

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								

	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						
	JR-R	TOWNSEND-130	MCWELL-285	MCWELL-400						
	O-R	MCBRIDE- 105	MCBRIDE- 300	MCBRIDE-405						
	SM-R	HUNT-105	HUNT-230	HUNT-335						
	40-44 R	RICH-135	RICH-305	RICH-440						
	50-54 R	McCRACKEN-85	McCRACKEN-175	McCRACKEN-260						
	60-64 R	MACRI-115	MACRI- 235	MACRI- 340						
165	JR-R	COMER-125	COMER-275	COMER-400						
	O-R	NASH- 175	NASH- 355	NASH- 530						
	SM-R	ADAMS- 155	ADAMS- 255	ADAMS- 410						
	40-44 R	TROMBI-100	TROMBI-300	TROMBI-400						
	45-49 R	HENDERSON-105	HENDERSON-195	HENDERSON-300						
	45-49 SP	LEVERETT-135	LEVERETT-265	LEVERETT- 400						
	60-64 R	WILLIAMS-125	WILLIAMS-225	WILLIAMS-350						
181	O-R	NASH-190	NASH-365	NASH- 555						
	40-44 R	FREE-115	FREE-235	FREE-350						
	45-49 R	McCALMON-155	McCALMON-375	McCALMON-530						
	50-54 R	GALLEGOS- 135	GALLEGOS- 330	GALLEGOS- 465						
	60-64 R	WILLIAMS-100	WILLIAMS-220	WILLIAMS-320						
	65-69 R	REEVES- 150	REEVES- 290	REEVES- 440						
SHW	JR-R	BENNING-115	BENNING-260	BENNING-375						
	O-R	VALIQUETTE- 180	OKWUONU-375	OKWUONU-530						
	SM-R	BROZIER- 150	BROZIER- 325	BROZIER- 475						
	40-44 R	BRATT-210	PARKER-400	PARKER-585						

