

**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.

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.

SP- SINGLE PLY, 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**

	SQUAT	BENCH	DEADLIFT	TOTAL							
75	SQUAT	BENCH	DEADLIFT	TOTAL							
9-10 R	SMITH- 130	SMITH-65	SMITH-165	SMITH- 360							
97	EICHHORN-100	EICHHORN-50	EICHHORN-140	EICHHORN-290							
105											
15-16 R	UNDERWOOD- 175	UNDERWOOD- 85	UNDERWOOD- 235	UNDERWOOD- 495							
O-R	BOCO-270	BOCO-140	BOCO-335	BOCO-745							
114											
11-12 R	GIROSKI- 155	GIROSKI- 80	GIROSKI- 235	GIROSKI- 470							
15-16 R	DELANEY-205	DELANEY-95	DELANEY-230	DELANEY-530							
15-16 RC	FOLEY-140	FOLEY-75	FOLEY-205	FOLEY-420							
17-19RC	FOLEY-150	FOLEY- 70	FOLEY-205	FOLEY- 425							
17-19 R	SACHS-140	SACHS- 105	SACHS- 235	SACHS- 480							
COLL 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	KRISZA-220	KRISZA-100	KRISZA-290	KRISZA-610						
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						
55-59 R	WEISS-170	WEISS-115	WEISS-290	WEISS-575						
123	SQUAT	BENCH	DEADLIFT	TOTAL						
11-12 R	GIROSKI-160	GIROSKI-95	GIROSKI-235	GIROSKI-490						
13-14 R	DAVIES- 75	DAVIES- 75	DAVIES- 135	DAVIES- 285						
15-16 R	DELANEY-215	DELANEY- 100	DELANEY- 225	DELANEY-540						
17-19 R	DELANEY- 225	DELANEY- 115	DELANEY-230	DELANEY- 570						
17-19 RC	DELANEY-250	DELANEY-125	DELANEY-250	DELANEY-630						
JR-RC	SANCHEZ- 225	SANCHEZ- 95	SANCHEZ- 235	SANCHEZ- 555						
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										
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-R	OBENAU- 280	OBENAU-140	NORMAN-300	OBENAU- 715						
JR-RC	LITTRELL-225	LITTRELL-105	LITTRELL-260	LITTRELL-590						
LIFETIME RC	CACIOPPO-255	CACIOPPO-135	CACIOPPO-305	CACIOPPO-695						
O-R	BARBOSA-270	ZIEGLER-160	BARBOSA-310	BARBOSA-735						

O-RC	CACIOPPO-275	CACIOPPO-150	CACIOPPO- 315	CACIOPPO- 740						
SUBS R	STILES-180	STILES-110	CANALE-225	STILES-500						
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						
45-49 RC	SANDINE-180	SANDINE-115	SANDINE-220	SANDINE-505						
50-54 R	EGAN-135	EGAN-85	EGAN-165	EGAN-385						
50-54 RC	TARANGIOLI-160	TARANGIOLI-90	TARANGIOLI-265	TARANGIOLI-515						
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	BRICKER- 280	BRICKER- 155	PITINGOLO-290	BRICKER- 710						
17-19 R	KUTIN-330	KUTIN-135	KUTIN-380	KUTIN-835						
JR- R	FINK-270	PIENAAR-155	SCRUDATO-325	FINK-730						
OPEN RC	BROWN-265	BROWN-155	BROWN-355	BROWN-775						
OPEN-R	NKWODIMMAH-320	KINCAID-185	NKWODIMMAH-375	KINCAID-855						
SM-R	JUAREZ- 265	JUAREZ- 135	JUAREZ- 305	JUAREZ- 705						
SM-RC	PALACIOS-245	KOURAKOS-140	KOURAKOS-275	KOURAKOS-655						
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-240	FREE-155	FREE-300	FREE-695						
45-49 RC	DAVIS- 200	DAVIS-90	DAVIS-250	DAVIS-540						
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							
17-19 RC	DAVIS-275	DAVIS-145	DAVIS-325	DAVIS-745							
JUNIOR R	BROWN-350	BROWN-170	BROWN-405	BROWN-925							
JUNIOR RC	BOBISH- 300	ROESCHER- 170	BOBISH- 335	BOBISH- 785							
OPEN R	DUH-330	DUH-200	SELAMIE- 425	SELAMIE- 925							
OPEN RC	PARKER-350	PARKER-220	PARKER-405	PARKER-980							
SUSB RC	THOMAS-175	THOMAS-140	THOMAS-275	THOMAS-590							
SUBS R	ARSENAULT-280	YODER-195	ARSENAULT-335	YODER-770							
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	HARLESTON-225	PERRY-135	HARRELSTON-320	HARLESTON-655							
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	RI'CHARD-195	RI'CHARD-155	RANNIE- 305	RANNIE-635							
60-64 R	HIGGS-170	HIGGS-125	HIGGS-315	HIGGS-610							
65-69 R	HIGGS- 180	HIGGS-125	HIGGS- 315	HIGGS- 620							
181											
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							



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- if you do not see a record in your category, it simply means we don't have one!												
BENCH	PRESS	RECORDS										
75			132					181				
7-8 RAW	HESS-60		15-16 R	HARRIER- 120				O- R	CARLINO-230			
			JR-R	NORMAN-135				50-54 R	DAVIES- 120			
			O-R	ROBERTSON-135				55-59 R	WILLIAMS-140			
			SM-R	HANKS-85				60-64 R	BONDURANT- 190			
			40-44 R	LARSON- 165				65-69 R	BONDURANT-200			
97			55-59 R	DIMARZIO-85				P-R	BONDURANT-200			
9-10 R	HESS- 100											
O-R	BENNER-110											
55-59 R	BENNER-110		148					SHW				
			11-12 R	HESS- 145				13-14 R	JAMISON- 95			
105			13-14 R	HESS- 180				17-19 R	ANDERSON-105			
JR-R	JOHNSON-75		17-19 R	RUSH-115				JR-R	ROMO- 130			
O-R	BENNER-105		SM-R	FINLEY- 95				O-R	MURIITHI-200			
55-59 R	BENNER-105		40-44 R	FINLEY-130				SM-R	JOHNSON- 175			
60-64 R	RAWN- 70		45-49 R	COLIAN-80				40-44 R	KURTZ-170			
			55-59 R	MACRI- 115				50-54 R	HORAN- 125			
114			60-64 R	MACRI-115				70-74 R	MANEFF-55			
17-19 R	SACHS-105											
O-R	BABCOCK-160		165									
40-44 R	SUSPINSKI-105		JR-R	RUSH-125								
50-54 R	FISHER-130		OPEN-R	NASH-185								
80-84 R	MURPHY- 115		40-44 R	LINTERNO- 155								

			45-49 R	MITCHELL- 175					
123			50-54 R	RICHARD- 145					
O-R	BABCOCK-165		60-64 R	MACRI-110					
40-44 R	BACKENSTOSE-140		70-74 R	CREEKMORE- 80					
50-54 R	GUERRIZIO-120								
55-59 R	PIDGEON-95								
DEADLIFT ONLY NATIONAL RECORDS - if you do not see a record in your category, it simply means we don't have one!									
97			132			181			
85-89 R	MURPHY-100		11-12 R	GASPAR- 210		OPEN R	ZOLINSKI-345		
			13-14 R	HARRIER-265		SM-R	FREE- 235		
			15-16 R	HARRIER- 255		50-54 R	DAVIES- 305		
105			JR-R	NORMAN-300		55-59 E	KING-165		
JR-R	ZARCO-125		O-R	MCBRIDE- 315		55-59 R	KING- 215		
60-64 R	RAWN- 200		SM-R	ADAMS- 245					
			40-44 R	LARSON-285					
			50-54 R	TARANGIOLI-275		SHW			
114			55-59 R	DIMARZIO-180		17-19 R	ANDERSON-315		
11-12 R	LENZI- 165		65-69 R	CRAFT- 200		JR-R	HALL -365		
15-16 R	DELANEY-230					O-R	KURTZ-330		
17-19 R	SACHS- 235		148			SM-R	JOHNSON-315		
O-R	BABCOCK- 275		O-R	BABONIS-215		40-44	ADKIN-275		
50-54 R	FISHER- 285		SM-R	BABONIS-215		45-49 R	KLEMANN-260		
80-84 R	MURPHY- 200		45-49 R	YIENGST-335		70-74 R	MANEFF- 120		
85-89-R	MURPHY-150		55-59 R	HIGGS-295					
			60-64 R	HIGGS-310					
			80-84 R	LOPANO-125					
123									
11-12 R	GIROSKI-235		165						
15-16 R	DELANEY- 225		17-19 R	HENRY-355					
O-R	BABCOCK-290		JR-R	BROWN-405					
40-44 R	OSBORN-230		O-R	HENRY- 370					





60-64	MACRI-19												
165													
O	DELVALLE-36												
50-54	KUMMERER-24												
55-59	RANNIE-27												
60-64	MACRI-19												
STRICT CURL AND POWERCURL NATIONAL RECORDS													
WEIGHT CLASS	STRICT CURL			WEIGHT CLASS	POWERCURL								
105				97									
70-79	MURPHY-55			80-89	MURPHY-30								
114				114									
9-10*	ZAGACKI-35			9-10*	ZAGACKI-50								
O	BABCOCK- 85			80-89	MURPHY-30								
80-89	MURPHY-55												
				123									
132				50-59	PIDGEON-55								
O	DONOVAN-60												
				148									
148				60-69	MACRI- 65								
40-49	GIFFORD- 70												
50-59	MARCI- 65			165									
				O	PIDGEON-80								
165				40-44	THOMAS-90								
O	NASH-85												
50-59	KING-70			181									
60-69	CREEKMORE- 50			40-49	McCALMON-80								



