



WOMEN'S NATIONAL RECORDS

RECORDS FOR ALL SPECIALIST (BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, STRICT CURL AND IRONMAN) ARE LISTED AFTER THE FULL POWER MEET RECORDS, JUST SCROLL DOWN. THANK YOU

If you do not see a record in a particular division, this simply means that there is not a current record at this time. We will not post record ties, you must break the current record for it to be posted.

E- EQUIPPED, R- RAW, RC- RAW CLASSIC, JR- JUNIOR, O-OPEN, LT-LIFETIME, SM-SUBS, P-POLICE/FIRE/MILITARY

Records will be in pounds and/or kilos but kilos will be converted into pounds and recorded as such....

WOMEN'S FULL POWER MEET NATIONAL RECORDS

	<i>SQUAT</i>	<i>BENCH</i>	<i>DEADLIFT</i>	<i>TOTAL</i>
<i>75</i>	<i>SQUAT</i>	<i>BENCH</i>	<i>DEADLIFT</i>	<i>TOTAL</i>
<i>9-10 R</i>	<i>SMITH- 130</i>	<i>SMITH-65</i>	<i>SMITH-165</i>	<i>SMITH- 360</i>
<i>90</i>	<i>SQUAT</i>	<i>BENCH</i>	<i>DEADLIFT</i>	<i>TOTAL</i>
<i>97</i>	<i>SQUAT</i>	<i>BENCH</i>	<i>DEADLIFT</i>	<i>TOTAL</i>

105	SQUAT	BENCH	DEADLIFT	TOTAL
O-R	BOCO-270	BOCO-140	BOCO-335	BOCO-745
114	SQUAT	BENCH	DEADLIFT	TOTAL
17-19 R	SACHS-140	SACHS- 105	SACHS- 235	SACHS- 480
COLLEGIATE RC	PLATT-265	PLATT-165	PLATT-280	PLATT-710
LT-R	HERRERA-205	HERRERA-140	HERRERA-255	HERRERA-600
O-R	BABCOCK-250	BABCOCK-160	RAMOS-280	BABCOCK-690
O-RC	PEREZ-175	PEREZ-95	PEREZ-165	PEREZ-435
40-44 R	HERRERA-215	HERRERA-140	HERRERA-255	HERRERA-605
50-54 R	CONROY-200	CONROY-100	CONROY-270	CONROY-570
50-54 RC	FISHER-215	FISHER-140	FISHER-285	FISHER-630
123	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN R	BABCOCK-270	BABCOCK-165	CAMPANO-330	CAMPANO-740
OPEN RC	KULKARNI-215	KULKARNI-105	KULKARNI-205	KULKARNI-520
40-44 R	CAMPANO-265	CAMPANO-145	CAMPANO-330	CAMPANO-740
40-44 RC	OSBORN-210	HALL-115	HALL-250	HALL-570
45-49 R	PLACA- 195	BARRIOS-110	PLACA-255	PLACA-550
50-54 R	CONROY-200	POMARA- 110	CONROY-260	CONROY-560
60-64 R	PROCTOR-140	PROCTOR-115	PROCTOR-145	PROCTOR-400
132	SQUAT	BENCH	DEADLIFT	TOTAL
11-12 R	BERNARDO-185	BERNARDO-85	BERNARDO-230	BERNARDO-500
13-14 R	HARRIER-185	HARRIER-115	HARRIER-265	HARRIER-565

15-16 R	HARRIER- 180	HARRIER- 120	HARRIER- 255	HARRIER- 555
17-19 R	LAHIRI-180	LAHIRI-120	LAHIRI-285	LAHIRI-585
JR-RC	LITTRELL-225	LITTRELL-105	LITTRELL-260	LITTRELL-590
JR- R	DEMBROW-200	DEMBROW-135	DEMBROW-275	DEMBROW-610
LIFETIME RC	CACIOPPO-255	CACIOPPO-135	CACIOPPO-305	CACIOPPO-695
O-R	ACQUISTO-250	ZIEGLER-160	ZIEGLER-305	ZIEGLER-685
O-RC	CACIOPPO-275	CACIOPPO-150	CACIOPPO- 315	CACIOPPO- 740
SUBS R	LE-170	LE-95	LE-210	LE-475
SUBS RC	RADER-190	RADER-45	RADER-215	RADER-450
40-44 R	ACQUISTO- 250	LARSON-165	ACQUISTO- 285	LARSON-675
40-44 RC	LARSON-250	LARSON- 150	LARSON- 285	LARSON- 685
45-49 R	FREE- 195	FREE- 125	FREE- 235	FREE- 555
55-59 R	FREYBERGER- 155	FREYBERGER-90	FREYBERGER-255	FREYBERGER-500
60-64 R	HODUPSKI-120	HODUPSKI-80	HODUPSKI-175	HODUPSKI-375
60-64 RC	HODUPSKI-105	HODUPSKI-80	HODUPSKI-160	HODUPSKI-345
148	SQUAT	BENCH	DEADLIFT	TOTAL
11-12 R	BERNARDO-200	BERNARDO-100	BERNARDO-240	BERNARDO-535
13-14 RC	LOARCA-150	LOARCA-60	LOARCA-170	LOARCA-380
15-16 R	HERNANDEZ-240	PITINGOLO-125	PITINGOLO-290	PITINGOLO-640
17-19 R	KUTIN-330	KUTIN-135	KUTIN-380	KUTIN-835
JUNIOR R	SCRUDATO-235	SCRUDATO-140	SCRUDATO-325	SCRUDATO-700
OPEN RC	BROWN-265	BROWN-155	BROWN-355	BROWN-775
OPEN-R	NKWODIMMAH-320	KINCAID-185	NKWODIMMAH-375	KINCAID-855
SM-R	SELMON-240	LANNA-125	LANNA-275	SELMON-610
SM-RC	PALACIOS-245	PALACIOS-95	PALACIOS-255	PALACIOS-595
40-44 R	KINCAID-305	KINCAID-185	KINCAID-365	KINCAID-855

40-44 RC	FINLEY-235	FINLEY-130	FINLEY-250	FINLEY-615
45-49 R	FREE-230	FREE-150	FREE-285	FREE-655
50-54 R	SOTTOSANTI-230	SOTTOSANTI-130	SOTTOSANTI-315	SOTTOSANTI-670
55-59 R	HIGGS-160	HIGGS-130	HIGGS- 295	HIGGS- 585
60-64 R	SANDERS-175	HIGGS-130	HIGGS-310	HIGGS-610
P-R	TOWNSEND-185	TOWNSEND-145	TOWNSEND-225	TOWNSEND-555
165	SQUAT	BENCH	DEADLIFT	TOTAL
13-14 R	STODDARD-205	STODDARD-115	STODDARD-275	STODDARD-595
17-19 R	CASOLA- 205	CASOLA- 120	CASOLA- 260	CASOLA- 585
JUNIOR R	BROWN-350	BROWN-170	BROWN-405	BROWN-925
OPEN R	DUH-330	DUH-200	SELAMIE- 425	SELAMIE- 925
OPEN RC	STOUFFER- 215	STOUFFER- 115	STOUFFER- 350	STOUFFER- 680
SUBS R	MCCARTHY-190	MCCARTHY-95	MCCARTHY-270	MCCARTHY-555
40-44 R	LINTERNO- 295	FRANCIS- 155	FRANCIS- 365	LINTERNO- 795
40-44 RC	BURKE-300	BURKE-180	BURKE- 350	BURKE- 830
45-49 R	PERRY- 195	PERRY-135	PERRY- 285	PERRY- 600
50-54 R	EDWARDS- 290	EDWARDS- 185	EDWARDS- 365	EDWARDS-840
50-54 RC	KUMMERER-185	KUMMERER-120	KUMMERER-245	KUMMERER-550
55-59 R	HIGGS-155	HIGGS-120	HIGGS-300	HIGGS-555
181	SQUAT	BENCH	DEADLIFT	TOTAL
11-12 R	LLEWELLY-205	LLEWELLYN-105	LLEWELLYN-235	LLEWELLYN-545
13-14 RC	KOLASA-185	KOLASA- 105	KOSALA- 225	KOSALA- 515
17-19 R	ROCK-185	ROCK-105	ROCK-225	ROCK-545
JUNIOR R	CASOLA-285	MORRIS- 140	CASOLA-315	CASOLA-725

LIFETIME R	ORSINI-260	LEONE-130	ORSINI-365	ORSINI-745
OPEN RC	GRANDE-325	GRANDE- 175	GRANDE- 340	GRANDE- 840
O-R	MARZANO-340	MARZANO-205	ZBIKOWSKI-405	ZBIKOWSKI-855
O-RC	EDWARDS-300	EDWARDS-200	EDWARDS-375	EDWARDS-875
SUBS R	ZBIKOWSKI-300	LITECKY-165	ZBIKOWSKI-405	ZBIKOWSKI-855
40-44 R	ZARNANI-225	ZARNANI-105	ZARNANI-250	ZARNANI-580
45-49 R	FAURA-245	PERRY- 145	PERRY- 310	PERRY- 675
45-49 RC	BURKE- 310	BURKE- 175	BURKE- 375	BURKE- 860
50-54 R	EDWARDS-300	EDWARDS-200	EDWARDS-375	EDWARDS-875
55-59 R	WILLIAMS-190	WILLIAMS-140	WILLIAMS-245	WILLIAMS-575
P/F/M -R	RAU-165	RAU- 110	RAU- 250	RAU- 525
SHW	SQUAT	BENCH	DEADLIFT	TOTAL
13-14 R	JAMISON- 225	JAMISON- 95	JAMISON- 270	JAMISON- 590
15-16 R	ALEXANDER-335	ALEXANDER- 195	ALEXANDER-355	ALEXANDER-885
JR-R	MALAFRONTE-300	MALAFRONTE-170	MALAFRONTE-330	MALAFRONTE-800
OPEN R	THACKER-345	JONNALA-185	JONNALA-400	JONNALA-905
OPEN RC	PROSSER-360	PROSSER-190	PROSSER-360	PROSSER-910
SM-R	BROZIER-305	BROZIER-185	MCSPADEN-345	MCSPADEN- 805
SM-RC	PEARSON-365	JOHNSON- 175	PEARSON-365	PEARSON-870
40-44 R	JONNALA-320	JONNALA-185	JONNALA-400	JONNALA-905
40-44 RC	ATTERBERRY-395	ATTERBERRY-225	ATTERBERRY-375	ATTERBERRY- 995
45-49 R	ANDERSON-260	ANDERSON-135	ANDERSON-305	ANDERSON-700
45-49 RC	PROSSER-360	PROSSER-190	PROSSER-360	PROSSER-910
50-54 R	WEAVER-190	WEAVER-170	WEAVER-245	WEAVER-605

WOMEN’S SPECIALIST NATIONAL RECORDS, THESE RECORDS ARE FOR SPECIALIST ONLY, NOT FULL POWER

ALL SINGLE LIFT RECORDS ARE BELOW, PLEASE SCROLL DOWN

BENCH ONLY NATIONAL RECORDS

<i>WEIGHT CLASS</i>	<i>BENCH ONLY</i>
<i>60</i>	
<i>75</i>	
<i>7-8 R</i>	<i>HESS-60</i>
<i>90</i>	
<i>97</i>	
<i>O-R</i>	<i>BENNER-110</i>
<i>55-59 R</i>	<i>BENNER- 110</i>
<i>105</i>	
<i>JR-R</i>	<i>JOHNSON- 75</i>
<i>O-R</i>	<i>BENNER-105</i>
<i>55-59 R</i>	<i>BENNER-105</i>
<i>114</i>	
<i>17-19 R</i>	<i>SACHS-105</i>

<i>O-R</i>	<i>BABCOCK-160</i>
<i>40-44 R</i>	<i>SUSPINSKI-105</i>
<i>50-54 R</i>	<i>FISHER-130</i>
<i>80-84 R</i>	<i>MURPHY- 115</i>
<i>123</i>	
<i>O-R</i>	<i>BABCOCK-165</i>
<i>40-44 R</i>	<i>BACKENSTOSE-140</i>
<i>50-54 R</i>	<i>GUERRIZIO-120</i>
<i>132</i>	
<i>O-R</i>	<i>DONOVAN-75</i>
<i>15-16 R</i>	<i>HARRIER- 120</i>
<i>SM-R</i>	<i>HANKS-85</i>
<i>40-44 R</i>	<i>LARSON- 165</i>
<i>55-59 R</i>	<i>DIMARZIO-85</i>
<i>148</i>	
<i>SM-R</i>	<i>FINLEY- 95</i>
<i>40-44 R</i>	<i>FINLEY-130</i>
<i>45-49 R</i>	<i>COLIAN-80</i>
<i>55-59 R</i>	<i>MACRI- 115</i>

DEADLIFT ONLY NATIONAL RECORDS

<i>WEIGHT CLASS</i>	<i>DEADLIFT ONLY</i>
<i>60</i>	
<i>75</i>	
<i>90</i>	
<i>97</i>	
<i>105</i>	
<i>JR-R</i>	<i>ZARCO-125</i>
<i>114</i>	
<i>17-19 R</i>	<i>SACHS- 235</i>
<i>O-R</i>	<i>BABCOCK- 275</i>
<i>50-54 R</i>	<i>FISHER-285</i>
<i>80-84 R</i>	<i>MURPHY-200</i>
<i>123</i>	

<i>15-16 R</i>	<i>TORTORELLI-165</i>
<i>O-R</i>	<i>BABCOCK-290</i>
<i>40-44 R</i>	<i>OSBORN-230</i>
<i>50-54 R</i>	<i>SABOSKI-240</i>
<i>60-64 R</i>	<i>JOHNSON- 165</i>
<i>132</i>	
<i>13-14 R</i>	<i>HARRIER-265</i>
<i>15-16 R</i>	<i>HARRIER- 255</i>
<i>O-R</i>	<i>BRABARE-275</i>
<i>40-44 R</i>	<i>LARSON-285</i>
<i>50-54 R</i>	<i>GUERRIZIO-235</i>
<i>55-59 R</i>	<i>DIMARZIO-180</i>
<i>65-69 R</i>	<i>CRAFT- 200</i>
<i>148</i>	
<i>O-R</i>	<i>HORTON-245</i>
<i>SM-R</i>	<i>BABONIS-215</i>
<i>55-59 R</i>	<i>HIGGS-295</i>
<i>60-64 R</i>	<i>HIGGS-310</i>
<i>165</i>	
<i>17-19 R</i>	<i>HENRY-355</i>
<i>JR-R</i>	<i>BROWN-405</i>
<i>O-R</i>	<i>ZIBKOWSKI-360</i>
<i>SM-R</i>	<i>ZBIKOWSKI-360</i>

[illegible]

SQUAT ONLY NATIONAL RECORDS

<i>WEIGHT CLASS</i>	<i>SQUAT ONLY</i>
<i>60</i>	
<i>75</i>	
<i>90</i>	
<i>97</i>	
<i>105</i>	
<i>114</i>	
<i>O-R</i>	<i>BABCOCK-250</i>

123	
O-R	BABCOCK-270
40-44 RC	OSBORN-210
132	
JR-R	ROBERTS-225
40-44 R	LARSON-250
148	
SM-R	FINLEY- 175
40-44 RC	FINLEY-235
165	
40-44-R	LINTERNO-295

50-54 R	RICHARD-185
181	
SHW	
JR-R	NEESMITH-225
SM-RC	JOHNSON-285

BENCH FOR REPS NATIONAL RECORDS

WEIGHT CLASS	BENCH FOR REPS
60	

[illegible]

132	
0	FREE-41
148	
JR	TOWSEND-37
55-59	MACRI- 31
165	
0	NASH- 31
50-54	KUMMERER-24
55-59	KING- 19
181	
55-59	KING- 16

<i>SHW</i>	
<i>JR</i>	<i>ROMO- 18</i>
<i>40-44</i>	<i>ATTERBERRY-15</i>
<i>50-54</i>	<i>HORAN- 19</i>

STRICT CURL AND POWERCURL NATIONAL RECORDS

<i>WEIGHT CLASS</i>	<i>STRICT CURL</i>	<i>POWERCURL</i>
<i>60</i>		
<i>75</i>		
<i>90</i>		
<i>97</i>		
<i>105</i>		
<i>70-79</i>	<i>MURPHY-55</i>	

114		
0	BABCOCK-85	
80-89	MURPHY-55	
	CURL	
123		
132		
OPEN	DONOVAN-60	
148		
40-49	GIFFORD-70	
50-59	MACRI- 65	

[illegible]

NATIONAL IRONMAIDEN RECORDS

<i>IRONMAIDEN RECORDS</i>	<i>DIV</i>	<i>BP</i>	<i>DL</i>	<i>TOTAL</i>
97	65-69 R	ROSEN-70	ROSEN-165	ROSEN-235
105	75-79 R	MURPHY-115	MURPHY-225	MURPHY-340
114	O-R	BABCOCK-160	BABCOCK- 275	BABCOCK- 435
	80-84 R	MURPHY- 115	MURPHY- 230	MURPHY- 345
123	15-16R	BRADSHAW-85	BRADSHAW-250	BRADSHAW-335
	O-R	BABCOCK-165	BABCOCK-290	BABCOCK-455
132	15-16 R	BRADSHAW-100	BRADSHAW-250	BRADSHAW-350
	JR-R	DIAL- 145	DIAL- 320	DIAL- 465
	O-R	TURTURRO-155	TURTURRO-320	TURTURRO-475
	40-44 R	TURTURRO-160	TURTURRO-330	TURTURRO-490
	50-54 R	WARD-115	WARD- 230	WARD- 345
	50-54 R	MICUCHIK-110	MICUCHIK-280	MICUCHIK-390

[illegible]