

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											
13-14 R	CUNNINGHAM-115	CUNNINGHAM-90	CUNNINGHAM-200	CUNNINGHAM-405							
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	DIRUZZO-195	SANDINE-115	DIRUZZO-235	DIRUZZO-510						
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 R	GASPAR-195	GASPAR-90	GASPAR-240	GASPAR-525						
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	KOURAKOS-275	KOURAKOS-140	KOURAKOS-285	KOURAKOS-700						
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						

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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	DEMORAS-165			
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		60-64 SS	MACRI-135							
50-54 R	GUERRIZIO-120		70-74 R	CREEKMORE- 80							
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			60-64 R	KING-PEMBERTON-270			
			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	TONGE-SMITH-290			
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							

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148											
JR	TOWSEND-37										
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 CLASS	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							

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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-120	JERNIGAN-285	JERNIGAN-405						
	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	TOWSEND-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						

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