



2024 Teen-Youth Rankings

Updated 04/25/2024 Ed Kutin

edkutin@gmail.com

2024 Squat Rankings Female

Weight Class: 44 / 97				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	72.5	159.8	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	57.5	126.7	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	32.5	71.6	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	30	66.1	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
5	13.6078	29.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 48 / 105				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	57.5	126.7	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
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Weight Class: 52 / 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	85	187.3	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	45	99.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	37.5	82.6	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	92.5	203.9	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA
2	87.5	192.9	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 60 / 132				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	100.5	221.5	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA
2	87	191.8	Ella Zeitner	Canada	2024 Icebreaker		Canada

Weight Class: 67.5 / 148				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	102.5	225.9	Katie Fraser	Canada	Lift 4 Kids Open		Canada
2	65	143.2	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 75 / 165				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	107.5	236.9	Emma Pollard	Canada	2024 Icebreaker		Canada
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Weight Class: 82.5 / 181				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	163	359.3	Mackenzie Taylor	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	136.5	300.9	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	90	198.4	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+				Squat	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	117.5	259	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC	

2024 Bench Press Rankings Female

Weight Class: 44 / 97				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	37.5	82.6	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
	37.5	82.6	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	17.5	38.5	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA	
4	15.8757	34.9	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
5	6.80389	14.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 48 / 105				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	35.5	78.2	Gianna Beacham	US-NC	2024 Battle of the Border	Currituck	NC	
2	30	66.1	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 52 / 114				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	42.5	93.6	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA	
2	40	88.1	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	28.1227	61.9	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
4	27.5	60.6	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA	
5	21.3188	46.9	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 56 / 123				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55	121.2	Lela Pensyl	US-PA	2024 Great Lakes Championships	Erie	PA	
2	47.5	104.7	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA	
3	32.5	71.6	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 60 / 132				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	65	143.2	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA	
2	57.5	126.7	Ella Zeitner	Canada	2024 Icebreaker		Canada	

Weight Class: 67.5 / 148				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	75	165.3	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY	
	75	165.3	Katie Fraser	Canada	Lift 4 Kids Open		Canada	
3	68	149.9	Giuliana Hess	US-NJ	2024 NJ State Championships	Fair Lawn	NJ	
4	35	77.1	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 75 / 165				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	62.5	137.7	Emma Pollard	Canada	2024 Icebreaker		Canada	

Weight Class: 82.5 / 181				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	92.5	203.9	Mackenzie Taylor	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
2	75	165.3	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
3	60	132.2	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 90+ / 198+				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	72.5	159.8	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC	

2024 Deadlift Rankings Female

Weight Class: 44 / 97				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	87.5	192.9	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	46	101.4	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	37.5	82.6	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
5	29.4835	64.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 48 / 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	67.5	148.8	Gianna Beacham	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 52 / 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	90	198.4	Alexandra Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	75	165.3	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	65	143.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	62.5	137.7	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
6	52.5	115.7	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA

Weight Class: 56 / 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA
2	102.5	225.9	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Ella Zeitner	Canada	2024 Icebreaker		Canada
2	107.5	236.9	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150.5	331.7	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY
2	132.5	292.1	Katie Fraser	Canada	Lift 4 Kids Open		Canada
3	91	200.6	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 75 / 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Emma Pollard	Canada	2024 Icebreaker		Canada

Weight Class: 82.5 / 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	140	308.6	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	122.5	270	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	92.5	203.9	Sonya Stengel	US-OH	2024 Tri-State Championship	Bedford Heights	OH

2024 Total Rankings Female

Weight Class: 44 / 97				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	205	451.9	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
2	182.5	402.3	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
3	94.3757	208	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
4	85	187.3	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA	
5	49.89519	109.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 48 / 105				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	160	352.7	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 52 / 114				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	230	507	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
2	138.1227	304.5	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	121.3188	267.4	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 56 / 123				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	245	540.1	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA	
2	222.5	490.5	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 60 / 132				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	273	601.8	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA	
2	257	566.5	Ella Zeitner	Canada	2024 Icebreaker		Canada	

Weight Class: 67.5 / 148				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	310	683.4	Katie Fraser	Canada	Lift 4 Kids Open		Canada	
2	191	421	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 75 / 165				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	287.5	633.8	Emma Pollard	Canada	2024 Icebreaker		Canada	

Weight Class: 82.5 / 181				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	420	925.9	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC	
2	351.5	774.9	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
3	272.5	600.7	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 90+ / 198+				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	310	683.4	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC	

2024 Strict Curl Rankings Female

Weight Class: 30 / 66				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	7.5	16.5	Sylvia Hunter	US-NY	Owego Winter Classic 2024	Owego	NY	

Weight Class: 52 / 114				Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	15	33	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA	

Weight Class: 60 / 132				Strict Curl	Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36	79.3	Reagan Charlton	US-NC	Fitness Warehouse Open	Elizabeth City	NC

Weight Class: 67.5 / 148 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46	101.4	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY

Weight Class: 82.5 / 181 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43.5	95.9	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC

Weight Class: 90+ / 198+ Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	34.5	76	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	25	55.1	Sonya Stengel	US-OH	2024 Tri-State Championship	Bedford Heights	OH

2024 Squat Rankings Male

Weight Class: 48 / 105 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40	88.1	James Militello	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	31	68.3	Kai Baker	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	30	66.1	Trent Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 52 / 114 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Jeremiah Skinner	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	45	99.2	Holden Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	25	55.1	Bradley Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Parker Mills	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 60 / 132 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Andrew Schwartz	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	92.5	203.9	Aidyn Forman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
3	70	154.3	Tristan Millie	US-PA	2024 Great Lakes Championships	Erie	PA
4	57.5	126.7	Ethan Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 67.5 / 148 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Joshua Batchel	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	122.5	270	Aiden Aleman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
	122.5	270	Jacob Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
4	117.5	259	Aydan Aleman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
5	115	253.5	Gary Teeter	US-PA	Ironbuilt 804 Classic	Ashland	VA
6	100	220.4	Aiden Forman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 75 / 165 Squat Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Gerard Naviello	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
2	182.5	402.3	Easten Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	152.5	336.2	Joshua Batchel	US-NC	Fitness Warehouse Open	Elizabeth City	NC
4	140	308.6	Daniel Cox	US-NC	Fitness Warehouse Open	Elizabeth City	NC
5	110	242.5	Asher Wingenbach	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 82.5 / 181				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	187.5	413.3	Ethan Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
2	185	407.8	Shane Kujan	US-PA	2024 Great Lakes Championships	Erie	PA	
3	157.5	347.2	Kenneth Beacham	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
4	155	341.7	Braden Wynne	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
5	130	286.5	Braeden Philpott	US-PA	2024 Great Lakes Championships	Erie	PA	
6	75	165.3	Jacob Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
7	67.5	148.8	Micah Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 90 / 198				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	200	440.9	Elijah Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
2	155	341.7	Braden Wynne	US-NC	Fitness Warehouse Open	Elizabeth City	NC	
3	150	330.6	William Max Tanner	US-VA	Ironbuilt 804 Classic	Ashland	VA	
4	127.5	281	Asher Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
5	107.5	236.9	Archer Ferris	US-PA	2024 Great Lakes Championships	Erie	PA	

Weight Class: 100 / 220				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	125	275.5	Joe Viczko	Canada	2024 Icebreaker		Canada	

Weight Class: 110 / 242				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	212.5	468.4	Colton Greene	US-NC	Fitness Warehouse Open	Elizabeth City	NC	
2	152.5	336.2	Vinny Chiellini	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	85	187.3	Gavin Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA	
4	70	154.3	Slater Dykhouse	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 140 / 308				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	222.5	490.5	Baron Capps	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	

Unknown Class: SHW				Squat		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	200	440.9	Dylan Fogg	US-NC	Fitness Warehouse Open	Elizabeth City	NC	

2024 Bench Press Rankings Male

Weight Class: 48 / 105				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	24.9476	54.9	James Militello	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
2	23.5868	51.9	Kai Baker	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	22.5	49.6	Trent Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 52 / 114				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	48	105.8	Jeremiah Skinner	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL	
2	22.6796	49.9	Bradley Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
3	21.3188	46.9	Holden Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 56 / 123				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	32.5	71.6	Parker Mills	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	

Weight Class: 60 / 132				Bench Press		Male		
Rank	Lift	lbs	Lifter	Country	Meet	Location		

1	97	213.8	Andrew Schwartz	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	77.5	170.8	Aidyn Forman	US-NC	2024 Battle of the Border	Currituck	NC
3	50	110.2	Tristan Milie	US-PA	2024 Great Lakes Championships	Erie	PA
4	46	101.4	Ethan Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	42	92.5	William Nixon	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 67.5 / 148		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Arash Mobarrezi	Canada	Lift 4 Kids Open	Canada	
2	92.5	203.9	Gary Teeter	US-PA	Ironbuilt 804 Classic	Ashland	VA
3	87.5	192.9	Joshua Batchel	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
4	85	187.3	Jacob Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	82.5	181.8	Aiden Aleman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
6	75	165.3	Aiden Forman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
7	67.5	148.8	Aydan Aleman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
8	65	143.2	Chaz Friend	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 75 / 165		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Ethan Binckley	US-NC	Ironbuilt 804 Classic	Ashland	VA
2	105	231.4	Gerard Naviello	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
3	102.5	225.9	Daniel Cox	US-NC	2024 Battle of the Border	Currituck	NC
4	95	209.4	Blake Bull	Canada	2024 Icebreaker	Canada	
	95	209.4	Luka Britt	US-NC	2024 Battle of the Border	Currituck	NC
6	90	198.4	Easten Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
7	82.5	181.8	Joshua Batchel	US-NC	Fitness Warehouse Open	Elizabeth City	NC
8	77.5	170.8	Christian Livingston	US-VA	2024 Eastern Open	Woodstock	PA
9	67.5	148.8	Asher Wingenbach	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 82.5 / 181		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Ethan Binckley	US-NC	2024 Battle of the Border	Currituck	NC
2	122.5	270	Shane Kujan	US-PA	2024 Great Lakes Championships	Erie	PA
3	112.5	248	Marcus Miller	US-VA	2024 Eastern Open	Woodstock	PA
4	102.5	225.9	Kenneth Beacham	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
5	100	220.4	Braeden Philpott	US-PA	2024 Great Lakes Championships	Erie	PA
6	95	209.4	Braden Wynne	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
7	70	154.3	Matthew Nixon	US-NC	2024 Battle of the Border	Currituck	NC
8	42.5	93.6	Jacob Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
9	30	66.1	Micah Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90 / 198		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Elijah Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	120	264.5	Mike Fusco	US-CT	Owego Winter Classic 2024	Owego	NY
3	117.5	259	Archer Ferris	US-PA	2024 Youth & Teenage National Championships	Melbourne	FL
4	110	242.5	Jacob Messick	US-NC	2024 Battle of the Border	Currituck	NC
5	102.5	225.9	Braden Wynne	US-NC	2024 Battle of the Border	Currituck	NC
6	87.5	192.9	Landon Garcia Smith	US-NC	2024 Battle of the Border	Currituck	NC
7	80	176.3	William Max Tanner	US-VA	Ironbuilt 804 Classic	Ashland	VA
8	60	132.2	Asher Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 100 / 220		Bench Press		Male			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	George Basnett	US-NC	2024 Battle of the Border	Currituck	NC
2	70	154.3	Joe Viczko	Canada	2024 Icebreaker	Canada	
3	50	110.2	Shane Dykhouse	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 110 / 242				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Colton Greene	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	120	264.5	Blake Frazier	US-VA	2024 Eastern Open	Woodstock	PA
3	85	187.3	Vinny Chiellini	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	72.5	159.8	Gavin Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	50	110.2	Slater Dykhouse	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 140 / 308				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Baron Capps	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Unknown Class: SHW				Bench Press		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Dylan Fogg	US-NC	2024 Battle of the Border	Currituck	NC

2024 Deadlift Rankings Male

Weight Class: 48 / 105				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	James Militello	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	50	110.2	Kai Baker	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	46	101.4	Trent Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	35	77.1	Leonardo Nerone	US-OH	2024 Tri-State Championship	Bedford Heights	OH

Weight Class: 52 / 114				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95.5	210.5	Jeremiah Skinner	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	60	132.2	Holden Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	57.5	126.7	Bradley Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Parker Mills	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 60 / 132				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	171	376.9	Andrew Schwartz	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	132.5	292.1	Aidyn Forman	US-NC	2024 Battle of the Border	Currituck	NC
3	102.5	225.9	Tristan Millie	US-PA	2024 Great Lakes Championships	Erie	PA
4	90	198.4	Ethan Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	72.5	159.8	William Nixon	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 67.5 / 148				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	210	462.9	Joshua Batchel	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	157.5	347.2	Aiden Aleman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	145	319.6	Gary Teeter	US-PA	Ironbuilt 804 Classic	Ashland	VA
4	142.5	314.1	Aydan Aleman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
5	137.5	303.1	Aiden Forman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
6	130	286.5	Jacob Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
7	122.5	270	Chaz Friend	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 75 / 165				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Ethan Binckley	US-NC	Ironbuilt 804 Classic	Ashland	VA
2	205	451.9	Joshua Batchel	US-NC	Fitness Warehouse Open	Elizabeth City	NC
3	203	447.5	Easten Binckley	US-NC	2024 Battle of the Border	Currituck	NC

4	200	440.9	Gerard Naviello	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
5	150	330.6	Daniel Cox	US-NC	Fitness Warehouse Open	Elizabeth City	NC
6	140	308.6	Asher Wingenbach	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 82.5 / 181				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	227.5	501.5	Ethan Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	192.5	424.3	Shane Kujan	US-PA	2024 Great Lakes Championships	Erie	PA
3	182.5	402.3	Braden Wynne	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
4	177.5	391.3	Kenneth Beacham	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
5	150	330.6	Braeden Philpott	US-PA	2024 Great Lakes Championships	Erie	PA
6	130	286.5	Matthew Nixon	US-NC	2024 Battle of the Border	Currituck	NC
7	105	231.4	Jacob Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
8	85	187.3	Micah Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90 / 198				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Elijah Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
	237.5	523.5	Archer Ferris	US-PA	2024 Great Lakes Championships	Erie	PA
3	200	440.9	Braden Wynne	US-NC	2024 Battle of the Border	Currituck	NC
4	187.5	413.3	William Max Tanner	US-VA	Ironbuilt 804 Classic	Ashland	VA
5	182.5	402.3	Mike Fusco	US-CT	Owego Winter Classic 2024	Owego	NY
6	175	385.8	Landon Garcia Smith	US-NC	2024 Battle of the Border	Currituck	NC
7	137.5	303.1	Asher Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 100 / 220				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Joe Viczko	Canada	2024 Icebreaker		Canada

Weight Class: 110 / 242				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	267.5	589.7	Colton Greene	US-NC	2024 Battle of the Border	Currituck	NC
2	232.5	512.5	Vinny Chiellini	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	185	407.8	Blake Frazier	US-VA	2024 Eastern Open	Woodstock	PA
4	160	352.7	Gavin Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	127.5	281	Slater Dykhouse	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 125 / 275				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Aiden Overstreet	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 140 / 308				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	237.5	523.5	Baron Capps	US-NC	2024 Battle of the Border	Currituck	NC

Unknown Class: SHW				Deadlift		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	242	533.5	Dylan Fogg	US-NC	Fitness Warehouse Open	Elizabeth City	NC

2024 Total Rankings				Male			
Weight Class: 48 / 105				Total			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	119.9476	264.4	James Militello	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	104.5868	230.5	Kai Baker	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	98.5	217.1	Trent Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 52 / 114				Total			
				Male			

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	221	487.2	Jeremiah Skinner	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	126.3188	278.4	Holden Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	105.1796	231.8	Bradley Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Parker Mills	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 60 / 132 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	388	855.3	Andrew Schwartz	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	265	584.2	Aidyn Forman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
3	222.5	490.5	Tristan Millie	US-PA	2024 Great Lakes Championships	Erie	PA
4	193.5	426.5	Ethan Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 67.5 / 148 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	452.5	997.5	Joshua Batchel	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	362.5	799.1	Aiden Aleman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	352.5	777.1	Gary Teeter	US-PA	Ironbuilt 804 Classic	Ashland	VA
4	337.5	744	Jacob Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
5	327.5	722	Aydan Aleman	US-NC	Fitness Warehouse Open	Elizabeth City	NC
6	312.5	688.9	Aiden Forman	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 75 / 165 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	490	1080.2	Gerard Naviello	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
2	470	1036.1	Easten Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	440	970	Joshua Batchel	US-NC	Fitness Warehouse Open	Elizabeth City	NC
4	385	848.7	Daniel Cox	US-NC	Fitness Warehouse Open	Elizabeth City	NC
5	317.5	699.9	Asher Wingenbach	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 82.5 / 181 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	560	1234.5	Ethan Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	500	1102.3	Shane Kujan	US-PA	2024 Great Lakes Championships	Erie	PA
3	437.5	964.5	Kenneth Beacham	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
4	432.5	953.4	Braden Wynne	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
5	380	837.7	Braeden Philpott	US-PA	2024 Great Lakes Championships	Erie	PA
6	222.5	490.5	Jacob Estrada	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
7	182.5	402.3	Micah Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90 / 198 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	562.5	1240	Elijah Binckley	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	462.5	1019.6	Archer Ferris	US-PA	2024 Great Lakes Championships	Erie	PA
3	430	947.9	Braden Wynne	US-NC	Fitness Warehouse Open	Elizabeth City	NC
4	417.5	920.4	William Max Tanner	US-VA	Ironbuilt 804 Classic	Ashland	VA
5	325	716.4	Asher Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 100 / 220 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	365	804.6	Joe Viczko	Canada	2024 Icebreaker		Canada

Weight Class: 110 / 242 Total Male

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	595	1311.7	Colton Greene	US-NC	Fitness Warehouse Open	Elizabeth City	NC

2	470	1036.1	Vinny Chiellini	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	317.5	699.9	Gavin Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
4	247.5	545.6	Slater Dykhouse	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 140 / 308				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	607.5	1339.2	Baron Capps	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Unknown Class: SHW				Total		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	588	1296.3	Dylan Fogg	US-NC	Fitness Warehouse Open	Elizabeth City	NC

2024 Strict Curl Rankings Male

Weight Class: 60 / 132				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Aidyn Forman	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 67.5 / 148				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57	125.6	Gary Teeter	US-PA	Ironbuilt 804 Classic	Ashland	VA
2	44.5	98.1	Aydan Aleman	US-NC	Fitness Warehouse Open	Elizabeth City	NC

Weight Class: 75 / 165				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	76.5	168.6	Ethan Binckley	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	57.5	126.7	Blake Bull	Canada	2024 Icebreaker		Canada
3	54.5	120.1	Daniel Cox	US-NC	2024 Battle of the Border	Currituck	NC
4	52.5	115.7	Easten Binckley	US-NC	2024 Battle of the Border	Currituck	NC
5	50	110.2	Luka Britt	US-NC	2024 Battle of the Border	Currituck	NC
6	49	108	Joshua Batchel	US-NC	Fitness Warehouse Open	Elizabeth City	NC
7	46	101.4	Christian Livingston	US-VA	2024 Eastern Open	Woodstock	PA

Weight Class: 82.5 / 181				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Ethan Binckley	US-NC	2024 Battle of the Border	Currituck	NC
2	55	121.2	Marcus Miller	US-VA	2024 Eastern Open	Woodstock	PA
3	40.5	89.2	Braeden Philpott	US-PA	Owego Winter Classic 2024	Owego	NY

Weight Class: 90 / 198				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	63.5	139.9	Mike Fusco	US-CT	Owego Winter Classic 2024	Owego	NY
2	54	119	Jacob Messick	US-NC	2024 Battle of the Border	Currituck	NC
3	51	112.4	Braden Wynne	US-NC	Fitness Warehouse Open	Elizabeth City	NC

Weight Class: 100 / 220				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	56	123.4	George Basnett	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 110 / 242				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	66.5	146.6	Colton Greene	US-NC	2024 Battle of the Border	Currituck	NC

Weight Class: 140 / 308				Strict Curl		Male	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Baron Capps	US-NC	2024 Battle of the Border	Currituck	NC