



IDAHO STATE BENCH RECORDS

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12/5/2024

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	86.1 kgs / 189.8 lbs	Teresa Thompson	6/2022
30-34	86.1 kgs / 189.8 lbs	Teresa Thompson	6/2022

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	92.9 kgs / 204.8 lbs	Wyatt Cook	6/2022
16-17	92.9 kgs / 204.8 lbs	Wyatt Cook	6/2022
25-29	43.0 kgs / 94.7 lbs	Ryan Sweeney	10/2020
30-34	42.5 kgs / 93.6 lbs	Ryan Sweeney	11/2022
Handicapped	43.0 kgs / 94.7 lbs	Ryan Sweeney	10/2020

Weight Class: 75 / 165 Male			
Division	Bench Press	Name	Date
Open	97.5 kgs / 214.9 lbs	Austin Crea	6/2022
16-17	97.5 kgs / 214.9 lbs	Austin Crea	6/2022
30-34	57.5 kgs / 126.7 lbs	Ryan Sweeney	11/2024
Handicapped	57.5 kgs / 126.7 lbs	Ryan Sweeney	11/2024

Weight Class: 82.5 / 181 Male			
Division	Bench Press	Name	Date
Open	125.0 kgs / 275.5 lbs	Adam Carpenter	3/2014
18-19	125.0 kgs / 275.5 lbs	Adam Carpenter	3/2014

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Date
Open	108.8 kgs / 239.8 lbs	David Atwood	6/2022
55-59	108.8 kgs / 239.8 lbs	David Atwood	6/2022

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	158.7 kgs / 349.8 lbs	Connor Wood	6/2022
20-24	158.7 kgs / 349.8 lbs	Connor Wood	6/2022