



Updated by Ed Kutin 02/19/17

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Weight Class: 97 Female			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Angelina Hong	3/2015
18-19	67.5 kgs / 148.8 lbs	Angelina Hong	3/2015

Weight Class: 105 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Angelina Hong	2/2014
18-19	77.5 kgs / 170.8 lbs	Angelina Hong	2/2014

Weight Class: 123 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Jackie Hong	2/2014
20-24	75.0 kgs / 165.3 lbs	Jackie Hong	2/2014

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	54.4 kgs / 119.9 lbs	Arden Mickelson	4/2008
20-24	54.4 kgs / 119.9 lbs	Arden Mickelson	4/2008
25-29	50.0 kgs / 110.2 lbs	Deeanna Burnah	3/2014
Police/Fire/Mil	50.0 kgs / 110.2 lbs	Deeanna Burnah	3/2014

Weight Class: 165 Female			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Erlinda Gomez	6/2014
35-39	82.5 kgs / 181.8 lbs	Erlinda Gomez	6/2014
40-44	80.0 kgs / 176.3 lbs	Erlinda Gomez	5/2015

Weight Class: 123 Male			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Chris Leach	4/2008
20-24	82.5 kgs / 181.8 lbs	Chris Leach	4/2008

Weight Class: 165 Male			
Division	Bench Press	Name	Date
Open	163.0 kgs / 359.3 lbs	Justin Hopkins	4/2008
20-24	152.0 kgs / 335.0 lbs	Shawn Frasquillo	6/2007

Weight Class: 181 Male			
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Division	Bench Press	Name	Date
Open	142.5 kgs / 314.1 lbs	Jason Marshall	6/2014
20-24	102.1 kgs / 225.0 lbs	Ben Feldman	7/2008
35-39	142.5 kgs / 314.1 lbs	Jason Marshall	6/2014
45-49	110.0 kgs / 242.5 lbs	Andrew Smith	11/2015
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Ryan Raider	3/2012

Weight Class: 198 Male			
Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Ramsey Rodriguez	7/2012
40-44	160.0 kgs / 352.7 lbs	Ramsey Rodriguez	7/2012
45-49	112.5 kgs / 248.0 lbs	Andrew Smith	1/2016
60-64	87.5 kgs / 192.9 lbs	Joe Scalzitti	4/2016
Spec. Oly.	75.0 kgs / 165.3 lbs	Myles Barman	4/2008

Weight Class: 220 Male			
Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	Armando Melendez	11/2014
30-34	172.5 kgs / 380.2 lbs	Armando Melendez	11/2014
50-54	110.0 kgs / 242.5 lbs	Don Waltz	3/2016
75-79	60.0 kgs / 132.2 lbs	Bob Ward	4/2008

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Elzy Morrow	4/2008
40-44	160.0 kgs / 352.7 lbs	Elzy Morrow	4/2008

Weight Class: 308 Male			
Division	Bench Press	Name	Date
Open	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011
55-59	115.0 kgs / 253.5 lbs	Bob Taylor	4/2008
60-64	142.5 kgs / 314.1 lbs	Jack Griffin	6/2010
65-69	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011

Weight Class: SHW Male			
Division	Bench Press	Name	Date
Open	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008
55-59	67.5 kgs / 148.8 lbs	James Campbell	4/2008
60-64	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008
Police/Fire/Mil	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008