



2019 Men's Rankings

Updated 01/06/2020 Ed Kutin

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2019 Squat Rankings				Male			
Weight Class: 105				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Gavin Hanks	US-NC	OBX Open	Jarvisburg	NC
	45	99.2	Zachary Vandenburg	Canada	Worlds		Alberta
3	42.5	93.6	Sam Hancock	US-AZ	American Challenge 2019 - AZ		AZ
4	40	88.1	Zane Smith	US-AZ	American Challenge 2019 - AZ		AZ
5	32.5	71.6	Gavin Hanks	US-NC	Southern Open		NC
	32.5	71.6	Eli Hanks	US-NC	OBX Open	Jarvisburg	NC
7	27.5	60.6	Devin Sobota	US-NC	OBX Open	Jarvisburg	NC
8	20	44	Eli Hanks	US-NC	Southern Open		NC
9	15.5	34.1	Andrew Hill	US-NC	Southern Open		NC
10	14	30.8	Hill Andrew	US-NC	American Challenge 2019 - NC		NC
11	12	26.4	Andrew Hill	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 114				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Jacob Browne	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 123				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Carl King	US-PA	American Challenge 2019 - OH		OH
2	97.5	214.9	Jose Parra	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 132				Squat			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Jason Yuen	Canada	2019 Hub Power	High River	Alberta
2	170	374.7	George James	US-MD	Maryland State Championships	Hanover	MD
3	147.5	325.1	Tyler Trudel	Canada	Bar Wars West		Canada
4	140.5	309.7	Brandon Hall	Canada	2019 Hub Power	High River	Alberta
5	135	297.6	Kurtis MacCormack	Canada	Bar Wars East		Canada
6	123.5	272.2	Gary Teeter	US-PA	Shenandoah Open	Woodstock	VA
7	120	264.5	Luis Manuel	US-FL	American Challenge 2019 - FL		FL
8	110	242.5	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY
	110	242.5	Ben Zak	US-NC	OBX Open	Jarvisburg	NC
10	107.5	236.9	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ
11	100	220.4	Buck Ammons	US-NC	American Challenge 2019 - NC		NC
12	95	209.4	Kevin Smith	US-NC	American Challenge 2019 - NC		NC
13	87.5	192.9	Mike Boston	US-PA	Central PA Open	Clearfield	PA
14	70	154.3	Luke Kuwik	US-NC	OBX Open	Jarvisburg	NC
15	47.5	104.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ

Weight Class: 148				Squat			
				Male			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	212.5	468.4	Lenard Jones	US-VA	American Challenge 2019 - MD		MD
2	201	443.1	Stephane Heroux	Canada	Worlds		Alberta
3	187.5	413.3	Max Hall	Canada	Bar Wars West		Canada
	187.5	413.3	Michael Ohse	US-NC	OBX Open	Jarvisburg	NC
5	182.5	402.3	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
	182.5	402.3	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
7	177.5	391.3	Dillon Childs	Canada	Iron Challenge	Medicine Hat	Alberta
8	170	374.7	Shane Frey	Canada	Iron Challenge	Medicine Hat	Alberta
9	162.5	358.2	Joe Martucci	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	162.5	358.2	Bryan Ellenberger	US-PA	Central PA Open	Clearfield	PA
11	160	352.7	George James	US-MD	American Challenge 2019 - OH		OH
12	157.5	347.2	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
13	152.5	336.2	Enrique Aliaga	US-VA	2019 Keystone Ironman Challenge	Nazareth	PA
14	145	319.6	Brandon Hall	Canada	Worlds		Alberta
	145	319.6	Arsenio Quinones	US-FL	Beasty Bash	Mount Dora	FL
16	142.5	314.1	Gary Teeter	US-PA	American Challenge 2019 - NJ		NJ
17	132.5	292.1	Bernard Byrne	Ireland	IDFPA National Full Power Championships		Ireland
18	132	291	Angus Iwers	Australia	Worlds		Alberta
19	130	286.5	Dean Kane	Ireland	IDFPA National Full Power Championships		Ireland
20	125	275.5	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
	125	275.5	Danny Mauro	US-FL	American Challenge 2019 - FL		FL
	125	275.5	Ben Bolton	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 165				Squat		Male	
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	242.5	534.6	Tony Conyers	US-FL	Worlds		Alberta
2	230	507	Ross Rickards	Australia	Worlds		Alberta
3	215	473.9	Austin Andreyo	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	207.5	457.4	Oliver Evangelista	US-NE	Holiday Classic	Council Bluffs	IA
5	205	451.9	Ray Cruz	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	203	447.5	Dillon Childs	Canada	Canadian Nationals	Medicine Hat	Alberta
7	202.5	446.4	Alex Saretsky	Canada	Canadian Nationals	Medicine Hat	Alberta
8	200	440.9	Brandon Magnuson	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
	200	440.9	Joshua Luu	Australia	Worlds		Alberta
10	198	436.5	Max Hall	Canada	Worlds		Alberta
11	197.5	435.4	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
12	195	429.8	Ryan Bell	Canada	Worlds		Alberta
13	185	407.8	Richard Smith	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	185	407.8	Michael Bartz	US-NE	Holiday Classic	Council Bluffs	IA
15	182.5	402.3	Dennis Carcamo	US-VA	DMV Invitational	White Plains	MD
	182.5	402.3	Mark Dutton	US-NC	American Challenge 2019 - NC		NC
	182.5	402.3	Justin Kancsal	Canada	Worlds		Alberta
	182.5	402.3	Jose Urbina	US-FL	Beasty Bash	Mount Dora	FL
19	177.5	391.3	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA
	177.5	391.3	Levi Lewis	US-PA	Central PA Open	Clearfield	PA

Weight Class: 181				Squat		Male	
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	235	518	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish	BC
2	234	515.8	Christophe Ang	Australia	Worlds		Alberta
3	232.5	512.5	Cody Anderson	Canada	2019 Hub Power	High River	Alberta
4	230	507	Jaime Velasquez	US-MD	Shenandoah Open	Woodstock	VA
5	228	502.6	Noah Manning	Canada	Worlds		Alberta
6	218	480.6	Paul Jung	US-NE	Holiday Classic	Council Bluffs	IA
7	215	473.9	Raman Wadhwa	Australia	Worlds		Alberta
8	207.5	457.4	Eduardo Velasquez	US-AZ	American Challenge 2019 - AZ		AZ

9	205	451.9	Kevin Joge	US-MD	DMV Invitational	White Plains	MD
	205	451.9	Justin Jackson	US-NE	Holiday Classic	Council Bluffs	IA
11	200	440.9	David Sobota	US-NC	OBX Open	Jarvisburg	NC
12	195	429.8	Alan Stiver	US-OH	Ohio State Championships	Bedford Heights	OH
13	192.5	424.3	Kevin Haberl	Canada	2019 Cast a Shadow	Squamish	BC
	192.5	424.3	Mike Decastro	US-DC	DMV Invitational	White Plains	MD
	192.5	424.3	Andre Skinner	Canada	Bar Wars West		Canada
	192.5	424.3	Jeffrey Driskill	US-VA	Eastern USA Open	Woodstock	VA
	192.5	424.3	Danny Thurman	US-NE	Holiday Classic	Council Bluffs	IA
18	185	407.8	Peter Smetona	US-OH	Tri-State Championship	Bedford Heights	OH
	185	407.8	Noah Midgette	US-VA	American Challenge 2019 - VA		VA
	185	407.8	James Lewis	US-PA	Central PA Open	Clearfield	PA

Weight Class: 198							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	256	564.3	Victor Akpawan	Canada	Worlds		Alberta
2	242.5	534.6	Jason Yanes	US-AZ	Soutwest Regional	Goodyear	AZ
	242.5	534.6	Joshua Daily	US-FL	Beasty Bash	Mount Dora	FL
4	230	507	Jose Rivera	US-CO	American Challenge 2019 - AZ		AZ
5	222.5	490.5	Marlin Ellis	US-OH	Ohio State Championships	Bedford Heights	OH
6	220	485	Cory Getz	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	220	485	Brad McKim	Canada	Worlds		Alberta
8	217.5	479.5	Matthew Shepperd	US-DC	DMV Invitational	White Plains	MD
9	215	473.9	Joseph Joseph	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	215	473.9	Travis Reynolds	US-OH	American Challenge 2019 - OH		OH
	215	473.9	Ian Galliano	US-VA	Battlefield Open	Fredericksburg	VA
	215	473.9	Michael Gralla	US-PA	Central PA Open	Clearfield	PA
13	212.5	468.4	Damien Rattee	Canada	Worlds		Alberta
14	210	462.9	Colton Garvin	US-PA	Central PA Open	Clearfield	PA
15	207.5	457.4	James Donegun	US-VA	Potomac Open	Tysons Corner	VA
	207.5	457.4	Tige Cox	US-FL	Beasty Bash	Mount Dora	FL
17	207	456.3	Robert Powell	Ireland	Worlds		Alberta
18	205	451.9	Doug Carey	US-VA	American Challenge 2019 - VA		VA
19	202.5	446.4	Keith Schneider	US-OH	American Challenge 2019 - OH		OH
20	200	440.9	Peter Boland	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
	200	440.9	Connor Dial	Canada	Last Chance for the Dance	Calgary	Alberta
	200	440.9	Nick Grady	US-NC	OBX Open	Jarvisburg	NC
	200	440.9	Dan Wales	Canada	Worlds		Alberta
	200	440.9	Don Kuhns	US-PA	Central PA Open	Clearfield	PA
	200	440.9	Cody Pieffer	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 220							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	272	599.6	Zackary Reimer	Canada	Worlds		Alberta
2	265	584.2	Everett Brill	US-AZ	Worlds		Alberta
3	257.5	567.6	Zachary Reimer	Canada	Bar Wars West		Canada
4	255	562.1	Alexander Pronchuk	Canada	Last Chance for the Dance	Calgary	Alberta
5	250	551.1	Kevin Lutz	Canada	Bar Wars West		Canada
	250	551.1	Lenny Creatura	US-CT	Central PA Open	Clearfield	PA
7	247	544.5	Mike Moorhead	Canada	Worlds		Alberta
8	245	540.1	Sam Kaminski	Canada	Bar Wars West		Canada
9	233	513.6	Ronald Hagen	Canada	Worlds		Alberta
10	230	507	Jesse Bifano	Canada	Worlds		Alberta
11	227.5	501.5	Ryan Finch	US-FL	American Challenge 2019 - FL		FL
	227.5	501.5	Hayden Schick	Canada	Worlds		Alberta
13	222.5	490.5	Kailen Smith	Canada	2019 Cast a Shadow	Squamish	BC
	222.5	490.5	Michael Hilton	US-VA	Masters Nationals	Zion Crossroads	VA

	222.5	490.5	Jack List	US-SC	OBX Open	Jarvisburg	NC
16	217.5	479.5	Kyle Winstanley	Canada	Worlds		Alberta
17	215	473.9	Eric Tuthill	US-AZ	Soutwest Regional	Goodyear	AZ
	215	473.9	Andrew Kersting	US-AZ	Soutwest Regional	Goodyear	AZ
19	212.5	468.4	Greg Stevens	Canada	2019 Hub Power	High River	Alberta
	212.5	468.4	Neil Graham	Canada	Bar Wars West		Canada
	212.5	468.4	Austin Phillips	Canada	Worlds		Alberta
	212.5	468.4	Matthew Bowen	US-VA	Shenandoah Open	Woodstock	VA

Weight Class: 242		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290	639.3	Jeff Lastuka	Canada	Worlds		Alberta
2	285	628.3	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
	285	628.3	Derek Dickinson	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
4	273	601.8	Morgan Domney	Australia	Worlds		Alberta
5	260	573.1	Alexander Pronchuk	Canada	Worlds		Alberta
	260	573.1	Taylor Lambert	US-KS	Holiday Classic	Council Bluffs	IA
7	250	551.1	Robin Verleun	Canada	Worlds		Alberta
8	237.5	523.5	Zach Santangelo	US-PA	Central PA Open	Clearfield	PA
9	235	518	Dorrell Petties-Dahmer	Canada	2019 Hub Power	High River	Alberta
10	232.5	512.5	Matthew Bowen	US-VA	DMV Invitational	White Plains	MD
11	230	507	Anthony Brill	US-NV	Worlds		Alberta
12	227.5	501.5	Andrew Kersting	US-AZ	American Challenge 2019 - AZ		AZ
	227.5	501.5	Brian Hershler	US-VA	Battlefield Open	Fredericksburg	VA
14	225	496	Hayden Schick	Canada	Iron Challenge	Medicine Hat	Alberta
15	220	485	Trevor Butt	Canada	Worlds		Alberta
16	215	473.9	John Erdmann	US-OH	Tri-State Championship	Bedford Heights	OH
17	212.5	468.4	Greg Stevens	Canada	Worlds		Alberta
18	210	462.9	Paul Devine	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
	210	462.9	Donald Beishl	US-NC	OBX Open	Jarvisburg	NC
	210	462.9	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA

Weight Class: 275		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	292.5	644.8	Adam Price	Canada	2019 Hub Power	High River	Alberta
2	287.5	633.8	Tyler Cook	US-OH	Tri-State Championship	Bedford Heights	OH
3	272.5	600.7	Anton Zmushka	Canada	Canadian Nationals	Medicine Hat	Alberta
4	270	595.2	Steve Lousich	New Zealand	Worlds		Alberta
5	268.5	591.9	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
6	262	577.6	Weiqian Hew	Australia	Worlds		Alberta
7	255.5	563.2	Clay Sparks	Canada	Iron Challenge	Medicine Hat	Alberta
8	255	562.1	Dorrell Pettes-Dahlmer	Canada	Worlds		Alberta
9	250	551.1	Dorrell Petties-Dahmer	Canada	Canadian Nationals	Medicine Hat	Alberta
10	245	540.1	Camdyn Adams	US-NY	American Challenge 2019 - NY		NY
11	232.5	512.5	Cory Collins	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
12	230	507	Brett Rosenow	US-NE	Holiday Classic	Council Bluffs	IA
	230	507	Brian Karakaedos	US-PA	Central PA Open	Clearfield	PA
14	228	502.6	Brian Matchett	Canada	Worlds		Alberta
15	227.5	501.5	Robert Cavalier	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	227.5	501.5	Nathan Daniels	US-VA	American Challenge 2019 - CT		CT
	227.5	501.5	Ty Evans	US-FL	Worlds		Alberta
18	225	496	Anthony Jewell	US-VA	American Challenge 2019 - VA		VA
19	215	473.9	Robert Dillingham	US-VA	Potomac Open	Tysons Corner	VA
	215	473.9	Randy Sparks	Canada	Canadian Nationals	Medicine Hat	Alberta

Weight Class: 308		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	305	672.4	Nick Morneau	Canada	Worlds		Alberta
2	282.5	622.7	Allen Gibson	US-FL	Beasty Bash	Mount Dora	FL
3	275	606.2	Matt Slate	US-NV	American Challenge 2019 - AZ		AZ
4	240	529.1	Austin Poff	US-NC	American Challenge 2019 - CT		CT
5	232.5	512.5	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
	232.5	512.5	Nathan Daniels	US-NC	American Challenge 2019 - NC		NC
7	227.5	501.5	Stevie Murden	US-VA	Eastern USA Open	Woodstock	VA
8	220	485	Spence Howson	Canada	2019 Hub Power	High River	Alberta
9	210	462.9	James Lapointe	Canada	Bar Wars West		Canada
10	205	451.9	Nick Johnson	Canada	Worlds		Alberta
11	190	418.8	Alex McLeod	Canada	Bar Wars West		Canada
12	185	407.8	Baron Dixon	US-VA	American Challenge 2019 - VA		VA
13	172.5	380.2	Douglas Leary	Canada	2019 Cast a Shadow	Squamish	BC
14	150	330.6	Frank Murphy	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: SHW		Squat		Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	400	881.8	Tony Reinmuth	Australia	Worlds		Alberta
2	310	683.4	James Tevaga	New Zealand	Worlds		Alberta
3	300	661.3	Josh Patacca	Australia	Worlds		Alberta
4	282.5	622.7	Dawson Adler	US-FL	Beasty Bash	Mount Dora	FL
5	280	617.2	Russell Peel	Canada	Worlds		Alberta
6	277.5	611.7	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC
7	267.5	589.7	Robert Gains	US-VA	Worlds		Alberta
8	255	562.1	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
9	250	551.1	Robert Gaines	US-VA	DMV Invitational	White Plains	MD
10	237.5	523.5	Garry Coates	Canada	Worlds		Alberta
11	235	518	Adam Munnings	Canada	2019 Cast a Shadow	Squamish	BC
12	220	485	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta
13	207.5	457.4	Warren Neilson	Canada	Canadian Nationals	Medicine Hat	Alberta
14	205	451.9	Scott Pagenkopf	Canada	Worlds		Alberta
15	195	429.8	Alex McLeod	Canada	Canadian Nationals	Medicine Hat	Alberta
16	187.5	413.3	Jason Pilinyi	US-VA	Masters Nationals	Zion Crossroads	VA
17	185	407.8	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
18	182.5	402.3	Shawn Sackett	US-PA	Ohio State Championships	Bedford Heights	OH
19	175	385.8	Baron Dixon	US-VA	Masters Nationals	Zion Crossroads	VA
20	150	330.6	Anthony Meza	US-AZ	American Challenge 2019 - AZ		AZ

2019 Bench Press Rankings Male

Weight Class: 105		Bench Press		Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	95	209.4	. Kartik	India	India National Single Lift Championships		India
2	62.5	137.7	Dev Kaushik	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
3	55	121.2	Navneet Singh	India	India National Single Lift Championships		India
	55	121.2	Santosh Singh	India	India National Single Lift Championships		India
5	50	110.2	Rahul Sen	India	India National Single Lift Championships		India
6	45	99.2	Preston Reed	US-PA	Power Day	Bigler	PA
7	40	88.1	Ajay Kumar	India	India National Single Lift Championships		India
	40	88.1	Gavin Hanks	US-NC	OBX Open	Jarvisburg	NC
9	37.5	82.6	Sam Hancock	US-AZ	American Challenge 2019 - AZ		AZ
10	35	77.1	Varun Mehta	India	India National Single Lift Championships		India
	35	77.1	Devansh Mehta	India	India National Single Lift Championships		India
	35	77.1	Gavin Hanks	US-NC	Southern Open		NC
13	30	66.1	Ismail Jackson	US-MD	Potomac Open	Tysons Corner	VA
	30	66.1	Zane Smith	US-AZ	American Challenge 2019 - AZ		AZ
	30	66.1	Zachary Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta

16	29.5	65	Dalton Fazio	US-NC	Southern Open		NC
17	27.5	60.6	Alex Ingersoll	US-FL	American Challenge 2019 - FL		FL
18	25	55.1	Nathaniel Thorp	US-PA	Power Day	Bigler	PA
	25	55.1	Shamanpreet Singh	India	India National Single Lift Championships		India
	25	55.1	Eli Hanks	US-NC	Southern Open		NC
	25	55.1	Eli Hanks	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 114							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Kshetral Gherwal	India	India National Single Lift Championships		India
2	75	165.3	Mukesh Kumar	India	India National Single Lift Championships		India
3	72.5	159.8	Rohit Thakur	India	India National Single Lift Championships		India
4	67.5	148.8	Dev Kaushik	India	India National Single Lift Championships		India
5	65	143.2	Ashish Kaushal	India	India National Single Lift Championships		India
	65	143.2	Anuj Yadav	India	India National Single Lift Championships		India
7	60	132.2	Vijay .	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	60	132.2	Vijender Thakur	India	India National Single Lift Championships		India
9	57.5	126.7	Prashant .	India	India National Single Lift Championships		India
10	55	121.2	Aditya Arya	India	India National Single Lift Championships		India
11	50	110.2	Vaibav Kamboj	India	India National Single Lift Championships		India
	50	110.2	Mayaur Vishwakarma	India	India National Single Lift Championships		India
13	45	99.2	Harshit Nagpal	India	India National Single Lift Championships		India
14	40	88.1	Jacob Browne	US-AZ	American Challenge 2019 - AZ		AZ
15	35	77.1	Gourav Nagpal	India	India National Single Lift Championships		India
16	30	66.1	Dilpreet Singh	India	India National Single Lift Championships		India
17	20	44	Nayvane .	India	India National Single Lift Championships		India

Weight Class: 123							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Carl King	US-PA	American Challenge 2019 - OH		OH
2	100	220.4	Sahil .	India	India National Single Lift Championships		India
3	92.5	203.9	Yash Rana	India	India National Single Lift Championships		India
4	87.5	192.9	Ed Fuller	US-MD	American Challenge 2019 - MD		MD
5	67.5	148.8	Vijay .	India	India National Single Lift Championships		India
	67.5	148.8	Jitendra Jariya	India	India National Single Lift Championships		India
7	65	143.2	Ritik Sadafule	India	India National Single Lift Championships		India
	65	143.2	Jose Para	US-NC	Single Lift Worlds	Virginia Beach	VA
9	60	132.2	Jose Parra	US-NC	OBX Open	Jarvisburg	NC
10	55	121.2	Luke Kuwik	US-NC	Single Lift Worlds	Virginia Beach	VA
11	52.5	115.7	Nicholas Thorp	US-PA	Power Day	Bigler	PA
12	35	77.1	Amanpreet Singh	India	India National Single Lift Championships		India

Weight Class: 132							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	135	297.6	Jason Yuen	Canada	Worlds		Alberta
2	121	266.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ
3	105	231.4	Gary Teeter	US-PA	Shenandoah Open	Woodstock	VA
4	100	220.4	Kunal Sharma	India	India National Single Lift Championships		India
	100	220.4	George James	US-MD	Maryland State Championships	Hanover	MD
6	97.5	214.9	Ankit .	India	India National Single Lift Championships		India
7	95	209.4	Austin Kloster	Canada	2019 Hub Power	High River	Alberta
8	92.5	203.9	Rohit Kaushal	India	India National Single Lift Championships		India
	92.5	203.9	Manish Vyas	India	India National Single Lift Championships		India
10	90	198.4	Kurtis MacCormack	Canada	Bar Wars East		Canada
	90	198.4	Ben Zak	US-NC	OBX Open	Jarvisburg	NC
12	87.5	192.9	Kevin Smith	US-NC	American Challenge 2019 - NC		NC
13	82.5	181.8	Brandon Hall	Canada	2019 Hub Power	High River	Alberta

	82.5	181.8	Khem Chand Yadav	India	India National Single Lift Championships		India
	82.5	181.8	Palwinder Singh	India	India National Single Lift Championships		India
16	80	176.3	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ
	80	176.3	Saurabh Chaudhary	India	India National Single Lift Championships		India
	80	176.3	Manjeet .	India	India National Single Lift Championships		India
	80	176.3	Udit Sirsath	India	India National Single Lift Championships		India
	80	176.3	Patton VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA

Weight Class: 148							
Bench Press				Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	162.5	358.2	Lenard Jones	US-NC	Single Lift Worlds	Virginia Beach	VA
2	152.5	336.2	Andrew Fiocco	US-CT	American Challenge 2019 - CT		CT
3	132.5	292.1	Michael Coyle	US-VA	Single Lift Worlds	Virginia Beach	VA
4	130	286.5	Joel VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA
5	127.5	281	Seth Curtis	US-VA	Shenandoah Open	Woodstock	VA
6	125	275.5	Tim McCoy	US-VA	Battle of the Border	Curituck	NC
7	120	264.5	Stephane Heroux	Canada	Bar Wars West		Canada
8	117.5	259	Gary Teeter	US-PA	American Challenge 2019 - NJ		NJ
	117.5	259	Abdul Joyar	India	India National Single Lift Championships		India
	117.5	259	Deepak Kumar	India	India National Single Lift Championships		India
11	115	253.5	Enrique Aliaga	US-VA	2019 Keystone Ironman Challenge	Nazareth	PA
	115	253.5	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
13	112.5	248	Stephen Gregori	US-MD	Battlefield Open	Fredericksburg	VA
	112.5	248	Ned Baudo	US-NY	KAAOS Classic	Washington	DC
	112.5	248	Michael Ohse	US-NC	OBX Open	Jarvisburg	NC
	112.5	248	Bryan Ellenberger	US-PA	Central PA Open	Clearfield	PA
17	107.5	236.9	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
	107.5	236.9	Ajay Kumar Chaudhary	India	India National Single Lift Championships		India
19	105	231.4	Riccardo Petruccelli	Italy	Rimini		Italy
20	102.5	225.9	Vincenzo Gentile	Italy	Single Lift Contest		Italy
	102.5	225.9	George James	US-MD	American Challenge 2019 - OH		OH
	102.5	225.9	Brien Gray	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 165							
Bench Press				Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	165	363.7	Gurvir Kumar	India	India National Single Lift Championships		India
	165	363.7	Tony Conyers	US-FL	Worlds		Alberta
3	160	352.7	Giovanni Vessio	Italy	Single Lift Contest		Italy
4	150	330.6	John Stringa	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	147.5	325.1	Tim Kramer	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	146	321.8	Raymond Harris	US-VA	DMV Invitational	White Plains	MD
7	145	319.6	Louis Aguirre	US-NC	OBX Open	Jarvisburg	NC
8	142.5	314.1	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish	BC
	142.5	314.1	Amarjeet Singh	India	India National Single Lift Championships		India
	142.5	314.1	Alex Saretsky	Canada	Single Lift Worlds	Virginia Beach	VA
	142.5	314.1	Oliver Evangelista	US-NE	Holiday Classic	Council Bluffs	IA
	142.5	314.1	Jose Urbina	US-FL	Beasty Bash	Mount Dora	FL
13	140	308.6	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA
14	137.5	303.1	Dennis Carcamo	US-VA	DMV Invitational	White Plains	MD
	137.5	303.1	Jordan Ownley	US-NC	American Challenge 2019 - NC		NC
	137.5	303.1	Kevin Outland	US-NC	Southern Open		NC
	137.5	303.1	Kevin Outland	US-NC	OBX Open	Jarvisburg	NC
18	132.5	292.1	Daniel Conant	US-NY	New York State Single Lift Challenge	Vestal	NY
	132.5	292.1	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
20	132	291	Ross Rickards	Australia	Worlds		Alberta

Weight Class: 181							
Bench Press				Male			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	200	440.9	Matteo Masi	Italy	Rimini		Italy
2	195	429.8	Jacob Williams	US-PA	Masters Nationals	Zion Crossroads	VA
3	185	407.8	Llalando Austin	US-FL	Single Lift Worlds	Virginia Beach	VA
4	171	376.9	Christophe Ang	Australia	Worlds		Alberta
5	167.5	369.2	Shane Heywood	US-NE	American Challenge 2019 - NE		NE
6	162.5	358.2	Nathaniel VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA
7	160.5	353.8	Danny Thurman	US-NE	Holiday Classic	Council Bluffs	IA
8	155	341.7	Pushpendra Kumar	India	India National Single Lift Championships		India
	155	341.7	Jaime Velasquez	US-MD	Shenandoah Open	Woodstock	VA
10	152.5	336.2	Ritesh Saroha	India	India National Single Lift Championships		India
11	150	330.6	Joseph Desimone	US-VA	DMV Invitational	White Plains	MD
	150	330.6	Luca De Biasi	Italy	Single Lift Contest		Italy
	150	330.6	Joey Lipscomb	US-PA	Great Lakes Powerlifting and BP	Erie	PA
14	147.5	325.1	Gurbaj Singh	India	India National Single Lift Championships		India
15	145	319.6	Daudi Merriweather	US-NE	American Challenge 2019 - NE		NE
	145	319.6	Rajan Singh	India	India National Single Lift Championships		India
17	142.5	314.1	Raymond Harris	US-VA	Virginia Open	Zion Crossroads	VA
	142.5	314.1	Nasir Nantambu	US-NC	American Challenge 2019 - NC		NC
	142.5	314.1	Eduardo Velasquez	US-AZ	American Challenge 2019 - AZ		AZ
	142.5	314.1	Luis Rocha	US-VA	Single Lift Worlds	Virginia Beach	VA

Weight Class: 198 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	182.5	402.3	Mark Franklin	US-NC	American Challenge 2019 - NC		NC
	182.5	402.3	Jeffrey McDaniel	US-PA	American Challenge 2019 - NJ		NJ
	182.5	402.3	David Blattenberger	US-PA	Central PA Open	Clearfield	PA
4	175	385.8	James Donegun	US-VA	Potomac Open	Tysons Corner	VA
5	170	374.7	Victor Akpawan	Canada	Bar Wars West		Canada
	170	374.7	Jose Rivera	US-CO	American Challenge 2019 - AZ		AZ
	170	374.7	Daniel Henson	US-FL	Single Lift Worlds	Virginia Beach	VA
8	167.5	369.2	Shawn Shuck	US-PA	Power Day	Bigler	PA
9	165	363.7	Joseph Joseph	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	165	363.7	Michael Gralla	US-PA	Central PA Open	Clearfield	PA
11	162.5	358.2	Tige Cox	US-FL	Beasty Bash	Mount Dora	FL
12	160	352.7	Curtis Miller	US-PA	Power Day	Bigler	PA
	160	352.7	James Gardner Iv	US-VA	DMV Invitational	White Plains	MD
	160	352.7	Nicholas Reyes	US-NY	American Challenge 2019 - NY		NY
15	158	348.3	Randy Elbert	US-MD	Single Lift Worlds	Virginia Beach	VA
16	155	341.7	Jason Yanes	US-AZ	Soutwest Regional	Goodyear	AZ
	155	341.7	Irinel-Izabel Driu	Italy	Single Lift Contest		Italy
	155	341.7	Lovepreet .	India	India National Single Lift Championships		India
	155	341.7	Mark Gettings	US-FL	Beasty Bash	Mount Dora	FL
20	152.5	336.2	Brad McKim	Canada	Bar Wars West		Canada
	152.5	336.2	Peter Boland	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta

Weight Class: 220 Bench Press Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Chris Walter	US-NE	American Challenge 2019 - NE		NE
2	185.5	408.9	Mike Moorhead	Canada	Iron Challenge	Medicine Hat	Alberta
3	175	385.8	Hayden Schick	Canada	Worlds		Alberta
	175	385.8	Joseph Rasco	US-NC	Single Lift Worlds	Virginia Beach	VA
5	172.5	380.2	Stanley Domino	US-FL	Beasty Bash	Mount Dora	FL
6	170	374.7	Ray Matusko	US-NC	American Challenge 2019 - NC		NC
7	165	363.7	Ken Jubas	US-PA	Power Day	Bigler	PA
	165	363.7	Maximillian Zart	US-OH	Tri-State Championship	Bedford Heights	OH
	165	363.7	Kevin Lutz	Canada	Bar Wars West		Canada

	165	363.7	Kevin Varriale	US-TX	American Challenge 2019 - NE		NE
	165	363.7	Everett Brill	US-AZ	Mid-Atlantic Regionals	Zion Crossroads	VA
	165	363.7	Clint Whysong	US-PA	Central PA Open	Clearfield	PA
13	164	361.5	Zackary Reimer	Canada	Worlds		Alberta
14	162.5	358.2	Eric Tuthill	US-AZ	Soutwest Regional	Goodyear	AZ
	162.5	358.2	Alexander Pronchuk	Canada	Last Chance for the Dance	Calgary	Alberta
	162.5	358.2	Kyle Winstanley	Canada	Worlds		Alberta
	162.5	358.2	Jack Butler	US-PA	Central PA Open	Clearfield	PA
18	160	352.7	Tom Halbert	US-NY	New York State Single Lift Challenge	Vestal	NY
	160	352.7	Ryan Finch	US-FL	American Challenge 2019 - FL		FL
20	157.5	347.2	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie	PA
	157.5	347.2	Dennis Garcia	US-AZ	American Challenge 2019 - AZ		AZ
	157.5	347.2	Will Lynch	US-NC	Single Lift Worlds	Virginia Beach	VA
	157.5	347.2	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 242							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	215	473.9	Christopher Halloway	US-VA	American Challenge 2019 - VA		VA
	215	473.9	Nicola Masiello	Italy	Rimini		Italy
3	205	451.9	Alessandro Ursi	Italy	Single Lift Contest		Italy
4	200	440.9	Derek Dickinson	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
	200	440.9	Sherm Pensyl	US-PA	Central PA Open	Clearfield	PA
6	195	429.8	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
7	192.5	424.3	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
8	190	418.8	Shawn Shepherd	US-IN	Masters Nationals	Zion Crossroads	VA
	190	418.8	Taylor Lambert	US-KS	Holiday Classic	Council Bluffs	IA
10	187	412.2	Morgan Domney	Australia	Worlds		Alberta
11	185	407.8	Gerren Short	US-VA	Single Lift Worlds	Virginia Beach	VA
12	180	396.8	James Walker	US-FL	American Challenge 2019 - FL		FL
13	175	385.8	Waldo Ferreras	US-VA	Christmas Classic	Zion Crossroads	VA
14	173.5	382.4	Tom Reumont	US-MD	Maryland State Championships	Hanover	MD
15	172.5	380.2	Dorrell Petties-Dahmer	Canada	2019 Hub Power	High River	Alberta
	172.5	380.2	Jeff Lastuka	Canada	2019 Hub Power	High River	Alberta
17	170	374.7	Tom Reumont	US-MD	DMV Invitational	White Plains	MD
	170	374.7	Luca A. Lovati	Italy	Torino		Italy
19	167.5	369.2	Hayden Schick	Canada	Iron Challenge	Medicine Hat	Alberta
	167.5	369.2	Maximillian Zart	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 275							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	212.5	468.4	Adam Price	Canada	2019 Hub Power	High River	Alberta
2	197.5	435.4	Cleef Metellus	US-NY	American Challenge 2019 - NJ		NJ
3	195.5	430.9	Paul Sundy	US-OH	American Challenge 2019 - OH		OH
4	192.5	424.3	Randy Kochik	US-PA	Power Day	Bigler	PA
	192.5	424.3	Robert Dillingham	US-VA	Potomac Open	Tysons Corner	VA
	192.5	424.3	Shawn Williams	US-NY	American Challenge 2019 - NY		NY
	192.5	424.3	Mathieu Newell	US-NY	American Challenge 2019 - NY		NY
	192.5	424.3	Sid Zullinger	US-VA	Shenandoah Open	Woodstock	VA
9	190	418.8	Jason Harlow	US-VA	Christmas Classic	Zion Crossroads	VA
10	188	414.4	Anton Zmushka	Canada	Worlds		Alberta
11	185	407.8	Anthony Jewell	US-VA	American Challenge 2019 - VA		VA
12	182.5	402.3	Rick Rehfeldt	US-PA	Tioga Downs Open	Tioda Downs	NY
	182.5	402.3	Tyler Cook	US-OH	Tri-State Championship	Bedford Heights	OH
14	180	396.8	Steve Lousich	New Zealand	Worlds		Alberta
15	177.5	391.3	Ty Evans	US-FL	American Challenge 2019 - FL		FL
	177.5	391.3	Chris Allen	US-VA	Single Lift Worlds	Virginia Beach	VA
17	175	385.8	Dorrell Petties-Dahmer	Canada	Canadian Nationals	Medicine Hat	Alberta

18	173.5	382.4	Stephen Kozlowski	US-VA	DMV Invitational	White Plains	MD
19	172.5	380.2	Dorrell Pettes-Dahlmer	Canada	Worlds		Alberta
20	170	374.7	Weiqian Hew	Australia	Worlds		Alberta

Weight Class: 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217.5	479.5	Allen Gibson	US-FL	Beasty Bash	Mount Dora	FL
2	212.5	468.4	Matt Slate	US-NV	Single Lift Worlds	Virginia Beach	VA
3	210	462.9	Carl Elliott	US-NC	Battle of the Border	Curituck	NC
4	205	451.9	Nick Morneau	Canada	2019 Cast a Shadow	Squamish	BC
5	197.5	435.4	Paul Sundy	US-OH	Ohio State Championships	Bedford Heights	OH
6	182.5	402.3	Chris Medlar	US-NY	New York State Single Lift Challenge	Vestal	NY
7	175	385.8	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
8	170	374.7	Bob Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
	170	374.7	Ray Classing	US-MD	Single Lift Worlds	Virginia Beach	VA
10	167.5	369.2	Hakim Shakir	US-VA	Single Lift Worlds	Virginia Beach	VA
11	165	363.7	Nathan Daniels	US-NC	Battle of the Border	Curituck	NC
12	162.5	358.2	Wally Schoeffer	Canada	Iron Challenge	Medicine Hat	Alberta
	162.5	358.2	Lenwood Falcon	US-MD	Battlefield Open	Fredericksburg	VA
14	160	352.7	Douglas Leary	Canada	2019 Cast a Shadow	Squamish	BC
15	155	341.7	Austin Poff	US-NC	American Challenge 2019 - NC		NC
	155	341.7	Baron Dixon	US-VA	American Challenge 2019 - VA		VA
17	148	326.2	Joe Morales	US-AZ	American Challenge 2019 - AZ		AZ
18	147.5	325.1	Darius Johnson	US-MD	Potomac Open	Tysons Corner	VA
	147.5	325.1	James Lapointe	Canada	Bar Wars West		Canada
	147.5	325.1	Stevie Murden	US-VA	Eastern USA Open	Woodstock	VA

Weight Class: SHW				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	242	533.5	Tony Reinmuth	Australia	Worlds		Alberta
2	240	529.1	Pedro Mejias	US-NY	American Challenge 2019 - NJ		NJ
3	227.5	501.5	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
4	217.5	479.5	Dawson Adler	US-FL	Beasty Bash	Mount Dora	FL
5	215	473.9	Wyatt Lozano	US-NY	Single Lift Worlds	Virginia Beach	VA
6	207	456.3	Josh Patacca	Australia	Worlds		Alberta
7	205	451.9	Jacob Kelly	US-OH	Ohio State Championships	Bedford Heights	OH
8	200	440.9	Charles Johnson	US-NY	Tioga Downs Open	Tioda Downs	NY
9	197.5	435.4	Robert Gains	US-VA	Worlds		Alberta
	197.5	435.4	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
11	195	429.8	Russell Peel	Canada	Canadian Nationals	Medicine Hat	Alberta
12	191	421	James Tevaga	New Zealand	Worlds		Alberta
13	190	418.8	Robert Gaines	US-VA	DMV Invitational	White Plains	MD
	190	418.8	Shawn Sackett	US-PA	Ohio State Championships	Bedford Heights	OH
15	182.5	402.3	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC
	182.5	402.3	Garry Coates	Canada	Worlds		Alberta
17	170	374.7	Skyler Yoder	US-NE	Holiday Classic	Council Bluffs	IA
18	167.5	369.2	Chris Harris	US-NC	Single Lift Worlds	Virginia Beach	VA
19	142.5	314.1	Baron Dixon	US-VA	United Sates Open	Zion Crossroads	VA
20	140	308.6	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta

2019 Deadlift Rankings Male

Weight Class: 105				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Navneet Singh	India	India National Single Lift Championships		India
2	105	231.4	Santosh Singh	India	India National Single Lift Championships		India
	105	231.4	Raj Kalashiya	India	India National Single Lift Championships		India

4	100	220.4	Rahul Sen	India	India National Single Lift Championships		India
5	90	198.4	Harender Kumarsuman	India	India National Single Lift Championships		India
6	80	176.3	Preston Reed	US-PA	Power Day	Bigler	PA
	80	176.3	Gavin Hanks	US-NC	OBX Open	Jarvisburg	NC
8	72.5	159.8	Zane Smith	US-AZ	American Challenge 2019 - AZ		AZ
	72.5	159.8	Dalton Fazio	US-NC	Southern Open		NC
10	65	143.2	Sam Hancock	US-AZ	American Challenge 2019 - AZ		AZ
	65	143.2	Gavin Hanks	US-NC	Southern Open		NC
	65	143.2	Zachary Vandenburg	Canada	Worlds		Alberta
13	57	125.6	Caden Cooper	US-NC	American Challenge 2019 - NC		NC
14	55	121.2	Amarie Jones	US-DC	Potomac Open	Tysons Corner	VA
	55	121.2	Peyton Wendt-White	US-DC	Potomac Open	Tysons Corner	VA
16	50	110.2	Balraj Singh	India	India National Single Lift Championships		India
	50	110.2	Eli Hanks	US-NC	Southern Open		NC
18	47.5	104.7	Eli Hanks	US-NC	OBX Open	Jarvisburg	NC
19	45.5	100.3	Devin Sobota	US-NC	OBX Open	Jarvisburg	NC
20	37.5	82.6	Alex Ingersoll	US-FL	American Challenge 2019 - FL		FL

Weight Class: 114							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Arshad Khan	India	India National Single Lift Championships		India
2	150	330.6	Naveen .	India	India National Single Lift Championships		India
3	140	308.6	Ashish Kaushal	India	India National Single Lift Championships		India
4	137.5	303.1	Mayaur Vishwakarma	India	India National Single Lift Championships		India
5	130	286.5	Kshetrpal Gherwal	India	India National Single Lift Championships		India
	130	286.5	Dev Kaushik	India	India National Single Lift Championships		India
	130	286.5	Anuj Yadav	India	India National Single Lift Championships		India
8	127.5	281	Aditya Arya	India	India National Single Lift Championships		India
9	120	264.5	Rohit Thakur	India	India National Single Lift Championships		India
10	115	253.5	Pardeep Negi	India	India National Single Lift Championships		India
11	105	231.4	Prashant .	India	India National Single Lift Championships		India
	105	231.4	Vaibav Kamboj	India	India National Single Lift Championships		India
13	102.5	225.9	Julian Spraggins	US-MD	Potomac Open	Tysons Corner	VA
14	100	220.4	Vijendera Thakur	India	India National Single Lift Championships		India
15	70	154.3	Dilpreet Singh	India	India National Single Lift Championships		India
16	65	143.2	Jacob Browne	US-AZ	American Challenge 2019 - AZ		AZ

Weight Class: 123							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Carl King	US-PA	American Challenge 2019 - OH		OH
2	160	352.7	Govind Singh	India	India National Single Lift Championships		India
3	150	330.6	Ravel Singh	India	India National Single Lift Championships		India
4	142.5	314.1	Jitendra Jariya	India	India National Single Lift Championships		India
	142.5	314.1	Sahil .	India	India National Single Lift Championships		India
6	140	308.6	Yash Rana	India	India National Single Lift Championships		India
7	132.5	292.1	Jose Para	US-NC	Single Lift Worlds	Virginia Beach	VA
8	130	286.5	Ritik Sadafule	India	India National Single Lift Championships		India
9	120	264.5	Zachary Smith	US-NY	American Challenge 2019 - NY		NY
10	115	253.5	Jose Parra	US-NC	OBX Open	Jarvisburg	NC
11	112.5	248	Luke Kuwik	US-NC	Single Lift Worlds	Virginia Beach	VA
12	110	242.5	Jony .	India	India National Single Lift Championships		India
13	82.5	181.8	Amanpreet Singh	India	India National Single Lift Championships		India

Weight Class: 132							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	George James	US-MD	Maryland State Championships	Hanover	MD
2	210	462.9	Giuseppe Di Spena	Italy	Single Lift Contest		Italy

3	190	418.8	Jim Marchio	US-VA	Potomac Open	Tysons Corner	VA
4	175	385.8	Kurtis MacCormack	Canada	Bar Wars East		Canada
	175	385.8	Kunal Sharma	India	India National Single Lift Championships		India
6	170	374.7	Tyler Trudel	Canada	Bar Wars West		Canada
	170	374.7	Bharat Bhushan	India	India National Single Lift Championships		India
	170	374.7	Jason Yuen	Canada	Worlds		Alberta
9	167.5	369.2	Kevin Smith	US-NC	American Challenge 2019 - NC		NC
10	165	363.7	Udit Sirsats	India	India National Single Lift Championships		India
11	162.5	358.2	Khenchand Yadav	India	India National Single Lift Championships		India
12	160	352.7	Pasquale Ricci	Italy	Single Lift Contest		Italy
	160	352.7	Gary Teeter	US-PA	Shenandoah Open	Woodstock	VA
14	155	341.7	Moh.Aadil Hushan	India	India National Single Lift Championships		India
	155	341.7	Ben Zak	US-NC	OBX Open	Jarvisburg	NC
16	152.5	336.2	Manpreet Singh	India	India National Single Lift Championships		India
17	150	330.6	Austin Kloster	Canada	2019 Hub Power	High River	Alberta
	150	330.6	Madan Singh	India	India National Single Lift Championships		India
	150	330.6	Saurabh Chaudhary	India	India National Single Lift Championships		India
	150	330.6	Kuldeep Singh	India	India National Single Lift Championships		India

Weight Class: 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252	555.5	Lenard Jones	US-NC	Worlds		Alberta
2	242.5	534.6	Michael Ohse	US-NC	OBX Open	Jarvisburg	NC
	242.5	534.6	Bryan Ellenberger	US-PA	Central PA Open	Clearfield	PA
4	232.5	512.5	Max Hall	Canada	Bar Wars West		Canada
5	225	496	Stephane Heroux	Canada	Worlds		Alberta
6	222.5	490.5	Bernard Byrne	Ireland	IDFPA Push Pull Championships	Cork	Ireland
7	220.5	486.1	Shane Frey	Canada	Iron Challenge	Medicine Hat	Alberta
8	220	485	Mayank Sukhyani	India	India National Single Lift Championships		India
9	205	451.9	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
	205	451.9	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
11	203	447.5	George James	US-MD	American Challenge 2019 - OH		OH
12	200	440.9	Dillon Childs	Canada	Iron Challenge	Medicine Hat	Alberta
	200	440.9	William O'Donohue	Ireland	Worlds		Alberta
14	195	429.8	Mahesh Kumar	India	India National Single Lift Championships		India
15	192.5	424.3	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
16	190	418.8	Enrique Aliaga	US-VA	2019 Keystone Ironman Challenge	Nazareth	PA
	190	418.8	William Donohoe	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
	190	418.8	Seth Curtis	US-VA	Shenandoah Open	Woodstock	VA
	190	418.8	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
20	187.5	413.3	Arsenio Quinones	US-FL	American Challenge 2019 - FL		FL
	187.5	413.3	Vedparkesh Pandey	India	India National Single Lift Championships		India

Weight Class: 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	282.5	622.7	Tony Conyers	US-FL	Worlds		Alberta
2	265	584.2	Kevin Pataky	US-PA	Power Day	Bigler	PA
3	262.5	578.7	Oliver Evangelista	US-NE	Holiday Classic	Council Bluffs	IA
4	250	551.1	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA
	250	551.1	Mark Dutton	US-NC	American Challenge 2019 - NC		NC
	250	551.1	Jonathan Ravalson	Italy	Rimini		Italy
7	245	540.1	Richard Smith	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	245	540.1	Andrew Long	US-NY	American Challenge 2019 - MD		MD
	245	540.1	Joshua Luu	Australia	Worlds		Alberta
10	242.5	534.6	Austin Andreyo	US-PA	Great Lakes Powerlifting and BP	Erie	PA
11	238	524.6	Ross Rickards	Australia	Worlds		Alberta
12	232.5	512.5	Jose Urbina	US-FL	Beasty Bash	Mount Dora	FL

13	230	507	Felice Mancuso	Italy	Single Lift Contest		Italy
14	227.5	501.5	Alex Smale	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	227.5	501.5	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights	OH
16	225	496	Brandon Magnuson	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
17	220.5	486.1	Dan Gamez	US-AZ	American Challenge 2019 - AZ		AZ
18	220	485	Max Hall	Canada	Worlds		Alberta
	220	485	Justin Kancsal	Canada	Worlds		Alberta
20	217.5	479.5	Jordan Ownley	US-NC	American Challenge 2019 - NC		NC
	217.5	479.5	Alex Saretsky	Canada	Canadian Nationals	Medicine Hat	Alberta
	217.5	479.5	Jeremy Kander	Canada	Worlds		Alberta

Weight Class: 181		Deadlift		Male			
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Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	275	606.2	Noah Manning	Canada	Bar Wars East		Canada
	275	606.2	Jaime Velasquez	US-MD	Shenandoah Open	Woodstock	VA
3	272	599.6	Christophe Ang	Australia	Worlds		Alberta
4	260	573.1	Justin Jackson	US-NE	Holiday Classic	Council Bluffs	IA
5	255	562.1	Andrea Mancini	Italy	Single Lift Contest		Italy
	255	562.1	James Lewis	US-PA	Central PA Open	Clearfield	PA
7	252.5	556.6	Matt Tetreault	US-VA	Potomac Open	Tysons Corner	VA
8	250	551.1	Eduardo Velasquez	US-AZ	American Challenge 2019 - AZ		AZ
	250	551.1	Paul Jung	US-NE	Holiday Classic	Council Bluffs	IA
10	245	540.1	Cody Anderson	Canada	2019 Hub Power	High River	Alberta
	245	540.1	Jackson Clay	US-MD	KAAOS Classic	Washington	DC
12	242.5	534.6	Andrew Long	US-NY	American Challenge 2019 - NY		NY
13	241	531.3	Raman Wadhwa	Australia	Worlds		Alberta
14	240	529.1	Mike Decastro	US-DC	DMV Invitational	White Plains	MD
	240	529.1	Peter Smetona	US-OH	Tri-State Championship	Bedford Heights	OH
	240	529.1	Andre Skinner	Canada	Bar Wars West		Canada
17	238	524.6	David Sobota	US-NC	OBX Open	Jarvisburg	NC
18	237.5	523.5	Joey Lipscomb	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	237.5	523.5	Collin Kintner	US-NY	American Challenge 2019 - NY		NY
20	235	518	Kevin Joge	US-MD	DMV Invitational	White Plains	MD

Weight Class: 198		Deadlift		Male			
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Rank	Lift	Ibs	Lifter	Country	Meet	Location	
1	303	667.9	Victor Akpawan	Canada	Bar Wars West		Canada
2	290	639.3	Michael Gralla	US-PA	Central PA Open	Clearfield	PA
3	285	628.3	Marlin Ellis	US-OH	Ohio State Championships	Bedford Heights	OH
4	282.5	622.7	Jose Rivera	US-CO	American Challenge 2019 - AZ		AZ
5	280	617.2	Colton Garvin	US-PA	Central PA Open	Clearfield	PA
6	275.5	607.3	Brian Trail	US-AZ	Soutwest Regional	Goodyear	AZ
7	275	606.2	Curtis Miller	US-PA	Power Day	Bigler	PA
8	265	584.2	Matthew Shepperd	US-DC	DMV Invitational	White Plains	MD
	265	584.2	Joseph Joseph	US-PA	American Challenge 2019 - OH		OH
	265	584.2	Tige Cox	US-FL	Beasty Bash	Mount Dora	FL
11	257.5	567.6	Cody Pieffer	US-FL	Beasty Bash	Mount Dora	FL
12	252.5	556.6	Phillip Rosenstern	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	252.5	556.6	Peter Boland	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta
	252.5	556.6	Damien Rattee	Canada	Worlds		Alberta
15	250	551.1	Keith Schneider	US-OH	American Challenge 2019 - OH		OH
	250	551.1	Max Lauth	Ireland	IDFPA National Full Power Championships		Ireland
	250	551.1	Roy Apseloff	US-VA	Single Lift Worlds	Virginia Beach	VA
18	247.5	545.6	Ari Kutin	US-NJ	Single Lift Worlds	Virginia Beach	VA
19	242.5	534.6	Joshua Daily	US-FL	Beasty Bash	Mount Dora	FL
20	240	529.1	Davide Carfora	Italy	Single Lift Contest		Italy
	240	529.1	Eldridge Abat	Canada	Canadian Nationals	Medicine Hat	Alberta

240 529.1 Alex Allender US-PA Central PA Open Clearfield PA

Weight Class: 220							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	305	672.4	Alexander Pronchuk	Canada	Last Chance for the Dance	Calgary	Alberta
2	295	650.3	Zachary Reimer	Canada	Bar Wars West		Canada
3	290.5	640.4	Sam Kaminski	Canada	Bar Wars West		Canada
4	285	628.3	Jesse Bifano	Canada	Worlds		Alberta
5	280	617.2	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie	PA
	280	617.2	Ryan Finch	US-FL	American Challenge 2019 - FL		FL
	280	617.2	Zackary Reimer	Canada	Worlds		Alberta
	280	617.2	Michael Hilton	US-VA	Shenandoah Open	Woodstock	VA
9	277.5	611.7	Maximillian Zart	US-OH	Tri-State Championship	Bedford Heights	OH
10	272.5	600.7	Kyle Winstanley	Canada	Worlds		Alberta
11	267.5	589.7	Kailen Smith	Canada	2019 Cast a Shadow	Squamish	BC
12	265	584.2	Lamar Arnold	US-DC	KAAOS Classic	Washington	DC
13	262.5	578.7	Andrew Kersting	US-AZ	Soutwest Regional	Goodyear	AZ
	262.5	578.7	David Brennan	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	262.5	578.7	Michael Dalton	US-VA	Masters Nationals	Zion Crossroads	VA
	262.5	578.7	Alexander Steeves	US-FL	American Challenge 2019 - FL		FL
	262.5	578.7	Everett Brill	US-AZ	Worlds		Alberta
18	260	573.1	Graeme Boyce	New Zealand	Worlds		Alberta
19	257.5	567.6	Seth Francis	US-NC	Battle of the Border	Curituck	NC
20	255	562.1	Jared Eygenraam	Canada	Bar Wars West		Canada
	255	562.1	Nick Rangel	US-FL	Beasty Bash	Mount Dora	FL

Weight Class: 242							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	345	760.5	Michael Eaton	US-MD	Maryland State Championships	Hanover	MD
2	330.5	728.6	Dorrell Petties-Dahmer	Canada	2019 Hub Power	High River	Alberta
3	318	701	Alexander Pronchuk	Canada	Worlds		Alberta
4	310	683.4	Derek Dickinson	US-VA	Mid-Atlantic Regionals	Zion Crossroads	VA
5	292.5	644.8	Jeff Lastuka	Canada	2019 Hub Power	High River	Alberta
6	287.5	633.8	Maximillian Zart	US-OH	Ohio State Championships	Bedford Heights	OH
7	285	628.3	Brian Hershler	US-VA	Battlefield Open	Fredericksburg	VA
	285	628.3	Gurpreet Singh	India	India National Single Lift Championships		India
	285	628.3	Morgan Domney	Australia	Worlds		Alberta
10	282	621.6	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
11	272.5	600.7	Anthony Brill	US-NV	American Challenge 2019 - AZ		AZ
	272.5	600.7	Robin Verleun	Canada	Worlds		Alberta
	272.5	600.7	Trevor Butt	Canada	Worlds		Alberta
	272.5	600.7	Zach Santangelo	US-PA	Central PA Open	Clearfield	PA
15	262.5	578.7	Scott Stengel	US-OH	Tri-State Championship	Bedford Heights	OH
16	255	562.1	Donald Beishl	US-NC	OBX Open	Jarvisburg	NC
	255	562.1	Josh Cue	US-IA	Holiday Classic	Council Bluffs	IA
18	252.5	556.6	Nicola Masiello	Italy	Rimini		Italy
19	250	551.1	Clint Sanders	US-MD	Battlefield Open	Fredericksburg	VA
20	247.5	545.6	Taylor Lambert	US-KS	Holiday Classic	Council Bluffs	IA
	247.5	545.6	Gregory Hawkins	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 275							
Deadlift				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	350	771.6	Dorrell Pettes-Dahlmer	Canada	Worlds		Alberta
2	345	760.5	Dorrell Petties-Dahmer	Canada	Canadian Nationals	Medicine Hat	Alberta
3	330	727.5	Ty Evans	US-FL	Worlds		Alberta
4	300	661.3	Anton Zmushka	Canada	Canadian Nationals	Medicine Hat	Alberta
5	297.5	655.8	Tyler Cook	US-OH	Tri-State Championship	Bedford Heights	OH

6	296	652.5	Joel Thiessen	Canada	2019 Hub Power	High River	Alberta
7	295	650.3	Adam Price	Canada	2019 Hub Power	High River	Alberta
8	288.5	636	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
9	282.5	622.7	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA
10	272.5	600.7	Cleef Metellus	US-NY	American Challenge 2019 - NJ		NJ
	272.5	600.7	Marcus Wood	US-DC	KAAOS Classic	Washington	DC
	272.5	600.7	Rayshon Bonom	US-OH	Ohio State Championships	Bedford Heights	OH
13	270	595.2	Anthony Jewell	US-VA	American Challenge 2019 - VA		VA
14	267.5	589.7	Brian Karakaedos	US-PA	Central PA Open	Clearfield	PA
15	265	584.2	Mario Fontanazza	US-PA	Power Day	Bigler	PA
	265	584.2	William Ogden	US-PA	Masters Nationals	Zion Crossroads	VA
17	260	573.1	Weiqian Hew	Australia	Worlds		Alberta
18	257.5	567.6	Clay Sparks	Canada	Iron Challenge	Medicine Hat	Alberta
19	255	562.1	Richard Faasee	Australia	Worlds		Alberta
20	250	551.1	Robert Kelly	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	250	551.1	Ryan Sheehan	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	250	551.1	Michael Hertz	Canada	Bar Wars West		Canada

Weight Class: 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	332.5	733	Nick Morneau	Canada	Worlds		Alberta
2	317.5	699.9	Allen Gibson	US-FL	Beasty Bash	Mount Dora	FL
3	290	639.3	Austin Poff	US-NC	American Challenge 2019 - NC		NC
4	282.5	622.7	Baron Dixon	US-VA	Single Lift Worlds	Virginia Beach	VA
5	277.5	611.7	Joseph Roth	US-FL	Last Chance Qualifier	Mount Dora	FL
6	272.5	600.7	Matt Slate	US-NV	American Challenge 2019 - AZ		AZ
7	260	573.1	Spence Howson	Canada	2019 Hub Power	High River	Alberta
	260	573.1	Stevie Murden	US-VA	Eastern USA Open	Woodstock	VA
9	250	551.1	James Lapointe	Canada	Bar Wars West		Canada
10	237.5	523.5	Nick Johnson	Canada	Worlds		Alberta
11	235	518	Darius Johnson	US-MD	Potomac Open	Tysons Corner	VA
12	227.5	501.5	Nathan Daniels	US-NC	American Challenge 2019 - NC		NC
13	225	496	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
14	212.5	468.4	Alex McLeod	Canada	Bar Wars West		Canada
15	210	462.9	Douglas Leary	Canada	2019 Cast a Shadow	Squamish	BC
16	207.5	457.4	Frank Murphy	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
17	205	451.9	Raymond Classing	US-MD	Single Lift Worlds	Virginia Beach	VA
	205	451.9	Ray Classing	US-MD	Single Lift Worlds	Virginia Beach	VA
19	197.5	435.4	Bob Muretta	US-VA	Masters Nationals	Zion Crossroads	VA
20	182.5	402.3	Bob Shirley	US-VA	Masters Nationals	Zion Crossroads	VA
	182.5	402.3	Gurpreet Singh	India	India National Single Lift Championships		India
	182.5	402.3	Kabir Marshal	India	India National Single Lift Championships		India

Weight Class: SHW				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	325	716.4	Tony Reinmuth	Australia	Worlds		Alberta
2	320	705.4	Josh Patacca	Australia	Worlds		Alberta
3	302.5	666.8	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
4	300	661.3	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC
5	295	650.3	Chris Harris	US-NC	Single Lift Worlds	Virginia Beach	VA
6	292.5	644.8	Russell Peel	Canada	Worlds		Alberta
7	288	634.9	Baron Dixon	US-VA	Masters Nationals	Zion Crossroads	VA
8	280	617.2	David Kulbacki	US-PA	Central PA Open	Clearfield	PA
9	279	615	James Tevaga	New Zealand	Worlds		Alberta
10	272.5	600.7	Robert Gaines	US-VA	DMV Invitational	White Plains	MD
	272.5	600.7	Robert Gains	US-VA	Worlds		Alberta
12	260	573.1	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta

13	250	551.1	Shawn Sackett	US-PA	Ohio State Championships	Bedford Heights	OH
14	245	540.1	Garry Coates	Canada	Worlds		Alberta
15	240	529.1	Adam Munnings	Canada	2019 Cast a Shadow	Squamish	BC
16	235	518	Warren Neilson	Canada	Canadian Nationals	Medicine Hat	Alberta
	235	518	Dawson Adler	US-FL	Beasty Bash	Mount Dora	FL
18	230	507	Scott Pagenkopf	Canada	Worlds		Alberta
19	227.5	501.5	Jason Pilinyi	US-VA	Virginia Open	Zion Crossroads	VA
20	215	473.9	Alex McLeod	Canada	Canadian Nationals	Medicine Hat	Alberta

2019 Total Rankings Male

Weight Class: 105				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	165	363.7	Gavin Hanks	US-NC	OBX Open	Jarvisburg	NC	
2	140	308.6	Zane Smith	US-AZ	American Challenge 2019 - AZ		AZ	
3	136.5	300.9	Sam Hancock	US-AZ	American Challenge 2019 - AZ		AZ	
4	135	297.6	Zachary Vandenburg	Canada	Worlds		Alberta	
5	132.5	292.1	Gavin Hanks	US-NC	Southern Open		NC	
6	100	220.4	Eli Hanks	US-NC	OBX Open	Jarvisburg	NC	
7	92.5	203.9	Eli Hanks	US-NC	Southern Open		NC	
8	87.5	192.9	Devin Sobota	US-NC	OBX Open	Jarvisburg	NC	
9	60	132.2	Andrew Hill	US-NC	Southern Open		NC	
10	57.5	126.7	Hill Andrew	US-NC	American Challenge 2019 - NC		NC	
11	54.5	120.1	Andrew Hill	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 114				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	160	352.7	Jacob Browne	US-AZ	American Challenge 2019 - AZ		AZ	

Weight Class: 123				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	410	903.8	Carl King	US-PA	American Challenge 2019 - OH		OH	
2	272.5	600.7	Jose Parra	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 132				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	495	1091.2	Jason Yuen	Canada	Worlds		Alberta	
2	473	1042.7	George James	US-MD	Maryland State Championships	Hanover	MD	
3	400	881.8	Kurtis MacCormack	Canada	Bar Wars East		Canada	
4	392.5	865.3	Tyler Trudel	Canada	Bar Wars West		Canada	
5	382.5	843.2	Gary Teeter	US-PA	Shenandoah Open	Woodstock	VA	
6	365.5	805.7	Brandon Hall	Canada	2019 Hub Power	High River	Alberta	
7	355	782.6	Ben Zak	US-NC	OBX Open	Jarvisburg	NC	
8	350	771.6	Kevin Smith	US-NC	American Challenge 2019 - NC		NC	
9	325	716.4	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ	
10	322.5	710.9	Luis Manuel	US-FL	American Challenge 2019 - FL		FL	
11	292.5	644.8	Buck Ammons	US-NC	American Challenge 2019 - NC		NC	
12	290	639.3	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY	
		290	Mike Boston	US-PA	Central PA Open	Clearfield	PA	
14	268.5	591.9	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ	
15	217.5	479.5	Luke Kuwik	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 148				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	622	1371.2	Lenard Jones	US-NC	Worlds		Alberta	
2	542.5	1195.9	Michael Ohse	US-NC	OBX Open	Jarvisburg	NC	
3	541	1192.6	Stephane Heroux	Canada	Worlds		Alberta	

4	517.5	1140.8	Bryan Ellenberger	US-PA	Central PA Open	Clearfield	PA
5	512.5	1129.8	Max Hall	Canada	Bar Wars West		Canada
6	502.5	1107.8	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
7	490.5	1081.3	Shane Frey	Canada	Iron Challenge	Medicine Hat	Alberta
8	477.5	1052.6	Dillon Childs	Canada	Iron Challenge	Medicine Hat	Alberta
9	471	1038.3	Monte Lofing	US-NE	Holiday Classic	Council Bluffs	IA
10	470	1036.1	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
11	465.5	1026.2	George James	US-MD	American Challenge 2019 - OH		OH
12	457.5	1008.6	Enrique Aliaga	US-VA	2019 Keystone Ironman Challenge	Nazareth	PA
13	432.5	953.4	Gary Teeter	US-PA	American Challenge 2019 - NJ		NJ
14	427.5	942.4	Arsenio Quinones	US-FL	Beasty Bash	Mount Dora	FL
15	422.5	931.4	Joe Martucci	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	422.5	931.4	Bernard Byrne	Ireland	IDFPA National Full Power Championships		Ireland
17	412.5	909.3	Dean Kane	Ireland	IDFPA National Full Power Championships		Ireland
18	412	908.2	William O'Donohue	Ireland	Worlds		Alberta
19	397.5	876.3	Joe Stockinger	Canada	2019 Hub Power	High River	Alberta
20	385	848.7	Danny Mauro	US-FL	American Challenge 2019 - FL		FL

Weight Class: 165				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	690	1521.1	Tony Conyers	US-FL	Worlds			Alberta
2	612.5	1350.3	Oliver Evangelista	US-NE	Holiday Classic	Council Bluffs		IA
3	600	1322.7	Ross Rickards	Australia	Worlds			Alberta
4	575	1267.6	Austin Andreyo	US-PA	Great Lakes Powerlifting and BP	Erie		PA
5	567.5	1251.1	Tyler McFadden	US-VA	Potomac Open	Tysons Corner		VA
6	567	1250	Joshua Luu	Australia	Worlds			Alberta
7	560	1234.5	Alex Saretsky	Canada	Canadian Nationals	Medicine Hat		Alberta
8	557.5	1229	Brian Stoner	US-NY	Tri-State Championship	Bedford Heights		OH
	557.5	1229	Jose Urbina	US-FL	Beasty Bash	Mount Dora		FL
10	545	1201.5	Richard Smith	US-PA	Great Lakes Powerlifting and BP	Erie		PA
11	535	1179.4	Dennis Carcamo	US-VA	DMV Invitational	White Plains		MD
	535	1179.4	Brandon Magnuson	US-VA	Mid-Atlantic Regionals	Zion Crossroads		VA
13	530	1168.4	Ray Cruz	US-PA	Great Lakes Powerlifting and BP	Erie		PA
14	527.5	1162.9	Justin Kancsal	Canada	Worlds			Alberta
15	517.5	1140.8	Michael Bartz	US-NE	Holiday Classic	Council Bluffs		IA
16	516	1137.5	Max Hall	Canada	Worlds			Alberta
17	515	1135.3	Mark Dutton	US-NC	American Challenge 2019 - NC			NC
18	505	1113.3	Sean Sikorski	Canada	2019 Cast a Shadow	Squamish		BC
	505	1113.3	Jordan Ownley	US-NC	American Challenge 2019 - NC			NC
	505	1113.3	Ryan Bell	Canada	Last Chance for the Dance	Calgary		Alberta

Weight Class: 181				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	677	1492.5	Christophe Ang	Australia	Worlds			Alberta
2	660	1455	Jaime Velasquez	US-MD	Shenandoah Open	Woodstock		VA
3	616	1358	Noah Manning	Canada	Worlds			Alberta
4	610	1344.8	Cody Anderson	Canada	2019 Hub Power	High River		Alberta
5	600	1322.7	Eduardo Velasquez	US-AZ	American Challenge 2019 - AZ			AZ
6	595	1311.7	Paul Jung	US-NE	Holiday Classic	Council Bluffs		IA
7	585	1289.6	Cosmin Olteanu	Canada	2019 Cast a Shadow	Squamish		BC
8	580.5	1279.7	Danny Thurman	US-NE	Holiday Classic	Council Bluffs		IA
9	580	1278.6	Raman Wadhwa	Australia	Worlds			Alberta
10	575	1267.6	Justin Jackson	US-NE	Holiday Classic	Council Bluffs		IA
11	572.5	1262.1	James Lewis	US-PA	Central PA Open	Clearfield		PA
12	565	1245.5	Mike Decastro	US-DC	DMV Invitational	White Plains		MD
13	557.5	1229	Kevin Joge	US-MD	DMV Invitational	White Plains		MD
	557.5	1229	David Sobota	US-NC	OBX Open	Jarvisburg		NC

15	555	1223.5	Andre Skinner	Canada	Bar Wars West		Canada
16	550	1212.5	Joseph Desimone	US-VA	DMV Invitational	White Plains	MD
	550	1212.5	Peter Smetona	US-OH	Tri-State Championship	Bedford Heights	OH
	550	1212.5	Alan Stiver	US-OH	Ohio State Championships	Bedford Heights	OH
19	547.5	1207	David Lewis	US-PA	Great Lakes Powerlifting and BP	Erie	PA
20	542.5	1195.9	Trevor Carpenter	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta

Weight Class: 198				Total	Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	718	1582.9	Victor Akpawan	Canada	Worlds			Alberta
2	682.5	1504.6	Jose Rivera	US-CO	American Challenge 2019 - AZ			AZ
3	670	1477	Michael Gralla	US-PA	Central PA Open	Clearfield		PA
4	638	1406.5	Marlin Ellis	US-OH	Ohio State Championships	Bedford Heights		OH
5	635	1399.9	Colton Garvin	US-PA	Central PA Open	Clearfield		PA
	635	1399.9	Tige Cox	US-FL	Beasty Bash	Mount Dora		FL
7	630	1388.8	Joseph Joseph	US-PA	Great Lakes Powerlifting and BP	Erie		PA
8	627.5	1383.3	Joshua Daily	US-FL	Beasty Bash	Mount Dora		FL
9	625	1377.8	Matthew Shepperd	US-DC	DMV Invitational	White Plains		MD
10	622.5	1372.3	Jason Yanes	US-AZ	Soutwest Regional	Goodyear		AZ
11	615.5	1356.9	Brian Trail	US-AZ	Soutwest Regional	Goodyear		AZ
12	607.5	1339.2	Damien Rattee	Canada	Worlds			Alberta
13	605	1333.7	Peter Boland	Canada	2019 Meet At The Mountains	Pincher Creek		Alberta
14	597.5	1317.2	Brad McKim	Canada	Bar Wars West			Canada
15	595	1311.7	Keith Schneider	US-OH	American Challenge 2019 - OH			OH
	595	1311.7	Ian Galliano	US-VA	Battlefield Open	Fredericksburg		VA
	595	1311.7	Cody Pieffer	US-FL	Beasty Bash	Mount Dora		FL
18	592.5	1306.2	Cory Getz	US-PA	Great Lakes Powerlifting and BP	Erie		PA
19	590	1300.7	James Donegun	US-VA	Potomac Open	Tysons Corner		VA
20	585	1289.6	Mark Franklin	US-NC	American Challenge 2019 - NC			NC

Weight Class: 220				Total	Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	722.5	1592.8	Alexander Pronchuk	Canada	Last Chance for the Dance	Calgary		Alberta
2	716	1578.4	Zackary Reimer	Canada	Worlds			Alberta
3	697.5	1537.7	Zachary Reimer	Canada	Bar Wars West			Canada
4	685	1510.1	Lenny Creatura	US-CT	Great Lakes Powerlifting and BP	Erie		PA
5	682.5	1504.6	Everett Brill	US-AZ	Mid-Atlantic Regionals	Zion Crossroads		VA
6	679	1496.9	Mike Moorhead	Canada	Worlds			Alberta
7	667.5	1471.5	Kevin Lutz	Canada	Bar Wars West			Canada
	667.5	1471.5	Ryan Finch	US-FL	American Challenge 2019 - FL			FL
9	657.5	1449.5	Jesse Bifano	Canada	Worlds			Alberta
10	652.5	1438.5	Kyle Winstanley	Canada	Worlds			Alberta
11	650	1432.9	Michael Hilton	US-VA	Shenandoah Open	Woodstock		VA
12	645	1421.9	Hayden Schick	Canada	Worlds			Alberta
13	643	1417.5	Sam Kaminski	Canada	Bar Wars West			Canada
14	635	1399.9	Kailen Smith	Canada	2019 Cast a Shadow	Squamish		BC
15	627.5	1383.3	Jack List	US-SC	OBX Open	Jarvisburg		NC
16	626	1380	Ronald Hagen	Canada	Worlds			Alberta
17	617.5	1361.3	Eric Tuthill	US-AZ	American Challenge 2019 - AZ			AZ
18	607.5	1339.2	Nick Rangel	US-FL	Beasty Bash	Mount Dora		FL
19	605	1333.7	Frank Slawson	US-NY	Tioga Downs Open	Tioda Downs		NY
	605	1333.7	Andrew Kersting	US-AZ	Soutwest Regional	Goodyear		AZ

Weight Class: 242				Total	Male			
Rank	Lift	Ibs	Lifter	Country	Meet	Location		
1	825	1818.7	Michael Eaton	US-MD	Maryland State Championships	Hanover		MD
2	795	1752.6	Derek Dickinson	US-VA	Mid-Atlantic Regionals	Zion Crossroads		VA

3	747.5	1647.9	Jeff Lastuka	Canada	2019 Hub Power	High River	Alberta
4	745	1642.4	Morgan Domney	Australia	Worlds		Alberta
5	743	1638	Alexander Pronchuk	Canada	Worlds		Alberta
6	738	1626.9	Dorrell Petties-Dahmer	Canada	2019 Hub Power	High River	Alberta
7	697.5	1537.7	Taylor Lambert	US-KS	Holiday Classic	Council Bluffs	IA
8	685	1510.1	Robin Verleun	Canada	Worlds		Alberta
9	667.5	1471.5	Brian Hershler	US-VA	Battlefield Open	Fredericksburg	VA
	667.5	1471.5	Zach Santangelo	US-PA	Central PA Open	Clearfield	PA
11	637.5	1405.4	Anthony Brill	US-NV	American Challenge 2019 - AZ		AZ
12	635	1399.9	Trevor Butt	Canada	Worlds		Alberta
13	632.5	1394.4	Hayden Schick	Canada	Iron Challenge	Medicine Hat	Alberta
14	602.5	1328.2	Donald Beishl	US-NC	OBX Open	Jarvisburg	NC
	602.5	1328.2	Robert Ludwig	US-PA	Central PA Open	Clearfield	PA
16	597.5	1317.2	Matthew Bowen	US-VA	DMV Invitational	White Plains	MD
17	590	1300.7	Clint Sanders	US-MD	Battlefield Open	Fredericksburg	VA
	590	1300.7	Josh Cue	US-IA	Holiday Classic	Council Bluffs	IA
19	582.5	1284.1	Nathan Bradford	US-VA	Eastern USA Open	Woodstock	VA
20	580	1278.6	Ed Kutin	US-NJ	American Challenge 2019 - NJ		NJ

Weight Class: 275				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	800	1763.6	Adam Price	Canada	2019 Hub Power	High River	Alberta
2	777.5	1714	Dorrell Petties-Dahlmer	Canada	Worlds		Alberta
3	767.5	1692	Tyler Cook	US-OH	Tri-State Championship	Bedford Heights	OH
4	765	1686.5	Dorrell Petties-Dahmer	Canada	Canadian Nationals	Medicine Hat	Alberta
5	752.5	1658.9	Anton Zmushka	Canada	Canadian Nationals	Medicine Hat	Alberta
6	730	1609.3	Ty Evans	US-FL	Worlds		Alberta
7	712	1569.6	Brian Germanoski	US-PA	American Challenge 2019 - VA		VA
8	692	1525.5	Weiqian Hew	Australia	Worlds		Alberta
9	683	1505.7	Steve Lousich	New Zealand	Worlds		Alberta
10	680	1499.1	Anthony Jewell	US-VA	American Challenge 2019 - VA		VA
11	672.5	1482.5	Cleef Metellus	US-NY	American Challenge 2019 - NJ		NJ
12	667.5	1471.5	Clay Sparks	Canada	Iron Challenge	Medicine Hat	Alberta
13	652.5	1438.5	Robert Dillingham	US-VA	Potomac Open	Tysons Corner	VA
14	642.5	1416.4	Brian Karakaedos	US-PA	Central PA Open	Clearfield	PA
15	640	1410.9	Ryan Irvine	US-PA	Great Lakes Powerlifting and BP	Erie	PA
16	630	1388.8	Sid Zullinger	US-VA	Shenandoah Open	Woodstock	VA
17	623	1373.4	Brian Matchett	Canada	Worlds		Alberta
18	617.5	1361.3	Brett Rosenow	US-NE	Holiday Classic	Council Bluffs	IA
19	615	1355.8	Robert Cavalier	US-PA	Great Lakes Powerlifting and BP	Erie	PA
20	612.5	1350.3	Cory Collins	Canada	2019 Meet At The Mountains	Pincher Creek	Alberta

Weight Class: 308				Total	Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	840	1851.8	Nick Morneau	Canada	Worlds		Alberta
2	817.5	1802.2	Allen Gibson	US-FL	Beasty Bash	Mount Dora	FL
3	752.5	1658.9	Matt Slate	US-NV	American Challenge 2019 - AZ		AZ
4	682.5	1504.6	Austin Poff	US-NC	American Challenge 2019 - NC		NC
5	635	1399.9	Stevie Murden	US-VA	Eastern USA Open	Woodstock	VA
6	632.5	1394.4	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
7	625	1377.8	Nathan Daniels	US-NC	American Challenge 2019 - NC		NC
8	620	1366.8	Spence Howson	Canada	2019 Hub Power	High River	Alberta
9	612.5	1350.3	Baron Dixon	US-VA	American Challenge 2019 - VA		VA
10	607.5	1339.2	James Lapointe	Canada	Bar Wars West		Canada
11	572.5	1262.1	Nick Johnson	Canada	Worlds		Alberta
12	542.5	1195.9	Douglas Leary	Canada	2019 Cast a Shadow	Squamish	BC
13	522.5	1151.9	Alex McLeod	Canada	Bar Wars West		Canada

14 452.5 997.5 Frank Murphy Ireland IDFPA National Powerlifting Championships Galway Ireland

Weight Class: SHW				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	967	2131.8	Tony Reinmuth	Australia	Worlds	Alberta		
2	827	1823.2	Josh Patacca	Australia	Worlds	Alberta		
3	780	1719.5	James Tevaga	New Zealand	Worlds	Alberta		
4	767.5	1692	Russell Peel	Canada	Worlds	Alberta		
5	760	1675.4	Daniel Corridean	US-NC	OBX Open	Jarvisburg	NC	
6	737.5	1625.8	Robert Gains	US-VA	Worlds	Alberta		
7	735	1620.3	Dawson Adler	US-FL	Beasty Bash	Mount Dora	FL	
8	732.5	1614.8	David Kulbacki	US-PA	Central PA Open	Clearfield	PA	
9	715	1576.2	Raymond Hodges	US-FL	American Challenge 2019 - FL	FL		
10	712.5	1570.7	Robert Gaines	US-VA	DMV Invitational	White Plains	MD	
11	665	1466	Garry Coates	Canada	Worlds	Alberta		
12	622.5	1372.3	Shawn Sackett	US-PA	Ohio State Championships	Bedford Heights	OH	
13	620	1366.8	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta	
14	605.5	1334.8	Baron Dixon	US-VA	Masters Nationals	Zion Crossroads	VA	
15	597.5	1317.2	Adam Munnings	Canada	2019 Cast a Shadow	Squamish	BC	
16	570	1256.6	Scott Pagenkopf	Canada	Worlds	Alberta		
17	560	1234.5	Warren Neilson	Canada	Worlds	Alberta		
18	532.5	1173.9	Alex McLeod	Canada	Canadian Nationals	Medicine Hat	Alberta	
19	507.5	1118.8	Jason Pilinyi	US-VA	Masters Nationals	Zion Crossroads	VA	
20	447.5	986.5	Anthony Meza	US-AZ	American Challenge 2019 - AZ	AZ		

2019 Strict Curl Rankings Male

Weight Class: 105				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35	77.1	Dev Kaushik	India	Karnal Bench Press and Stict Curl Championships	Haryana	India	
	35	77.1	Navneet Singh	India	India National Single Lift Championships	India		
	35	77.1	Rahul Sen	India	India National Single Lift Championships	India		
4	25	55.1	Santosh Singh	India	India National Single Lift Championships	India		
5	22	48.5	Preston Reed	US-PA	Power Day	Bigler	PA	
6	19	41.8	Dalton Fazio	US-NC	Southern Open	NC		
7	16	35.2	Alex Ingersoll	US-FL	American Challenge 2019 - FL	FL		
	16	35.2	Nathaniel Thorp	US-PA	Central PA Open	Clearfield	PA	
9	15.5	34.1	Caden Cooper	US-NC	Southern Open	NC		
10	15	33	Shamanpreet Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India	
	15	33	Sam Hancock	US-AZ	American Challenge 2019 - AZ	AZ		
12	10	22	Devin Sobota	US-NC	Southern Open	NC		
13	9	19.8	Hill Andrew	US-NC	American Challenge 2019 - NC	NC		
	9	19.8	Andrew Hill	US-NC	Southern Open	NC		
15	8	17.6	Vatanpreet Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India	
	8	17.6	Andrew Hill	US-NC	OBX Open	Jarvisburg	NC	
17	5	11	Sehajpreet Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India	

Weight Class: 114				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40	88.1	Kshetrpal Gherwal	India	India National Single Lift Championships	India		
2	37.5	82.6	Vijay .	India	Karnal Bench Press and Stict Curl Championships	Haryana	India	
	37.5	82.6	Aditya Arya	India	India National Single Lift Championships	India		
	37.5	82.6	Dev Kaushik	India	India National Single Lift Championships	India		
5	35	77.1	Prashant .	India	India National Single Lift Championships	India		
6	30	66.1	Sahil .	India	India National Single Lift Championships	India		
7	29	63.9	Trever Weeden	US-NY	Central PA Open	Clearfield	PA	
8	25	55.1	Sahil Sharma	India	India National Single Lift Championships	India		

9	21	46.2	Dalton Fazio	US-NC	Single Lift Worlds	Virginia Beach	VA
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Weight Class: 123							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45.5	100.3	Ethan Lehmer	US-NY	American Challenge 2019 - NY	NY	
2	45	99.2	Sahil .	India	India National Single Lift Championships	India	
3	42.5	93.6	Vijay .	India	India National Single Lift Championships	India	
4	34	74.9	Zachery Smith	US-NY	American Challenge 2019 - NY	NY	
5	30.5	67.2	Zachary Smith	US-NY	New York State Single Lift Challenge	Vestal	NY
6	22.5	49.6	Amanpreet Singh	India	India National Single Lift Championships	India	

Weight Class: 132							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52	114.6	Gary Teeter	US-PA	Shenandoah Open	Woodstock	VA
2	47.5	104.7	Paul Gillott	US-AZ	Soutwest Regional	Goodyear	AZ
3	45	99.2	Kunal Sharma	India	India National Single Lift Championships	India	
	45	99.2	Ankit .	India	India National Single Lift Championships	India	
	45	99.2	Manish Vyas	India	India National Single Lift Championships	India	
	45	99.2	Ben Zak	US-NC	OBX Open	Jarvisburg	NC
7	42.5	93.6	Ravi Kumar	India	India National Single Lift Championships	India	
8	40	88.1	Palvinder Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	40	88.1	Ansh Sharma	India	India National Single Lift Championships	India	
	40	88.1	Manpreet Singh	India	India National Single Lift Championships	India	
	40	88.1	Gagandeep Singh	India	India National Single Lift Championships	India	
	40	88.1	Palwinder Singh	India	India National Single Lift Championships	India	
	40	88.1	Jonah Derby	US-NC	OBX Open	Jarvisburg	NC
14	37.5	82.6	Sourab Pal	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
15	35	77.1	Lovepreet Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
16	32.5	71.6	Karan Singh	India	India National Single Lift Championships	India	
17	29	63.9	Nicholas Thorp	US-PA	Central PA Open	Clearfield	PA
18	25	55.1	Conner Smith	US-NY	New York State Single Lift Challenge	Vestal	NY
19	10	22	Andrew Hill	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 148							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68.5	151	Corey McLaughlin	US-PA	Power Day	Bigler	PA
2	63.5	139.9	Andrew Fiocco	US-CT	American Challenge 2019 - CT	CT	
3	58	127.8	Gary Teeter	US-PA	Tioga Downs Open	Tioda Downs	NY
4	55	121.2	Jintender Malakar	India	India National Single Lift Championships	India	
5	54	119	Tim McCoy	US-VA	Battle of the Border	Curituck	NC
6	50	110.2	Jon Demaris	US-NY	American Challenge 2019 - NY	NY	
	50	110.2	Abdul Jayaf	India	India National Single Lift Championships	India	
	50	110.2	Seth Walter	US-NE	Holiday Classic	Council Bluffs	IA
9	49	108	Ben Zak	US-NC	Single Lift Worlds	Virginia Beach	VA
10	48	105.8	Victor Shaffer	US-PA	Central PA Open	Clearfield	PA
11	47.5	104.7	Ujjwal Kumar	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	47.5	104.7	Lee Luedeker	US-AZ	American Challenge 2019 - AZ	AZ	
	47.5	104.7	Deepak Deswal	India	India National Single Lift Championships	India	
14	47	103.6	Evan Russo	US-CT	American Challenge 2019 - CT	CT	
	47	103.6	Boston Mulinix	US-OH	Ohio State Championships	Bedford Heights	OH
16	46.5	102.5	Danny Mauro	US-FL	American Challenge 2019 - FL	FL	
17	45	99.2	Manjot Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	45	99.2	Mayank Sukhyani	India	India National Single Lift Championships	India	
	45	99.2	Ankush .	India	India National Single Lift Championships	India	
	45	99.2	Stephen Gregori	US-MD	Single Lift Worlds	Virginia Beach	VA
	45	99.2	Luca Fierro	US-PA	Shenandoah Open	Woodstock	VA

Weight Class: 165		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	69.5	153.2	Gary Kessler	US-VA	Single Lift Worlds	Virginia Beach	VA
2	68	149.9	Corey McLaughlin	US-PA	American Challenge 2019 - MD		MD
3	67	147.7	Joseph Freni	US-MA	American Challenge 2019 - CT		CT
4	66	145.5	Alex Saretsky	Canada	Single Lift Worlds	Virginia Beach	VA
5	65.5	144.4	Andrew Long	US-NY	American Challenge 2019 - MD		MD
6	63.5	139.9	Steve Orseno	US-MA	Single Lift Worlds	Virginia Beach	VA
7	60.7	133.8	Jake Garner	US-NE	Holiday Classic	Council Bluffs	IA
8	56.5	124.5	Gary Teeter	US-PA	American Challenge 2019 - NC		NC
9	55	121.2	Mandeep .	India	India National Single Lift Championships		India
	55	121.2	Naseeb Singh	India	India National Single Lift Championships		India
	55	121.2	Brad Rist	US-OH	Ohio State Championships	Bedford Heights	OH
	55	121.2	Jeff Thorp	US-PA	Central PA Open	Clearfield	PA
13	53	116.8	Brendan Lahan	US-NY	American Challenge 2019 - NY		NY
	53	116.8	Dylan DePasquale	US-FL	American Challenge 2019 - FL		FL
15	52.5	115.7	Daniel Conant	US-NY	New York State Single Lift Challenge	Vestal	NY
	52.5	115.7	Vikas Sharma	India	India National Single Lift Championships		India
	52.5	115.7	Ray Barber	US-NY	Single Lift Worlds	Virginia Beach	VA
18	51	112.4	Tim Metcalf	US-NC	Single Lift Worlds	Virginia Beach	VA
19	50.5	111.3	Mark Dutton	US-NC	Battle of the Border	Curituck	NC
20	50	110.2	Azharuddin Ansari	India	India National Single Lift Championships		India
	50	110.2	Rinku .	India	India National Single Lift Championships		India
	50	110.2	Jon Demarais	US-NY	Single Lift Worlds	Virginia Beach	VA

Weight Class: 181		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	71.5	157.6	Pat Douglas	US-NE	Masters Nationals	Zion Crossroads	VA
2	66.5	146.6	Andrew Long	US-NY	Tioga Downs Open	Tioda Downs	NY
3	65.5	144.4	Mikeal Basile	US-NY	Massachussetts State Championship	Plainridg Park	MA
4	64	141	Steve Orseno	US-MA	Massachussetts State Championship	Plainridg Park	MA
5	63.2	139.3	Daudi Merriweather	US-NE	Holiday Classic	Council Bluffs	IA
6	61.5	135.5	Juan Rabago	US-CT	Massachussetts State Championship	Plainridg Park	MA
7	61	134.4	Collin Kintner	US-NY	Single Lift Worlds	Virginia Beach	VA
8	60	132.2	Vishal Chaudhary	India	India National Single Lift Championships		India
	60	132.2	Michael Barber	US-NY	Single Lift Worlds	Virginia Beach	VA
10	57.5	126.7	Sandeep Khatri	India	India National Single Lift Championships		India
11	56.5	124.5	Larry Eastman	US-PA	American Challenge 2019 - OH		OH
12	55.5	122.3	Dylan Depasquale	US-FL	OBX Open	Jarvisburg	NC
13	55	121.2	Jeff Thorp	US-PA	Power Day	Bigler	PA
	55	121.2	Dan Morgan	US-AZ	American Challenge 2019 - AZ		AZ
	55	121.2	Shubham Sharma	India	India National Single Lift Championships		India
	55	121.2	James Darr	US-MD	Maryland State Championships	Hanover	MD
17	52.5	115.7	Matthew Holtry	US-NC	Single Lift Worlds	Virginia Beach	VA
18	52	114.6	Chris Buckley	US-MA	Connecticut State Championship	Cheshire	CT
19	50.5	111.3	Daniel Lemel	US-CT	Single Lift Worlds	Virginia Beach	VA
20	50	110.2	Gurbaj Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	50	110.2	Naseeb Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	50	110.2	Jatin Sharma	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
	50	110.2	Inderjit Singh	India	India National Single Lift Championships		India
	50	110.2	Rajeev Kharwal	India	India National Single Lift Championships		India
	50	110.2	Manhar Saini	India	India National Single Lift Championships		India
	50	110.2	Sagar .	India	India National Single Lift Championships		India
	50	110.2	Michael Stakkeland	US-DC	KAAOS Classic	Washington	DC

Weight Class: 198		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	81.5	179.6	John Cooper	US-NC	American Challenge 2019 - NC		NC
2	74.5	164.2	Ray Jones	US-VA	Potomac Open	Tysons Corner	VA
3	72.5	159.8	Raymond Jones	US-VA	Single Lift Worlds	Virginia Beach	VA
4	65	143.2	George Roy	US-VT	Massachussetts State Championship	Plainridg Park	MA
5	63.5	139.9	Calvin Brown	US-NY	Tioga Downs Open	Tioda Downs	NY
	63.5	139.9	Anthony Esteves	US-CT	Connecticut State Championship	Cheshire	CT
7	61.5	135.5	Aaron Kanute	US-CT	Masters Nationals	Zion Crossroads	VA
	61.5	135.5	Billy Ray Powell	US-AZ	Single Lift Worlds	Virginia Beach	VA
9	61	134.4	Anthony Pfenninger	US-OH	American Challenge 2019 - OH		OH
10	60.5	133.3	Connor Soltis	US-CT	Connecticut State Championship	Cheshire	CT
11	60	132.2	Ryan Davis	US-NY	New York State Single Lift Challenge	Vestal	NY
	60	132.2	Gurbaz Singh	India	India National Single Lift Championships		India
13	59.5	131.1	Mikeal Basile	US-NY	American Challenge 2019 - CT		CT
	59.5	131.1	Randy Elbert	US-MD	Single Lift Worlds	Virginia Beach	VA
15	57.5	126.7	Ritesh Virang	India	India National Single Lift Championships		India
	57.5	126.7	Mohit Issar	India	India National Single Lift Championships		India
	57.5	126.7	Andrew Herbstritt	US-PA	Central PA Open	Clearfield	PA
18	57	125.6	Terry Margolis	US-PA	Single Lift Worlds	Virginia Beach	VA
19	55.5	122.3	Jim Gawronski	US-CT	Single Lift Worlds	Virginia Beach	VA
20	55	121.2	Ray Barber	US-NY	American Challenge 2019 - NY		NY
	55	121.2	Mike Perry	US-FL	American Challenge 2019 - FL		FL
	55	121.2	Aaron Bicknell	US-CT	American Challenge 2019 - CT		CT
	55	121.2	Jaideep Sharma	India	India National Single Lift Championships		India
	55	121.2	Kosar Ali	India	India National Single Lift Championships		India
	55	121.2	Shubhampartap Singh	India	India National Single Lift Championships		India

Weight Class: 220							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87	191.8	Maximillian Zart	US-OH	American Challenge 2019 - OH		OH
2	80.5	177.4	John Cooper	US-NC	Southern Open		NC
3	70.5	155.4	Danny Clarke	US-PA	American Challenge 2019 - NJ		NJ
4	70	154.3	Benjamin Drew	US-VA	DMV Invitational	White Plains	MD
5	69	152.1	Justin Vanscoy	US-PA	Central PA Open	Clearfield	PA
6	68.5	151	Ben Fair	US-PA	Tri-State Championship	Bedford Heights	OH
	68.5	151	Lamar Arnold	US-DC	KAAOS Classic	Washington	DC
8	68	149.9	Jason Flood	US-CT	American Challenge 2019 - CT		CT
9	67.5	148.8	Stanley Domino	US-FL	Beasty Bash	Mount Dora	FL
10	66	145.5	Luca Leonetti	US-CT	Single Lift Worlds	Virginia Beach	VA
11	65	143.2	Seth Francis	US-NC	Battle of the Border	Curituck	NC
	65	143.2	Alexander Steeves	US-FL	American Challenge 2019 - FL		FL
	65	143.2	Yashpal Dabas	India	India National Single Lift Championships		India
	65	143.2	Carl Inman	US-NC	Single Lift Worlds	Virginia Beach	VA
	65	143.2	Patrick Ardizzone	US-FL	Beasty Bash	Mount Dora	FL
16	64.5	142.1	Tony DiLucente	US-OH	American Challenge 2019 - OH		OH
	64.5	142.1	Adam Jaffe	US-OH	American Challenge 2019 - OH		OH
18	63.5	139.9	Ryan Davis	US-NY	Tioga Downs Open	Tioda Downs	NY
19	63	138.8	Anthony Pfenninger	US-OH	Ohio State Championships	Bedford Heights	OH
20	61	134.4	Andy Kenna	Ireland	Single Lift Worlds	Virginia Beach	VA

Weight Class: 242							
Strict Curl				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Bruce Knox	US-MD	American Challenge 2019 - MD		MD
	77.5	170.8	Manjeet Singh	India	India National Single Lift Championships		India
3	74	163.1	Stanley Hunter	US-NY	Tioga Downs Open	Tioda Downs	NY
4	72	158.7	Antonio D'Amore	US-CT	Connecticut State Championship	Cheshire	CT
5	70.5	155.4	Tony Huffman	US-VA	Single Lift Worlds	Virginia Beach	VA
6	68.5	151	Scott Stengel	US-OH	Tri-State Championship	Bedford Heights	OH

	68.5	151	Nate Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
8	66	145.5	Jason Flood	US-CT	Single Lift Worlds	Virginia Beach	VA
9	65	143.2	Carl Inman	US-NC	OBX Open	Jarvisburg	NC
	65	143.2	Rodd Ramey	US-WV	Christmas Classic	Zion Crossroads	VA
11	63.5	139.9	Adam Jaffe	US-OH	Tri-State Championship	Bedford Heights	OH
12	62.5	137.7	Henry Spencer	US-DC	Potomac Open	Tysons Corner	VA
	62.5	137.7	Dimitri Whitman	US-VA	United Sates Open	Zion Crossroads	VA
14	60	132.2	Gurvinder Singh	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
15	59	130	Ryan Greene	US-CT	American Challenge 2019 - CT		CT
16	58	127.8	Jeff Willson	US-CT	Massachussetts State Championship	Plainridg Park	MA
17	57.5	126.7	Sanjeev Sharma	India	India National Single Lift Championships		India
	57.5	126.7	Brant Givler	US-PA	Central PA Open	Clearfield	PA
19	56	123.4	Milo Mazurick	US-CT	Single Lift Worlds	Virginia Beach	VA
20	55	121.2	Wayne Traver	US-CT	Masters Nationals	Zion Crossroads	VA

Weight Class: 275				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82	180.7	Giorgio Karallas	Greece	Single Lift Worlds	Virginia Beach	VA
2	77.5	170.8	Cleef Metellus	US-NY	American Challenge 2019 - NJ		NJ
3	76	167.5	Kelly McKenzie	US-AZ	Soutwest Regional	Goodyear	AZ
4	75	165.3	Mathieu Newell	US-NY	Tioga Downs Open	Tioda Downs	NY
5	73	160.9	Jerry Matthews	US-OH	Ohio State Championships	Bedford Heights	OH
6	72.5	159.8	Duane Hagstrom	US-FL	American Challenge 2019 - FL		FL
7	72	158.7	Shawn Williams	US-NY	American Challenge 2019 - NY		NY
8	70	154.3	Chris Allen	US-VA	DMV Invitational	White Plains	MD
9	68.5	151	William Ogden	US-PA	Masters Nationals	Zion Crossroads	VA
10	68.2	150.3	Jeremy Shatka	US-IA	Holiday Classic	Council Bluffs	IA
11	67.5	148.8	Chris Fry	US-VA	Shenandoah Open	Woodstock	VA
12	65	143.2	Rahul Rana	India	India National Single Lift Championships		India
13	64	141	Rodd Ramey	US-VA	Masters Nationals	Zion Crossroads	VA
14	63.5	139.9	Rayshon Bonom	US-OH	Tri-State Championship	Bedford Heights	OH
	63.5	139.9	Earl Smiley	US-KY	Single Lift Worlds	Virginia Beach	VA
16	60	132.2	Jeffrey Wilson	US-CT	Single Lift Worlds	Virginia Beach	VA
17	57	125.6	Raymond Clasing	US-MD	Southern Open		NC
18	55	121.2	Bob Feeney	US-PA	Masters Nationals	Zion Crossroads	VA
19	54	119	Bob Fenney	US-PA	Single Lift Worlds	Virginia Beach	VA
20	53	116.8	Gene Berry	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 308				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	79	174.1	DJ Stinson	US-VA	DMV Invitational	White Plains	MD
2	73	160.9	Baron Dixon	US-VA	American Challenge 2019 - NC		NC
3	70	154.3	Matt Slate	US-NV	American Challenge 2019 - AZ		AZ
4	68	149.9	Greg Stott	US-NC	Single Lift Worlds	Virginia Beach	VA
5	67.5	148.8	Jerry Perdue	US-FL	American Challenge 2019 - FL		FL
	67.5	148.8	Hakim Shakir	US-VA	Single Lift Worlds	Virginia Beach	VA
7	65	143.2	Bill Bradford	US-FL	Beasty Bash	Mount Dora	FL
8	61	134.4	Jacob Gaitings	US-PA	American Challenge 2019 - NJ		NJ
9	60	132.2	Antwan Cook	US-CT	American Challenge 2019 - CT		CT
	60	132.2	Gurpreet Singh	India	India National Single Lift Championships		India
11	55.5	122.3	Tobi Alder	US-NJ	American Challenge 2019 - NJ		NJ
12	47.5	104.7	Bill Parks	US-MD	American Challenge 2019 - MD		MD
13	46.5	102.5	Ray Wile	US-PA	Central PA Open	Clearfield	PA
14	45	99.2	Kabir Marshal	India	India National Single Lift Championships		India

Weight Class: SHW				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	83	182.9	Wyatt Lozano	US-NY	Single Lift Worlds	Virginia Beach	VA
2	80	176.3	Raymond Hodges	US-FL	American Challenge 2019 - FL		FL
3	77.5	170.8	Baron Dixon	US-VA	Masters Nationals	Zion Crossroads	VA
4	63.2	139.3	Skyler Yoder	US-NE	Holiday Classic	Council Bluffs	IA
5	57	125.6	Andrew Harduby	US-CT	Single Lift Worlds	Virginia Beach	VA
6	52.5	115.7	Jason Pilinyi	US-VA	Virginia Open	Zion Crossroads	VA