	Jasen Hinkel	7/2007

Weight Class: 105 Male

Division	Bench Press	Name	Date
Open	112.5 kgs / 248.0 lbs	Jasen Hinkel	3/2010
12-13	52.5 kgs / 115.7 lbs	Kamryn Vasquez	3/2012
16-17	92.5 kgs / 203.9 lbs	Jasen Hinkel	8/2007
18-19	112.5 kgs / 248.0 lbs	Jasen Hinkel	3/2010

Weight Class: 114 Male

Division	Bench Press	Name	Date
Open	45.0 kgs / 99.2 lbs	Zach Williamson	12/2013
12-13	45.0 kgs / 99.2 lbs	Zach Williamson	12/2013

Weight Class: 123 Male

Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	Levi Meyer	1/2010
14-15	55.0 kgs / 121.2 lbs	Zach Williamson	6/2014
16-17	82.5 kgs / 181.8 lbs	Jonathan Hoy	7/2007
18-19	92.5 kgs / 203.9 lbs	Levi Meyer	1/2010

Weight Class: 132 Male

Division	Bench Press	Name	Date
Open	131.0 kgs / 288.8 lbs	Vincent Alvarado	6/2011
10-11	40.0 kgs / 88.1 lbs	Billy Purcell	6/2010
14-15	72.5 kgs / 159.8 lbs	Brandon Nauman	3/2008
16-17	127.5 kgs / 281.0 lbs	Vincent Alvarado	6/2010
18-19	131.0 kgs / 288.8 lbs	Vincent Alvarado	6/2011
20-24	82.5 kgs / 181.8 lbs	Patrick Enriquez	3/2013

Weight Class: 148 Male

Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Viet Tran	6/2014
12-13	52.5 kgs / 115.7 lbs	Billy Purcell	2/2011
14-15	87.5 kgs / 192.9 lbs	August Yoder	6/2014
16-17	75.0 kgs / 165.3 lbs	Elijah Trujillo	12/2015
18-19	85.0 kgs / 187.3 lbs	Jaden Florez	12/2016
20-24	125.0 kgs / 275.5 lbs	Levi Meyer	3/2013
25-29	117.5 kgs / 259.0 lbs	Uriel Avila	6/2017
30-34	97.5 kgs / 214.9 lbs	Jimmy Thompson	6/2017
35-39	160.0 kgs / 352.7 lbs	Viet Tran	6/2014
40-44	160.0 kgs / 352.7 lbs	Viet Tran	6/2016
55-59	107.5 kgs / 236.9 lbs	Monte Lofing	6/2017
Police/Fire/Mil	120.0 kgs / 264.5 lbs	John Livermore	3/2014

Weight Class: 165 Male

Division	Bench Press	Name	Date
Open	147.5 kgs / 325.1 lbs	Josh Romaine	12/2014
12-13	62.5 kgs / 137.7 lbs	Ryan Ludlow	7/2007
14-15	102.1 kgs / 225.0 lbs	Jay Scurlocke	7/2007

16-17	110.0 kgs / 242.5 lbs	August Yoder	6/2016
18-19	145.0 kgs / 319.6 lbs	Josh Romaine	3/2014
20-24	147.5 kgs / 325.1 lbs	Joey Torigoe	12/2016
25-29	95.0 kgs / 209.4 lbs	Tyler Ely	11/2017
35-39	115.0 kgs / 253.5 lbs	Lamar Brown	3/2016
40-44	80.0 kgs / 176.3 lbs	Diego Sainz	3/2014
45-49	107.5 kgs / 236.9 lbs	Dave Paladino	3/2014
50-54	102.5 kgs / 225.9 lbs	Dave Paladino	3/2017
60-64	122.5 kgs / 270.0 lbs	Jerry Folkers	12/2013
65-69	122.5 kgs / 270.0 lbs	Jerry Folkers	6/2015
70-74	122.5 kgs / 270.0 lbs	Ronnie Powell	11/2017
Police/Fire/Mil	102.5 kgs / 225.9 lbs	Ronnie Powell	3/2016

Weight Class: 181 Male

Division	Bench Press	Name	Date
Open	190.0 kgs / 418.8 lbs	Kyland Folkers	2011
16-17	132.5 kgs / 292.1 lbs	Clint Baldwin	10/2008
18-19	132.5 kgs / 292.1 lbs	David Szymanski	1/2010
20-24	147.5 kgs / 325.1 lbs	David Szymanski	6/2011
35-39	187.5 kgs / 413.3 lbs	Kyland Folkers	6/2013
40-44	182.5 kgs / 402.3 lbs	Chris Walter	10/2013
45-49	137.5 kgs / 303.1 lbs	Scott Runyan	3/2014
50-54	145.0 kgs / 319.6 lbs	Jeff Suhr	10/2008
55-59	125.0 kgs / 275.5 lbs	Velton Brown	3/2008
65-69	137.5 kgs / 303.1 lbs	Ronnie Powell	12/2014
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Ronnie Powell	12/2014

Weight Class: 198 Male

Division	Bench Press	Name	Date
Open	205.0 kgs / 451.9 lbs	Chris Walter	12/2015
14-15	105.0 kgs / 231.4 lbs	Dalton Pinkerton	6/2011
16-17	160.0 kgs / 352.7 lbs	Clint Baldwin	6/2010
18-19	172.5 kgs / 380.2 lbs	Clint Baldwin	6/2011
20-24	152.5 kgs / 336.2 lbs	Josh Best	3/2008
25-29	125.0 kgs / 275.5 lbs	Nicholas Gordan	11/2017
30-34	137.5 kgs / 303.1 lbs	Chris Pham	6/2017
35-39	192.5 kgs / 424.3 lbs	Chris Walter	6/2011
40-44	205.0 kgs / 451.9 lbs	Chris Walter	12/2015
45-49	205.0 kgs / 451.9 lbs	Chris Walter	6/2017
55-59	140.0 kgs / 308.6 lbs	Jim Putz	7/2007
60-64	140.0 kgs / 308.6 lbs	Ronnie Powell	7/2007
65-69	114.8 kgs / 253.0 lbs	Don Betten	6/2010
Police/Fire/Mil	170.0 kgs / 374.7 lbs	Jeremey Meyer	6/2011

Weight Class: 220 Male

Division	Bench Press	Name	Date
Open	212.5 kgs / 468.4 lbs	Chris Walter	12/2016
14-15	120.0 kgs / 264.5 lbs	Alexander Herman	11/2017
16-17	117.5 kgs / 259.0 lbs	Glenn Melnick	9/2006
18-19	147.5 kgs / 325.1 lbs	Max Kathol	7/2007
20-24	132.5 kgs / 292.1 lbs	Derric Wood	3/2008
30-34	182.5 kgs / 402.3 lbs	John McClaren	3/2008
35-39	200.0 kgs / 440.9 lbs	Jeremey Meyer	6/2015

40-44	210.0 kgs / 462.9 lbs	Chris Walter	6/2016
45-49	212.5 kgs / 468.4 lbs	Chris Walter	12/2016
50-54	152.5 kgs / 336.2 lbs	Dennis Charron	3/2013
55-59	155.0 kgs / 341.7 lbs	Ronnie Powell	9/2006
60-64	130.0 kgs / 286.5 lbs	Caresley Toney	6/2011
70-74	40.0 kgs / 88.1 lbs	Fred Gawecki	1/2010
Police/Fire/Mil	200.0 kgs / 440.9 lbs	Jeremey Meyer	6/2015

Weight Class: 242 Male			
Division	Bench Press	Name	Date
Open	220.0 kgs / 485.0 lbs	Scott Walter	3/2012
14-15	137.5 kgs / 303.1 lbs	Skyler Yoder	6/2015
16-17	145.0 kgs / 319.6 lbs	Austin Scherer	6/2014
18-19	130.0 kgs / 286.5 lbs	Matthew Noguchi	3/2013
20-24	165.0 kgs / 363.7 lbs	Nathan Estergaard	6/2017
25-29	182.5 kgs / 402.3 lbs	Bret Carter	2009
30-34	190.0 kgs / 418.8 lbs	John McClaren	8/2007
35-39	220.0 kgs / 485.0 lbs	Scott Walter	3/2012
40-44	195.0 kgs / 429.8 lbs	Lance Grush	6/2012
45-49	215.0 kgs / 473.9 lbs	Chris Walters	11/2017
50-54	165.0 kgs / 363.7 lbs	John Probasco	12/2013
55-59	152.5 kgs / 336.2 lbs	Bill Sindelar	9/2006
60-64	112.5 kgs / 248.0 lbs	Caresley Toney	3/2009
65-69	137.5 kgs / 303.1 lbs	Caresley Toney	3/2015
Police/Fire/Mil	200.0 kgs / 440.9 lbs	Jeremey Meyer	12/2016

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	220.0 kgs / 485.0 lbs	Jason Mattison	7/2007
14-15	150.0 kgs / 330.6 lbs	Skyler Yoder	3/2016
16-17	160.0 kgs / 352.7 lbs	Skyler Yoder	12/2016
20-24	152.5 kgs / 336.2 lbs	George Sterba	6/2017
25-29	172.5 kgs / 380.2 lbs	Chris Peterson	11/2015
30-34	152.5 kgs / 336.2 lbs	James Sechser	11/2017
35-39	172.5 kgs / 380.2 lbs	Shane Peterson	3/2008
40-44	187.5 kgs / 413.3 lbs	Michael Suggs	3/2014
45-49	182.5 kgs / 402.3 lbs	Lee Wilson	1/2010
50-54	175.0 kgs / 385.8 lbs	Lee Wilson	3/2010
55-59	152.5 kgs / 336.2 lbs	Karl Frederickson	6/2013
60-64	170.0 kgs / 374.7 lbs	Robert Kubat	3/2009

Weight Class: 308 Male			
Division	Bench Press	Name	Date
Open	250.0 kgs / 551.1 lbs	Matt Eveland	6/2014
14-15	150.0 kgs / 330.6 lbs	Skyler Yoder	12/2015
16-17	162.5 kgs / 358.2 lbs	Skyler Yoder	6/2017
18-19	152.5 kgs / 336.2 lbs	Wesley Ludlow	7/2007
25-29	147.5 kgs / 325.1 lbs	George Sterba	11/2017
30-34	142.5 kgs / 314.1 lbs	Micheal Lathon	11/2017
35-39	165.0 kgs / 363.7 lbs	Richard Vincent	3/2008
40-44	212.5 kgs / 468.4 lbs	Jeff Yoder	6/2015
45-49	147.5 kgs / 325.1 lbs	Ed Horwitz	11/2008
50-54	192.5 kgs / 424.3 lbs	Rick Hiykel	3/2012

55-59	127.5 kgs / 281.0 lbs	Bill Comer	3/2010
60-64	160.0 kgs / 352.7 lbs	Robert Kubat	3/2010
Police/Fire/Mil	165.0 kgs / 363.7 lbs	Richard Vincent	6/2013

Weight Class: SHW Male

Division	Bench Press	Name	Date
Open	205.0 kgs / 451.9 lbs	Matt Selling	12/2015
20-24	122.5 kgs / 270.0 lbs	Idsac Edsill	9/2006
25-29	155.0 kgs / 341.7 lbs	Dominic Graves	6/2017
35-39	182.5 kgs / 402.3 lbs	Todd Jensen	3/2008
40-44	192.5 kgs / 424.3 lbs	Todd Jensen	6/2010
45-49	160.0 kgs / 352.7 lbs	Don McReynolds	6/2016