



CALIFORNIA STATE POWERLIFTING RECORDS

Ed Kutin edkutin@gmail.com

7/29/2026

Weight Class: 56 / 123 Female / Powerlifting			
Division	Squat	Bench Press	Deadlift
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
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

Weight Class: 60 / 132 Female / Powerlifting			
Division	Squat	Bench Press	Deadlift
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
25-29	50.0 kgs / 110.2 lbs Caitlin Keane 9/2025	30.0 kgs / 66.1 lbs Caitlin Keane 9/2025	65.0 kgs / 143.2 lbs Caitlin Keane 9/2025
65-69	30.0 kgs / 66.1 lbs Audrey Keane 9/2025	20.0 kgs / 44.0 lbs Audrey Keane 9/2025	52.5 kgs / 115.7 lbs Audrey Keane 9/2025

Weight Class: 67.5 / 148 Female / Powerlifting			
Division	Squat	Bench Press	Deadlift
Open	120.0 kgs / 264.5 lbs Mina Sukegawa 7/2026	90.0 kgs / 198.4 lbs Mina Sukegawa 7/2026	152.5 kgs / 336.2 lbs Mina Sukegawa 7/2026
30-34	120.0 kgs / 264.5 lbs Mina Sukegawa 7/2026	90.0 kgs / 198.4 lbs Mina Sukegawa 7/2026	152.5 kgs / 336.2 lbs Mina Sukegawa 7/2026

Weight Class: 75 / 165 Female / Powerlifting			
Division	Squat	Bench Press	Deadlift
Open	115.0 kgs / 253.5 lbs Jane Park 7/2026	60.0 kgs / 132.2 lbs Jane Park 7/2026	132.5 kgs / 292.1 lbs Jane Park 7/2026
20-24	115.0 kgs / 253.5 lbs Jane Park 7/2026	60.0 kgs / 132.2 lbs Jane Park 7/2026	132.5 kgs / 292.1 lbs Jane Park 7/2026

Weight Class: 82.5 / 181 Female / Powerlifting			
Division	Squat	Bench Press	Deadlift
Open	122.5 kgs / 270.0 lbs Monica Mazzarino 7/2026	55.0 kgs / 121.2 lbs Monica Mazzarino 7/2026	140.0 kgs / 308.6 lbs Monica Mazzarino 7/2026
30-34	122.5 kgs / 270.0 lbs Monica Mazzarino 7/2026	55.0 kgs / 121.2 lbs Monica Mazzarino 7/2026	140.0 kgs / 308.6 lbs Monica Mazzarino 7/2026

Weight Class: 90 / 198 Female / Powerlifting			
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Total
307.5 kgs / 677.9 lbs
Michelle Watts
287.5 kgs / 633.8 lbs
Savi Win 6/2024

Total
280.0 kgs / 617.2 lbs
Tonya Hart
145.0 kgs / 319.6 lbs
Caitlin Keane 9/2025
102.5 kgs / 225.9 lbs
Audrey Keane 9/2025

Total
360.0 kgs / 793.6 lbs
Mina Sukegawa 7/2026
360.0 kgs / 793.6 lbs
Mina Sukegawa 7/2026

Total
305.0 kgs / 672.4 lbs
Jane Park 7/2026
305.0 kgs / 672.4 lbs
Jane Park 7/2026

Total
317.5 kgs / 699.9 lbs
Monica Mazzarino 7/2026
317.5 kgs / 699.9 lbs
Monica Mazzarino 7/2026

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Division	Squat	Bench Press	Deadlift
Open	122.5 kgs / 270.0 lbs Emanni Parrish 7/2026	72.5 kgs / 159.8 lbs Emanni Parrish 7/2026	112.5 kgs / 248.0 lbs Emanni Parrish 7/2026
30-34	122.5 kgs / 270.0 lbs Emanni Parrish 7/2026	72.5 kgs / 159.8 lbs Emanni Parrish 7/2026	112.5 kgs / 248.0 lbs Emanni Parrish 7/2026

Weight Class: 90+ / 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift
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
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
45-49	65.0 kgs / 143.2 lbs Marquesses Glazner 2/2025	55.0 kgs / 121.2 lbs Marquesses Glazner 2/2025	100.0 kgs / 220.4 lbs Marquesses Glazner 2/2025
50-54	105.0 kgs / 231.4 lbs Michelle Zimmerman 10/2013	70.5 kgs / 155.4 lbs Norma Brown 7/2026	137.5 kgs / 303.1 lbs Michelle Zimmerman 10/2013

Weight Class: 60 / 132 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
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
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
50-54	50.0 kgs / 110.2 lbs S Lawerence	41.0 kgs / 90.3 lbs S Lawerence	93.0 kgs / 205.0 lbs S Lawerence
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

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	137.5 kgs / 303.1 lbs Jerry Moylan	95.0 kgs / 209.4 lbs Henry Qi 7/2026	180.0 kgs / 396.8 lbs Jerry Moylan
40-44	130.0 kgs / 286.5 lbs Henry Qi 7/2026	95.0 kgs / 209.4 lbs Henry Qi 7/2026	135.0 kgs / 297.6 lbs Henry Qi 7/2026
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

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	202.5 kgs / 446.4 lbs Bob Yamasaki 10/2013	157.5 kgs / 347.2 lbs Ravy Phoun 10/2013	242.5 kgs / 534.6 lbs Ravy Phoun 10/2013
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
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

Total
305.0 kgs / 672.4 lbs Emanni Parrish 7/2026
305.0 kgs / 672.4 lbs Emanni Parrish 7/2026

Total
420.0 kgs / 925.9 lbs Lisa Quevedo 10/2013
420.0 kgs / 925.9 lbs Lisa Quevedo 10/2013
220.0 kgs / 485.0 lbs Marquesses Glazner 2/2025
297.5 kgs / 655.8 lbs Michelle Zimmerman 10/2013

Total
310.0 kgs / 683.4 lbs Daniel Matson 6/2013
310.0 kgs / 683.4 lbs Daniel Matson 6/2013
183.5 kgs / 404.5 lbs S Lawerence
240.0 kgs / 529.1 lbs Salvatore Morabito 10/2009

Total
407.5 kgs / 898.3 lbs Jerry Moylan
360.0 kgs / 793.6 lbs Henry Qi 7/2026
407.5 kgs / 898.3 lbs Jerry Moylan

Total
597.5 kgs / 1317.2 lbs Ravy Phoun 10/2013
377.5 kgs / 832.2 lbs Simon McKee
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
30-34	180.0 kgs / 396.8 lbs Masato Sukegawa 7/2026	127.5 kgs / 281.0 lbs Masato Sukegawa 7/2026	200.0 kgs / 440.9 lbs Masato Sukegawa 7/2026
40-44	162.5 kgs / 358.2 lbs John Wong 6/2025	122.5 kgs / 270.0 lbs John Wong 8/2025	205.0 kgs / 451.9 lbs John Wong 8/2025
45-49	157.5 kgs / 347.2 lbs John Wong 9/2025	110.0 kgs / 242.5 lbs John Wong 9/2025	192.5 kgs / 424.3 lbs John Wong 9/2025
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
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
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

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	185.0 kgs / 407.8 lbs B Nepoomuenco	135.0 kgs / 297.6 lbs B Nepoomuenco	242.5 kgs / 534.6 lbs B Nepoomuenco
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
40-44	165.0 kgs / 363.7 lbs John Wong 12/2025	125.0 kgs / 275.5 lbs John Wong 8/2025	200.0 kgs / 440.9 lbs John Wong 12/2024
45-49	165.0 kgs / 363.7 lbs John Wong 7/2026	122.5 kgs / 270.0 lbs John Wong 7/2026	195.04 kgs / 429.9 lbs John Wong 10/2025
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

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	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
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
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
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
45-49	162.5 kgs / 358.2 lbs John Wong 11/2025	122.5 kgs / 270.0 lbs John Wong 11/2025	207.5 kgs / 457.4 lbs John Wong 11/2025
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

Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	250.0 kgs / 551.1 lbs Jeremy Layport 6/2014	207.5 kgs / 457.4 lbs Sean Flanagan 3/2014	262.5 kgs / 578.7 lbs Sean Flanagan 11/2014

483.5 kgs / 1065.9 lbs Carl Munoz
502.5 kgs / 1107.8 lbs Masato Sukegawa 7/2026
482.5 kgs / 1063.7 lbs John Wong 8/2025
460.0 kgs / 1014.1 lbs John Wong 9/2025
543.5 kgs / 1198.2 lbs Bob Yamasaki
550.0 kgs / 1212.5 lbs Bob Yamasaki 10/2013
382.5 kgs / 843.2 lbs Robert Cortes 2009

Total
563.5 kgs / 1242.2 lbs B Nepoomuenco
563.5 kgs / 1242.2 lbs B Nepoomuenco
485.0 kgs / 1069.2 lbs John Wong 12/2025
467.5 kgs / 1030.6 lbs John Wong 7/2026
265.0 kgs / 584.2 lbs Mike Kane 4/2016

Total
656.0 kgs / 1446.2 lbs Chris Gallick 10/2011
392.5 kgs / 865.3 lbs Jimmy Pharm 3/2014
460.0 kgs / 1014.1 lbs John Wright 6/2014
656.0 kgs / 1446.2 lbs Chris Gallick 10/2011
492.5 kgs / 1085.7 lbs John Wong 11/2025
390.0 kgs / 859.7 lbs Raymond Cavileer 10/2011

Total
690.0 kgs / 1521.1 lbs Jeremy Layport 6/2014

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
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
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
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
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
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

Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	220.0 kgs / 485.0 lbs Francisco Reyes 7/2026	170.0 kgs / 374.7 lbs Glen Tenove 6/2017	220.0 kgs / 485.0 lbs Francisco Reyes 7/2026
20-24	200.0 kgs / 440.9 lbs Jasanpreet Singh 7/2026	135.0 kgs / 297.6 lbs Jasanpreet Singh 7/2026	195.0 kgs / 429.8 lbs Jasanpreet Singh 7/2026
30-34	220.0 kgs / 485.0 lbs Francisco Reyes 7/2026	165.0 kgs / 363.7 lbs Francisco Reyes 7/2026	220.0 kgs / 485.0 lbs Francisco Reyes 7/2026
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
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

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	230.0 kgs / 507.0 lbs Jimmy Doyle	195.0 kgs / 429.8 lbs Glen Tenove 6/2016	275.0 kgs / 606.2 lbs Jimmy Doyle
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
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
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
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
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

Weight Class: 140 / 308 Male / Powerlifting

Division	Squat	Bench Press	Deadlift
Open	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
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

435.5 kgs / 960.1 lbs
Antonio Santillan 4/2016

302.5 kgs / 666.8 lbs
S Lassabecrow

586.0 kgs / 1291.8 lbs
T Peterson

690.0 kgs / 1521.1 lbs
Jeremy Layport 6/2014

682.5 kgs / 1504.6 lbs
Sean Flanagan 3/2014

682.5 kgs / 1504.6 lbs
Sean Flanagan 3/2014

Total

600.0 kgs / 1322.7 lbs
Francisco Reyes 7/2026

530.0 kgs / 1168.4 lbs
Jasanpreet Singh 7/2026

600.0 kgs / 1322.7 lbs
Francisco Reyes 7/2026

571.0 kgs / 1258.8 lbs
John Johnson

452.5 kgs / 997.5 lbs
Glen Tenove 6/2017

Total

664.0 kgs / 1463.8 lbs
Jimmy Doyle

575.0 kgs / 1267.6 lbs
Max McKee

664.0 kgs / 1463.8 lbs
Jimmy Doyle

664.0 kgs / 1463.8 lbs
Elton Hart

487.5 kgs / 1074.7 lbs
Josh Hedgecock 10/2017

530.0 kgs / 1168.4 lbs
Glen Tenove 6/2016

Total

510.0 kgs / 1124.3 lbs
Glen Tenove 4/2016

510.0 kgs / 1124.3 lbs
Glen Tenove 4/2016