



NEBRASKA STATE POWERLIFTING RECORDS

Updated by Ed Kutin
12/17/2017

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Weight Class: 77 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	16.5 kgs / 36.3 lbs Ila Paladino 3/2014	21.5 kgs / 47.3 lbs Ila Paladino 3/2014	30.0 kgs / 66.1 lbs Ila Paladino 3/2014	68.0 kgs / 149.9 lbs Ila Paladino 3/2014
8-9	16.5 kgs / 36.3 lbs Ila Paladino 3/2014	21.5 kgs / 47.3 lbs Ila Paladino 3/2014	30.0 kgs / 66.1 lbs Ila Paladino 3/2014	68.0 kgs / 149.9 lbs Ila Paladino 3/2014

Weight Class: 105 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	80.0 kgs / 176.3 lbs Kaitlyn Davis 11/2017	50.0 kgs / 110.2 lbs Kaitlyn Davis 11/2017	127.5 kgs / 281.0 lbs Kaitlyn Davis 11/2017	257.5 kgs / 567.6 lbs Kaitlyn Davis 11/2017
25-29	80.0 kgs / 176.3 lbs Kaitlyn Davis 11/2017	50.0 kgs / 110.2 lbs Kaitlyn Davis 11/2017	127.5 kgs / 281.0 lbs Kaitlyn Davis 11/2017	257.5 kgs / 567.6 lbs Kaitlyn Davis 11/2017
35-39	77.5 kgs / 170.8 lbs Marni Frandson 12/2016	45.0 kgs / 99.2 lbs Marni Frandson 6/2016	100.0 kgs / 220.4 lbs Marni Frandson 12/2016	222.5 kgs / 490.5 lbs Marni Frandson 12/2016

Weight Class: 114 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	45.0 kgs / 99.2 lbs Mary Kosmicki 3/2016	30.0 kgs / 66.1 lbs Mary Kosmicki 3/2016	137.5 kgs / 303.1 lbs Kari Sakamoto 11/2013	145.0 kgs / 319.6 lbs Mary Kosmicki 3/2016
20-24			137.5 kgs / 303.1 lbs Kari Sakamoto 11/2013	
60-64	45.0 kgs / 99.2 lbs Mary Kosmicki 3/2016	30.0 kgs / 66.1 lbs Mary Kosmicki 3/2016	70.0 kgs / 154.3 lbs Mary Kosmicki 3/2016	145.0 kgs / 319.6 lbs Mary Kosmicki 3/2016

Weight Class: 123 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	92.5 kgs / 203.9 lbs Patty Failla 12/2016	52.5 kgs / 115.7 lbs Page Dalton 12/2015	125.0 kgs / 275.5 lbs Lucy Chung 6/2014	267.5 kgs / 589.7 lbs Patty Failla 12/2016
18-19	85.0 kgs / 187.3 lbs Lucy Chung 6/2014	45.0 kgs / 99.2 lbs Lucy Chung 6/2014	125.0 kgs / 275.5 lbs Lucy Chung 6/2014	242.5 kgs / 534.6 lbs Lucy Chung 6/2014
60-64	92.5 kgs / 203.9 lbs Patty Failla 12/2016	52.5 kgs / 115.7 lbs Patty Failla 12/2016	122.5 kgs / 270.0 lbs Patty Failla 12/2016	267.5 kgs / 589.7 lbs Patty Failla 12/2016

Weight Class: 132 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	100.0 kgs / 220.4 lbs McKenzie Fullford 12/2016	65.0 kgs / 143.2 lbs McKenzie Fullford 12/2016	143.0 kgs / 315.2 lbs Danielle Carr 12/2016	295.5 kgs / 651.4 lbs Danielle Carr 12/2016
18-19	95.0 kgs / 209.4 lbs Danielle Carr 12/2016	57.5 kgs / 126.7 lbs Danielle Carr 12/2016	143.0 kgs / 315.2 lbs Danielle Carr 12/2016	295.5 kgs / 651.4 lbs Danielle Carr 12/2016
25-29	95.0 kgs / 209.4 lbs Kristyn Kocsis 6/2017	52.5 kgs / 115.7 lbs Kristyn Kocsis 6/2017	100.0 kgs / 220.4 lbs Kristyn Kocsis 6/2017	247.5 kgs / 545.6 lbs Kristyn Kocsis 6/2017
35-39	92.5 kgs / 203.9 lbs Kandi Jenkins 6/2014	55.0 kgs / 121.2 lbs Kandi Jenkins 6/2014	142.5 kgs / 314.1 lbs Kandi Jenkins 6/2014	290.0 kgs / 639.3 lbs Kandi Jenkins 6/2014
55-59	60.0 kgs / 132.2 lbs Mechelle Keller-Curtin 6/2017	35.0 kgs / 77.1 lbs Mechelle Keller-Curtin 3/2017	90.0 kgs / 198.4 lbs Mechelle Keller-Curtin 6/2017	182.5 kgs / 402.3 lbs Mechelle Keller-Curtin 6/2017
Police/Fire/Mil	60.0 kgs / 132.2 lbs Mechelle Keller-Curtin 6/2017	35.0 kgs / 77.1 lbs Mechelle Keller-Curtin 3/2017	90.0 kgs / 198.4 lbs Mechelle Keller-Curtin 6/2017	182.5 kgs / 402.3 lbs Mechelle Keller-Curtin 6/2017

Weight Class: 148 Female / Powerlifting				
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Division	Squat	Bench Press	Deadlift	Total
Open	120.0 kgs / 264.5 lbs Trista Hutchings 11/2017	72.5 kgs / 159.8 lbs Rachael Johnson 6/2016	175.0 kgs / 385.8 lbs Courtney Young 3/2017	350.0 kgs / 771.6 lbs Courtney Young 3/2017
16-17	115.0 kgs / 253.5 lbs Courtney Young 3/2017	60.0 kgs / 132.2 lbs Courtney Young 3/2017	175.0 kgs / 385.8 lbs Courtney Young 3/2017	350.0 kgs / 771.6 lbs Courtney Young 3/2017
20-24	90.0 kgs / 198.4 lbs Danielle Carr 11/2017	65.0 kgs / 143.2 lbs Danielle Carr 11/2017	140.0 kgs / 308.6 lbs Danielle Carr 11/2017	295.0 kgs / 650.3 lbs Danielle Carr 11/2017
25-29	120.0 kgs / 264.5 lbs Trista Hutchings 11/2017	65.0 kgs / 143.2 lbs Trista Hutchings 11/2017	152.5 kgs / 336.2 lbs Trista Hutchings 11/2017	337.5 kgs / 744.0 lbs Trista Hutchings 11/2017
30-34	95.0 kgs / 209.4 lbs Melissa Cropsey 6/2017	57.5 kgs / 126.7 lbs Melissa Cropsey 6/2017	115.0 kgs / 253.5 lbs Melissa Cropsey 6/2017	267.5 kgs / 589.7 lbs Melissa Cropsey 6/2017
35-39	105.0 kgs / 231.4 lbs Judy Gelber 12/2016	65.0 kgs / 143.2 lbs Judy Gelber 12/2016	152.5 kgs / 336.2 lbs Judy Gelber 12/2016	322.5 kgs / 710.9 lbs Judy Gelber 12/2016
45-49	85.0 kgs / 187.3 lbs Deborah Post 12/2016	62.5 kgs / 137.7 lbs Deborah Post 12/2016	110.0 kgs / 242.5 lbs Deborah Post 12/2016	257.5 kgs / 567.6 lbs Deborah Post 12/2016
50-54	47.5 kgs / 104.7 lbs Diane Reyes 3/2016	32.5 kgs / 71.6 lbs Diane Reyes 3/2016	75.0 kgs / 165.3 lbs Diane Reyes 3/2016	155.0 kgs / 341.7 lbs Diane Reyes 3/2016
55-59	85.0 kgs / 187.3 lbs Carol Smolsky 12/2015	50.0 kgs / 110.2 lbs Carol Smolsky 12/2015	102.5 kgs / 225.9 lbs Carol Smolsky 12/2015	237.5 kgs / 523.5 lbs Carol Smolsky 12/2015

Weight Class: 165 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	132.5 kgs / 292.1 lbs Christina Gregory 12/2016	72.5 kgs / 159.8 lbs Christina Gregory 12/2016	160.0 kgs / 352.7 lbs Christina Gregory 12/2016	365.0 kgs / 804.6 lbs Christina Gregory 12/2016
20-24	132.5 kgs / 292.1 lbs Christina Gregory 12/2016	72.5 kgs / 159.8 lbs Christina Gregory 12/2016	160.0 kgs / 352.7 lbs Christina Gregory 12/2016	365.0 kgs / 804.6 lbs Christina Gregory 12/2016
25-29	80.0 kgs / 176.3 lbs Amber Welchert 3/2017	57.5 kgs / 126.7 lbs Amber Welchert 3/2017	95.0 kgs / 209.4 lbs Amber Welchert 3/2017	232.5 kgs / 512.5 lbs Amber Welchert 3/2017
45-49	107.5 kgs / 236.9 lbs Megan Martin 12/2016	57.5 kgs / 126.7 lbs Megan Martin 12/2016	145.0 kgs / 319.6 lbs Megan Martin 12/2016	310.0 kgs / 683.4 lbs Megan Martin 12/2016
50-54	115.0 kgs / 253.5 lbs Megan Martin 6/2017	60.0 kgs / 132.2 lbs Megan Martin 6/2017	157.5 kgs / 347.2 lbs Megan Martin 6/2017	330.0 kgs / 727.5 lbs Megan Martin 6/2017
55-59	70.0 kgs / 154.3 lbs Susan Gregory 12/2015	52.5 kgs / 115.7 lbs Susan Gregory 3/2017	97.5 kgs / 214.9 lbs Susan Gregory 12/2015	217.5 kgs / 479.5 lbs Susan Gregory 12/2015

Weight Class: 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	149.6 kgs / 329.8 lbs Kacie Sharp 2007	85.0 kgs / 187.3 lbs Elizabeth Gregory 3/2015	182.5 kgs / 402.3 lbs Angie Hobbs 3/2015	400.0 kgs / 881.8 lbs Angie Hobbs 3/2015
20-24	149.6 kgs / 329.8 lbs Kacie Sharp 2007	81.6 kgs / 179.8 lbs Kacie Sharp 2007	167.8 kgs / 369.9 lbs Kacie Sharp 2007	399.1 kgs / 879.8 lbs Kacie Sharp 2007
25-29	135.0 kgs / 297.6 lbs Jade Massey 6/2017	72.5 kgs / 159.8 lbs Jade Massey 6/2017	142.5 kgs / 314.1 lbs Jade Massey 6/2017	350.0 kgs / 771.6 lbs Jade Massey 6/2017
35-39	95.0 kgs / 209.4 lbs Cara Tabor 12/2016	57.5 kgs / 126.7 lbs Cara Tabor 12/2016	117.5 kgs / 259.0 lbs Cara Tabor 12/2016	270.0 kgs / 595.2 lbs Cara Tabor 12/2016
Police/Fire/Mil	135.0 kgs / 297.6 lbs Jade Massey 6/2017	75.0 kgs / 165.3 lbs Monique Skelton 6/2014	150.0 kgs / 330.6 lbs Monique Skelton 6/2014	350.0 kgs / 771.6 lbs Jade Massey 6/2017

Weight Class: 198 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	150.0 kgs / 330.6 lbs Angie Hobbs 6/2016	92.5 kgs / 203.9 lbs Elizabeth Gregory 12/2015	185.0 kgs / 407.8 lbs Angie Hobbs 6/2016	415.0 kgs / 914.9 lbs Angie Hobbs 6/2016
20-24			170.0 kgs / 374.7 lbs Kacie Sharp	396.5 kgs / 874.1 lbs Kacie Sharp
25-29	142.5 kgs / 314.1 lbs Kacie Moser 10/2015	82.5 kgs / 181.8 lbs Jacquelin Wuiff 11/2017	185.0 kgs / 407.8 lbs Jacquelin Wuiff 11/2017	405.0 kgs / 892.8 lbs Jacquelin Wuiff 11/2017

Weight Class: 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	152.5 kgs / 336.2 lbs Danielle Goodwin 12/2016	67.5 kgs / 148.8 lbs Bianca Mata 12/2016	165.0 kgs / 363.7 lbs Nikki Jacob 12/2016	374.0 kgs / 824.5 lbs Danielle Goodwin 12/2016

30-34	105.0 kgs / 231.4 lbs Nikki Jacob 6/2017	52.5 kgs / 115.7 lbs Nikki Jacob 6/2017	160.0 kgs / 352.7 lbs Nikki Jacob 6/2017	317.5 kgs / 699.9 lbs Nikki Jacob 6/2017
45-49	77.5 kgs / 170.8 lbs Catherine Dargin 3/2016	42.5 kgs / 93.6 lbs Catherine Dargin 3/2016	105.0 kgs / 231.4 lbs Catherine Dargin 3/2016	225.0 kgs / 496.0 lbs Catherine Dargin 3/2016

Weight Class: 105 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	172.5 kgs / 380.2 lbs Jasen Hinkel 3/2010	112.5 kgs / 248.0 lbs Jasen Hinkel 3/2010	110.0 kgs / 242.5 lbs Kamryn Vasquez 2011	385.0 kgs / 848.7 lbs Jasen Hinkel 3/2010
12-13	95.0 kgs / 209.4 lbs Kamryn Vasquez 2011		110.0 kgs / 242.5 lbs Kamryn Vasquez 2011	247.5 kgs / 545.6 lbs Kamryn Vasquez 2011
16-17	137.5 kgs / 303.1 lbs Jasen Hinkel 8/2007	92.5 kgs / 203.9 lbs Jasen Hinkel 8/2007		320.0 kgs / 705.4 lbs Jasen Hinkel 8/2007
18-19	172.5 kgs / 380.2 lbs Jasen Hinkel 3/2010	112.5 kgs / 248.0 lbs Jasen Hinkel 3/2010	100.0 kgs / 220.4 lbs Jasen Hinkel 3/2010	385.0 kgs / 848.7 lbs Jasen Hinkel 3/2010

Weight Class: 114 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	30.0 kgs / 66.1 lbs Alex Paladino 3/2014	30.0 kgs / 66.1 lbs Alex Paladino 3/2014	65.0 kgs / 143.2 lbs Alex Paladino 3/2014	125.0 kgs / 275.5 lbs Alex Paladino 3/2014
12-13	30.0 kgs / 66.1 lbs Alex Paladino 3/2014	30.0 kgs / 66.1 lbs Alex Paladino 3/2014	65.0 kgs / 143.2 lbs Alex Paladino 3/2014	125.0 kgs / 275.5 lbs Alex Paladino 3/2014

Weight Class: 132 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	182.5 kgs / 402.3 lbs Vincent Alvarado 6/2011	131.0 kgs / 288.8 lbs Vincent Alvarado 6/2011	195.0 kgs / 429.8 lbs Vincent Alvarado 6/2011	506.0 kgs / 1115.5 lbs Vincent Alvarado 6/2011
14-15	62.5 kgs / 137.7 lbs Zech Paladino 3/2014	37.5 kgs / 82.6 lbs Zech Paladino 3/2014	80.0 kgs / 176.3 lbs Zech Paladino 3/2014	180.0 kgs / 396.8 lbs Zech Paladino 3/2014
18-19	182.5 kgs / 402.3 lbs Vincent Alvarado 6/2011	131.0 kgs / 288.8 lbs Vincent Alvarado 6/2011	195.0 kgs / 429.8 lbs Vincent Alvarado 6/2011	506.0 kgs / 1115.5 lbs Vincent Alvarado 6/2011

Weight Class: 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	185.0 kgs / 407.8 lbs Monte Lofing 11/2017	127.5 kgs / 281.0 lbs Brandon Go 3/2014	227.5 kgs / 501.5 lbs Brandon Go 3/2014	515.0 kgs / 1135.3 lbs Brandon Go 3/2014
14-15	77.5 kgs / 170.8 lbs Cameron Fisher 6/2016	70.0 kgs / 154.3 lbs Cameron Fisher 6/2016	125.0 kgs / 275.5 lbs Cameron Fisher 6/2016	272.5 kgs / 600.7 lbs Cameron Fisher 6/2016
16-17	112.5 kgs / 248.0 lbs Elijah Trujillo 12/2015	75.0 kgs / 165.3 lbs Elijah Trujillo 12/2015	142.5 kgs / 314.1 lbs Elijah Trujillo 12/2015	330.0 kgs / 727.5 lbs Elijah Trujillo 12/2015
25-29	155.0 kgs / 341.7 lbs Uriel Avila 6/2017	117.5 kgs / 259.0 lbs Uriel Avila 6/2017	182.5 kgs / 402.3 lbs Uriel Avila 6/2017	455.0 kgs / 1003.0 lbs Uriel Avila 6/2017
30-34	152.5 kgs / 336.2 lbs Jimmy Thompson 6/2017	97.5 kgs / 214.9 lbs Jimmy Thompson 6/2017	205.0 kgs / 451.9 lbs Jimmy Thompson 6/2017	455.0 kgs / 1003.0 lbs Jimmy Thompson 6/2017
35-39	152.5 kgs / 336.2 lbs Scott Hansen 3/2016	110.0 kgs / 242.5 lbs Scott Hansen 3/2016	187.5 kgs / 413.3 lbs Scott Hansen 12/2015	447.5 kgs / 986.5 lbs Scott Hansen 3/2016
40-44	115.0 kgs / 253.5 lbs David Backhaus 3/2016	75.0 kgs / 165.3 lbs David Backhaus 3/2016	127.5 kgs / 281.0 lbs David Backhaus 3/2016	317.5 kgs / 699.9 lbs David Backhaus 3/2016
55-59	185.0 kgs / 407.8 lbs Monte Lofing 11/2017	107.5 kgs / 236.9 lbs Monte Lofing 6/2017	182.5 kgs / 402.3 lbs Monte Lofing 6/2017	465.0 kgs / 1025.1 lbs Monte Lofing 6/2017

Weight Class: 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	190.0 kgs / 418.8 lbs Nathan Classe 6/2015	147.5 kgs / 325.1 lbs Joey Torigoe 12/2016	237.5 kgs / 523.5 lbs Troy Becker 6/2015	547.5 kgs / 1207.0 lbs Troy Becker 6/2015
18-19	137.5 kgs / 303.1 lbs Ethan O'Boyle 12/2016	112.5 kgs / 248.0 lbs Ethan O'Boyle 12/2016	60.0 kgs / 132.2 lbs Ethan O'Boyle 12/2016	310.0 kgs / 683.4 lbs Ethan O'Boyle 12/2016
20-24	190.0 kgs / 418.8 lbs Nathan Classe 6/2015	147.5 kgs / 325.1 lbs Joey Torigoe 12/2016	237.5 kgs / 523.5 lbs Troy Becker 6/2015	547.5 kgs / 1207.0 lbs Troy Becker 6/2015

25-29	160.0 kgs / 352.7 lbs Tyler Ely 11/2017	95.0 kgs / 209.4 lbs Tyler Ely 11/2017	187.5 kgs / 413.3 lbs Tyler Ely 11/2017	442.5 kgs / 975.5 lbs Tyler Ely 11/2017
35-39	165.0 kgs / 363.7 lbs Lamar Brown 3/2016	115.0 kgs / 253.5 lbs Lamar Brown 3/2016	205.0 kgs / 451.9 lbs Lamar Brown 3/2016	485.0 kgs / 1069.2 lbs Lamar Brown 3/2016
40-44	102.5 kgs / 225.9 lbs David Backhaus 3/2015	72.5 kgs / 159.8 lbs David Backhaus 3/2015	142.5 kgs / 314.1 lbs David Backhaus 3/2015	317.5 kgs / 699.9 lbs David Backhaus 3/2015
45-49	150.0 kgs / 330.6 lbs Dave Paladino 3/2015	107.5 kgs / 236.9 lbs Dave Paladino 3/2014	180.0 kgs / 396.8 lbs Dave Paladino 3/2014	427.5 kgs / 942.4 lbs Dave Paladino 3/2014
50-54	147.5 kgs / 325.1 lbs Dave Paladino 3/2017	102.5 kgs / 225.9 lbs Dave Paladino 3/2017	182.5 kgs / 402.3 lbs Dave Paladino 3/2017	432.5 kgs / 953.4 lbs Dave Paladino 3/2017
65-69	125.0 kgs / 275.5 lbs Ronnie Powell 6/2016	117.5 kgs / 259.0 lbs Ronnie Powell 6/2016	207.5 kgs / 457.4 lbs Ronnie Powell 12/2016	445.0 kgs / 981.0 lbs Ronnie Powell 6/2016
70-74	122.5 kgs / 270.0 lbs Ronnie Powell 11/2017	122.5 kgs / 270.0 lbs Ronnie Powell 11/2017	197.5 kgs / 435.4 lbs Ronnie Powell 11/2017	442.5 kgs / 975.5 lbs Ronnie Powell 11/2017
Police/Fire/Mil	112.5 kgs / 248.0 lbs Ronnie Powell 3/2016	102.5 kgs / 225.9 lbs Ronnie Powell 3/2016	192.5 kgs / 424.3 lbs Ronnie Powell 3/2016	407.5 kgs / 898.3 lbs Ronnie Powell 3/2016

Weight Class: 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	217.5 kgs / 479.5 lbs Matthew Cook 12/2014	137.5 kgs / 303.1 lbs Scott Runyan 3/2014	260.0 kgs / 573.1 lbs Matthew Cook 12/2014	590.0 kgs / 1300.7 lbs Matthew Cook 12/2014
18-19	170.0 kgs / 374.7 lbs Derek Juracek 6/2014	107.5 kgs / 236.9 lbs Derek Juracek 6/2014	210.0 kgs / 462.9 lbs Derek Juracek 6/2014	487.5 kgs / 1074.7 lbs Derek Juracek 6/2014
20-24	217.5 kgs / 479.5 lbs Matthew Cook 12/2014	112.5 kgs / 248.0 lbs Matthew Cook 12/2014	260.0 kgs / 573.1 lbs Matthew Cook 12/2014	590.0 kgs / 1300.7 lbs Matthew Cook 12/2014
40-44	197.5 kgs / 435.4 lbs Pat Douglas 4/2016	127.5 kgs / 281.0 lbs Pat Douglas 4/2016	227.5 kgs / 501.5 lbs Pat Douglas 4/2016	552.5 kgs / 1218.0 lbs Pat Douglas 4/2016
45-49	210.0 kgs / 462.9 lbs Scott Runyan 3/2014	137.5 kgs / 303.1 lbs Scott Runyan 3/2014	210.0 kgs / 462.9 lbs Scott Runyan 3/2014	557.5 kgs / 1229.0 lbs Scott Runyan 3/2014
55-59	185.0 kgs / 407.8 lbs Randy Hraban			
80+	77.5 kgs / 170.8 lbs Dan Goodwin 12/2013		145.0 kgs / 319.6 lbs Dan Goodwin 12/2013	292.5 kgs / 644.8 lbs Dan Goodwin 12/2013

Weight Class: 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	230.0 kgs / 507.0 lbs Matthew Cook 6/2015	140.0 kgs / 308.6 lbs Nathan Estergaard 6/2015	282.5 kgs / 622.7 lbs Jay Petersen 6/2016	637.5 kgs / 1405.4 lbs Matthew Cook 6/2015
20-24	230.0 kgs / 507.0 lbs Matthew Cook 6/2015	140.0 kgs / 308.6 lbs Nathan Estergaard 6/2015	272.5 kgs / 600.7 lbs Matthew Cook 6/2015	637.5 kgs / 1405.4 lbs Matthew Cook 6/2015
30-34	190.0 kgs / 418.8 lbs Chris Pham 6/2017	137.5 kgs / 303.1 lbs Chris Pham 6/2017	200.0 kgs / 440.9 lbs Chris Pham 6/2017	527.5 kgs / 1162.9 lbs Chris Pham 6/2017
35-39	150.0 kgs / 330.6 lbs Gary Wallace 12/2016	127.5 kgs / 281.0 lbs Gary Wallace 12/2016	235.0 kgs / 518.0 lbs Gary Wallace 12/2016	512.5 kgs / 1129.8 lbs Gary Wallace 12/2016
60-64	105.5 kgs / 232.5 lbs Greg Petersen 6/2017	95.0 kgs / 209.4 lbs Greg Petersen 6/2017	150.0 kgs / 330.6 lbs Greg Petersen 6/2017	350.5 kgs / 772.7 lbs Greg Petersen 6/2017

Weight Class: 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	235.0 kgs / 518.0 lbs John McClaren 3/2008	182.5 kgs / 402.3 lbs John McClaren 3/2008	257.5 kgs / 567.6 lbs Jake Knuth 6/2017	667.5 kgs / 1471.5 lbs John McClaren 3/2008
20-24	205.0 kgs / 451.9 lbs Jesse Frederickson 2009	130.0 kgs / 286.5 lbs Jesse Frederickson 2009	245.0 kgs / 540.1 lbs Jesse Frederickson 2009	580.0 kgs / 1278.6 lbs Jesse Frederickson 2009
30-34	235.0 kgs / 518.0 lbs John McClaren 3/2008	182.5 kgs / 402.3 lbs John McClaren 3/2008	257.5 kgs / 567.6 lbs Jake Knuth 6/2017	667.5 kgs / 1471.5 lbs John McClaren 3/2008
35-39	190.0 kgs / 418.8 lbs Heath Aufenkamp 12/2015	132.5 kgs / 292.1 lbs Heath Aufenkamp 12/2015	232.5 kgs / 512.5 lbs Heath Aufenkamp 12/2015	555.0 kgs / 1223.5 lbs Heath Aufenkamp 12/2015
40-44	182.5 kgs / 402.3 lbs Josh Haggin 12/2014	160.5 kgs / 353.8 lbs Gary Stillman 11/2017	227.5 kgs / 501.5 lbs Josh Haggin 12/2014	535.5 kgs / 1180.5 lbs Gary Stillman 11/2017
50-54	200.0 kgs / 440.9 lbs Steven Evarets 6/2011	147.5 kgs / 325.1 lbs Steven Evarets 6/2011	242.5 kgs / 534.6 lbs Steven Evarets 6/2011	590.0 kgs / 1300.7 lbs Steven Evarets 6/2011

60-64	137.5 kgs / 303.1 lbs Bill Bare 12/2014	130.0 kgs / 286.5 lbs Caresley Toney 6/2011	227.5 kgs / 501.5 lbs Caresley Toney 6/2011	507.5 kgs / 1118.8 lbs Caresley Toney 6/2011
Police/Fire/Mil	200.0 kgs / 440.9 lbs Michael Meyer 12/2015	142.5 kgs / 314.1 lbs Michael Meyer 12/2015	237.5 kgs / 523.5 lbs Michael Meyer 12/2015	580.0 kgs / 1278.6 lbs Michael Meyer 12/2015

Weight Class: 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	245.0 kgs / 540.1 lbs John McClaren 8/2007	190.0 kgs / 418.8 lbs John McClaren 8/2007	272.5 kgs / 600.7 lbs Nathan Estergaard 6/2017	695.0 kgs / 1532.1 lbs John McClaren 8/2007
20-24	230.0 kgs / 507.0 lbs Nathan Estergaard 6/2017	165.0 kgs / 363.7 lbs Nathan Estergaard 6/2017	272.5 kgs / 600.7 lbs Nathan Estergaard 6/2017	667.5 kgs / 1471.5 lbs Nathan Estergaard 6/2017
25-29	232.5 kgs / 512.5 lbs Bret Carter 2009	182.5 kgs / 402.3 lbs Bret Carter 2009	242.5 kgs / 534.6 lbs Bret Carter 2009	657.5 kgs / 1449.5 lbs Bret Carter 2009
30-34	245.0 kgs / 540.1 lbs John McClaren 8/2007	190.0 kgs / 418.8 lbs John McClaren 8/2007	260.0 kgs / 573.1 lbs John McClaren 8/2007	695.0 kgs / 1532.1 lbs John McClaren 8/2007
50-54	177.5 kgs / 391.3 lbs Karl Frederickson 2009			525.0 kgs / 1157.4 lbs Karl Frederickson 2009

Weight Class: 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	250.0 kgs / 551.1 lbs Michael Suggs 3/2014	187.5 kgs / 413.3 lbs Michael Suggs 3/2014	300.0 kgs / 661.3 lbs Chris Peterson 11/2015	720.0 kgs / 1587.3 lbs Chris Peterson 6/2015
25-29	247.5 kgs / 545.6 lbs Chris Peterson 11/2015	172.5 kgs / 380.2 lbs Chris Peterson 11/2015	300.0 kgs / 661.3 lbs Chris Peterson 11/2015	720.0 kgs / 1587.3 lbs Chris Peterson 11/2015
30-34	227.5 kgs / 501.5 lbs James Sechser 11/2017	152.5 kgs / 336.2 lbs James Sechser 11/2017	272.5 kgs / 600.7 lbs James Sechser 11/2017	652.5 kgs / 1438.5 lbs James Sechser 11/2017
40-44	250.0 kgs / 551.1 lbs Michael Suggs 3/2014	187.5 kgs / 413.3 lbs Michael Suggs 3/2014	227.5 kgs / 501.5 lbs Michael Suggs 3/2014	665.0 kgs / 1466.0 lbs Michael Suggs 3/2014

Weight Class: 308 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	265.0 kgs / 584.2 lbs Matt Eveland 11/2014	250.0 kgs / 551.1 lbs Matt Eveland 6/2014	327.5 kgs / 722.0 lbs Matt Eveland 11/2014	832.5 kgs / 1835.3 lbs Matt Eveland 11/2014
40-44	172.5 kgs / 380.2 lbs Phil Reno 3/2015	92.5 kgs / 203.9 lbs Phil Reno 3/2015	182.5 kgs / 402.3 lbs Phil Reno 3/2015	447.5 kgs / 986.5 lbs Phil Reno 3/2015
45-49	197.5 kgs / 435.4 lbs Rick Jeffries 6/2017	132.5 kgs / 292.1 lbs Rick Jeffries 6/2017	212.5 kgs / 468.4 lbs Rick Jeffries 6/2017	542.5 kgs / 1195.9 lbs Rick Jeffries 6/2017

Weight Class: SHW Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	250.0 kgs / 551.1 lbs Matt Selling 12/2015	205.0 kgs / 451.9 lbs Matt Selling 12/2015	295.0 kgs / 650.3 lbs Don McReynolds 6/2016	712.5 kgs / 1570.7 lbs Matt Selling 12/2015
45-49	230.0 kgs / 507.0 lbs Daniel Bunch 3/2014	160.0 kgs / 352.7 lbs Don McReynolds 6/2016	295.0 kgs / 650.3 lbs Don McReynolds 6/2016	627.5 kgs / 1383.3 lbs Don McReynolds 6/2016