



## CALIFORNIA STATE POWERLIFTING RECORDS

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1/19/2025

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

Division	Squat	Bench Press	Deadlift	Total
Open	107.5 kgs / 236.9 lbs Savi Win 6/2024	80.0 kgs / 176.3 lbs Michelle Watts	132.5 kgs / 292.1 lbs Savi Win 6/2024	307.5 kgs / 677.9 lbs Michelle Watts
25-29	107.5 kgs / 236.9 lbs Savi Win 6/2024	47.5 kgs / 104.7 lbs Savi Win 6/2024	132.5 kgs / 292.1 lbs Savi Win 6/2024	287.5 kgs / 633.8 lbs Savi Win 6/2024

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

Division	Squat	Bench Press	Deadlift	Total
Open	100.0 kgs / 220.4 lbs Tonya Hart	65.0 kgs / 143.2 lbs Tonya Hart	115.0 kgs / 253.5 lbs Tonya Hart	280.0 kgs / 617.2 lbs Tonya Hart

### Weight Class: 90+ / 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	125.5 kgs / 276.6 lbs Lisa Quevedo 10/2013	125.5 kgs / 276.6 lbs Lisa Quevedo 10/2013	175.0 kgs / 385.8 lbs Lisa Quevedo 10/2013	420.0 kgs / 925.9 lbs Lisa Quevedo 10/2013
20-24	125.5 kgs / 276.6 lbs Lisa Quevedo 10/2013	125.5 kgs / 276.6 lbs Lisa Quevedo 10/2013	175.0 kgs / 385.8 lbs Lisa Quevedo 10/2013	420.0 kgs / 925.9 lbs Lisa Quevedo 10/2013
50-54	105.0 kgs / 231.4 lbs Michelle Zimmerman 10/2013	55.0 kgs / 121.2 lbs Michelle Zimmerman 10/2013	137.5 kgs / 303.1 lbs Michelle Zimmerman 10/2013	297.5 kgs / 655.8 lbs Michelle Zimmerman 10/2013

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

Division	Squat	Bench Press	Deadlift	Total
Open	97.5 kgs / 214.9 lbs Daniel Matson 6/2013	70.0 kgs / 154.3 lbs Daniel Matson 6/2013	142.5 kgs / 314.1 lbs Daniel Matson 6/2013	310.0 kgs / 683.4 lbs Daniel Matson 6/2013
18-19	97.5 kgs / 214.9 lbs Daniel Matson 6/2013	70.0 kgs / 154.3 lbs Daniel Matson 6/2013	142.5 kgs / 314.1 lbs Daniel Matson 6/2013	310.0 kgs / 683.4 lbs Daniel Matson 6/2013
50-54	50.0 kgs / 110.2 lbs S Lawrence	41.0 kgs / 90.3 lbs S Lawrence	93.0 kgs / 205.0 lbs S Lawrence	183.5 kgs / 404.5 lbs S Lawrence
65-69	62.5 kgs / 137.7 lbs Salvatore Morabito 10/2009	67.5 kgs / 148.8 lbs Salvatore Morabito 10/2009	125.0 kgs / 275.5 lbs Salvatore Morabito 10/2009	240.0 kgs / 529.1 lbs Salvatore Morabito 10/2009

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

Division	Squat	Bench Press	Deadlift	Total
Open	137.5 kgs / 303.1 lbs Jerry Moylan	90.0 kgs / 198.4 lbs Jerry Moylan	180.0 kgs / 396.8 lbs Jerry Moylan	407.5 kgs / 898.3 lbs Jerry Moylan

55-59	137.5 kgs / 303.1 lbs Jerry Moylan	90.0 kgs / 198.4 lbs Jerry Moylan	180.0 kgs / 396.8 lbs Jerry Moylan	407.5 kgs / 898.3 lbs Jerry Moylan
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**Weight Class: 75 / 165 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
<b>Open</b>	<b>202.5 kgs / 446.4 lbs</b> <b>Bob Yamasaki 10/2013</b>	<b>157.5 kgs / 347.2 lbs</b> <b>Ravy Phoun 10/2013</b>	<b>242.5 kgs / 534.6 lbs</b> <b>Ravy Phoun 10/2013</b>	<b>597.5 kgs / 1317.2 lbs</b> <b>Ravy Phoun 10/2013</b>
16-17	116.0 kgs / 255.7 lbs Simon McKee	93.5 kgs / 206.1 lbs Simon McKee	167.5 kgs / 369.2 lbs Simon McKee	377.5 kgs / 832.2 lbs Simon McKee
20-24	142.5 kgs / 314.1 lbs Kevin Dong 3/2014	112.5 kgs / 248.0 lbs Kevin Dong 3/2014	207.5 kgs / 457.4 lbs Kevin Dong 3/2014	462.5 kgs / 1019.6 lbs Kevin Dong 3/2014
25-29	160.0 kgs / 352.7 lbs Carl Munoz	118.5 kgs / 261.2 lbs Carl Munoz	205.0 kgs / 451.9 lbs Carl Munoz	483.5 kgs / 1065.9 lbs Carl Munoz
40-44	152.5 kgs / 336.2 lbs John Wong 11/2024	120.0 kgs / 264.5 lbs John Wong 11/2024	197.5 kgs / 435.4 lbs John Wong 1/2025	465.0 kgs / 1025.1 lbs John Wong 11/2024
55-59	192.5 kgs / 424.3 lbs Bob Yamasaki 10/2012	120.0 kgs / 264.5 lbs Bob Yamasaki 10/2012	232.5 kgs / 512.5 lbs Bob Yamasaki 10/2012	543.5 kgs / 1198.2 lbs Bob Yamasaki
60-64	202.5 kgs / 446.4 lbs Bob Yamasaki 10/2013	115.0 kgs / 253.5 lbs Bob Yamasaki	237.5 kgs / 523.5 lbs Bob Yamasaki 10/2013	550.0 kgs / 1212.5 lbs Bob Yamasaki 10/2013
75-79	125.0 kgs / 275.5 lbs Robert Cortes 2009	87.5 kgs / 192.9 lbs Robert Cortes 2009	170.0 kgs / 374.7 lbs Robert Cortes 2009	382.5 kgs / 843.2 lbs Robert Cortes 2009

**Weight Class: 82.5 / 181 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
<b>Open</b>	<b>185.0 kgs / 407.8 lbs</b> <b>B Nepoomuenco</b>	<b>135.0 kgs / 297.6 lbs</b> <b>B Nepoomuenco</b>	<b>242.5 kgs / 534.6 lbs</b> <b>B Nepoomuenco</b>	<b>563.5 kgs / 1242.2 lbs</b> <b>B Nepoomuenco</b>
25-29	185.0 kgs / 407.8 lbs B Nepoomuenco	135.0 kgs / 297.6 lbs B Nepoomuenco	242.5 kgs / 534.6 lbs B Nepoomuenco	563.5 kgs / 1242.2 lbs B Nepoomuenco
40-44	157.5 kgs / 347.2 lbs John Wong 12/2024	102.5 kgs / 225.9 lbs John Wong 12/2024	200.0 kgs / 440.9 lbs John Wong 12/2024	457.5 kgs / 1008.6 lbs John Wong 12/2024
75-79	70.0 kgs / 154.3 lbs Mike Kane 4/2016	97.5 kgs / 214.9 lbs Mike Kane 4/2016	97.5 kgs / 214.9 lbs Mike Kane 4/2016	265.0 kgs / 584.2 lbs Mike Kane 4/2016

**Weight Class: 90 / 198 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
<b>Open</b>	<b>217.5 kgs / 479.5 lbs</b> <b>Chris Gallick 10/2011</b>	<b>160.0 kgs / 352.7 lbs</b> <b>Chris Gallick 10/2011</b>	<b>260.0 kgs / 573.1 lbs</b> <b>Chris Gallick 10/2011</b>	<b>656.0 kgs / 1446.2 lbs</b> <b>Chris Gallick 10/2011</b>
18-19	135.0 kgs / 297.6 lbs Jimmy Pharm 3/2014	102.5 kgs / 225.9 lbs Jimmy Pharm 3/2014	162.5 kgs / 358.2 lbs Jimmy Pharm 3/2014	392.5 kgs / 865.3 lbs Jimmy Pharm 3/2014
20-24	167.5 kgs / 369.2 lbs John Wright 6/2014	117.5 kgs / 259.0 lbs John Wright 6/2014	175.0 kgs / 385.8 lbs John Wright 6/2014	460.0 kgs / 1014.1 lbs John Wright 6/2014
30-34	217.5 kgs / 479.5 lbs Chris Gallick 10/2011	160.0 kgs / 352.7 lbs Chris Gallick 10/2011	260.0 kgs / 573.1 lbs Chris Gallick 10/2011	656.0 kgs / 1446.2 lbs Chris Gallick 10/2011
55-59	127.5 kgs / 281.0 lbs Raymond Cavileer 10/2011	92.5 kgs / 203.9 lbs Raymond Cavileer 10/2011	170.0 kgs / 374.7 lbs Raymond Cavileer 10/2011	390.0 kgs / 859.7 lbs Raymond Cavileer 10/2011

**Weight Class: 100 / 220 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
<b>Open</b>	<b>250.0 kgs / 551.1 lbs</b> <b>Jeremy Layport 6/2014</b>	<b>207.5 kgs / 457.4 lbs</b> <b>Sean Flanagan 3/2014</b>	<b>262.5 kgs / 578.7 lbs</b> <b>Sean Flanagan 11/2014</b>	<b>690.0 kgs / 1521.1 lbs</b> <b>Jeremy Layport 6/2014</b>

12-13	155.0 kgs / 341.7 lbs Antonio Santillan 4/2016	117.5 kgs / 259.0 lbs Antonio Santillan 4/2016	168.0 kgs / 370.3 lbs Antonio Santillan 4/2016	435.5 kgs / 960.1 lbs Antonio Santillan 4/2016
14-15	92.5 kgs / 203.9 lbs S Lassabecrow	62.5 kgs / 137.7 lbs S Lassabecrow	147.5 kgs / 325.1 lbs S Lassabecrow	302.5 kgs / 666.8 lbs S Lassabecrow
18-19	183.5 kgs / 404.5 lbs T Peterson	143.0 kgs / 315.2 lbs T Peterson	259.0 kgs / 570.9 lbs T Peterson	586.0 kgs / 1291.8 lbs T Peterson
30-34	250.0 kgs / 551.1 lbs Jeremy Layport 6/2014	180.0 kgs / 396.8 lbs Jeremy Layport 6/2014	260.0 kgs / 573.1 lbs Jeremy Layport 6/2014	690.0 kgs / 1521.1 lbs Jeremy Layport 6/2014
35-39	225.0 kgs / 496.0 lbs Sean Flanagan 3/2014	207.5 kgs / 457.4 lbs Sean Flanagan 3/2014	250.0 kgs / 551.1 lbs Sean Flanagan 3/2014	682.5 kgs / 1504.6 lbs Sean Flanagan 3/2014
Police/Fire/Mil	225.0 kgs / 496.0 lbs Sean Flanagan 3/2014	207.5 kgs / 457.4 lbs Sean Flanagan 3/2014	262.5 kgs / 578.7 lbs Sean Flanagan 11/2014	682.5 kgs / 1504.6 lbs Sean Flanagan 3/2014

**Weight Class: 110 / 242 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	<b>202.5 kgs / 446.4 lbs</b> <b>John Johnson</b>	<b>170.0 kgs / 374.7 lbs</b> <b>Glen Tenove 6/2017</b>	<b>205.0 kgs / 451.9 lbs</b> <b>John Johnson</b>	<b>571.0 kgs / 1258.8 lbs</b> <b>John Johnson</b>
45-49	202.5 kgs / 446.4 lbs John Johnson	162.5 kgs / 358.2 lbs John Johnson	205.0 kgs / 451.9 lbs John Johnson	571.0 kgs / 1258.8 lbs John Johnson
60-64	100.0 kgs / 220.4 lbs Glen Tenove 6/2017	170.0 kgs / 374.7 lbs Glen Tenove 6/2017	182.5 kgs / 402.3 lbs Glen Tenove 6/2017	452.5 kgs / 997.5 lbs Glen Tenove 6/2017

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

Division	Squat	Bench Press	Deadlift	Total
Open	<b>230.0 kgs / 507.0 lbs</b> <b>Jimmy Doyle</b>	<b>195.0 kgs / 429.8 lbs</b> <b>Glen Tenove 6/2016</b>	<b>275.0 kgs / 606.2 lbs</b> <b>Jimmy Doyle</b>	<b>664.0 kgs / 1463.8 lbs</b> <b>Jimmy Doyle</b>
18-19	227.5 kgs / 501.5 lbs Max McKee	113.5 kgs / 250.2 lbs Max McKee	234.0 kgs / 515.8 lbs Max McKee	575.0 kgs / 1267.6 lbs Max McKee
20-24	230.0 kgs / 507.0 lbs Jimmy Doyle	157.5 kgs / 347.2 lbs Jimmy Doyle	275.0 kgs / 606.2 lbs Jimmy Doyle	664.0 kgs / 1463.8 lbs Jimmy Doyle
35-39	225.0 kgs / 496.0 lbs Elton Hart	175.0 kgs / 385.8 lbs Elton Hart	240.0 kgs / 529.1 lbs Elton Hart	664.0 kgs / 1463.8 lbs Elton Hart
45-49	162.5 kgs / 358.2 lbs Josh Hedgecock 10/2017	137.5 kgs / 303.1 lbs Josh Hedgecock 10/2017	187.5 kgs / 413.3 lbs Josh Hedgecock 10/2017	487.5 kgs / 1074.7 lbs Josh Hedgecock 10/2017
60-64	140.0 kgs / 308.6 lbs Glen Tenove 6/2016	195.0 kgs / 429.8 lbs Glen Tenove 6/2016	195.0 kgs / 429.8 lbs Glen Tenove 6/2016	530.0 kgs / 1168.4 lbs Glen Tenove 6/2016

**Weight Class: 140 / 308 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	<b>120.0 kgs / 264.5 lbs</b> <b>Glen Tenove 4/2016</b>	<b>207.5 kgs / 457.4 lbs</b> <b>Glen Tenove 4/2016</b>	<b>182.5 kgs / 402.3 lbs</b> <b>Glen Tenove 4/2016</b>	<b>510.0 kgs / 1124.3 lbs</b> <b>Glen Tenove 4/2016</b>
60-64	120.0 kgs / 264.5 lbs Glen Tenove 4/2016	207.5 kgs / 457.4 lbs Glen Tenove 4/2016	182.5 kgs / 402.3 lbs Glen Tenove 4/2016	510.0 kgs / 1124.3 lbs Glen Tenove 4/2016