



ALASKA STATE BENCH RECORDS

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12/6/2025

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Erin Burges	12/2016
30-34	55.0 kgs / 121.2 lbs	Erin Burges	12/2016

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Gabriella Simmons	11/2025
18-19	50.0 kgs / 110.2 lbs	Gabriella Simmons	11/2025

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	157.5 kgs / 347.2 lbs	James Eidenmiller	2009
50-54	157.5 kgs / 347.2 lbs	James Eidenmiller	2009

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Jedediah Johnson	3/2015
20-24	155.0 kgs / 341.7 lbs	Jedediah Johnson	3/2015