



FLORIDA STATE BENCH RECORDS

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7/2/2026

Weight Class: 30 / 66 Female			
Division	Bench Press	Name	Date
Open	20.0 kgs / 44.0 lbs	Finley Dill	11/2022
6-7	14.51 kgs / 31.9 lbs	Saige Vergara	12/2023
8-9	20.0 kgs / 44.0 lbs	Finley Dill	11/2022
10-11	16.0 kgs / 35.2 lbs	Abigail Pimentel	3/2008

Weight Class: 35 / 77 Female			
Division	Bench Press	Name	Date
Open	30.3 kgs / 66.7 lbs	Ashley Polacek	6/2022
8-9	18.0 kgs / 39.6 lbs	Jessica Lynch	3/2008
10-11	22.7 kgs / 50.0 lbs	Samantha Montgomery	12/2007
12-13	30.3 kgs / 66.7 lbs	Ashley Polacek	6/2022

Weight Class: 40 / 88 Female			
Division	Bench Press	Name	Date
Open	54.4 kgs / 119.9 lbs	Elizabeth Parker	6/2022
8-9	15.88 kgs / 35.0 lbs	Avigayil Lundgren	6/2024
10-11	23.6 kgs / 52.0 lbs	Emma Bilak	3/2023
12-13	32.5 kgs / 71.6 lbs	Ashley Polacek	11/2022
20-24	54.4 kgs / 119.9 lbs	Elizabeth Parker	6/2022
75-79	16.7 kgs / 36.8 lbs	Susan Bohling	6/2022
Handicapped	42.5 kgs / 93.6 lbs	Elizabeth Parker	7/2021

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	38.56 kgs / 85.0 lbs	Ashley Polacek	12/2023
10-11	28.1 kgs / 61.9 lbs	Mia Spragis-McMullen	6/2022
12-13	38.56 kgs / 85.0 lbs	Ashley Polacek	12/2023
14-15	37.5 kgs / 82.6 lbs	Ashley Polacek	3/2024

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	41.73 kgs / 91.9 lbs	Natalie Norcross	6/2024
10-11	30.0 kgs / 66.1 lbs	Emma Bilak	3/2024
12-13	35.0 kgs / 77.1 lbs	Amanda Graham	3/2008
14-15	41.73 kgs / 91.9 lbs	Natalie Norcross	6/2024
50-54	38.56 kgs / 85.0 lbs	Dina Yarborough	10/2025

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	60.0 kgs / 132.2 lbs	Natasha Navarro	5/2016
10-11	27.2 kgs / 59.9 lbs	Madi Hadley	6/2023
12-13	40.82 kgs / 89.9 lbs	Kamryn Davis	12/2023
14-15	40.0 kgs / 88.1 lbs	Natalie Norcross	3/2024
16-17	37.5 kgs / 82.6 lbs	Natalie Norcross	11/2024
20-24	60.0 kgs / 132.2 lbs	Natasha Navarro	5/2016
45-49	55.0 kgs / 121.2 lbs	Kim Roberts	8/2018
60-64	40.0 kgs / 88.1 lbs	Trish Kirkland	12/2018

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	70.5 kgs / 155.4 lbs	Leslie Kutner	3/2008
12-13	32.5 kgs / 71.6 lbs	Samantha Shores	3/2008
14-15	42.5 kgs / 93.6 lbs	Jasmine Touati	5/2025
16-17	63.6 kgs / 140.2 lbs	Leslie Kutner	8/2007
18-19	70.5 kgs / 155.4 lbs	Leslie Kutner	3/2008
40-44	54.5 kgs / 120.1 lbs	Julianne Tomasello	4/2006
45-49	52.5 kgs / 115.7 lbs	Kim Roberts	8/2019
55-59	55.0 kgs / 121.2 lbs	Paula Jager	6/2018
65-69	43.09 kgs / 94.9 lbs	Elisabeth Conner	10/2025

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Kim Roberts	12/2018
14-15	43.2 kgs / 95.2 lbs	Janell Goodwyn	5/2007
16-17	38.6 kgs / 85.0 lbs	Nicole Scardino	8/2007
40-44	47.5 kgs / 104.7 lbs	Galaxia Planchez	6/2024
45-49	57.5 kgs / 126.7 lbs	Kim Roberts	12/2018
50-54	50.0 kgs / 110.2 lbs	Mary Jane Quinn	3/2008
60-64	35.0 kgs / 77.1 lbs	Cher Myers	8/2018

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Taylor Clarke	6/2024
12-13	30.0 kgs / 66.1 lbs	Ruui Lara	5/2007
14-15	43.0 kgs / 94.7 lbs	Yara Perez	6/2023
16-17	36.4 kgs / 80.2 lbs	Nicole Heck	8/2007
18-19	35.0 kgs / 77.1 lbs	Miriam Gonzales	4/2011
20-24	77.5 kgs / 170.8 lbs	Vanessa McAdams	3/2020
30-34	85.0 kgs / 187.3 lbs	Taylor Clarke	6/2024
35-39	84.1 kgs / 185.4 lbs	Marie Pritzl	3/2008
40-44	57.5 kgs / 126.7 lbs	Galaxia Planchez	3/2025
45-49	58.9 kgs / 129.8 lbs	Cristi Woldridge	6/2022
50-54	65.1 kgs / 143.5 lbs	Mary Jane Quinn	12/2007
55-59	62.5 kgs / 137.7 lbs	Suzanne LaForge	10/2019
60-64	65.7 kgs / 144.8 lbs	Suzanne LaForge	6/2022
70-74	43.09 kgs / 94.9 lbs	Beatrice Temple	10/2025
75-79	47.5 kgs / 104.7 lbs	Janet Reynolds	7/2021

80-84	47.67 kgs / 105.0 lbs	Janet Reynolds	10/2025
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Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	86.18 kgs / 189.9 lbs	Kinsey Cribbs	12/2023
12-13	38.6 kgs / 85.0 lbs	Courtney Viger	5/2007
16-17	50.0 kgs / 110.2 lbs	Annabel McDonald	6/2023
20-24	86.18 kgs / 189.9 lbs	Kinsey Cribbs	12/2023
25-29	50.8 kgs / 111.9 lbs	Taylor Kennedy	6/2022
30-34	80.0 kgs / 176.3 lbs	Marlena Morgan	6/2024
35-39	50.8 kgs / 111.9 lbs	Alisha Abell	10/2025
45-49	66.0 kgs / 145.5 lbs	Jan Montgomery	12/2007
50-54	35.0 kgs / 77.1 lbs	Debbie Polacek	3/2024
60-64	32.67 kgs / 72.0 lbs	Marcella Love	3/2023

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	97.7 kgs / 215.3 lbs	Kari Saban	7/2007
14-15	34.1 kgs / 75.1 lbs	Shyneal Warren	5/2007
25-29	42.5 kgs / 93.6 lbs	Carmen Santiago	8/2018
35-39	81.6 kgs / 179.8 lbs	Lily Smiley	6/2022
40-44	97.7 kgs / 215.3 lbs	Kari Saban	7/2007
50-54	52.16 kgs / 114.9 lbs	Ronda Bouie	10/2025
60-64	32.66 kgs / 72.0 lbs	Cindy Rea	12/2023
65-69	32.5 kgs / 71.6 lbs	Mary McCaffrey	6/2019

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	100.0 kgs / 220.4 lbs	Kari Saban	8/2006
16-17	38.5 kgs / 84.8 lbs	Naomi Jaquish	6/2023
18-19	27.5 kgs / 60.6 lbs	Andrea Hickling	6/2019
30-34	74.86 kgs / 165.0 lbs	Taylor McQuesten	3/2023
35-39	55.0 kgs / 121.2 lbs	Diana Phillips	3/2024
40-44	100.0 kgs / 220.4 lbs	Kari Saban	8/2006

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	120.24 kgs / 265.0 lbs	Anna Stamets	3/2023
14-15	35.0 kgs / 77.1 lbs	Madison Hirsche	11/2022
16-17	55.0 kgs / 121.2 lbs	Skye White	8/2019
20-24	82.5 kgs / 181.8 lbs	Olivia Zigler	10/2021
25-29	57.5 kgs / 126.7 lbs	Sara Oliver	12/2019
30-34	82.5 kgs / 181.8 lbs	Simone Lowman	12/2019
40-44	99.7 kgs / 219.7 lbs	Kari Saban	
45-49	31.76 kgs / 70.0 lbs	Virginia Acevedo	3/2023
50-54	120.24 kgs / 265.0 lbs	Anna Stamets	3/2023
55-59	42.5 kgs / 93.6 lbs	Debra Ingersoll	7/2021
65-69	54.4 kgs / 119.9 lbs	Beatrice Temple	6/2022
Handicapped	37.5 kgs / 82.6 lbs	Danielle Diecidue	12/2024

Weight Class: 30 / 66 Male

Division	Bench Press	Name	Date
Open	23.5868 kgs / 51.9 lbs	Kai Baker	3/2024
5 and under	15.8 kgs / 34.8 lbs	Chase Zollo	6/2023
6-7	20.42 kgs / 45.0 lbs	Christopher Zollo	3/2023
8-9	20.41 kgs / 44.9 lbs	Zechariah Korkis	10/2025
10-11	23.5868 kgs / 51.9 lbs	Kai Baker	3/2024
12-13	22.7 kgs / 50.0 lbs	Deon Gonzales	3/2008

Weight Class: 35 / 77 Male

Division	Bench Press	Name	Date
Open	28.12 kgs / 61.9 lbs	Kai Baker	6/2024
6-7	23.5 kgs / 51.8 lbs	Christopher Zollo	6/2023
8-9	22.7 kgs / 50.0 lbs	Angelo Williams	3/2008
10-11	28.12 kgs / 61.9 lbs	Kai Baker	6/2024

Weight Class: 40 / 88 Male

Division	Bench Press	Name	Date
Open	29.49 kgs / 65.0 lbs	Kellan Caldwell	3/2023
8-9	24.9476 kgs / 54.9 lbs	James Militello	3/2024
10-11	23.59 kgs / 52.0 lbs	Brennan Phillips	12/2023
12-13	29.49 kgs / 65.0 lbs	Kellan Caldwell	3/2023
14-15	22.5 kgs / 49.6 lbs	Trent Estrada	3/2024

Weight Class: 44 / 97 Male

Division	Bench Press	Name	Date
Open	37.1 kgs / 81.7 lbs	Alex Waters	6/2022
8-9	22.7 kgs / 50.0 lbs	Carson Keeney	3/2008
10-11	32.5 kgs / 71.6 lbs	Paul Montgomery	3/2008
12-13	37.1 kgs / 81.7 lbs	Alex Waters	6/2022
14-15	25.86 kgs / 57.0 lbs	Trent Estrada	6/2024

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	40.83 kgs / 90.0 lbs	Brock Vergara	3/2023
8-9	22.7 kgs / 50.0 lbs	B. Keeney	3/2006
10-11	25.0 kgs / 55.1 lbs	Jacob Smith	3/2008
12-13	30.34 kgs / 66.8 lbs	Ethan Phillips	3/2023
14-15	40.83 kgs / 90.0 lbs	Brock Vergara	3/2023

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	79.5 kgs / 175.2 lbs	Trevor Branam	5/2007
8-9	23.59 kgs / 52.0 lbs	Bradley Mallett	6/2024
10-11	27.21 kgs / 59.9 lbs	Bodhi Solis	12/2023
12-13	50.0 kgs / 110.2 lbs	Evan Pittman	6/2012
14-15	30.0 kgs / 66.1 lbs	Alex Ingersoll	7/2021
35-39	79.5 kgs / 175.2 lbs	Trevor Branam	5/2007
55-59	65.0 kgs / 143.2 lbs	Jason Farrow	10/2011

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	107.5 kgs / 236.9 lbs	Zachariah Anguiano	12/2024
12-13	37.2 kgs / 82.0 lbs	Parker Mills	6/2024
14-15	49.91 kgs / 110.0 lbs	James Allarding	3/2023
16-17	67.5 kgs / 148.8 lbs	Justin Hernandez	4/2011
18-19	107.5 kgs / 236.9 lbs	Zachariah Anguiano	12/2024

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	138.6 kgs / 305.5 lbs	Brian Goelz	8/2006
10-11	27.5 kgs / 60.6 lbs	Chance Baker	8/2007
12-13	60.0 kgs / 132.2 lbs	Drake Small	7/2021
14-15	60.0 kgs / 132.2 lbs	Sam Katona	4/2011
16-17	83.9 kgs / 184.9 lbs	Pierson Milburn	6/2022
18-19	97.5 kgs / 214.9 lbs	River Dennis	11/2024
20-24	57.5 kgs / 126.7 lbs	Luis Manuel	6/2019
45-49	79.5 kgs / 175.2 lbs	Steven Sokup	3/2008
70-74	77.3 kgs / 170.4 lbs	Steve Smith	3/2008
75-79	72.5 kgs / 159.8 lbs	Steve Smith	8/2010

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	150.0 kgs / 330.6 lbs	Tim McCoy	11/2010
8-9	28.13 kgs / 62.0 lbs	Micah Lundgren	3/2023
12-13	72.57 kgs / 159.9 lbs	Alex Wells	10/2025
14-15	102.5 kgs / 225.9 lbs	Ethan Underwood	11/2024
16-17	110.0 kgs / 242.5 lbs	Jack Mosier	5/2025
18-19	115.0 kgs / 253.5 lbs	Jack Mosier	5/2026
20-24	95.0 kgs / 209.4 lbs	Arsenio Quinones	6/2019
25-29	80.0 kgs / 176.3 lbs	Eric Shard	12/2019
35-39	150.0 kgs / 330.6 lbs	Tim McCoy	11/2010
40-44	150.0 kgs / 330.6 lbs	Tim McCoy	10/2013
45-49	93.2 kgs / 205.4 lbs	Don Daube	3/2008
55-59	118.2 kgs / 260.5 lbs	Eric Cattell	3/2008
60-64	105.0 kgs / 231.4 lbs	John March	12/2018
Handicapped	61.4 kgs / 135.3 lbs	Thomas Gerhauser	3/2008

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	181.4 kgs / 399.9 lbs	Omar Bermudez	2002
12-13	75.0 kgs / 165.3 lbs	Kyle Straus	8/2007
14-15	86.4 kgs / 190.4 lbs	Thomas Benbow	4/2006
16-17	129.5 kgs / 285.4 lbs	Dalton Davis	8/2006
18-19	129.5 kgs / 285.4 lbs	Zachary Nicholas	1/2007
20-24	141.0 kgs / 310.8 lbs	Richard Bonney	8/2006
25-29	179.0 kgs / 394.6 lbs	Alex Mayorga	6/2025
30-34	154.22 kgs / 339.9 lbs	Jose Urbina	12/2023
35-39	120.5 kgs / 265.6 lbs	Patrick O'Grady	3/2008
40-44	163.7 kgs / 360.8 lbs	Omar Bermudez	3/2008

45-49	170.0 kgs / 374.7 lbs	Tony Conyers	12/2007
55-59	80.0 kgs / 176.3 lbs	Eric DeRise	12/2019
60-64	175.0 kgs / 385.8 lbs	Tony Conyers	10/2018
65-69	160.0 kgs / 352.7 lbs	Tony Conyers	6/2024
70-74	100.0 kgs / 220.4 lbs	Bill Tinkler	8/2006
75-79	92.99 kgs / 205.0 lbs	Roger Shaw	6/2024
80-84	77.5 kgs / 170.8 lbs	Stu Levin	7/2025

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	208.0 kgs / 458.5 lbs	Stephen Judah	11/2007
8-9	29.48 kgs / 64.9 lbs	Micah Lundgren	12/2023
10-11	30.0 kgs / 66.1 lbs	Micah Lundgren	3/2024
12-13	72.5 kgs / 159.8 lbs	Derek Schmadeke	11/2022
14-15	77.13 kgs / 170.0 lbs	Anthony Vargas	3/2023
16-17	115.0 kgs / 253.5 lbs	Gabe Adamson	11/2025
18-19	163.4 kgs / 360.2 lbs	T. Lee	12/2007
20-24	208.0 kgs / 458.5 lbs	Stephen Judah	11/2007
25-29	122.5 kgs / 270.0 lbs	Benjamin Henson	11/2023
30-34	127.5 kgs / 281.0 lbs	Alan Pelham	12/2018
35-39	147.5 kgs / 325.1 lbs	Matthew Heald	10/2018
40-44	195.4 kgs / 430.7 lbs	Rodney Rupe	4/2006
45-49	143.1 kgs / 315.4 lbs	Keith Brantley	8/2007
50-54	160.0 kgs / 352.7 lbs	Daniel Henson	10/2018
55-59	167.83 kgs / 369.9 lbs	Daniel Henson	12/2023
60-64	157.5 kgs / 347.2 lbs	Daniel Henson	12/2024
65-69	120.5 kgs / 265.6 lbs	Patrick Currey	3/2008
70-74	70.0 kgs / 154.3 lbs	Yogi Sumner	11/2019
75-79	77.5 kgs / 170.8 lbs	Stu Levin	11/2022
80-84	85.0 kgs / 187.3 lbs	Bill Remley	10/2011
85-89	60.0 kgs / 132.2 lbs	Dana Brigham	11/2019
Police/Fire/Mil	208.0 kgs / 458.5 lbs	Stephen Judah	11/2007
Spec. Oly.	45.5 kgs / 100.3 lbs	Ryan Smith	3/2008
Handicapped	52.5 kgs / 115.7 lbs	Joshua White	12/2024

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	191.0 kgs / 421.0 lbs	Joe Hill	3/2007
10-11	30.39 kgs / 66.9 lbs	Micah Lundgren	6/2024
12-13	86.4 kgs / 190.4 lbs	Chris Crosby	5/2007
14-15	82.5 kgs / 181.8 lbs	Colton Remley	10/2011
16-17	125.0 kgs / 275.5 lbs	Lucas Pollock	11/2024
18-19	142.88 kgs / 314.9 lbs	Gavin Marsh	10/2025
20-24	157.5 kgs / 347.2 lbs	Jameson Fullick	12/2007
25-29	164.0 kgs / 361.5 lbs	Paul McIntyre	6/2025
30-34	170.0 kgs / 374.7 lbs	James Bryant	6/2024
35-39	162.5 kgs / 358.2 lbs	Tige Cox	12/2019
40-44	150.0 kgs / 330.6 lbs	Baskal Korkis	11/2025
45-49	147.7 kgs / 325.6 lbs	Keith Brantley	8/2006
50-54	165.0 kgs / 363.7 lbs	Daniel Henson	6/2018

55-59	174.7 kgs / 385.1 lbs	Wayne Cattell	3/2008
60-64	163.6 kgs / 360.6 lbs	George Walker	3/2008
65-69	113.6 kgs / 250.4 lbs	John Ruffalo	8/2007
70-74	112.7 kgs / 248.4 lbs	John Ruffalo	11/2007
75-79	118.2 kgs / 260.5 lbs	Noble Carr	4/2007
Police/Fire/Mil	105.0 kgs / 231.4 lbs	Stephen Peterson	8/2016
Handicapped	105.0 kgs / 231.4 lbs	Stephen Peterson	8/2016

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	193.2 kgs / 425.9 lbs	Steve Ryder	12/2007
12-13	59.89 kgs / 132.0 lbs	Jonathan Daniels	3/2023
14-15	110.0 kgs / 242.5 lbs	Christian Palinski	6/2019
16-17	125.0 kgs / 275.5 lbs	Kyle Brown	4/2011
18-19	166.0 kgs / 365.9 lbs	Anthony Walding	3/2008
20-24	174.6 kgs / 384.9 lbs	Chris Weddle	6/2023
25-29	170.1 kgs / 375.0 lbs	Nick Bylinowski	12/2023
30-34	149.6 kgs / 329.8 lbs	Dustin Burgess	6/2022
35-39	193.2 kgs / 425.9 lbs	Steve Ryder	12/2007
40-44	166.0 kgs / 365.9 lbs	Z. Hichari	12/2007
45-49	175.0 kgs / 385.8 lbs	Alejandro Medina	6/2024
50-54	172.5 kgs / 380.2 lbs	Stanley Domino	12/2019
55-59	181.38 kgs / 399.8 lbs	Greg Arnold	3/2007
60-64	159.5 kgs / 351.6 lbs	Daniel Henson	6/2025
65-69	157.5 kgs / 347.2 lbs	Tony DiLucente	11/2024
70-74	143.1 kgs / 315.4 lbs	Jerry Kluft	8/2007
Police/Fire/Mil	157.5 kgs / 347.2 lbs	Patrick Ardizzone	12/2019

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	204.6 kgs / 451.0 lbs	Kevin Burns	4/2006
14-15	110.0 kgs / 242.5 lbs	Christian Palinski	8/2019
16-17	130.0 kgs / 286.5 lbs	Christian Palinsky	12/2019
18-19	95.0 kgs / 209.4 lbs	Vinny Chiellini	11/2024
20-24	136.4 kgs / 300.7 lbs	Gabriel Reyes	8/2006
25-29	177.5 kgs / 391.3 lbs	Nick Bylinowski	12/2024
30-34	182.5 kgs / 402.3 lbs	Dave Cofresi	7/2021
35-39	204.6 kgs / 451.0 lbs	Kevin Burns	4/2006
40-44	195.5 kgs / 430.9 lbs	James Jacobs	12/2007
45-49	159.0 kgs / 350.5 lbs	Bill Beekley	6/2005
50-54	137.5 kgs / 303.1 lbs	Travis Ramsey	12/2024
55-59	183.7 kgs / 404.9 lbs	James Allen	6/2022
60-64	180.0 kgs / 396.8 lbs	James Walker	6/2019
65-69	145.0 kgs / 319.6 lbs	Craig Perry	8/2020
Police/Fire/Mil	164.0 kgs / 361.5 lbs	Reno Birt	2/2023
Handicapped	92.5 kgs / 203.9 lbs	Jerry Perdue	7/2022

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	229.5 kgs / 505.9 lbs	Michael Allocco	8/2006

16-17	143.5 kgs / 316.3 lbs	Alex Schafer	6/2025
18-19	147.5 kgs / 325.1 lbs	Alex Schafer	5/2026
20-24	165.0 kgs / 363.7 lbs	Leron Berry	7/2021
25-29	147.5 kgs / 325.1 lbs	John Russo	12/2019
30-34	190.51 kgs / 419.9 lbs	Samuel Vaia	12/2023
35-39	166.0 kgs / 365.9 lbs	Tim Burns	12/2007
40-44	177.5 kgs / 391.3 lbs	Ty Evans	6/2019
45-49	210.9 kgs / 464.9 lbs	Jorge Acevedo	6/2022
50-54	213.25 kgs / 470.1 lbs	Jorge Acevedo	3/2023
55-59	171.0 kgs / 376.9 lbs	Wayne Smith	6/2025
65-69	163.2 kgs / 359.7 lbs	Richard Cerrato	
75-79	105.0 kgs / 231.4 lbs	Jim Jarboe	7/2021
80-84	102.26 kgs / 225.4 lbs	Jim Jarboe	6/2024
Handicapped	112.5 kgs / 248.0 lbs	Jerry Perdue	10/2021

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	235.0 kgs / 518.0 lbs	Scott Weech	12/2006
18-19	188.2 kgs / 414.9 lbs	Cody Yager	8/2007
20-24	235.0 kgs / 518.0 lbs	Scott Weech	12/2006
30-34	217.5 kgs / 479.5 lbs	Allen Gibson	12/2019
40-44	162.5 kgs / 358.2 lbs	Vincent Smith	8/2006
45-49	184.0 kgs / 405.6 lbs	Brian Kissel	12/2007
60-64	111.1 kgs / 244.9 lbs	Bill Bradford	6/2023
65-69	102.97 kgs / 227.0 lbs	Bill Bradford	6/2024
Police/Fire/Mil	162.5 kgs / 358.2 lbs	Vincent Smith	8/2006

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	254.5 kgs / 561.0 lbs	Beau Moore	8/2006
16-17	136.4 kgs / 300.7 lbs	Anthony DiBiase	4/2008
18-19	188.7 kgs / 416.0 lbs	Cody Yager	7/2007
20-24	217.5 kgs / 479.5 lbs	Dawson Adler	12/2019
25-29	175.0 kgs / 385.8 lbs	Mychal Johnson	8/2018
30-34	185.9 kgs / 409.8 lbs	Michael Pakula	6/2023
35-39	142.8 kgs / 314.8 lbs	Jesse Foster	6/2023
40-44	254.5 kgs / 561.0 lbs	Beau Moore	8/2006
45-49	227.5 kgs / 501.5 lbs	Raymond Hodges	6/2024