

MARYLAND STATE RECORDS

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.

POWERLIFTING- All 3 lifts for a total, SPECIALIST- A lifter that specialize in a particular lift

E- EQUIPPED, R- RAW, RC- RAW CLASSIC, SS- SLINGSHOT, W-WOMEN, JR- JUNIOR, O-OPEN, LT- LIFETIME, SM- SUBMASTERS, PPOLICE/FIRE/MILITARY

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

FULL MEET RECORDS									
		SQ	BP	DL	TOTAL				
WOMEN									
SHW	O-RC	PROSSER- 360	PROSSER- 190	PROSSER- 360	PROSSER- 910				
	45-49 RC	PROSSER- 360	PROSSER- 190	PROSSER- 360	PROSSER- 910				
WOMEN									
BENCH PRESS									
SHW									
40-44 R	ORR- 130								
FULL MEET RECORDS									
MEN									
114	13-14 R	COOPER-145	COOPER-90	COOPER- 230	COOPER- 465				
123	13-14 R	COOPER-200	COOPER-145	COOPER-280	COOPER-625				
148	O-R	JAMES-400	JAMES- 235	JAMES- 480	JAMES- 1115				
	45-49	JAMES-350	JAMES- 220	JAMES- 455	JAMES- 1020				
	R								
165	P-R	JAMES-350	JAMES-220	JAMES-450	JAMES- 1020				

220	JR-R	SMITH-225	SMITH-170	SMITH-305	SMITH-700				
	NV-R	SMITH-255	SMITH-195	SMITH-300	SMITH-750				
	45-49 R	SMITH- 420	SMITH- 300	SMITH- 380	SMITH- 1100				
	50-54 RC	SMITH-450	SMITH-300	SMITH-400	SMITH- 1135				
BENCH ONLY				DEADLIFT ONLY					
132	17-19 R	MCDONALD- 280		220	17-19 R	SINGLE- 475			
				275	45-49 R	COOPER- 730			
148	17-19R	MCDONALD- 300			50-54 R	COOPER- 700			
165	65-69 R	EDWARDS- 210							
181	65-69 R	HUNT-235							
220	14-15 R	NITZ-160							
242	50-54R	ROAN-345							
275	40-44 R	ALLISON-350							
308	45-49R	ORR- 430							
SQUAT ONLY				POWERCURL					
275	O-R	HADDAWAY- 485		165	60-69	EDWARDS- 130			
				181	O	ROLLINS- 170			
					50-59	ROLLINS- 170			
					60-69	ROLLINS- 160			

[illegible]