

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 POWERLIFTING RECORDS

<i>FULL MEET RECORDS</i>		<i>SQ</i>	<i>BP</i>	<i>DL</i>	<i>TOTAL</i>
<i>WOMEN</i>					
<i>SHW</i>	<i>O-RC</i>	<i>PROSSER-360</i>	<i>PROSSER-190</i>	<i>PROSSER-360</i>	<i>PROSSER-910</i>
	<i>45-49 RC</i>	<i>PROSSER-360</i>	<i>PROSSER-190</i>	<i>PROSSER-360</i>	<i>PROSSER-910</i>

BENCH PRESS ONLY						
	WOMEN					
	SHW	40-44 R	ORR- 130			
	MEN					
	114	13-14 R	COOPER-145	COOPER-90	COOPER-230	COOPER-465
	148	O-R	JAMES-400	JAMES- 235	JAMES-480	JAMES-1115
		45-49 R	JAMES-350	JAMES- 220	JAMES-455	JAMES-1020
		P-R	JAMES-350	JAMES-220	JAMES-450	JAMES-1020
	165	JR-R	SMITH-225	SMITH-170	SMITH-305	SMITH-700
		NV-R	SMITH-255	SMITH-195	SMITH-300	SMITH-750
	220	45-49 R	SMITH- 420	SMITH- 300	SMITH- 380	SMITH-1100
		50-54 RC	SMITH-450	SMITH-300	SMITH-400	SMITH-1135
	SPECIALIST BENCH ONLY					
				DEADLIFT ONLY		

MEN			MEN		
132	17-19 R	MCDONALD-280	220	17-19 R	SINGLE-475
148	17-19R	MCDONALD-300			
			275	45-49 R	COOPER-730
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	181	O	ROLLINS-170
				50-59	ROLLINS-170
				60-69	ROLLINS-160
			220	14-15	NITZ-100
			242	60-69	BOSLEY-145
			275	40-49	ALLISON-150

