



## WASHINGTON STATE POWERLIFTING RECORDS

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8/25/2024

### Weight Class: 56 / 123 Female / Powerlifting

| Division | Squat                                    | Bench Press                              | Deadlift                                  | Total                                     |
|----------|--|--|---|---|
| Open     | 81.6 kgs / 179.8 lbs<br>Lisa Hoyt 6/2022 | 74.8 kgs / 164.9 lbs<br>Lisa Hoyt 6/2022 | 117.9 kgs / 259.9 lbs<br>Lisa Hoyt 6/2022 | 274.3 kgs / 604.7 lbs<br>Lisa Hoyt 6/2022 |
| 55-59    | 81.6 kgs / 179.8 lbs<br>Lisa Hoyt 6/2022 | 74.8 kgs / 164.9 lbs<br>Lisa Hoyt 6/2022 | 117.9 kgs / 259.9 lbs<br>Lisa Hoyt 6/2022 | 274.3 kgs / 604.7 lbs<br>Lisa Hoyt 6/2022 |

### Weight Class: 67.5 / 148 Female / Powerlifting

| Division | Squat   | Bench Press                                    | Deadlift  | Total   |
|----------|---|--|---|---|
| Open     | 127.5 kgs / 281.0 lbs<br>Kay Humpherys 4/2018   | 77.5 kgs / 170.8 lbs<br>Kay Humpherys 4/2018   | 142.8 kgs / 314.8 lbs<br>Melissa Painter 6/2022 | 345.0 kgs / 760.5 lbs<br>Kay Humpherys 4/2018   |
| 30-34    | 113.3 kgs / 249.7 lbs<br>Melissa Painter 6/2022 | 58.9 kgs / 129.8 lbs<br>Melissa Painter 6/2022 | 142.8 kgs / 314.8 lbs<br>Melissa Painter 6/2022 | 315.0 kgs / 694.4 lbs<br>Melissa Painter 6/2022 |

### Weight Class: 82.5 / 181 Female / Powerlifting

| Division | Squat  | Bench Press                                     | Deadlift   | Total  |
|----------|--|---|--|--|
| Open     | 65.7 kgs / 144.8 lbs<br>Karen McLaughlin<br>6/2022 | 63.5 kgs / 139.9 lbs<br>Karen McLaughlin 6/2022 | 102.0 kgs / 224.8 lbs<br>Karen McLaughlin 6/2022 | 231.2 kgs / 509.7 lbs<br>Karen McLaughlin 6/2022 |
| 45-49    | 65.7 kgs / 144.8 lbs<br>Karen McLaughlin<br>6/2022 | 63.5 kgs / 139.9 lbs<br>Karen McLaughlin 6/2022 | 102.0 kgs / 224.8 lbs<br>Karen McLaughlin 6/2022 | 231.2 kgs / 509.7 lbs<br>Karen McLaughlin 6/2022 |

### Weight Class: 60 / 132 Male / Powerlifting

| Division | Squat  | Bench Press                                   | Deadlift                                       | Total  |
|----------|--|---|--|--|
| Open     | 110.5 kgs / 243.6 lbs<br>Gary Peterson 11/2017 | 94.0 kgs / 207.2 lbs<br>Gary Peterson 11/2017 | 160.5 kgs / 353.8 lbs<br>Gary Peterson 11/2017 | 363.5 kgs / 801.3 lbs<br>Gary Peterson 11/2017 |
| 40-44    | 110.5 kgs / 243.6 lbs<br>Gary Peterson 11/2017 | 94.0 kgs / 207.2 lbs<br>Gary Peterson 11/2017 | 160.5 kgs / 353.8 lbs<br>Gary Peterson 11/2017 | 363.5 kgs / 801.3 lbs<br>Gary Peterson 11/2017 |

### Weight Class: 67.5 / 148 Male / Powerlifting

| Division | Squat                                      | Bench Press                               | Deadlift                                   | Total                                      |
|----------|--|---|--|--|
| Open     | 112.5 kgs / 248.0 lbs<br>James Stefen 2013 | 75.0 kgs / 165.3 lbs<br>James Stefen 2013 | 140.0 kgs / 308.6 lbs<br>James Stefen 2013 | 327.5 kgs / 722.0 lbs<br>James Stefen 2013 |
| 50-54    | 112.5 kgs / 248.0 lbs<br>James Stefen 2013 | 75.0 kgs / 165.3 lbs<br>James Stefen 2013 | 140.0 kgs / 308.6 lbs<br>James Stefen 2013 | 327.5 kgs / 722.0 lbs<br>James Stefen 2013 |

### Weight Class: 75 / 165 Male / Powerlifting

| Division | Squat                                      | Bench Press                                | Deadlift                                   | Total                                      |
|----------|--|--|--|--|
| Open     | 137.5 kgs / 303.1 lbs<br>James Stefen 2011 | 100.0 kgs / 220.4 lbs<br>James Stefen 2011 | 170.0 kgs / 374.7 lbs<br>James Stefen 2011 | 407.5 kgs / 898.3 lbs<br>James Stefen 2011 |
| 50-54    | 137.5 kgs / 303.1 lbs<br>James Stefen 2011 | 100.0 kgs / 220.4 lbs<br>James Stefen 2011 | 170.0 kgs / 374.7 lbs<br>James Stefen 2011 | 407.5 kgs / 898.3 lbs<br>James Stefen 2011 |
| 60-64    | 122.5 kgs / 270.0 lbs<br>Rob Lawson 8/2024 | 97.5 kgs / 214.9 lbs<br>Rob Lawson 8/2024  | 145.0 kgs / 319.6 lbs<br>Rob Lawson 8/2024 | 365.0 kgs / 804.6 lbs<br>Rob Lawson 8/2024 |

**Weight Class: 125 / 275 Male / Powerlifting**

| Division | Squat                                      | Bench Press                                | Deadlift                                   | Total                                       |
|----------|--|--|--|---|
| Open     | 220.0 kgs / 485.0 lbs<br>Josh Wireman 2012 | 150.0 kgs / 330.6 lbs<br>Josh Wireman 2012 | 230.0 kgs / 507.0 lbs<br>Josh Wireman 2012 | 600.0 kgs / 1322.7 lbs<br>Josh Wireman 2012 |
| 18-19    | 220.0 kgs / 485.0 lbs<br>Josh Wireman 2012 | 150.0 kgs / 330.6 lbs<br>Josh Wireman 2012 | 230.0 kgs / 507.0 lbs<br>Josh Wireman 2012 | 600.0 kgs / 1322.7 lbs<br>Josh Wireman 2012 |