



## 2019 Teen-Youth Rankings

Updated 01/01/2020 Ed Kutin

[Ed@enkutin.com](mailto:Ed@enkutin.com)

2019 Squat Rankings								Female	
Weight Class: 97				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	35	77.1	Ashley Christiansen	US-NC	American Challenge 2019 - NC				NC
2	32.5	71.6	Sofia Corridean	US-NC	OBX Open	Jarvisburg			NC
3	30	66.1	Bella Butler	US-PA	Central PA Open	Clearfield			PA
Weight Class: 105				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	104	229.2	McKenna Kozina	Canada	Worlds				Alberta
2	40	88.1	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary			Alberta
Weight Class: 114				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	70.5	155.4	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway			Ireland
2	67.5	148.8	Brooke Zak	US-NC	OBX Open	Jarvisburg			NC
3	61	134.4	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg			NC
4	55	121.2	Mackenzie Taylor	US-NC	Southern Open				NC
5	45	99.2	Micah Vandenburg	Canada	Worlds				Alberta
Weight Class: 123				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	97.5	214.9	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD				MD
2	60	132.2	Mackenzie Taylor	US-NC	American Challenge 2019 - NC				NC
Weight Class: 132				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	110	242.5	Amy Byrne	Ireland	IDFPA National Powerlifting Championships	Galway			Ireland
2	102.5	225.9	Rayelle Smith	Canada	Worlds				Alberta
3	62.5	137.7	Corinne Deem	US-NC	OBX Open	Jarvisburg			NC
4	57.5	126.7	Addison Hare	US-NC	OBX Open	Jarvisburg			NC
5	50	110.2	Ruth Sinclair	Ireland	IDFPA National Powerlifting Championships	Galway			Ireland
Weight Class: 148				Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	145	319.6	Naomi Kutin	US-NJ	American Challenge 2019 - NJ				NJ
2	100	220.4	Amy Byrne	Ireland	Irish Muscle Power Single Lift Nationals				Ireland
3	92.5	203.9	Jamie Augustine	US-PA	Central PA Open	Clearfield			PA
	92.5	203.9	Karlee Wimer	US-PA	Central PA Open	Clearfield			PA
5	90	198.4	Rayelle Smith	Canada	Iron Challenge	Medicine Hat			Alberta
	90	198.4	Madeline Nutt	US-PA	Central PA Open	Clearfield			PA
7	82.5	181.8	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights			OH
8	80	176.3	Krysta Germanoski	US-PA	Great Lakes Powerlifting and BP	Erie			PA
9	77.5	170.8	Julia Lewellyn	US-NY	Tioga Downs Open	Tioda Downs			NY
10	70	154.3	Mattea Ahlijah	Canada	Canadian Nationals	Medicine Hat			Alberta

11	60	132.2	Madelynn Bengel	US-PA	Central PA Open	Clearfield	PA
12	35	77.1	Kennedy Macinnes	Canada	Worlds		Alberta

Weight Class: 165							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Jessica Farnoli	US-CT	American Challenge 2019 - CT		CT
2	100	220.4	Robyn Schenk	Canada	2019 Cast a Shadow	Squamish	BC
3	92.5	203.9	Lily Stoddard	US-NY	Tioga Downs Open	Tioda Downs	NY
4	70	154.3	Brooke Verne	US-NC	OBX Open	Jarvisburg	NC
5	67.5	148.8	Laura O'Driscoll	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 181							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	100	220.4	Tia Pascuzzi	Canada	2019 Cast a Shadow	Squamish	BC
3	92.5	203.9	Kaitlyn Wittow	Canada	Worlds		Alberta

Weight Class: 198							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	126	277.7	Neave Muller	Australia	Worlds		Alberta
2	70	154.3	Kaitlyn Wittow	Canada	2019 Cast a Shadow	Squamish	BC
	70	154.3	Erin Lewis	US-PA	Great Lakes Powerlifting and BP	Erie	PA

Weight Class: 198+							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	87.5	192.9	Erin Lewis	US-PA	Central PA Open	Clearfield	PA
2	55	121.2	Maia Carter	US-VA	Potomac Open	Tysons Corner	VA

## 2019 Bench Press Rankings Female

Weight Class: 97							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45	99.2	Ashley Christiansen	US-NC	American Challenge 2019 - NC		NC
2	32.5	71.6	Tiffani Teeter	US-PA	Tioga Downs Open	Tioda Downs	NY
3	22.5	49.6	Mahak .	India	India National Single Lift Championships		India
4	19.5	42.9	Avaya Berge	US-NC	United Sates Open	Zion Crossroads	VA
5	17.5	38.5	Sofia Corridean	US-NC	Single Lift Worlds	Virginia Beach	VA
6	17	37.4	Bella Butler	US-PA	Central PA Open	Clearfield	PA
7	10	22	Kanishka .	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
		22	Sanvi Sharma	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
		22	Sidakpreet Kaur	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
		22	Anushka .	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
11	8	17.6	Ananya .	India	Karnal Bench Press and Stict Curl Championships	Haryana	India

Weight Class: 105							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60.5	133.3	McKenna Kozina	Canada	Canadian Nationals	Medicine Hat	Alberta
2	52.5	115.7	Pragati Sadafule	India	India National Single Lift Championships		India
3	45	99.2	Heather Wayland	US-PA	Power Day	Bigler	PA
4	32.5	71.6	Miral Kamboj	India	India National Single Lift Championships		India
5	30	66.1	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 114							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Hope Weaver	US-PA	Power Day	Bigler	PA
2	45	99.2	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
		99.2	Lauren Brendinger	US-VA	Single Lift Worlds	Virginia Beach	VA
4	40.5	89.2	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC
5	40	88.1	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach	VA

6	38	83.7	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg	NC
7	37.5	82.6	Alexandra Telatko	US-OH	Tri-State Championship	Bedford Heights	OH
8	35.5	78.2	Micah Vandenburg	Canada	Worlds		Alberta

Weight Class: 123							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD		MD
	52.5	115.7	Elizabeth McCain	US-MD	Single Lift Worlds	Virginia Beach	VA
3	37.5	82.6	Mackenzie Taylor	US-NC	American Challenge 2019 - NC		NC

Weight Class: 132							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Catherine Reynolds	US-VA	DMV Invitational	White Plains	MD
2	60	132.2	Rayelle Smith	Canada	Worlds		Alberta
3	50	110.2	Priyanka .	India	India National Single Lift Championships		India
4	40	88.1	Corinne Deem	US-NC	OBX Open	Jarvisburg	NC
	40	88.1	Addison Hare	US-NC	OBX Open	Jarvisburg	NC
6	30	66.1	Amy Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
7	27.5	60.6	Ruth Sinclair	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
8	20	44	Samridshi Sharma	India	India National Single Lift Championships		India

Weight Class: 148							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Rayelle Smith	Canada	Iron Challenge	Medicine Hat	Alberta
	55	121.2	Jamie Augustine	US-PA	Central PA Open	Clearfield	PA
	55	121.2	Madeline Nutt	US-PA	Central PA Open	Clearfield	PA
4	52.5	115.7	Naomi Kutin	US-NJ	American Challenge 2019 - NJ		NJ
	52.5	115.7	Karlee Wimer	US-PA	Central PA Open	Clearfield	PA
6	45	99.2	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
7	40.5	89.2	Mattea Ahlijah	Canada	Canadian Nationals	Medicine Hat	Alberta
8	37.5	82.6	Madelynn Bengel	US-PA	Central PA Open	Clearfield	PA
9	35	77.1	Ruth Sinclair	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	35	77.1	Krysta Germanoski	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	35	77.1	Khushi Panwar	India	India National Single Lift Championships		India
12	32.5	71.6	Julia Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
13	27.5	60.6	Kennedy Macinnes	Canada	2019 Hub Power	High River	Alberta
14	22.5	49.6	Manmeet Kaur	India	India National Single Lift Championships		India

Weight Class: 165							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	59	130	Jessica Fagnoli	US-CT	American Challenge 2019 - CT		CT
2	55	121.2	Robyn Schenk	Canada	2019 Cast a Shadow	Squamish	BC
3	42.5	93.6	Lily Stoddard	US-NY	Tioga Downs Open	Tioda Downs	NY
	42.5	93.6	Virginia Rizzo	Italy	Single Lift Contest		Italy
5	40	88.1	Brooke Verne	US-NC	OBX Open	Jarvisburg	NC
6	32.5	71.6	Laura O'Driscoll	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 181							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	52.5	115.7	Tia Pascuzzi	Canada	2019 Cast a Shadow	Squamish	BC
3	40	88.1	Kaitlyn Wittow	Canada	Worlds		Alberta

Weight Class: 198							
Bench Press				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	68	149.9	Neave Muller	Australia	Worlds		Alberta
2	45	99.2	Kaitlyn Wittow	Canada	2019 Cast a Shadow	Squamish	BC
	45	99.2	Erin Lewis	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	35	77.1	Karina Lavery	Ireland	IDFPA Push Pull Championships	Cork	Ireland

5	30	66.1	Ritika Rana	India	India National Single Lift Championships	India
6	27.5	60.6	Andrea Hickling	US-FL	American Challenge 2019 - FL	FL

Weight Class: 198+		Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	77.5	170.8	Shelby Taylor	US-OH	Ohio State Championships	Bedford Heights OH
2	55	121.2	Skye White	US-FL	Last Chance Qualifier	Mount Dora FL
3	52.5	115.7	Erin Lewis	US-PA	Central PA Open	Clearfield PA
4	27.5	60.6	Maia Carter	US-VA	Potomac Open	Tysons Corner VA

2019 Deadlift Rankings		Female				
Weight Class: 97		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	80	176.3	Ashley Christiansen	US-NC	American Challenge 2019 - NC	NC
2	55	121.2	Sofia Corridean	US-NC	Single Lift Worlds	Virginia Beach VA
3	40	88.1	Bella Butler	US-PA	Central PA Open	Clearfield PA
4	37.5	82.6	Gurnidh Kaur	India	India National Single Lift Championships	India
5	35	77.1	Sidakpreet Kaur	India	India National Single Lift Championships	India
6	32.5	71.6	Pearl Maurya	India	India National Single Lift Championships	India
7	30	66.1	Rasnidh Kaur	India	India National Single Lift Championships	India
8	27.5	60.6	Sanvi Sharma	India	India National Single Lift Championships	India
10	27.5	60.6	Alisha Panwar	India	India National Single Lift Championships	India
	25	55.1	Aiman Ali	India	India National Single Lift Championships	India
	25	55.1	Anushka Chauhan	India	India National Single Lift Championships	India

Weight Class: 105		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	110	242.5	Pragati Sadafule	India	India National Single Lift Championships	India
2	105	231.4	McKenna Kozina	Canada	Worlds	Alberta
3	80	176.3	Maria Teresa Tomaino	Italy	Single Lift Contest	Italy
4	57.5	126.7	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary Alberta
5	32.5	71.6	Sonya Stengel	US-OH	Tri-State Championship	Bedford Heights OH

Weight Class: 114		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	105	231.4	Brooke Zak	US-NC	OBX Open	Jarvisburg NC
2	100.5	221.5	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway Ireland
3	100	220.4	Makenzie Peters	US-PA	Power Day	Bigler PA
4	95.5	210.5	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach VA
5	90	198.4	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg NC
6	87.5	192.9	Alexandra Telatko	US-OH	Tri-State Championship	Bedford Heights OH
7	50	110.2	Micah Vandenburg	Canada	Worlds	Alberta

Weight Class: 123		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	130	286.5	Elizabeth McCain	US-MD	Single Lift Worlds	Virginia Beach VA
2	125	275.5	Elizabeth Hertzler-McCain	US-MD	KAAOS Classic	Washington DC
3	102.5	225.9	Abbey Croce	US-CT	American Challenge 2019 - CT	CT
4	100	220.4	Priya Kuntal	India	India National Single Lift Championships	India
5	75	165.3	Kallyn Stanbro	US-NY	New York State Single Lift Challenge	Vestal NY
7	75	165.3	Mackenzie Taylor	US-NC	American Challenge 2019 - NC	NC
	75	165.3	MacKenzie Taylor	US-NC	American Challenge 2019 - NC	NC
8	50	110.2	Khiyansh .	India	India National Single Lift Championships	India

Weight Class: 132		Deadlift		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location
1	127.5	281	Corinne Deem	US-NC	Single Lift Worlds	Virginia Beach VA
2	120	264.5	Amy Byrne	Ireland	IDFPA National Powerlifting Championships	Galway Ireland

3	117.5	259	Rayelle Smith	Canada	Worlds		Alberta
4	85	187.3	Addison Hare	US-NC	OBX Open	Jarvisburg	NC
5	57.5	126.7	Ruth Sinclair	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
6	52.5	115.7	Samridhi Sharma	India	India National Single Lift Championships		India

Weight Class: 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Naomi Kutin	US-NJ	American Challenge 2019 - NJ		NJ
2	130	286.5	Jamie Augustine	US-PA	Central PA Open	Clearfield	PA
3	122.5	270	Karlee Wimer	US-PA	Central PA Open	Clearfield	PA
4	120	264.5	Rayelle Smith	Canada	Iron Challenge	Medicine Hat	Alberta
5	110	242.5	Amy Byrne	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
6	107.5	236.9	Christina Rollins	US-VA	Battlefield Open	Fredericksburg	VA
		236.9	Khushi Panwar	India	India National Single Lift Championships		India
8	105	231.4	Madeline Nutt	US-PA	Central PA Open	Clearfield	PA
9	100.5	221.5	Mattea Ahlijah	Canada	Canadian Nationals	Medicine Hat	Alberta
10	97.5	214.9	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
11	92.5	203.9	Julia Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
12	85	187.3	Madelynn Bengel	US-PA	Central PA Open	Clearfield	PA
13	80	176.3	Krysta Germanoski	US-PA	Great Lakes Powerlifting and BP	Erie	PA
14	70	154.3	Ruth Sinclair	Ireland	IDFPA Push Pull Championships	Cork	Ireland
15	67.5	148.8	Kennedy Macinnes	Canada	Worlds		Alberta

Weight Class: 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Jessica Fagnoli	US-CT	American Challenge 2019 - CT		CT
2	127.5	281	Robyn Schenk	Canada	2019 Cast a Shadow	Squamish	BC
3	120	264.5	Brooke Verne	US-NC	OBX Open	Jarvisburg	NC
4	115	253.5	Lily Stoddard	US-NY	Tioga Downs Open	Tioda Downs	NY
5	90	198.4	Virginia Rizzo	Italy	Single Lift Contest		Italy
6	80	176.3	Laura O'Driscoll	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	115	253.5	Tia Pascuzzi	Canada	2019 Cast a Shadow	Squamish	BC
3	100	220.4	Kaitlyn Wittow	Canada	Worlds		Alberta

Weight Class: 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	151	332.8	Neave Muller	Australia	Worlds		Alberta
2	100	220.4	Ritika Rana	India	India National Single Lift Championships		India
3	92.5	203.9	Erin Lewis	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	85	187.3	Kaitlyn Wittow	Canada	2019 Cast a Shadow	Squamish	BC
5	82.5	181.8	Jewel Howard	US-DC	American Challenge 2019 - MD		MD
6	80	176.3	Karina Lavery	Ireland	IDFPA Push Pull Championships	Cork	Ireland
7	35	77.1	Andrea Hickling	US-FL	American Challenge 2019 - FL		FL

Weight Class: 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Shelby Taylor	US-OH	Ohio State Championships	Bedford Heights	OH
2	112.5	248	Erin Lewis	US-PA	Central PA Open	Clearfield	PA
3	100	220.4	Skye White	US-FL	Last Chance Qualifier	Mount Dora	FL
4	92.5	203.9	Maia Carter	US-VA	Potomac Open	Tyson's Corner	VA

2019 Total Rankings				Female			
Weight Class: 97				Total			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	157.5	347.2	Ashley Christiansen	US-NC	American Challenge 2019 - NC		NC
2	93	205	Sofia Corriedean	US-NC	OBX Open	Jarvisburg	NC
3	87	191.8	Bella Butler	US-PA	Central PA Open	Clearfield	PA

Weight Class: 105			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	259	570.9	McKenna Kozina	Canada	Worlds		Alberta
2	125	275.5	Micah Vandenburg	Canada	Last Chance for the Dance	Calgary	Alberta

Weight Class: 114			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	213	469.5	Roisin Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
2	207	456.3	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC
3	180.5	397.9	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg	NC
4	165	363.7	Mackenzie Taylor	US-NC	Southern Open		NC
5	130.5	287.7	Micah Vandenburg	Canada	Worlds		Alberta

Weight Class: 123			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	270	595.2	Elizabeth Hertzler-McCain	US-MD	American Challenge 2019 - MD		MD
2	172.5	380.2	Mackenzie Taylor	US-NC	American Challenge 2019 - NC		NC

Weight Class: 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	280	617.2	Rayelle Smith	Canada	Worlds		Alberta
2	260	573.1	Amy Byrne	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
3	212.5	468.4	Corinne Deem	US-NC	OBX Open	Jarvisburg	NC
4	182.5	402.3	Addison Hare	US-NC	OBX Open	Jarvisburg	NC
5	135	297.6	Ruth Sinclair	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	352.5	777.1	Naomi Kutin	US-NJ	American Challenge 2019 - NJ		NJ
2	277.5	611.7	Jamie Augustine	US-PA	Central PA Open	Clearfield	PA
3	267.5	589.7	Karlee Wimer	US-PA	Central PA Open	Clearfield	PA
4	265	584.2	Rayelle Smith	Canada	Iron Challenge	Medicine Hat	Alberta
5	250	551.1	Madeline Nutt	US-PA	Central PA Open	Clearfield	PA
6	215	473.9	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
7	208	458.5	Mattea Ahlijah	Canada	Canadian Nationals	Medicine Hat	Alberta
8	202.5	446.4	Julia Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
9	195	429.8	Krysta Germanoski	US-PA	Great Lakes Powerlifting and BP	Erie	PA
10	182.5	402.3	Madelynn Bengel	US-PA	Central PA Open	Clearfield	PA
11	127.5	281	Kennedy Macinnes	Canada	Worlds		Alberta

Weight Class: 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	301.5	664.6	Jessica Fagnoli	US-CT	American Challenge 2019 - CT		CT
2	282.5	622.7	Robyn Schenk	Canada	2019 Cast a Shadow	Squamish	BC
3	250	551.1	Lily Stoddard	US-NY	Tioga Downs Open	Tioda Downs	NY
4	230	507	Brooke Verne	US-NC	OBX Open	Jarvisburg	NC
5	180	396.8	Laura O'Driscoll	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	355	782.6	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	267.5	589.7	Tia Pascuzzi	Canada	2019 Cast a Shadow	Squamish	BC
3	225	496	Kaitlyn Wittow	Canada	Worlds		Alberta

Weight Class: 198			Total	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	345	760.5	Neave Muller	Australia	Worlds		Alberta
2	207.5	457.4	Erin Lewis	US-PA	Great Lakes Powerlifting and BP	Erie	PA
3	200	440.9	Kaitlyn Wittow	Canada	2019 Cast a Shadow	Squamish	BC

**Weight Class: 198+ Total Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	252.5	556.6	Erin Lewis	US-PA	Central PA Open	Clearfield	PA
2	175	385.8	Maia Carter	US-VA	Potomac Open	Tysons Corner	VA

**2019 Strict Curl Rankings Female**

**Weight Class: 97 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	29.5	65	Ashley Christiansen	US-NC	Battle of the Border	Curituck	NC
2	13	28.6	Avaya Berge	US-NC	American Challenge 2019 - NC		NC
3	11	24.2	Carly Cooper	US-NC	Southern Open		NC
4	8.5	18.7	Brittani Teeter	US-PA	Tioga Downs Open	Tioda Downs	NY
5	5	11	Ananya .	India	Karnal Bench Press and Stict Curl Championships		Haryana India
	5	11	Kanishka .	India	Karnal Bench Press and Stict Curl Championships		Haryana India
	5	11	Sanvi Sharma	India	Karnal Bench Press and Stict Curl Championships		Haryana India
	5	11	Sidakpreet Kaur	India	Karnal Bench Press and Stict Curl Championships		Haryana India
	5	11	Anushka .	India	Karnal Bench Press and Stict Curl Championships		Haryana India

**Weight Class: 105 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Pragati Sadafule	India	India National Single Lift Championships		India
2	24	52.9	Heather Wayland	US-PA	Power Day	Bigler	PA

**Weight Class: 114 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27	59.5	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC
2	21.5	47.3	MacKenzie Taylor	US-NC	Single Lift Worlds	Virginia Beach	VA
3	21	46.2	Mackenzie Taylor	US-NC	Battle of the Border	Curituck	NC

**Weight Class: 123 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	23.5	51.8	Abbey Croce	US-CT	American Challenge 2019 - CT		CT
2	22.5	49.6	Anna Zak	NC	Southern Open		NC
3	17.5	38.5	Mackenzie Taylor	US-NC	American Challenge 2019 - NC		NC

**Weight Class: 132 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Catherine Reynolds	US-VA	DMV Invitational	White Plains	MD
2	15	33	Samriddhi Sharma	India	India National Single Lift Championships		India

**Weight Class: 148 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Alexandra Telatko	US-OH	Ohio State Championships	Bedford Heights	OH
2	25	55.1	Khushi Panwar	India	India National Single Lift Championships		India

**Weight Class: 165 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	27.5	60.6	Jessica Fagnoli	US-CT	American Challenge 2019 - CT		CT

**Weight Class: 181 Strict Curl Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	30	66.1	Alana Amantine	US-PA	Mid-Atlantic Regionals	Zion Crossroads	VA
2	25	55.1	Elishba Kinder	India	India National Single Lift Championships		India

Weight Class: 198				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	17.5	38.5	Andrea Hickling	US-FL	American Challenge 2019 - FL	FL		

Weight Class: 198+				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	28.5	62.8	Skye White	US-FL	Last Chance Qualifier	Mount Dora	FL	

## 2019 Squat Rankings Male

Weight Class: 105				Squat	Male			
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	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55	121.2	Jacob Browne	US-AZ	American Challenge 2019 - AZ		AZ	

Weight Class: 123				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	97.5	214.9	Jose Parra	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 132				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	140.5	309.7	Brandon Hall	Canada	2019 Hub Power	High River	Alberta	
2	110	242.5	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY	
3	107.5	236.9	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ	
4	70	154.3	Luke Kuwik	US-NC	OBX Open	Jarvisburg	NC	

Weight Class: 148				Squat	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	182.5	402.3	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA	
2	157.5	347.2	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA	
3	145	319.6	Brandon Hall	Canada	Worlds		Alberta	
4	132	291	Angus Iwers	Australia	Worlds		Alberta	
5	125	275.5	Ben Bolton	US-MD	Maryland State Championships	Hanover	MD	
6	122.5	270	Miles Gaydos	US-PA	Shenandoah Open	Woodstock	VA	
7	117.5	259	Jacob Wadsworth	US-NY	Tri-State Championship	Bedford Heights	OH	
8	115	253.5	Michael O'Donnell	Ireland	IDFPA National Full Power Championships		Ireland	
	115	253.5	Boston Mulinix	US-OH	Ohio State Championships	Bedford Heights	OH	
10	110	242.5	Ethan Skiffington	Canada	2019 Cast a Shadow	Squamish	BC	
	110	242.5	William O'Donohue	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
	110	242.5	Philip Ewing	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
13	100	220.4	Gentry Smith	US-AZ	American Challenge 2019 - AZ		AZ	
	100	220.4	Brett King	US-PA	Central PA Open	Clearfield	PA	
15	97.5	214.9	Jonathan Green	US-AZ	American Challenge 2019 - AZ		AZ	
16	82.5	181.8	Jax Mcleod	US-VA	DMV Invitational	White Plains	MD	



17	70	154.3	Dylan Ccooper	US-NC	Southern Open		NC
18	60	132.2	Dylan Cooper	US-NC	American Challenge 2019 - NC		NC
19	57.5	126.7	Ayden Collier	Canada	2019 Cast a Shadow	Squamish	BC

Weight Class: 165							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Michael Bartz	US-NE	Holiday Classic	Council Bluffs	IA
2	182.5	402.3	Mark Dutton	US-NC	American Challenge 2019 - NC		NC
3	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
5	150	330.6	Peter Stanev	Ireland	IDFPA National Full Power Championships		Ireland
6	142.5	314.1	Noah Simpson	US-NC	OBX Open	Jarvisburg	NC
7	137.5	303.1	Ty Wilson	Canada	Last Chance for the Dance	Calgary	Alberta
8	135	297.6	Dylan Booth	US-NC	OBX Open	Jarvisburg	NC
9	132.5	292.1	Russell Brown	US-PA	Central PA Open	Clearfield	PA
10	130.5	287.7	Connor Atwater	US-CT	American Challenge 2019 - CT		CT
11	130	286.5	Colm Bermingham	Ireland	IDFPA National Full Power Championships		Ireland
12	125	275.5	Colton Patrick	US-NE	Holiday Classic	Council Bluffs	IA
13	122.5	270	Christopher Thomas	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
14	120	264.5	Liam Wanamaker	US-AZ	American Challenge 2019 - AZ		AZ
15	115	253.5	Harshal Shori	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
16	97.5	214.9	David Braten	US-AZ	American Challenge 2019 - AZ		AZ
17	92.5	203.9	Connor Ching	Canada	Bar Wars East		Canada
18	87.5	192.9	Eddie Browne	US-AZ	American Challenge 2019 - AZ		AZ
19	85	187.3	Conor Moore	Ireland	IDFPA National Full Power Championships		Ireland
20	72.5	159.8	Dylan Cooper	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	228	502.6	Noah Manning	Canada	Worlds		Alberta
2	182.5	402.3	Ari Kutin	US-NJ	American Challenge 2019 - NJ		NJ
3	175	385.8	Nick Rosica	US-NY	Tri-State Championship	Bedford Heights	OH
4	160	352.7	Colton Peach	US-AZ	Southwest Regional	Goodyear	AZ
5	157.5	347.2	Tyler Clary	US-PA	Great Lakes Powerlifting and BP	Erie	PA
6	150	330.6	Devin Hare	US-VA	Battlefield Open	Fredericksburg	VA
7	137.5	303.1	Mark Orlando	US-AZ	American Challenge 2019 - AZ		AZ
8	115	253.5	Ethan Skiffington	Canada	Worlds		Alberta
9	105	231.4	Aiden Asmar	US-FL	Worlds		Alberta
10	100	220.4	Dylan Browne	Ireland	IDFPA National Full Power Championships		Ireland

Weight Class: 198							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Eric Procknow	Canada	Worlds		Alberta
2	150	330.6	Aidan Turner	Canada	Worlds		Alberta
3	147.5	325.1	Seth Ramsey	US-FL	Beasty Bash	Mount Dora	FL
4	142.5	314.1	Tyler Oakenfold	Canada	2019 Hub Power	High River	Alberta
5	135	297.6	Donnchadh Callaghan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
6	127.5	281	Jake Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
7	122.5	270	KaMamin Bruthers	US-NC	American Challenge 2019 - NC		NC
8	120	264.5	Hunter Berkey	US-PA	Central PA Open	Clearfield	PA
9	115	253.5	Nathaniel Wiggs	US-AZ	American Challenge 2019 - AZ		AZ
10	100	220.4	William Hebden	US-NC	OBX Open	Jarvisburg	NC
11	97.5	214.9	Carson Kato	US-NC	OBX Open	Jarvisburg	NC
12	95	209.4	Zak O'Regan	Canada	Bar Wars East		Canada
13	85	187.3	Aiden Asmar	US-FL	Last Chance Qualifier	Mount Dora	FL

Weight Class: 220							
Squat				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Jack List	US-SC	OBX Open	Jarvisburg	NC

2	190	418.8	Hunter Dale	US-OH	Great Lakes Powerlifting and BP	Erie	PA
3	180	396.8	Ryan Broderick	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
4	172.5	380.2	Christian Palinski	US-FL	American Challenge 2019 - FL		FL
5	170	374.7	Eric Procknow	Canada	2019 Hub Power	High River	Alberta
6	152.5	336.2	Keanu Calderon	Canada	Worlds		Alberta
7	150	330.6	Aidan Mcdonagh	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
8	130.5	287.7	Eoin Buckley	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
9	130	286.5	Sean Mackey	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 242		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	192.5	424.3	Christian Palinsky	US-FL	Beasty Bash	Mount Dora	FL
2	130	286.5	Ryan Little	US-NC	OBX Open	Jarvisburg	NC
3	117.5	259	Jeffery Kluah	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 275		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	245	540.1	Camdyn Adams	US-NY	American Challenge 2019 - NY		NY
2	185	407.8	Joel Brayton	US-PA	Great Lakes Powerlifting and BP	Erie	PA
3	105	231.4	Patrick Leonard	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 308		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Spence Howson	Canada	2019 Hub Power	High River	Alberta

Weight Class: SHW		Squat		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta

## 2019 Bench Press Rankings Male

Weight Class: 105		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Dev Kaushik	India	Karnal Bench Press and Stict Curl Championships	Haryana	India
2	55	121.2	Navneet Singh	India	India National Single Lift Championships		India
	55	121.2	Santosh Singh	India	India National Single Lift Championships		India
4	50	110.2	Rahul Sen	India	India National Single Lift Championships		India
5	45	99.2	Preston Reed	US-PA	Power Day	Bigler	PA
6	40	88.1	Ajay Kumar	India	India National Single Lift Championships		India
	40	88.1	Gavin Hanks	US-NC	OBX Open	Jarvisburg	NC
8	37.5	82.6	Sam Hancock	US-AZ	American Challenge 2019 - AZ		AZ
9	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
12	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
15	29.5	65	Dalton Fazio	US-NC	Southern Open		NC
16	27.5	60.6	Alex Ingersoll	US-FL	American Challenge 2019 - FL		FL
17	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	75	165.3	Mukesh Kumar	India	India National Single Lift Championships		India
2	72.5	159.8	Rohit Thakur	India	India National Single Lift Championships		India
3	67.5	148.8	Dev Kaushik	India	India National Single Lift Championships		India

4	65	143.2	Ashish Kaushal	India	India National Single Lift Championships	India
	65	143.2	Anuj Yadav	India	India National Single Lift Championships	India
6	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
8	55	121.2	Aditya Arya	India	India National Single Lift Championships	India
9	50	110.2	Vaibav Kamboj	India	India National Single Lift Championships	India
10	45	99.2	Harshit Nagpal	India	India National Single Lift Championships	India
11	40	88.1	Jacob Browne	US-AZ	American Challenge 2019 - AZ	AZ
12	35	77.1	Gourav Nagpal	India	India National Single Lift Championships	India
13	30	66.1	Dilpreet Singh	India	India National Single Lift Championships	India
14	20	44	Nayvane .	India	India National Single Lift Championships	India

Weight Class: 123		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Yash Rana	India	India National Single Lift Championships	India	
2	67.5	148.8	Vijay .	India	India National Single Lift Championships	India	
3	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
5	60	132.2	Jose Parra	US-NC	OBX Open	Jarvisburg	NC
6	55	121.2	Luke Kuwik	US-NC	Single Lift Worlds	Virginia Beach	VA
7	52.5	115.7	Nicholas Thorp	US-PA	Power Day	Bigler	PA
8	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	100	220.4	Kunal Sharma	India	India National Single Lift Championships	India	
2	95	209.4	Austin Kloster	Canada	2019 Hub Power	High River	Alberta
3	82.5	181.8	Brandon Hall	Canada	2019 Hub Power	High River	Alberta
4	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	Patton VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA
7	70	154.3	Palvinder Singh	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
	70	154.3	Lovepreet Singh	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
9	67.5	148.8	Jonah Derby	US-NC	American Challenge 2019 - NC	NC	
10	55	121.2	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY
	55	121.2	Alessandro La Salvia	Italy	Single Lift Contest	Italy	
12	52.5	115.7	Emilio Pio Bossio	Italy	Single Lift Contest	Italy	
13	50	110.2	Karan Singh	India	India National Single Lift Championships	India	
14	47.5	104.7	Luke Kuwik	US-NC	OBX Open	Jarvisburg	NC
15	45	99.2	Conner Smith	US-NY	New York State Single Lift Challenge	Vestal	NY
16	13	28.6	Andrew Hill	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Joel VanDeVeer	US-NE	Holiday Classic	Council Bluffs	IA
2	127.5	281	Seth Curtis	US-VA	Shenandoah Open	Woodstock	VA
3	115	253.5	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
4	107.5	236.9	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
5	105	231.4	Riccardo Petruccelli	Italy	Rimini	Italy	
6	102.5	225.9	Brien Gray	US-NC	Single Lift Worlds	Virginia Beach	VA
7	97.5	214.9	Ujjwal Kumar	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
	97.5	214.9	William O'Donohue	Ireland	IDFPA Push Pull Championships	Cork	Ireland
9	90	198.4	Kapil Mandliya	India	India National Single Lift Championships	India	
	90	198.4	Mayank Sukhyani	India	India National Single Lift Championships	India	
	90	198.4	Miles Gaydos	US-PA	Shenandoah Open	Woodstock	VA
12	85	187.3	Luke Cunningham	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	85	187.3	Deepak Panchal	India	India National Single Lift Championships	India	
14	82.5	181.8	Jacob Wadsworth	US-NY	Tri-State Championship	Bedford Heights	OH
	82.5	181.8	Brandon Hall	Canada	Worlds	Alberta	

16	80	176.3	Ankush .	India	India National Single Lift Championships		India
	80	176.3	Ashish .	India	India National Single Lift Championships		India
	80	176.3	Angus Iwers	Australia	Worlds		Alberta
19	77.5	170.8	Philip Ewing	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	77.5	170.8	Ben Bolton	US-MD	Maryland State Championships	Hanover	MD

Weight Class: 165							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA
2	130	286.5	Andrey Tasevskys	Italy	Rimini		Italy
3	127.5	281	Michael Bartz	US-NE	Holiday Classic	Council Bluffs	IA
4	120	264.5	Nicola Paolone	Italy	Rimini		Italy
5	117.5	259	Brendan Lohan	US-NY	Great Lakes Powerlifting and BP	Erie	PA
6	112.5	248	Joseph Schipani	Italy	Single Lift Contest		Italy
7	105	231.4	Vincenzo Giofre	Italy	Single Lift Contest		Italy
	105	231.4	Griffin Dillenbeck	US-NY	New York State Single Lift Challenge	Vestal	NY
9	102.5	225.9	Christopher Thomas	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	102.5	225.9	Mattia Fiore	Italy	Rimini		Italy
	102.5	225.9	Riyazuddin Ansari	India	India National Single Lift Championships		India
12	100	220.4	Dylan DePasquale	US-FL	Last Chance Qualifier	Mount Dora	FL
13	95	209.4	Colton Patrick	US-NE	Holiday Classic	Council Bluffs	IA
14	92.5	203.9	Dylan Booth	US-NC	OBX Open	Jarvisburg	NC
15	90.5	199.5	Conor Moore	Ireland	IDFPA National Full Power Championships		Ireland
16	90	198.4	Riccardo Petruccelli	Italy	Single Lift Contest		Italy
	90	198.4	Mark Dutton	US-NC	American Challenge 2019 - NC		NC
	90	198.4	Akash .	India	India National Single Lift Championships		India
	90	198.4	Peter Stanev	Ireland	IDFPA National Full Power Championships		Ireland
20	87.5	192.9	Tommaso Gentile	Italy	Single Lift Contest		Italy
	87.5	192.9	Levi Lewis	US-PA	Central PA Open	Clearfield	PA

Weight Class: 181							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	123	271.1	Noah Manning	Canada	Worlds		Alberta
2	115	253.5	Collin Kintner	US-NY	New York State Single Lift Challenge	Vestal	NY
	115	253.5	Nick Rosica	US-NY	Tri-State Championship	Bedford Heights	OH
	115	253.5	Mark Orlando	US-AZ	American Challenge 2019 - AZ		AZ
5	112.5	248	Antonio Spadafora	Italy	Single Lift Contest		Italy
6	111	244.7	Tom Fitzsimons	Ireland	IDFPA Push Pull Championships	Cork	Ireland
7	110	242.5	Juan Rabago	US-CT	Massachusetts State Championship	Plainridg Park	MA
8	107.5	236.9	Ari Kutin	US-NJ	American Challenge 2019 - NJ		NJ
	107.5	236.9	Dylan Depasquale	US-FL	OBX Open	Jarvisburg	NC
10	105	231.4	Dylan Browne	Ireland	IDFPA National Full Power Championships		Ireland
11	97.5	214.9	Tyler Clary	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	97.5	214.9	Colton Peach	US-AZ	American Challenge 2019 - AZ		AZ
	97.5	214.9	Tarun Panchal	India	India National Single Lift Championships		India
14	95	209.4	Devin Hare	US-VA	Battlefield Open	Fredericksburg	VA
15	90	198.4	Sagar .	India	India National Single Lift Championships		India
16	87.5	192.9	Wills Thompson	US-NC	Viriginia Open	Zion Crossroads	VA
	87.5	192.9	Ben Burgess	US-NC	Viriginia Open	Zion Crossroads	VA
	87.5	192.9	Giuseppe Fida	Italy	Single Lift Contest		Italy
19	85	187.3	Aviral Mehta	India	India National Single Lift Championships		India
20	82.5	181.8	Dylan Walmsley	US-VA	Viriginia Open	Zion Crossroads	VA

Weight Class: 198							
Bench Press				Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Lovepreet .	India	India National Single Lift Championships		India
2	145	319.6	Matthew Hutchinson	US-PA	Power Day	Bigler	PA
3	137.5	303.1	Eric Procknow	Canada	Worlds		Alberta
4	125	275.5	Riccardo Colonna	Italy	Rimini		Italy

5	117.5	259	Aidan McDonohue	Ireland	IDFPA Push Pull Championships	Cork	Ireland
6	112.5	248	Wesley Aaron	US-AZ	Soutwest Regional	Goodyear	AZ
7	107.5	236.9	Anthony DePello	US-PA	Power Day	Bigler	PA
8	105	231.4	Ari Kutin	US-NJ	Single Lift Worlds	Virginia Beach	VA
9	102.5	225.9	Nicholas Holmes	US-MD	Single Lift Worlds	Virginia Beach	VA
10	97.5	214.9	Simone Fazio	Italy	Single Lift Contest		Italy
11	95	209.4	Tyler Oakenfold	Canada	2019 Hub Power	High River	Alberta
	95	209.4	Aidan Turner	Canada	Worlds		Alberta
13	92.5	203.9	KaMamin Bruthers	US-NC	American Challenge 2019 - NC		NC
	92.5	203.9	Deepak .	India	India National Single Lift Championships		India
15	90	198.4	Ashish .	India	India National Single Lift Championships		India
16	87.5	192.9	Jake Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
	87.5	192.9	Donnchadh Callaghan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
18	85	187.3	J Banzet	US-NC	Viriginia Open	Zion Crossroads	VA
19	82.5	181.8	Nathaniel Wiggs	US-AZ	American Challenge 2019 - AZ		AZ
	82.5	181.8	Abhishek Gautam	India	India National Single Lift Championships		India
	82.5	181.8	Hunter Berkey	US-PA	Central PA Open	Clearfield	PA

Weight Class: 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	152.5	336.2	Jack List	US-SC	OBX Open	Jarvisburg	NC
2	140	308.6	Chase Folkestad	US-AZ	Soutwest Regional	Goodyear	AZ
3	120	264.5	Seth Francis	US-NC	Battle of the Border	Curituck	NC
4	117.5	259	Eric Procknow	Canada	2019 Hub Power	High River	Alberta
	117.5	259	Hunter Dale	US-OH	Great Lakes Powerlifting and BP	Erie	PA
6	115	253.5	Aidan Mcdonagh	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	115	253.5	Tyler Pence	US-VA	United Sates Open	Zion Crossroads	VA
8	110	242.5	Ryan Broderick	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	110	242.5	Christian Palinski	US-FL	American Challenge 2019 - FL		FL
10	105	231.4	Sawan Cheeta	India	India National Single Lift Championships		India
11	102.5	225.9	Devian Warren	US-NC	Battle of the Border	Curituck	NC
	102.5	225.9	Clinton Mallory	US-NC	American Challenge 2019 - NC		NC
13	97.5	214.9	Sean Mackey	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
14	95	209.4	Keanu Calderon	Canada	Iron Challenge	Medicine Hat	Alberta
15	90	198.4	Mahim .	India	India National Single Lift Championships		India
16	87.5	192.9	Szebasztian Dudas	Ireland	IDFPA Push Pull Championships	Cork	Ireland
17	85	187.3	Hind Saxena	India	India National Single Lift Championships		India
18	80	176.3	Will Jones	US-VA	Viriginia Open	Zion Crossroads	VA
19	77.5	170.8	David Conti	US-NY	American Challenge 2019 - NY		NY
20	70	154.3	John Hanley	Ireland	IDFPA Push Pull Championships	Cork	Ireland

Weight Class: 242		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	145	319.6	Colson Bishop	US-NC	Battlefield Open	Fredericksburg	VA
2	130	286.5	Christian Palinsky	US-FL	Beasty Bash	Mount Dora	FL
3	115	253.5	Nathan Neiderhiser	US-PA	Power Day	Bigler	PA
4	110	242.5	Christian Palinski	US-FL	Last Chance Qualifier	Mount Dora	FL
5	87.5	192.9	Ryan Little	US-NC	OBX Open	Jarvisburg	NC
6	80	176.3	Aman .	India	India National Single Lift Championships		India
7	75	165.3	Jeffery Kluah	US-NC	OBX Open	Jarvisburg	NC
8	70.5	155.4	Eoin Buckley	Ireland	IDFPA Push Pull Championships	Cork	Ireland

Weight Class: 275		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	165	363.7	Mario Fontanazza	US-PA	Power Day	Bigler	PA
2	155	341.7	Camdyn Adams	US-NY	American Challenge 2019 - NY		NY
3	145	319.6	Zach Latting	US-NY	Tioga Downs Open	Tioda Downs	NY
4	142.5	314.1	Joel Brayton	US-PA	Great Lakes Powerlifting and BP	Erie	PA
5	135	297.6	Jacopo Maioli	Italy	Rimini		Italy

6	115	253.5	Vincenzo Labianca	Italy	Single Lift Contest		Italy
7	70	154.3	Kurt Minihane	Ireland	IDFPA Push Pull Championships	Cork	Ireland
8	57.5	126.7	Patrick Leonard	US-NC	OBX Open	Jarvisburg	NC
9	27.5	60.6	Dipesh .	India	India National Single Lift Championships		India

Weight Class: 308		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Spence Howson	Canada	2019 Hub Power	High River	Alberta
2	70	154.3	Kabir Marshal	India	India National Single Lift Championships		India

Weight Class: SHW		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Skylar Yoder	US-NE	Holiday Classic	Council Bluffs	IA
2	140	308.6	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta
3	137.5	303.1	Jacob Neiderhiser	US-PA	Power Day	Bigler	PA

## 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	130	286.5	Dev Kaushik	India	India National Single Lift Championships		India
	130	286.5	Anuj Yadav	India	India National Single Lift Championships		India
6	127.5	281	Aditya Arya	India	India National Single Lift Championships		India
7	120	264.5	Rohit Thakur	India	India National Single Lift Championships		India
8	105	231.4	Vaibav Kamboj	India	India National Single Lift Championships		India
9	102.5	225.9	Julian Spraggins	US-MD	Potomac Open	Tysons Corner	VA
10	100	220.4	Vijendera Thakur	India	India National Single Lift Championships		India
11	70	154.3	Dilpreet Singh	India	India National Single Lift Championships		India
12	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	140	308.6	Yash Rana	India	India National Single Lift Championships		India

2	132.5	292.1	Jose Para	US-NC	Single Lift Worlds	Virginia Beach	VA
3	130	286.5	Ritik Sadafule	India	India National Single Lift Championships		India
4	120	264.5	Zachary Smith	US-NY	American Challenge 2019 - NY		NY
5	115	253.5	Jose Parra	US-NC	OBX Open	Jarvisburg	NC
6	112.5	248	Luke Kuwik	US-NC	Single Lift Worlds	Virginia Beach	VA
7	110	242.5	Jony .	India	India National Single Lift Championships		India
8	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	175	385.8	Kunal Sharma	India	India National Single Lift Championships		India
2	155	341.7	Moh.Aadil Hushan	India	India National Single Lift Championships		India
3	152.5	336.2	Manpreet Singh	India	India National Single Lift Championships		India
4	150	330.6	Austin Kloster	Canada	2019 Hub Power	High River	Alberta
		150	Saurabh Chaudhary	India	India National Single Lift Championships		India
		150	Kuldeep Singh	India	India National Single Lift Championships		India
7	145	319.6	Brandon Hall	Canada	2019 Hub Power	High River	Alberta
8	137.5	303.1	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ
9	125	275.5	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY
10	120	264.5	Karan Singh	India	India National Single Lift Championships		India
11	110	242.5	Alessandro La Salvia	Italy	Single Lift Contest		Italy
12	107.5	236.9	Conner Smith	US-NY	New York State Single Lift Challenge	Vestal	NY
13	100	220.4	Luke Kuwik	US-NC	OBX Open	Jarvisburg	NC
14	29	63.9	Andrew Hill	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	220	485	Mayank Sukhyani	India	India National Single Lift Championships		India
2	205	451.9	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA
	205	451.9	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA
4	190	418.8	William Donohoe	Ireland	Irish Muscle Power Single Lift Nationals		Ireland
	190	418.8	Seth Curtis	US-VA	Shenandoah Open	Woodstock	VA
6	185	407.8	William O'Donohue	Ireland	IDFPA Push Pull Championships	Cork	Ireland
7	175	385.8	Vikas .	India	India National Single Lift Championships		India
8	170	374.7	Angus Iwers	Australia	Worlds		Alberta
9	165	363.7	Philip Ewing	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	165	363.7	Kapil Mandliya	India	India National Single Lift Championships		India
	165	363.7	Miles Gaydos	US-PA	Shenandoah Open	Woodstock	VA
12	162.5	358.2	Jacob Wadsworth	US-NY	Tri-State Championship	Bedford Heights	OH
13	160	352.7	Riccardo Petruccelli	Italy	Rimini		Italy
	160	352.7	Michael O'Donnell	Ireland	IDFPA National Full Power Championships		Ireland
15	157.5	347.2	Ashish .	India	India National Single Lift Championships		India
16	155	341.7	Deepak Panchal	India	India National Single Lift Championships		India
17	150	330.6	Luke Cunningham	Ireland	IDFPA Push Pull Championships	Cork	Ireland
	150	330.6	Ankush .	India	India National Single Lift Championships		India
	150	330.6	Brandon Hall	Canada	Worlds		Alberta
20	145	319.6	Boston Mulinix	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	250	551.1	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA
	250	551.1	Mark Dutton	US-NC	American Challenge 2019 - NC		NC
3	210	462.9	Andrey Tasevskys	Italy	Rimini		Italy
4	207.5	457.4	Dylan Booth	US-NC	OBX Open	Jarvisburg	NC
5	205	451.9	Riyazuddin Ansari	India	India National Single Lift Championships		India
	205	451.9	Michael Bartz	US-NE	Holiday Classic	Council Bluffs	IA
7	201.5	444.2	Liam Wanamaker	US-AZ	American Challenge 2019 - AZ		AZ
8	190	418.8	Levi Lewis	US-PA	Central PA Open	Clearfield	PA
9	182.5	402.3	Noah Simpson	US-NC	OBX Open	Jarvisburg	NC

10	180	396.8	Azharuddin Ansari	India	India National Single Lift Championships		India
11	175	385.8	Jack Datson	Ireland	IDFPA Push Pull Championships	Cork	Ireland
12	172.5	380.2	Akash .	India	India National Single Lift Championships		India
13	171	376.9	Mattia Fiore	Italy	Rimini		Italy
14	170	374.7	Francesco Mancini	Italy	Single Lift Contest		Italy
15	167.5	369.2	Colton Patrick	US-NE	Holiday Classic	Council Bluffs	IA
16	160	352.7	Colm Bermingham	Ireland	IDFPA National Full Power Championships		Ireland
	160	352.7	Russell Brown	US-PA	Central PA Open	Clearfield	PA
18	157.5	347.2	Christopher Thomas	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	157.5	347.2	Harshal Shori	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
20	155	341.7	Peter Stanev	Ireland	IDFPA National Full Power Championships		Ireland

Weight Class: 181		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	275	606.2	Noah Manning	Canada	Bar Wars East		Canada
2	237.5	523.5	Collin Kintner	US-NY	American Challenge 2019 - NY		NY
3	207.5	457.4	Devin Hare	US-VA	Battlefield Open	Fredericksburg	VA
4	205	451.9	Kavon Atkinson	US-NY	New York State Single Lift Challenge	Vestal	NY
	205	451.9	Nick Rosica	US-NY	Tri-State Championship	Bedford Heights	OH
	205	451.9	Alessandro Tullj	Italy	Rimini		Italy
7	202.5	446.4	Dylan Browne	Ireland	IDFPA National Full Power Championships		Ireland
8	200	440.9	Ari Kutin	US-NJ	American Challenge 2019 - NJ		NJ
	200	440.9	Juan Rabago	US-CT	Single Lift Worlds	Virginia Beach	VA
10	197.5	435.4	Massimo Valentino	Italy	Single Lift Contest		Italy
11	180	396.8	Mark Orlando	US-AZ	American Challenge 2019 - AZ		AZ
	180	396.8	Colton Peach	US-AZ	American Challenge 2019 - AZ		AZ
13	177.5	391.3	Tarun Panchal	India	India National Single Lift Championships		India
14	175	385.8	Egan Mansfield	US-NC	Battle of the Border	Curituck	NC
15	170	374.7	Tyler Clary	US-PA	Great Lakes Powerlifting and BP	Erie	PA
	170	374.7	Sagar .	India	India National Single Lift Championships		India
	170	374.7	Daniel Lemel	US-CT	Single Lift Worlds	Virginia Beach	VA
18	150	330.6	Ethan Skiffington	Canada	Worlds		Alberta
19	145	319.6	Wills Thompson	US-NC	Viriginia Open	Zion Crossroads	VA
20	135	297.6	Rakshit .	India	India National Single Lift Championships		India
	135	297.6	Tushar Boyat	India	India National Single Lift Championships		India

Weight Class: 198		Deadlift		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	247.5	545.6	Ari Kutin	US-NJ	Single Lift Worlds	Virginia Beach	VA
2	220	485	Bruno Barbara	Italy	Single Lift Contest		Italy
3	217.5	479.5	Matthew Hutchinson	US-PA	Power Day	Bigler	PA
	217.5	479.5	Eric Procknow	Canada	Worlds		Alberta
5	207.5	457.4	Aidan McDonohue	Ireland	IDFPA Push Pull Championships	Cork	Ireland
6	205	451.9	Tyler Oakenfold	Canada	2019 Hub Power	High River	Alberta
7	195	429.8	Wesley Aaron	US-AZ	Southwest Regional	Goodyear	AZ
8	187.5	413.3	Anthony DePello	US-PA	Power Day	Bigler	PA
9	177.5	391.3	Donnchadh Callaghan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
10	175	385.8	Jake Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
11	172.5	380.2	Carson Kato	US-NC	OBX Open	Jarvisburg	NC
12	170	374.7	Simone Fazio	Italy	Single Lift Contest		Italy
	170	374.7	Danny Lemel	US-CT	American Challenge 2019 - CT		CT
14	167.5	369.2	Hunter Berkey	US-PA	Central PA Open	Clearfield	PA
15	165	363.7	Seth Ramsey	US-FL	Beasty Bash	Mount Dora	FL
16	160	352.7	J Banzet	US-NC	Viriginia Open	Zion Crossroads	VA
	160	352.7	Nathaniel Wiggs	US-AZ	American Challenge 2019 - AZ		AZ
18	157.5	347.2	KaMamin Bruthers	US-NC	American Challenge 2019 - NC		NC
	157.5	347.2	Aidan Turner	Canada	Worlds		Alberta
20	150	330.6	Saverio Biamonte	Italy	Single Lift Contest		Italy
	150	330.6	Riccardo Colonna	Italy	Rimini		Italy



150 330.6 William Hebden US-NC OBX Open Jarvisburg NC

Weight Class: 220				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	257.5	567.6	Seth Francis	US-NC	Battle of the Border	Curituck	NC
2	252.5	556.6	Jack List	US-SC	OBX Open	Jarvisburg	NC
3	247.5	545.6	Riley Blanchard	US-NY	New York State Single Lift Challenge	Vestal	NY
4	220	485	Ryan Broderick	Ireland	IDFPA Push Pull Championships	Cork	Ireland
5	215	473.9	Hunter Dale	US-OH	Great Lakes Powerlifting and BP	Erie	PA
6	207.5	457.4	Eric Procknow	Canada	2019 Hub Power	High River	Alberta
7	200	440.9	Aidan Mcdonagh	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
8	195	429.8	Keanu Calderon	Canada	Iron Challenge	Medicine Hat	Alberta
		195	Sean Mackey	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
10	192.5	424.3	Christian Palinski	US-FL	American Challenge 2019 - FL		FL
11	185	407.8	Devian Warren	US-NC	Battle of the Border	Curituck	NC
12	175	385.8	Szebasztian Dudas	Ireland	IDFPA Push Pull Championships	Cork	Ireland
13	165	363.7	Shawan Cheeta	India	India National Single Lift Championships		India
14	152.5	336.2	Mack Izard	US-GA	Viriginia Open	Zion Crossroads	VA
15	150	330.6	Ravindra Singh Rajwat	India	India National Single Lift Championships		India
		150	Mahim .	India	India National Single Lift Championships		India
17	142.5	314.1	Eoin Buckley	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
	142.5	314.1	Clinton Mallory	US-NC	American Challenge 2019 - NC		NC
19	140	308.6	Hind Sayena	India	India National Single Lift Championships		India
20	132.5	292.1	Will Jones	US-VA	Viriginia Open	Zion Crossroads	VA

Weight Class: 242				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Ryan Greene	US-CT	American Challenge 2019 - CT		CT
2	215	473.9	Christian Palinsky	US-FL	Beasty Bash	Mount Dora	FL
3	182.5	402.3	Nathan Neiderhiser	US-PA	Power Day	Bigler	PA
4	155	341.7	Ryan Little	US-NC	OBX Open	Jarvisburg	NC
5	153	337.3	Eoin Buckley	Ireland	IDFPA Push Pull Championships	Cork	Ireland
6	140	308.6	Jeffery Kluah	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	265	584.2	Mario Fontanazza	US-PA	Power Day	Bigler	PA
2	245	540.1	Zach Latting	US-NY	Tioga Downs Open	Tioda Downs	NY
3	227.5	501.5	Joel Brayton	US-PA	Great Lakes Powerlifting and BP	Erie	PA
4	207.5	457.4	Camdyn Adams	US-NY	American Challenge 2019 - NY		NY
5	200	440.9	Luigi Obbligato	Italy	Single Lift Contest		Italy
6	190	418.8	Jacopo Maioli	Italy	Rimini		Italy
7	185	407.8	Shubham Luthra	India	India National Single Lift Championships		India
8	140	308.6	Kurt Minihane	Ireland	IDFPA Push Pull Championships	Cork	Ireland
9	137.5	303.1	Patrick Leonard	US-NC	Single Lift Worlds	Virginia Beach	VA
10	75	165.3	Dipesh .	India	India National Single Lift Championships		India

Weight Class: 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Joseph Roth	US-FL	Last Chance Qualifier	Mount Dora	FL
2	260	573.1	Spence Howson	Canada	2019 Hub Power	High River	Alberta

Weight Class: SHW				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	260	573.1	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta
2	205	451.9	Jacob Neiderhiser	US-PA	Power Day	Bigler	PA

## 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	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	365.5	805.7	Brandon Hall	Canada	2019 Hub Power	High River	Alberta	
2	325	716.4	Zane Mallery	US-AZ	American Challenge 2019 - AZ		AZ	
3	290	639.3	Gabe Blenis	US-NY	Tioga Downs Open	Tioda Downs	NY	
4	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	502.5	1107.8	Ethan Mountfort	US-MD	Shenandoah Open	Woodstock	VA	
2	470	1036.1	Garrison Sakes	US-VA	Potomac Open	Tysons Corner	VA	
3	382	842.1	Angus Iwers	Australia	Worlds		Alberta	
4	377.5	832.2	Brandon Hall	Canada	Worlds		Alberta	
	377.5	832.2	Miles Gaydos	US-PA	Shenandoah Open	Woodstock	VA	
6	370	815.7	William O'Donohue	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
7	362.5	799.1	Jacob Wadsworth	US-NY	Tri-State Championship	Bedford Heights	OH	
8	352.5	777.1	Philip Ewing	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland	
9	335	738.5	Ben Bolton	US-MD	Maryland State Championships	Hanover	MD	
	335	738.5	Michael O'Donnell	Ireland	IDFPA National Full Power Championships		Ireland	
11	320	705.4	Boston Mulinix	US-OH	Ohio State Championships	Bedford Heights	OH	
12	317.5	699.9	Ethan Skiffington	Canada	2019 Cast a Shadow	Squamish	BC	
13	292.5	644.8	Jonathan Green	US-AZ	American Challenge 2019 - AZ		AZ	
14	290	639.3	Brett King	US-PA	Central PA Open	Clearfield	PA	
15	250	551.1	Gentry Smith	US-AZ	American Challenge 2019 - AZ		AZ	
16	232.5	512.5	Jax Mcleod	US-VA	DMV Invitational	White Plains	MD	
17	222.5	490.5	Dylan Ccooper	US-NC	Southern Open		NC	
18	207.5	457.4	Dylan Cooper	US-NC	American Challenge 2019 - NC		NC	
19	177.5	391.3	Ayden Collier	Canada	2019 Cast a Shadow	Squamish	BC	

Weight Class: 165				Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	567.5	1251.1	Tyler McFadden	US-VA	Potomac Open	Tysons Corner	VA	
2	517.5	1140.8	Michael Bartz	US-NE	Holiday Classic	Council Bluffs	IA	
3	515	1135.3	Mark Dutton	US-NC	American Challenge 2019 - NC		NC	
4	455	1003	Levi Lewis	US-PA	Central PA Open	Clearfield	PA	
5	435	959	Dylan Booth	US-NC	OBX Open	Jarvisburg	NC	
6	405	892.8	Noah Simpson	US-NC	OBX Open	Jarvisburg	NC	

7	404	890.6	Liam Wanamaker	US-AZ	American Challenge 2019 - AZ		AZ
8	387.5	854.2	Peter Stanev	Ireland	IDFPA National Full Power Championships		Ireland
	387.5	854.2	Colton Patrick	US-NE	Holiday Classic	Council Bluffs	IA
10	382.5	843.2	Christopher Thomas	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
11	370	815.7	Russell Brown	US-PA	Central PA Open	Clearfield	PA
12	357.5	788.1	Harshal Shori	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
13	355	782.6	Ty Wilson	Canada	Last Chance for the Dance	Calgary	Alberta
14	350	771.6	Colm Bermingham	Ireland	IDFPA National Full Power Championships		Ireland
15	292.5	644.8	David Braten	US-AZ	American Challenge 2019 - AZ		AZ
16	275.5	607.3	Conor Moore	Ireland	IDFPA National Full Power Championships		Ireland
17	268	590.8	Connor Atwater	US-CT	American Challenge 2019 - CT		CT
18	257.5	567.6	Connor Ching	Canada	Bar Wars East		Canada
19	242.5	534.6	Eddie Browne	US-AZ	American Challenge 2019 - AZ		AZ
20	229.5	505.9	Dylan Cooper	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 181		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	616	1358	Noah Manning	Canada	Worlds		Alberta
2	495	1091.2	Nick Rosica	US-NY	Tri-State Championship	Bedford Heights	OH
3	490	1080.2	Ari Kutin	US-NJ	American Challenge 2019 - NJ		NJ
4	452.5	997.5	Devin Hare	US-VA	Battlefield Open	Fredericksburg	VA
5	437.5	964.5	Colton Peach	US-AZ	American Challenge 2019 - AZ		AZ
6	432.5	953.4	Mark Orlando	US-AZ	American Challenge 2019 - AZ		AZ
7	425	936.9	Tyler Clary	US-PA	Great Lakes Powerlifting and BP	Erie	PA
8	407.5	898.3	Dylan Browne	Ireland	IDFPA National Full Power Championships		Ireland
9	335	738.5	Ethan Skiffington	Canada	Worlds		Alberta
10	272.5	600.7	Aiden Asmar	US-FL	Worlds		Alberta

Weight Class: 198		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	525	1157.4	Eric Procknow	Canada	Worlds		Alberta
2	442.5	975.5	Tyler Oakenfold	Canada	2019 Hub Power	High River	Alberta
3	402.5	887.3	Aidan Turner	Canada	Worlds		Alberta
4	400	881.8	Donnchadh Callaghan	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
5	390	859.7	Jake Lewellyn	US-NY	Tioga Downs Open	Tioda Downs	NY
6	380	837.7	Seth Ramsey	US-FL	Beasty Bash	Mount Dora	FL
7	372.5	821.2	KaMamin Bruthers	US-NC	American Challenge 2019 - NC		NC
8	370	815.7	Hunter Berkey	US-PA	Central PA Open	Clearfield	PA
9	357.5	788.1	Nathaniel Wiggs	US-AZ	American Challenge 2019 - AZ		AZ
10	327.5	722	Carson Kato	US-NC	OBX Open	Jarvisburg	NC
11	320	705.4	William Hebden	US-NC	OBX Open	Jarvisburg	NC
12	260	573.1	Zak O'Regan	Canada	Bar Wars East		Canada
13	250	551.1	Aiden Asmar	US-FL	Last Chance Qualifier	Mount Dora	FL

Weight Class: 220		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	627.5	1383.3	Jack List	US-SC	OBX Open	Jarvisburg	NC
2	522.5	1151.9	Hunter Dale	US-OH	Great Lakes Powerlifting and BP	Erie	PA
3	495	1091.2	Ryan Broderick	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
		495	Eric Procknow	Canada	2019 Hub Power	High River	Alberta
5	475	1047.1	Christian Palinski	US-FL	American Challenge 2019 - FL		FL
6	465	1025.1	Aidan Mcdonagh	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
7	427.5	942.4	Keanu Calderon	Canada	Worlds		Alberta
8	422.5	931.4	Sean Mackey	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland
9	338.5	746.2	Eoin Buckley	Ireland	IDFPA National Powerlifting Championships	Galway	Ireland

Weight Class: 242		Total		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	537.5	1184.9	Christian Palinsky	US-FL	Beasty Bash	Mount Dora	FL

2	372.5	821.2	Ryan Little	US-NC	OBX Open	Jarvisburg	NC
3	332.5	733	Jeffery Kluah	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 275			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	607.5	1339.2	Camdyn Adams	US-NY	American Challenge 2019 - NY	NY	
2	555	1223.5	Joel Brayton	US-PA	Great Lakes Powerlifting and BP	Erie	PA
3	275	606.2	Patrick Leonard	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 308			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	620	1366.8	Spence Howson	Canada	2019 Hub Power	High River	Alberta

Weight Class: SHW			Total	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	620	1366.8	Spence Howson	Canada	Canadian Nationals	Medicine Hat	Alberta

## 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	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	
4	30	66.1	Sahil .	India	India National Single Lift Championships	India	
5	29	63.9	Trever Weeden	US-NY	Central PA Open	Clearfield	PA
6	21	46.2	Dalton Fazio	US-NC	Single Lift Worlds	Virginia Beach	VA

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	42.5	93.6	Vijay .	India	India National Single Lift Championships	India	
3	34	74.9	Zachery Smith	US-NY	American Challenge 2019 - NY	NY	
4	30.5	67.2	Zachary Smith	US-NY	New York State Single Lift Challenge	Vestal	NY
5	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	45	99.2	Kunal Sharma	India	India National Single Lift Championships	India	

2	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	Jonah Derby	US-NC	OBX Open	Jarvisburg NC
6	37.5	82.6	Sourab Pal	India	Karnal Bench Press and Stict Curl Championships Haryana	India
7	35	77.1	Lovepreet Singh	India	Karnal Bench Press and Stict Curl Championships Haryana	India
8	32.5	71.6	Karan Singh	India	India National Single Lift Championships	India
9	29	63.9	Nicholas Thorp	US-PA	Central PA Open	Clearfield PA
10	25	55.1	Conner Smith	US-NY	New York State Single Lift Challenge	Vestal NY
11	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	47.5	104.7	Ujjwal Kumar	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
2	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
4	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	Luca Fierro	US-PA	Shenandoah Open	Woodstock	VA
8	42.5	93.6	Kapil Mandliya	India	India National Single Lift Championships	India	
9	41	90.3	Will Barney	US-CT	American Challenge 2019 - CT	CT	
10	40	88.1	Ayush .	India	India National Single Lift Championships	India	
11	38.5	84.8	Michael Anton	US-CT	Connecticut State Championship	Cheshire	CT
12	37.5	82.6	Deepak Panchal	India	India National Single Lift Championships	India	
13	30	66.1	Ryan Marciano	US-MD	Potomac Open	Tysons Corner	VA
14	24	52.9	Dylan Ccooper	US-NC	Southern Open	NC	
15	21.5	47.3	Dylan Cooper	US-NC	American Challenge 2019 - NC	NC	

Weight Class: 165		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	53	116.8	Brendan Lahan	US-NY	American Challenge 2019 - NY	NY	
	53	116.8	Dylan DePasquale	US-FL	American Challenge 2019 - FL	FL	
3	50.5	111.3	Mark Dutton	US-NC	Battle of the Border	Curituck	NC
4	50	110.2	Azharuddin Ansari	India	India National Single Lift Championships	India	
5	45	99.2	Dipesh .	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
	45	99.2	Riyazuddin Ansari	India	India National Single Lift Championships	India	
7	44	97	Connor Atwater	US-CT	American Challenge 2019 - CT	CT	
8	38	83.7	Kyle Youdas	US-NY	New York State Single Lift Challenge	Vestal	NY
9	35	77.1	Atul .	India	India National Single Lift Championships	India	
10	25	55.1	Dylan Cooper	US-NC	OBX Open	Jarvisburg	NC
11	24.5	54	Dylan Cooper	US-NC	Single Lift Worlds	Virginia Beach	VA

Weight Class: 181		Strict Curl		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	61.5	135.5	Juan Rabago	US-CT	Massachussetts State Championship	Plainridg Park	MA
2	61	134.4	Collin Kintner	US-NY	Single Lift Worlds	Virginia Beach	VA
3	55.5	122.3	Dylan Depasquale	US-FL	OBX Open	Jarvisburg	NC
4	50.5	111.3	Daniel Lemel	US-CT	Single Lift Worlds	Virginia Beach	VA
5	50	110.2	Sagar .	India	India National Single Lift Championships	India	
6	49	108	Danny Lemel	US-CT	Massachussetts State Championship	Plainridg Park	MA
7	47.5	104.7	Colton Peach	US-AZ	Soutwest Regional	Goodyear	AZ
8	45	99.2	Rakshit .	India	India National Single Lift Championships	India	
	45	99.2	Tarun Panchal	India	India National Single Lift Championships	India	
10	42.5	93.6	Rakshit Chhabra	India	Karnal Bench Press and Stict Curl Championships Haryana	India	
11	40	88.1	Deepak Nagar	India	India National Single Lift Championships	India	
12	37.5	82.6	Aviral Mehta	India	India National Single Lift Championships	India	
13	35	77.1	Tushar Boyat	India	India National Single Lift Championships	India	

Weight Class: 198				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	52.5	115.7	Shivam Manaktala	India	India National Single Lift Championships	India		
2	50	110.2	Nicholas Holmes	US-MD	DMV Invitational	White Plains	MD	
3	45	99.2	Anthony DePello	US-PA	Power Day	Bigler	PA	
	45	99.2	Wesley Aaron	US-AZ	Southwest Regional	Goodyear	AZ	
	45	99.2	Danny Lemel	US-CT	American Challenge 2019 - CT	CT		
6	42.5	93.6	Prateek .	India	India National Single Lift Championships	India		

Weight Class: 220				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Seth Francis	US-NC	Battle of the Border	Curituck	NC	
2	55	121.2	Sawan Cheeta	India	India National Single Lift Championships	India		
3	50	110.2	Devian Warren	US-NC	Battle of the Border	Curituck	NC	
	50	110.2	Christian Palinski	US-FL	American Challenge 2019 - FL	FL		
5	42.5	93.6	Hind Saxena	India	India National Single Lift Championships	India		
6	32.5	71.6	Omendrasingh Rajawat	India	India National Single Lift Championships	India		

Weight Class: 242				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	59	130	Ryan Greene	US-CT	American Challenge 2019 - CT	CT		
2	42.5	93.6	Aman .	India	India National Single Lift Championships	India		

Weight Class: 275				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	15	33	Dipesh .	India	India National Single Lift Championships	India		

Weight Class: 308				Strict Curl	Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	61	134.4	Jacob Gaitings	US-PA	American Challenge 2019 - NJ	NJ		
2	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	63.2	139.3	Skyler Yoder	US-NE	Holiday Classic	Council Bluffs	IA	