



OHIO STATE BENCH RECORDS

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3/22/2025

| Weight Class: 35 / 77 Female | | | |
|------------------------------|---------------------|----------------|---------|
| Division | Bench Press | Name | Date |
| Open | 20.0 kgs / 44.0 lbs | Noelle Persons | 12/2022 |
| 12-13 | 20.0 kgs / 44.0 lbs | Noelle Persons | 12/2022 |

| Weight Class: 48 / 105 Female | | | |
|-------------------------------|----------------------|-------------------|---------|
| Division | Bench Press | Name | Date |
| Open | 56.7 kgs / 125.0 lbs | Theresa Gill | 3/2007 |
| 12-13 | 32.5 kgs / 71.6 lbs | Alexandra Telatko | 12/2018 |
| 50-54 | 56.7 kgs / 125.0 lbs | Theresa Gill | 3/2007 |

| Weight Class: 52 / 114 Female | | | |
|-------------------------------|---------------------|-------------------|---------|
| Division | Bench Press | Name | Date |
| Open | 37.5 kgs / 82.6 lbs | Alexandra Telatko | 4/2019 |
| 12-13 | 37.5 kgs / 82.6 lbs | Alexandra Telatko | 4/2019 |
| 50-54 | 35.0 kgs / 77.1 lbs | Alaine Annerino | 10/2011 |
| 70-74 | 30.0 kgs / 66.1 lbs | Janet Bauer | 12/2019 |

| Weight Class: 56 / 123 Female | | | |
|-------------------------------|----------------------|--------------------|---------|
| Division | Bench Press | Name | Date |
| Open | 52.5 kgs / 115.7 lbs | Lisa Herbert | 4/2013 |
| 16-17 | 32.5 kgs / 71.6 lbs | Maria Hunchuck | 12/2018 |
| 20-24 | 47.5 kgs / 104.7 lbs | Jessica Rucker | 12/2016 |
| 40-44 | 52.5 kgs / 115.7 lbs | Lisa Herbert | 4/2013 |
| 45-49 | 50.0 kgs / 110.2 lbs | Lacretta Incorvaia | 12/2019 |
| 50-54 | 45.0 kgs / 99.2 lbs | Denise Jaffe | 10/2015 |
| 70-74 | 25.0 kgs / 55.1 lbs | Janet Bauer | 10/2017 |

| Weight Class: 60 / 132 Female | | | |
|-------------------------------|----------------------|------------------|---------|
| Division | Bench Press | Name | Date |
| Open | 65.0 kgs / 143.2 lbs | Elizabeth Brower | 6/2017 |
| 12-13 | 27.5 kgs / 60.6 lbs | Jenna Henkel | 4/2011 |
| 16-17 | 35.0 kgs / 77.1 lbs | Madison Jaffe | 4/2014 |
| 20-24 | 32.5 kgs / 71.6 lbs | Ashlyn Croak | 12/2023 |
| 25-29 | 62.5 kgs / 137.7 lbs | Kelsey Capecci | 12/2018 |
| 30-34 | 65.0 kgs / 143.2 lbs | Elizabeth Brower | 6/2017 |
| 35-39 | 56.7 kgs / 125.0 lbs | Teresa Monoford | 6/2005 |
| 50-54 | 57.5 kgs / 126.7 lbs | Karen Walsh | 4/2017 |
| Police/Fire/Mil | 54.4 kgs / 119.9 lbs | Gina Shubeta | |

| Weight Class: 67.5 / 148 Female | | | |
|--|-----------------------------|---------------------|----------------|
| Division | Bench Press | Name | Date |
| Open | 75.0 kgs / 165.3 lbs | Maggie Moore | 12/2016 |
| 12-13 | 45.0 kgs / 99.2 lbs | Alexandra Telatko | 12/2019 |
| 16-17 | 75.0 kgs / 165.3 lbs | Maggie Moore | 12/2016 |
| 20-24 | 67.5 kgs / 148.8 lbs | Carmen Jolliff | 12/2017 |
| 25-29 | 70.0 kgs / 154.3 lbs | Michelle Wurschmidt | 6/2017 |
| 30-34 | 55.0 kgs / 121.2 lbs | Katherine Drotleff | 12/2017 |
| 35-39 | 60.0 kgs / 132.2 lbs | Elizabeth Brower | 12/2019 |
| 40-44 | 65.0 kgs / 143.2 lbs | Meghan Wallace | 4/2021 |
| 45-49 | 32.5 kgs / 71.6 lbs | Darby Colian | 6/2018 |
| 50-54 | 45.5 kgs / 100.3 lbs | Kim Hudson | 6/2019 |
| 55-59 | 68.5 kgs / 151.0 lbs | Karen Walsh | 4/2022 |
| 60-64 | 50.0 kgs / 110.2 lbs | Susan Shofner | 4/2017 |
| 65-69 | 50.0 kgs / 110.2 lbs | Susan Shofner | 12/2019 |
| 70-74 | 45.5 kgs / 100.3 lbs | Tonnie Alliance | 10/2016 |
| Police/Fire/Mil | 61.2 kgs / 134.9 lbs | Quincy Copeland | 12/2009 |

| Weight Class: 75 / 165 Female | | | |
|--------------------------------------|-----------------------------|---------------------|----------------|
| Division | Bench Press | Name | Date |
| Open | 72.5 kgs / 159.8 lbs | Jesa Jenkins | 10/2016 |
| 10-11 | 47.5 kgs / 104.7 lbs | Samantha Davis | 4/2017 |
| 25-29 | 72.5 kgs / 159.8 lbs | Jesa Jenkins | 10/2016 |
| 30-34 | 72.5 kgs / 159.8 lbs | Sarah Beech | 12/2024 |
| 35-39 | 70.0 kgs / 154.3 lbs | Sarah Beech | 3/2025 |
| 40-44 | 55.0 kgs / 121.2 lbs | Eileen Mole | 12/2023 |
| 45-49 | 55.0 kgs / 121.2 lbs | Lisa Herbert | 12/2016 |
| 65-69 | 60.0 kgs / 132.2 lbs | Susan Shofner | 4/2022 |
| 70-74 | 60.0 kgs / 132.2 lbs | Susan Shofner | 12/2024 |
| Police/Fire/Mil | 65.0 kgs / 143.2 lbs | Maggie Hobson | 12/2016 |

| Weight Class: 82.5 / 181 Female | | | |
|--|-----------------------------|-------------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 87.5 kgs / 192.9 lbs | Patricia Rusinek | 4/2011 |
| 14-15 | 70.0 kgs / 154.3 lbs | Shelby Taylor | 4/2017 |
| 16-17 | 67.5 kgs / 148.8 lbs | Shelby Taylor | 4/2018 |
| 18-19 | 75.0 kgs / 165.3 lbs | Anna Knapski | 8/2010 |
| 25-29 | 60.0 kgs / 132.2 lbs | Stephanie Cruz | 3/2018 |
| 35-39 | 52.5 kgs / 115.7 lbs | Nichole Gear | 12/2018 |
| 45-49 | 87.5 kgs / 192.9 lbs | Patricia Rusinek | 4/2011 |

| Weight Class: 90 / 198 Female | | | |
|--------------------------------------|-----------------------------|------------------------|----------------|
| Division | Bench Press | Name | Date |
| Open | 77.1 kgs / 169.9 lbs | Kathy Wetenhall | 10/2008 |
| 16-17 | 72.5 kgs / 159.8 lbs | Shelby Taylor | 12/2018 |
| 18-19 | 72.5 kgs / 159.8 lbs | Shelby Taylor | 6/2021 |
| 20-24 | 72.5 kgs / 159.8 lbs | Shelby Taylor | 10/2021 |
| 35-39 | 72.5 kgs / 159.8 lbs | Heather Moyers | 10/2012 |
| 55-59 | 77.1 kgs / 169.9 lbs | Kathy Wetenhall | 10/2008 |

| Weight Class: 90+ / 198+ Female | | | |
|--|------------------------------|-----------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 100.0 kgs / 220.4 lbs | Samantha Davis | 4/2021 |
| 14-15 | 100.0 kgs / 220.4 lbs | Samantha Davis | 4/2021 |
| 18-19 | 77.5 kgs / 170.8 lbs | Shelby Taylor | 12/2019 |
| 25-29 | 72.5 kgs / 159.8 lbs | Erin Scott | 12/2023 |
| 30-34 | 60.0 kgs / 132.2 lbs | Alanna Ginley | 12/2017 |
| 35-39 | 82.5 kgs / 181.8 lbs | Sarah Mays | 12/2019 |
| 40-44 | 60.0 kgs / 132.2 lbs | Jamie Harris | 10/2017 |
| 60-64 | 40.0 kgs / 88.1 lbs | Katy Beyerle | 4/2021 |

| Weight Class: 48 / 105 Male | | | |
|------------------------------------|-----------------------------|------------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 62.5 kgs / 137.7 lbs | Kasey Stryffler | 3/2025 |
| 10-11 | 47.6 kgs / 104.9 lbs | Anthony McCloskey | 5/2000 |
| 12-13 | 49.9 kgs / 110.0 lbs | Michael Welcheck | 5/2000 |
| 14-15 | 62.5 kgs / 137.7 lbs | Kasey Stryffler | 3/2025 |

| Weight Class: 52 / 114 Male | | | |
|------------------------------------|-----------------------------|---------------------|----------------|
| Division | Bench Press | Name | Date |
| Open | 77.1 kgs / 169.9 lbs | Nick Birchak | 12/2000 |
| 8-9 | 35.0 kgs / 77.1 lbs | Aeden Begue | 10/2011 |
| 12-13 | 43.1 kgs / 95.0 lbs | Michael Gagnon | 10/2008 |
| 14-15 | 77.1 kgs / 169.9 lbs | Nick Birchak | 12/2000 |
| 20-24 | 55.0 kgs / 121.2 lbs | Richard Groff | 8/2010 |
| 45-49 | 74.8 kgs / 164.9 lbs | Steve Birchak | 2/1999 |
| Spec. Oly. | 32.5 kgs / 71.6 lbs | Charlie Sanders | 8/2010 |

| Weight Class: 56 / 123 Male | | | |
|------------------------------------|------------------------------|--------------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 122.5 kgs / 270.0 lbs | Justin Longstreet | 8/2012 |
| 12-13 | 63.5 kgs / 139.9 lbs | Michael Welcheck | |
| 14-15 | 97.5 kgs / 214.9 lbs | Ryan Horne | 2002 |
| 20-24 | 122.5 kgs / 270.0 lbs | Justin Longstreet | 8/2012 |
| 35-39 | 65.0 kgs / 143.2 lbs | Donald Langenbach | 11/2024 |
| 55-59 | 95.2 kgs / 209.8 lbs | Robert Gill | 3/2007 |

| Weight Class: 60 / 132 Male | | | |
|------------------------------------|------------------------------|-----------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 107.4 kgs / 236.7 lbs | Lonnie Gilbert | 4/2011 |
| 12-13 | 55.0 kgs / 121.2 lbs | Brady Croak | 12/2023 |
| 14-15 | 98.0 kgs / 216.0 lbs | Logan Dallas | 8/2010 |
| 16-17 | 91.0 kgs / 200.6 lbs | Michael Gagnon | 10/2011 |
| 18-19 | 107.4 kgs / 236.7 lbs | Lonnie Gilbert | 4/2011 |
| 20-24 | 90.0 kgs / 198.4 lbs | Jonathan Versiackas | 4/2012 |
| 25-29 | 60.0 kgs / 132.2 lbs | Chad Lautzenheiser | 6/2023 |
| 45-49 | 99.8 kgs / 220.0 lbs | Jay Helms | 12/2009 |

| Weight Class: 67.5 / 148 Male | | | |
|--------------------------------------|------------------------------|-------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 140.0 kgs / 308.6 lbs | Garry Fink | 4/2011 |
| 12-13 | 70.0 kgs / 154.3 lbs | Boston Mulinix | 12/2019 |
| 14-15 | 117.5 kgs / 259.0 lbs | Logan Dallas | 11/2011 |
| 16-17 | 122.5 kgs / 270.0 lbs | Logan Dallas | 4/2012 |
| 18-19 | 120.0 kgs / 264.5 lbs | James Reeves | 4/2012 |
| 20-24 | 115.0 kgs / 253.5 lbs | Patrick Jung | 12/2013 |
| 30-34 | 45.0 kgs / 99.2 lbs | Ryan Sweeney | 3/2024 |
| 35-39 | 132.5 kgs / 292.1 lbs | Steve Gahn | 10/2015 |
| 40-44 | 113.4 kgs / 250.0 lbs | Willis McCoy | 4/2010 |
| 50-54 | 131.5 kgs / 289.9 lbs | Larry Miller | 12/2009 |
| 70-74 | 77.5 kgs / 170.8 lbs | Larry Edwards | 10/2021 |
| Handicapped | 45.0 kgs / 99.2 lbs | Ryan Sweeney | 3/2024 |

| Weight Class: 75 / 165 Male | | | |
|------------------------------------|------------------------------|-------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 149.9 kgs / 330.4 lbs | Garry Fink | 4/2012 |
| 14-15 | 102.5 kgs / 225.9 lbs | Drake Stryffeler | 3/2025 |
| 16-17 | 131.5 kgs / 289.9 lbs | Brad Bennett | 10/2008 |
| 18-19 | 112.5 kgs / 248.0 lbs | Cole Gavin | 6/2017 |
| 20-24 | 140.0 kgs / 308.6 lbs | Kaine Boudreau | 4/2016 |
| 25-29 | 142.5 kgs / 314.1 lbs | Brett Boretsky | 12/2016 |
| 35-39 | 110.0 kgs / 242.5 lbs | Thomas Smiley | 6/2022 |
| 40-44 | 145.0 kgs / 319.6 lbs | Matyas Kovach | 3/2025 |
| 45-49 | 136.1 kgs / 300.0 lbs | David See | 12/2009 |
| 60-64 | 87.5 kgs / 192.9 lbs | Donald Piazza | 4/2016 |
| 65-69 | 77.5 kgs / 170.8 lbs | Larry Edward | 12/2019 |
| 70-74 | 77.5 kgs / 170.8 lbs | Larry Edwards | 4/2022 |

| Weight Class: 82.5 / 181 Male | | | |
|--------------------------------------|------------------------------|----------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 187.5 kgs / 413.3 lbs | Lloyd Summers | 6/2015 |
| 14-15 | 110.0 kgs / 242.5 lbs | Gavin Marshall | 3/2025 |
| 18-19 | 170.0 kgs / 374.7 lbs | Evan Miller | |
| 20-24 | 140.0 kgs / 308.6 lbs | Jeff Hanselman | 4/2014 |
| 25-29 | 132.5 kgs / 292.1 lbs | Keith Schneider | 3/2018 |
| 30-34 | 178.0 kgs / 392.4 lbs | Lloyd Summers | 3/2015 |
| 35-39 | 135.0 kgs / 297.6 lbs | Alan Stiver | 12/2018 |
| 40-44 | 170.9 kgs / 376.7 lbs | Tom Gavin | 11/2008 |
| 45-49 | 122.5 kgs / 270.0 lbs | Timo Quintana | 4/2019 |
| 50-54 | 122.5 kgs / 270.0 lbs | Timo Quintana | 4/2022 |
| 70-74 | 102.5 kgs / 225.9 lbs | Bob Nicholas | 6/2018 |
| 75-79 | 97.5 kgs / 214.9 lbs | Robert Nichols | 10/2018 |
| 80-84 | 90.0 kgs / 198.4 lbs | Bob Nicholas | 12/2023 |
| Police/Fire/Mil | 125.0 kgs / 275.5 lbs | Brian Persons | 12/2017 |

| Weight Class: 90 / 198 Male | | | |
|------------------------------------|------------------------------|---------------------|---------------|
| Division | Bench Press | Name | Date |
| Open | 191.9 kgs / 423.0 lbs | Mike McHargh | 4/2010 |

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|-----------------|-----------------------|-----------------|---------|
| 14-15 | 132.5 kgs / 292.1 lbs | Max Cooper | 6/2015 |
| 16-17 | 149.7 kgs / 330.0 lbs | David Schmitz | 12/2001 |
| 20-24 | 188.2 kgs / 414.9 lbs | Robert Samsa | 7/2007 |
| 25-29 | 165.0 kgs / 363.7 lbs | Daniel Hall | 4/2012 |
| 30-34 | 155.0 kgs / 341.7 lbs | Eric Schodowski | 4/2017 |
| 35-39 | 188.2 kgs / 414.9 lbs | Don Oliverio | 10/2008 |
| 40-44 | 163.3 kgs / 360.0 lbs | Joey Simpson | 7/2005 |
| 45-49 | 152.5 kgs / 336.2 lbs | Joe Denger | 6/2017 |
| 50-54 | 112.5 kgs / 248.0 lbs | Timo Quintana | 12/2024 |
| 55-59 | 135.0 kgs / 297.6 lbs | Dave Talbert | 10/2017 |
| 60-64 | 125.5 kgs / 276.6 lbs | David Patrick | 11/2021 |
| 65-69 | 125.0 kgs / 275.5 lbs | David Patrick | 12/2022 |
| 70-74 | 107.5 kgs / 236.9 lbs | Bob Nicholas | 4/2014 |
| 75-79 | 98.0 kgs / 216.0 lbs | Bob Nicholas | 6/2019 |
| Police/Fire/Mil | 188.2 kgs / 414.9 lbs | Don Oliverio | 10/2008 |

Weight Class: 100 / 220 Male

| Division | Bench Press | Name | Date |
|-----------------|------------------------------|-------------------------|----------------|
| Open | 215.0 kgs / 473.9 lbs | Stephen Ashcraft | 12/2013 |
| 14-15 | 142.5 kgs / 314.1 lbs | Athan Parker | 6/2021 |
| 16-17 | 142.5 kgs / 314.1 lbs | Jake Narvet | 6/2018 |
| 18-19 | 125.0 kgs / 275.5 lbs | Samuel Palumbo | 6/2023 |
| 20-24 | 199.6 kgs / 440.0 lbs | Robert Samsa | 12/2007 |
| 25-29 | 162.5 kgs / 358.2 lbs | Dan Fosselman | 4/2014 |
| 30-34 | 165.0 kgs / 363.7 lbs | Maximillian Zart | 4/2019 |
| 35-39 | 205.0 kgs / 451.9 lbs | Mike McHargh | 4/2012 |
| 40-44 | 175.0 kgs / 385.8 lbs | Paul Sundy | 4/2012 |
| 45-49 | 152.5 kgs / 336.2 lbs | Alan Berry | 8/2010 |
| 50-54 | 177.5 kgs / 391.3 lbs | David Earls | 7/2012 |
| 55-59 | 182.5 kgs / 402.3 lbs | Timothy Day | 4/2011 |
| 60-64 | 182.5 kgs / 402.3 lbs | Timothy Day | 6/2016 |
| 65-69 | 144.9 kgs / 319.4 lbs | Gary Fogle | 4/2011 |
| 75-79 | 113.4 kgs / 250.0 lbs | Raymond Bernabe | 4/2010 |
| Police/Fire/Mil | 156.5 kgs / 345.0 lbs | Kevin Goolsby | 10/2008 |

Weight Class: 110 / 242 Male

| Division | Bench Press | Name | Date |
|-------------|------------------------------|---------------------|---------------|
| Open | 205.0 kgs / 451.9 lbs | Mike McHargh | 6/2015 |
| 10-11 | 52.1 kgs / 114.8 lbs | Derrick McGarvey | |
| 14-15 | 122.5 kgs / 270.0 lbs | Andrew Flesher | 4/2022 |
| 16-17 | 142.9 kgs / 315.0 lbs | Michael Hounshell | 3/2008 |
| 18-19 | 149.7 kgs / 330.0 lbs | Eddie Smith | 3/2008 |
| 20-24 | 167.4 kgs / 369.0 lbs | Dennis Bruce | 4/2012 |
| 25-29 | 175.0 kgs / 385.8 lbs | Alexander Arnold | 12/2022 |
| 30-34 | 167.5 kgs / 369.2 lbs | Maximillian Zart | 12/2019 |
| 35-39 | 205.0 kgs / 451.9 lbs | Mike McHargh | 6/2015 |
| 40-44 | 192.4 kgs / 424.1 lbs | Abiodon Freeman | 4/2012 |
| 45-49 | 188.2 kgs / 414.9 lbs | Paul Sundy | 4/2016 |
| 50-54 | 192.4 kgs / 424.1 lbs | Nate Matthews | 4/2013 |
| 55-59 | 192.5 kgs / 424.3 lbs | Tom Mullaney | 2/2018 |

| | | | |
|-----------------|-----------------------|-----------------|---------|
| 60-64 | 192.5 kgs / 424.3 lbs | Nate Matthews | 12/2019 |
| 65-69 | 170.0 kgs / 374.7 lbs | Nate Matthews | 12/2024 |
| 70-74 | 110.0 kgs / 242.5 lbs | Donald Mohre | 12/2019 |
| 75-79 | 122.5 kgs / 270.0 lbs | Russell Combest | 4/2011 |
| 80-84 | 112.5 kgs / 248.0 lbs | Raymond Bernabe | 4/2011 |
| Police/Fire/Mil | 177.5 kgs / 391.3 lbs | Anthony Miranda | 11/2023 |

Weight Class: 125 / 275 Male

| Division | Bench Press | Name | Date |
|-----------------|------------------------------|-----------------------|---------------|
| Open | 227.5 kgs / 501.5 lbs | Steve Thompson | 4/2014 |
| 10-11 | 52.1 kgs / 114.8 lbs | Derrick McGarvey | |
| 14-15 | 107.4 kgs / 236.7 lbs | Bruce Pavlovski | 4/2012 |
| 16-17 | 160.0 kgs / 352.7 lbs | Eric Lorenzen | 4/2014 |
| 18-19 | 172.5 kgs / 380.2 lbs | Eric Boomershine | 6/2013 |
| 20-24 | 110.0 kgs / 242.5 lbs | Wahab Aladwani | 4/2013 |
| 25-29 | 190.25 kgs / 419.4 lbs | John Swearingen | 4/2021 |
| 30-34 | 175.0 kgs / 385.8 lbs | Jonathan Frame | 4/2021 |
| 35-39 | 212.4 kgs / 468.2 lbs | Kevin Robinson | 11/2010 |
| 40-44 | 215.0 kgs / 473.9 lbs | Kevin Robinson | 6/2015 |
| 45-49 | 195.0 kgs / 429.8 lbs | Paul Sundy | 4/2017 |
| 50-54 | 195.5 kgs / 430.9 lbs | Paul Sundy | 6/2019 |
| 55-59 | 200.0 kgs / 440.9 lbs | Jack Daniels | 10/2011 |
| 60-64 | 145.0 kgs / 319.6 lbs | Brad Lovejoy | 6/2021 |
| 65-69 | 105.0 kgs / 231.4 lbs | Brad Lovejoy | 5/2023 |
| Police/Fire/Mil | 192.8 kgs / 425.0 lbs | Jack Daniels | 10/2008 |

Weight Class: 140 / 308 Male

| Division | Bench Press | Name | Date |
|-----------------|------------------------------|------------------------|---------------|
| Open | 220.5 kgs / 486.1 lbs | John Swearingen | 3/2024 |
| 12-13 | 60.1 kgs / 132.4 lbs | Derrick McGarvey | 4/2010 |
| 16-17 | 200.0 kgs / 440.9 lbs | Athan Parker | 12/2023 |
| 25-29 | 213.0 kgs / 469.5 lbs | John Swearingen | 6/2022 |
| 30-34 | 220.5 kgs / 486.1 lbs | John Swearingen | 3/2024 |
| 35-39 | 212.4 kgs / 468.2 lbs | Kevin Robinson | 8/2010 |
| 40-44 | 192.4 kgs / 424.1 lbs | Jim Keeling | 10/2011 |
| 45-49 | 192.5 kgs / 424.3 lbs | Paul Sundy | 10/2017 |
| 50-54 | 197.5 kgs / 435.4 lbs | Paul Sundy | 12/2019 |
| 55-59 | 176.0 kgs / 388.0 lbs | Paul Sundy | 6/2024 |
| 60-64 | 142.5 kgs / 314.1 lbs | Brad Lovejoy | 5/2021 |
| 75-79 | 95.0 kgs / 209.4 lbs | William Williams | 4/2012 |
| Police/Fire/Mil | 195.0 kgs / 429.8 lbs | Todd Bisteda | 10/2008 |

Unknown Class: SHW Male

| Division | Bench Press | Name | Date |
|-------------|------------------------------|----------------------|----------------|
| Open | 250.0 kgs / 551.1 lbs | Marvin Bishop | 10/2011 |
| 16-17 | 122.5 kgs / 270.0 lbs | Troy Vasquez-Atkins | 4/2010 |
| 18-19 | 142.5 kgs / 314.1 lbs | Troy Vasquez-Atkins | 4/2012 |
| 20-24 | 217.5 kgs / 479.5 lbs | Noah Graves | 4/2018 |
| 25-29 | 205.0 kgs / 451.9 lbs | Jacob Kelly | 12/2019 |
| 30-34 | 235.0 kgs / 518.0 lbs | Aaron Morman | 6/2016 |

| | | | |
|-----------------|-----------------------|----------------|---------|
| 35-39 | 247.5 kgs / 545.6 lbs | Wade Likens | 4/2011 |
| 40-44 | 217.5 kgs / 479.5 lbs | Lonnie Atkins | 6/2016 |
| 45-49 | 172.5 kgs / 380.2 lbs | Jeremy Hayes | 4/2021 |
| 50-54 | 174.6 kgs / 384.9 lbs | Jim Wetenhall | 10/2008 |
| 65-69 | 154.2 kgs / 339.9 lbs | James Telljohn | 6/2005 |
| Police/Fire/Mil | 201.8 kgs / 444.8 lbs | Jessie Kosegi | 4/2009 |