

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	OBENAUS- 280	OBENAUS-140	NORMAN-300	OBENAUS- 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						

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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							
40-44 R	ZARNANI-225	GILLIS-135	ZARNANI-250	ZARNANI-580							
45-49 R	HANSARD-270	McCALMON-155	McCALMON-375	McCALMON-765							
45-49 RC	BURKE- 310	BURKE- 175	BURKE- 375	BURKE- 860							

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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		GASPAR-240								
50-54 R	FISHER- 285		O-R	BABONIS-215		40-44	ADKIN-275				
80-84 R	MURPHY- 200		SM-R	BABONIS-215		45-49 R	KLEMANN-260				
85-89-R	MURPHY-150		45-49 R	YIENGST-335		50-54 R	DEMORAS-285				
			55-59 R	HIGGS-295		70-74 R	MANEFF- 120				
			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							
SM-R	PANDAK-160		O-R	HENRY- 370							
40-44 R	OSBORN-230		SM-R	ZBIKOWSKI-360							
50-54 R	SABOSKI-240		40-44 R	LINTERNO-315							
60-64 R	JOHNSON- 165		45-49 R	HARLESTON- 320							
65-69 R	JOHNSON- 180		50-54 R	GALLEGOS-310							
			55-59 R	HIGGS-300							

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55-59	RANNIE-27											
60-64	MACRI-19											
STRICT CURL AND POWERCURL NATIONAL RECORDS												
WEIGHT CLASS	STRICT CURL			WEIGHT CL	POWERCURL							
105				97								
70-79	MURPHY-55			80-89	MURPHY-30							
114				114								
9-10*	ZAGACKI-35			9-10*	ZAGACKI-50							
				50-59	MOHAN-55							
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				40-49	THOMAS-90							
O	NASH-85			60-69	MCDEVITT-60							
50-59	KING-70			181								
60-69	CREEKMORE- 50			40-49	McCALMON-80							
70-79	CREEKMORE-65											
181				SHW								
O	FREE-75			O	GRACE-90							
70-79	CREEKMORE-55			40-49	BRATT-105							

SHW											
O	MACON-90										
NATIONAL IRONMAIDEN RECORDS											
	DIV	BP	DL	TOTAL							
90	11-12 R	HENDERSON-50	HENDERSON-125	HENDERSON-175							
97	65-69 R	ROSEN-70	ROSEN-165	ROSEN-235							
105	75-79 R	MURPHY-115	MURPHY-225	MURPHY-340							
114	11-12 R	COOPER-75	COOPER-150	COOPER-225							
	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							
	65-69 R	JOHNSON-85	JOHNSON- 180	JOHNSON- 265							
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							
	SM-R	LUGO-90	LUGO-200	LUGO-290							
	40-44 R	TURTURRO-160	TURTURRO-330	TURTURRO-490							
	45-49 R	JERNIGAN-115	JERNIGAN-265	JERNIGAN-380							
	50-54 R	WARD-115	WARD- 230	WARD- 345							
	50-54 R	MICUCHIK-110	MICUCHIK-280	MICUCHIK-390							
148	15-16 R	MCWELL-85	MCWELL-235	MCWELL-320							
	17-19 R	MCWELL-105	MCWELL- 280	MCWELL- 385							

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