



FLORIDA STATE DEADLIFT RECORDS

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12/5/2024

Weight Class: 30 / 66 Female			
Division	Deadlift	Name	Date
Open	54.4 kgs / 119.9 lbs	Finleigh Caldwell	6/2022
6-7	34.93 kgs / 77.0 lbs	Caitlyn Cowley	6/2024
8-9	54.4 kgs / 119.9 lbs	Finleigh Caldwell	6/2022
10-11	36.4 kgs / 80.2 lbs	Abigail Pimentel	3/2008
12-13	36.4 kgs / 80.2 lbs	Abigail Pimentel	3/2008

Weight Class: 35 / 77 Female			
Division	Deadlift	Name	Date
Open	79.3 kgs / 174.8 lbs	Ashley Polacek	6/2022
8-9	46.0 kgs / 101.4 lbs	Avigayil Lundgren	3/2024
10-11	52.5 kgs / 115.7 lbs	Emma Bilak	11/2022
12-13	79.3 kgs / 174.8 lbs	Ashley Polacek	6/2022

Weight Class: 40 / 88 Female			
Division	Deadlift	Name	Date
Open	75.0 kgs / 165.3 lbs	Ashley Polacek	11/2022
8-9	46.27 kgs / 102.0 lbs	Avigayil Lundgren	6/2024
10-11	67.5 kgs / 148.8 lbs	Audriana Buitrago	11/2022
12-13	75.0 kgs / 165.3 lbs	Ashley Polacek	11/2022
75-79	56.6 kgs / 124.7 lbs	Susan Bohling	6/2022

Weight Class: 44 / 97 Female			
Division	Deadlift	Name	Date
Open	95.0 kgs / 209.4 lbs	Natalie Norcross	11/2022
10-11	77.5 kgs / 170.8 lbs	Mia Spragis-McMullen	11/2022
12-13	95.0 kgs / 209.4 lbs	Natalie Norcross	11/2022
14-15	95.0 kgs / 209.4 lbs	Ashley Polacek	3/2024

Weight Class: 48 / 105 Female			
Division	Deadlift	Name	Date
Open	109.77 kgs / 241.9 lbs	Natalie Norcross	12/2023
10-11	75.0 kgs / 165.3 lbs	E. Blackett	3/2008
12-13	97.5 kgs / 214.9 lbs	Natalie Norcross	6/2022
14-15	109.77 kgs / 241.9 lbs	Natalie Norcross	12/2023

Weight Class: 52 / 114 Female			
Division	Deadlift	Name	Date

Open	135.0 kgs / 297.6 lbs	Natasha Navarro	5/2016
10-11	75.0 kgs / 165.3 lbs	Lily Hirsche	11/2022
12-13	86.1 kgs / 189.8 lbs	Mariam Miyzed	6/2022
14-15	107.5 kgs / 236.9 lbs	Natalie Norcross	11/2023
16-17	97.5 kgs / 214.9 lbs	Natalie Norcross	11/2024
20-24	135.0 kgs / 297.6 lbs	Natasha Navarro	5/2016
45-49	120.0 kgs / 264.5 lbs	Kim Roberts	8/2018
60-64	80.0 kgs / 176.3 lbs	Trish Kirkland	8/2018

Weight Class: 56 / 123 Female

Division	Deadlift	Name	Date
Open	115.0 kgs / 253.5 lbs	Kim Roberts	8/2019
12-13	102.3 kgs / 225.5 lbs	Samantha Shores	3/2008
14-15	81.6 kgs / 179.8 lbs	Ava Lorusson	6/2022
16-17	102.3 kgs / 225.5 lbs	Leslie Kutner	8/2007
18-19	102.3 kgs / 225.5 lbs	Leslie Kutner	3/2008
45-49	115.0 kgs / 253.5 lbs	Kim Roberts	8/2019
55-59	102.5 kgs / 225.9 lbs	Paula Jager	6/2018
65-69	85.0 kgs / 187.3 lbs	Trish Kirkland	6/2019

Weight Class: 60 / 132 Female

Division	Deadlift	Name	Date
Open	145.0 kgs / 319.6 lbs	Suzanne LaForge	8/2021
14-15	104.5 kgs / 230.3 lbs	Janell Goodwyn	5/2007
16-17	91.0 kgs / 200.6 lbs	Nicole Scardino	8/2007
35-39	102.5 kgs / 225.9 lbs	Nicole Rakes	12/2019
40-44	92.5 kgs / 203.9 lbs	Galaxia Planchez	6/2024
45-49	125.0 kgs / 275.5 lbs	Kim Roberts	12/2018
60-64	145.0 kgs / 319.6 lbs	Suzanne LaForge	8/2021

Weight Class: 67.5 / 148 Female

Division	Deadlift	Name	Date
Open	185.0 kgs / 407.8 lbs	Suzanne LaForge	6/2018
12-13	72.7 kgs / 160.2 lbs	Ruui Lara	5/2007
14-15	86.1 kgs / 189.8 lbs	Yara Perez	6/2023
16-17	97.7 kgs / 215.3 lbs	Nicole Heck	8/2007
18-19	97.7 kgs / 215.3 lbs	Miriam Gonzales	4/2011
20-24	112.5 kgs / 248.0 lbs	Vanessa McAdams	3/2020
30-34	137.5 kgs / 303.1 lbs	Taylor Clarke	6/2024
35-39	159.1 kgs / 350.7 lbs	Marie Pritzl	3/2008
40-44	115.0 kgs / 253.5 lbs	Adriana Williams	12/2019
45-49	130.0 kgs / 286.5 lbs	Aivin Diaz	12/2019
50-54	120.0 kgs / 264.5 lbs	Mary Schlifke	12/2019
55-59	185.0 kgs / 407.8 lbs	Suzanne LaForge	6/2018
60-64	151.9 kgs / 334.8 lbs	Suzanne LaForge	6/2022
75-79	90.0 kgs / 198.4 lbs	Janet Reynolds	7/2021
80-84	87.5 kgs / 192.9 lbs	Bonnie Thurston	7/2021

Weight Class: 75 / 165 Female

Division	Deadlift	Name	Date
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Open	190.0 kgs / 418.8 lbs	Marlena Morgan	11/2024
12-13	91.0 kgs / 200.6 lbs	Courtney Viger	5/2007
16-17	72.7 kgs / 160.2 lbs	Siera Montgomery	3/2008
20-24	157.5 kgs / 347.2 lbs	McKenzie Davis	11/2024
25-29	142.8 kgs / 314.8 lbs	Taylor Kennedy	6/2022
30-34	190.0 kgs / 418.8 lbs	Marlena Morgan	11/2024
35-39	97.52 kgs / 214.9 lbs	Mindi Hadley	12/2023
45-49	154.2 kgs / 339.9 lbs	Jan Montgomery	12/2007
50-54	82.5 kgs / 181.8 lbs	Debbie Polacek	3/2024
60-64	80.31 kgs / 177.0 lbs	Marcella Love	3/2023

Weight Class: 82.5 / 181 Female

Division	Deadlift	Name	Date
Open	181.8 kgs / 400.7 lbs	Kari Saban	7/2007
14-15	79.5 kgs / 175.2 lbs	Shyneal Warren	5/2007
25-29	110.0 kgs / 242.5 lbs	Carmen Santiago	8/2018
35-39	124.7 kgs / 274.9 lbs	Lily Smiley	6/2022
40-44	181.8 kgs / 400.7 lbs	Kari Saban	7/2007
60-64	77.11 kgs / 169.9 lbs	Cindy Rea	12/2023
65-69	52.5 kgs / 115.7 lbs	Mary McCaffrey	12/2019

Weight Class: 90 / 198 Female

Division	Deadlift	Name	Date
Open	184.1 kgs / 405.8 lbs	Kari Saban	8/2006
16-17	79.3 kgs / 174.8 lbs	Naomi Jaquish	6/2023
18-19	35.0 kgs / 77.1 lbs	Andrea Hickling	6/2019
30-34	145.19 kgs / 320.0 lbs	Taylor McQuesten	3/2023
35-39	115.67 kgs / 255.0 lbs	Diana Phillips	12/2023
40-44	184.1 kgs / 405.8 lbs	Kari Saban	8/2006

Weight Class: 90+ / 198+ Female

Division	Deadlift	Name	Date
Open	226.86 kgs / 500.1 lbs	Anna Stamets	3/2023
12-13	117.9 kgs / 259.9 lbs	Lisa Foster	6/2023
14-15	100.0 kgs / 220.4 lbs	Madison Hirsche	11/2022
16-17	100.0 kgs / 220.4 lbs	Skye White	8/2019
20-24	155.0 kgs / 341.7 lbs	Olivia Zigler	7/2021
25-29	112.5 kgs / 248.0 lbs	Sara Oliver	12/2019
30-34	145.0 kgs / 319.6 lbs	Simone Lowman	12/2019
40-44	186.03 kgs / 410.1 lbs	LaRiena Ferguson	3/2023
50-54	226.86 kgs / 500.1 lbs	Anna Stamets	3/2023
55-59	55.0 kgs / 121.2 lbs	Debra Ingersoll	7/2021
65-69	142.5 kgs / 314.1 lbs	Beatrice Temple	11/2022

Weight Class: 30 / 66 Male

Division	Deadlift	Name	Date
Open	61.25 kgs / 135.0 lbs	Christopher Zollo	3/2023
5 and under	38.5 kgs / 84.8 lbs	Chase Zollo	6/2023

6-7	61.25 kgs / 135.0 lbs	Christopher Zollo	3/2023
8-9	41.7 kgs / 91.9 lbs	Elijah Spragis-McMullen	6/2022
10-11	56.8 kgs / 125.2 lbs	Sava Tshontikidis	5/2007
12-13	45.5 kgs / 100.3 lbs	Deon Gonzales	3/2008

Weight Class: 35 / 77 Male

Division	Deadlift	Name	Date
Open	65.7 kgs / 144.8 lbs	Christopher Zollo	6/2023
6-7	65.7 kgs / 144.8 lbs	Christopher Zollo	6/2023
8-9	60.0 kgs / 132.2 lbs	Josh Waters	11/2022
10-11	55.34 kgs / 122.0 lbs	Kai Baker	6/2024

Weight Class: 40 / 88 Male

Division	Deadlift	Name	Date
Open	80.8 kgs / 178.1 lbs	Paul Montgomery	8/2007
8-9	55.0 kgs / 121.2 lbs	James Militello	3/2024
10-11	80.8 kgs / 178.1 lbs	Paul Montgomery	8/2007
12-13	77.1 kgs / 169.9 lbs	Kellan Caldwell	6/2022
14-15	46.0 kgs / 101.4 lbs	Trent Estrada	3/2024

Weight Class: 44 / 97 Male

Division	Deadlift	Name	Date
Open	91.6 kgs / 201.9 lbs	Alex Waters	6/2022
8-9	66.7 kgs / 147.0 lbs	Gavin Michocki	3/2023
10-11	81.8 kgs / 180.3 lbs	Paul Montgomery	3/2008
12-13	91.6 kgs / 201.9 lbs	Alex Waters	6/2022
14-15	54.43 kgs / 119.9 lbs	Trent Estrada	6/2024

Weight Class: 48 / 105 Male

Division	Deadlift	Name	Date
Open	108.89 kgs / 240.0 lbs	Brock Vergara	3/2023
8-9	45.5 kgs / 100.3 lbs	B. Keeney	3/2006
10-11	47.7 kgs / 105.1 lbs	Jacob Smith	3/2008
12-13	74.86 kgs / 165.0 lbs	Ethan Phillips	3/2023
14-15	108.89 kgs / 240.0 lbs	Brock Vergara	3/2023

Weight Class: 52 / 114 Male

Division	Deadlift	Name	Date
Open	125.0 kgs / 275.5 lbs	Jason Farrow	10/2011
8-9	57.5 kgs / 126.7 lbs	Bradley Mallett	3/2024
10-11	61.25 kgs / 135.0 lbs	Parker Mills	3/2023
12-13	122.5 kgs / 270.0 lbs	Evan Pittman	6/2012
14-15	52.5 kgs / 115.7 lbs	Alex Ingersoll	7/2021
55-59	125.0 kgs / 275.5 lbs	Jason Farrow	10/2011

Weight Class: 56 / 123 Male

Division	Deadlift	Name	Date
Open	140.0 kgs / 308.6 lbs	Frank Ramos	3/2008
12-13	77.11 kgs / 169.9 lbs	Parker Mills	6/2024
14-15	90.72 kgs / 200.0 lbs	Ethan Phillips	12/2023

16-17	140.0 kgs / 308.6 lbs	Frank Ramos	3/2008
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Weight Class: 60 / 132 Male

Division	Deadlift	Name	Date
Open	215.0 kgs / 473.9 lbs	Dan Carpenter	11/2008
10-11	47.7 kgs / 105.1 lbs	Chance Baker	8/2007
12-13	135.0 kgs / 297.6 lbs	Drake Small	10/2021
14-15	117.5 kgs / 259.0 lbs	Sam Katona	4/2011
16-17	151.9 kgs / 334.8 lbs	Pierson Milburn	6/2022
18-19	185.0 kgs / 407.8 lbs	River Dennis	11/2024
20-24	145.0 kgs / 319.6 lbs	Luis Manuel	6/2019
45-49	125.0 kgs / 275.5 lbs	Steven Sokup	3/2008
70-74	122.4 kgs / 269.8 lbs	Steve Smith	3/2008

Weight Class: 67.5 / 148 Male

Division	Deadlift	Name	Date
Open	225.0 kgs / 496.0 lbs	Rolando Manso	3/2008
8-9	64.43 kgs / 142.0 lbs	Micah Lundgren	3/2023
12-13	125.0 kgs / 275.5 lbs	Joe Wadzinski	3/2008
14-15	163.34 kgs / 360.0 lbs	Drake Small	3/2023
16-17	202.2 kgs / 445.7 lbs	Y. Tshontikidis	12/2007
18-19	183.7 kgs / 404.9 lbs	Pierson Milburn	6/2023
20-24	187.5 kgs / 413.3 lbs	Arsenio Quinones	6/2019
25-29	125.0 kgs / 275.5 lbs	Eric Shard	12/2019
35-39	225.0 kgs / 496.0 lbs	Rolando Manso	3/2008
45-49	145.4 kgs / 320.5 lbs	Don Daube	3/2008
55-59	102.5 kgs / 225.9 lbs	Eric Cattell	3/2008

Weight Class: 75 / 165 Male

Division	Deadlift	Name	Date
Open	282.5 kgs / 622.7 lbs	Tony Conyers	10/2019
12-13	136.4 kgs / 300.7 lbs	Kyle Straus	8/2007
14-15	150.0 kgs / 330.6 lbs	Kyle Straus	8/2008
16-17	216.0 kgs / 476.1 lbs	S. Kirkwood	8/2006
18-19	231.9 kgs / 511.2 lbs	R. Fay	8/2007
20-24	235.93 kgs / 520.1 lbs	Arpan Jani	3/2023
25-29	232.5 kgs / 512.5 lbs	Jose Urbina	12/2019
30-34	251.74 kgs / 554.9 lbs	Jose Urbina	12/2023
40-44	263.7 kgs / 581.3 lbs	Omar Bermudez	3/2008
45-49	275.0 kgs / 606.2 lbs	Tony Conyers	12/2007
55-59	162.5 kgs / 358.2 lbs	Eric DeRise	12/2019
60-64	282.5 kgs / 622.7 lbs	Tony Conyers	10/2019
65-69	275.0 kgs / 606.2 lbs	Tony Conyers	11/2023
70-74	102.5 kgs / 225.9 lbs	Yogi Sumner	10/2021
75-79	198.22 kgs / 436.9 lbs	Roger Shaw	6/2024
80-84	97.5 kgs / 214.9 lbs	Perry Dworkin	7/2021

Weight Class: 82.5 / 181 Male

Division	Deadlift	Name	Date
Open	275.0 kgs / 606.2 lbs	Tony Conyers	6/2018

8-9	79.38 kgs / 175.0 lbs	Micah Lundgren	12/2023
10-11	85.0 kgs / 187.3 lbs	Micah Lundgren	3/2024
12-13	147.5 kgs / 325.1 lbs	Derek Schmadeke	11/2022
14-15	192.83 kgs / 425.1 lbs	Anthony Vargas	3/2023
16-17	191.0 kgs / 421.0 lbs	T. Wheeler	12/2007
18-19	201.8 kgs / 444.8 lbs	Naheam Fayiuinmi	6/2023
20-24	157.5 kgs / 347.2 lbs	Nickolas Caso	6/2019
25-29	192.78 kgs / 425.0 lbs	Brandon Kohlmeier	6/2024
30-34	197.5 kgs / 435.4 lbs	Alan Pelham	12/2018
35-39	227.5 kgs / 501.5 lbs	Baskal Korkis	11/2022
40-44	262.7 kgs / 579.1 lbs	G. Wright	4/2007
45-49	216.0 kgs / 476.1 lbs	S. Tshontikidis	11/2008
50-54	140.0 kgs / 308.6 lbs	Daniel Henson	10/2018
55-59	275.0 kgs / 606.2 lbs	Tony Conyers	6/2018
60-64	193.68 kgs / 426.9 lbs	Spero Tshontikidis	6/2024
65-69	182.5 kgs / 402.3 lbs	Spero Tshontikidis	11/2024
70-74	115.0 kgs / 253.5 lbs	Yogi Sumner	11/2019
75-79	125.0 kgs / 275.5 lbs	Ted Langlais	8/2019
80-84	127.5 kgs / 281.0 lbs	Bill Remley	10/2011
Police/Fire/Mil	182.5 kgs / 402.3 lbs	Spero Tshontikidis	11/2024
Spec. Oly.	68.2 kgs / 150.3 lbs	Ryan Smith	3/2008

Weight Class: 90 / 198 Male

Division	Deadlift	Name	Date
Open	295.0 kgs / 650.3 lbs	James Bryant	6/2024
10-11	79.38 kgs / 175.0 lbs	Micah Lundgren	6/2024
12-13	142.88 kgs / 314.9 lbs	Asher Lundgren	6/2024
14-15	182.5 kgs / 402.3 lbs	Colton Remley	10/2011
16-17	232.5 kgs / 512.5 lbs	Lucas Pollock	11/2024
18-19	142.92 kgs / 315.0 lbs	Seth Ramsey	3/2023
20-24	242.74 kgs / 535.1 lbs	Nathan Brown	3/2023
25-29	262.5 kgs / 578.7 lbs	Ryan Finch	12/2018
30-34	295.0 kgs / 650.3 lbs	James Bryant	6/2024
35-39	265.0 kgs / 584.2 lbs	Tige Cox	12/2019
45-49	227.3 kgs / 501.1 lbs	S. Tshontikidis	8/2007
50-54	219.9 kgs / 484.7 lbs	Greg Prince	6/2023
55-59	200.0 kgs / 440.9 lbs	Wayne Cattell	3/2008
60-64	182.5 kgs / 402.3 lbs	Spero Tshontikidis	11/2023
65-69	155.0 kgs / 341.7 lbs	Kurt Leverett	11/2024
75-79	150.0 kgs / 330.6 lbs	Noble Carr	4/2007
Police/Fire/Mil	182.5 kgs / 402.3 lbs	Spero Tshontikidis	11/2023

Weight Class: 100 / 220 Male

Division	Deadlift	Name	Date
Open	291.0 kgs / 641.5 lbs	Z. Hichari	12/2007
12-13	127.04 kgs / 280.0 lbs	Jonathan Daniels	3/2023
14-15	192.5 kgs / 424.3 lbs	Christian Palinski	6/2019
16-17	200.0 kgs / 440.9 lbs	Jarrett Smith	11/2024
18-19	204.6 kgs / 451.0 lbs	Anthony Walding	3/2008
20-24	262.5 kgs / 578.7 lbs	Alexander Steeves	6/2019

25-29	280.0 kgs / 617.2 lbs	Ryan Finch	6/2019
30-34	235.8 kgs / 519.8 lbs	Dustin Burgess	6/2022
35-39	255.0 kgs / 562.1 lbs	Nick Rangel	12/2019
40-44	291.0 kgs / 641.5 lbs	Z. Hichari	12/2007
45-49	272.7 kgs / 601.1 lbs	Bill Beekley	8/2007
50-54	227.3 kgs / 501.1 lbs	Leslie Grant	7/2011
55-59	290.3 kgs / 639.9 lbs	James Jacobs	6/2022
60-64	240.4 kgs / 529.9 lbs	Bill Beekley	6/2022
65-69	227.5 kgs / 501.5 lbs	Tony DiLucente	6/2023
70-74	166.0 kgs / 365.9 lbs	John Ruffalo	3/2008
Police/Fire/Mil	175.0 kgs / 385.8 lbs	Patrick Ardizzone	12/2019

Weight Class: 110 / 242 Male

Division	Deadlift	Name	Date
Open	318.2 kgs / 701.5 lbs	James Jacobs	12/2007
14-15	195.0 kgs / 429.8 lbs	Vinny Chiellini	6/2022
16-17	236.7 kgs / 521.8 lbs	Vinny Chiellini	6/2023
18-19	227.5 kgs / 501.5 lbs	Vinny Chiellini	11/2024
20-24	238.7 kgs / 526.2 lbs	Gabriel Reyes	8/2006
30-34	306.1 kgs / 674.8 lbs	Steven Pruit	6/2022
35-39	238.0 kgs / 524.6 lbs	Kevin Burns	4/2006
40-44	318.2 kgs / 701.5 lbs	James Jacobs	12/2007
45-49	252.3 kgs / 556.2 lbs	Bill Beekley	6/2005
55-59	231.8 kgs / 511.0 lbs	L. Bucchioni	3/2008
60-64	232.5 kgs / 512.5 lbs	Gerry Guenther	10/2019
65-69	231.33 kgs / 509.9 lbs	Gerry Guenther	6/2024

Weight Class: 125 / 275 Male

Division	Deadlift	Name	Date
Open	330.0 kgs / 727.5 lbs	Ty Evans	6/2018
16-17	204.12 kgs / 450.0 lbs	Vinny Chiellini	6/2024
25-29	205.0 kgs / 451.9 lbs	John Russo	12/2019
30-34	251.74 kgs / 554.9 lbs	Samuel Vaia	12/2023
35-39	330.0 kgs / 727.5 lbs	Ty Evans	6/2018
40-44	330.0 kgs / 727.5 lbs	Ty Evans	10/2019
45-49	295.0 kgs / 650.3 lbs	Tyrone Evans	6/2024
50-54	222.32 kgs / 490.1 lbs	Jorge Acevedo	3/2023
55-59	192.83 kgs / 425.1 lbs	James Allen	3/2023
65-69	244.9 kgs / 539.9 lbs	Richard Cerrato	12/2007
75-79	155.0 kgs / 341.7 lbs	Jim Jarboe	7/2021
80-84	145.15 kgs / 319.9 lbs	Jim Jarboe	6/2024

Weight Class: 140 / 308 Male

Division	Deadlift	Name	Date
Open	345.0 kgs / 760.5 lbs	Scott Weech	12/2006
18-19	277.5 kgs / 611.7 lbs	Joseph Roth	8/2019
20-24	345.0 kgs / 760.5 lbs	Scott Weech	12/2006
30-34	317.5 kgs / 699.9 lbs	Allen Gibson	12/2019
40-44	272.5 kgs / 600.7 lbs	Vincent Smith	8/2006
45-49	261.4 kgs / 576.2 lbs	Brian Kissel	12/2007

Police/Fire/Mil	272.5 kgs / 600.7 lbs	Vincent Smith	8/2006
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Unknown Class: SHW Male

Division	Deadlift	Name	Date
Open	352.3 kgs / 776.6 lbs	Beau Moore	8/2006
16-17	218.2 kgs / 481.0 lbs	Anthony DiBiase	3/2008
18-19	288.7 kgs / 636.4 lbs	Cody Yager	7/2007
20-24	318.2 kgs / 701.5 lbs	Cody Yager	12/2007
25-29	205.0 kgs / 451.9 lbs	Mychal Johnson	8/2018
30-34	251.7 kgs / 554.8 lbs	Michael Pakula	6/2023
35-39	274.4 kgs / 604.9 lbs	Jesse Foster	6/2023
40-44	352.3 kgs / 776.6 lbs	Beau Moore	8/2006
45-49	327.5 kgs / 722.0 lbs	Raymond Hodges	6/2024