

**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								





			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		50-54 R	DEMORAS-285		
85-89-R	MURPHY-150		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	RICH- 45												
55-59	MACRI- 31												
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 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						
	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						

