



Updated by Ed Kutin

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| Weight Class: 165 Female | | | |
|---------------------------------|----------------------|---------------|------|
| Division | Bench Press | Name | Date |
| Open | 80.0 kgs / 176.3 lbs | Latosha Floyd | 2014 |

| Weight Class: 132 Male | | | |
|-------------------------------|-----------------------|---------------|---------|
| Division | Bench Press | Name | Date |
| Open | 120.0 kgs / 264.5 lbs | Galen Takushi | 10/2013 |
| 45-49 | 120.0 kgs / 264.5 lbs | Galen Takushi | 10/2013 |

| Weight Class: 148 Male | | | |
|-------------------------------|-----------------------|---------------|--------|
| Division | Bench Press | Name | Date |
| Open | 110.0 kgs / 242.5 lbs | Kameron Perez | 2014 |
| 18-19 | 100.0 kgs / 220.4 lbs | Caleb Callo | 3/2014 |
| 20-24 | 110.0 kgs / 242.5 lbs | Kameron Perez | 2014 |

| Weight Class: 165 Male | | | |
|-------------------------------|-----------------------|-------------------|---------|
| Division | Bench Press | Name | Date |
| Open | 147.5 kgs / 325.1 lbs | George Nabeshima | 11/2009 |
| 18-19 | 112.5 kgs / 248.0 lbs | Richard Matsumoto | 2000 |
| 40-44 | 147.5 kgs / 325.1 lbs | George Nabeshima | 11/2009 |

| Weight Class: 220 Male | | | |
|-------------------------------|-----------------------|---------------|--------|
| Division | Bench Press | Name | Date |
| Open | 110.0 kgs / 242.5 lbs | Larry Akiyama | 2000 |
| 18-19 | 85.0 kgs / 187.3 lbs | Antonio Cruz | 3/2015 |
| 50-54 | 110.0 kgs / 242.5 lbs | Larry Akiyama | 2000 |

| Weight Class: 242 Male | | | |
|-------------------------------|-----------------------|---------------|---------|
| Division | Bench Press | Name | Date |
| Open | 220.0 kgs / 485.0 lbs | James Kelly | 10/2014 |
| 18-19 | 132.5 kgs / 292.1 lbs | Sean Lamorena | 3/2015 |
| 40-44 | 220.0 kgs / 485.0 lbs | James Kelly | 10/2014 |

| Weight Class: 275 Male | | | |
|-------------------------------|-----------------------|------------|--------|
| Division | Bench Press | Name | Date |
| Open | 215.0 kgs / 473.9 lbs | Greg Payne | 4/2000 |