

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    | MCDONALD- 280 |            | 220           | 17-19 R     | SINGLE- 475  |  |  |  |
|            | R        |               |            |               |             |              |  |  |  |
|            |          |               |            | 275           | 45-49 R     | COOPER- 730  |  |  |  |
| 148        | 17-19R   | MCDONALD- 300 |            |               | 50-54 R     | COOPER- 700  |  |  |  |
|            |          |               |            |               |             |              |  |  |  |
| 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 |  |  |  |
|            |          |               |            |               |             |              |  |  |  |
|            |          |               |            | 220           | 14-15       | NITZ-100     |  |  |  |

[illegible]