

DISTRICT OF COLUMBIA 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, W-WOMEN, JR- JUNIOR, O-OPEN, LT- LIFETIME, SM-SUBMASTERS, P-POLICE/FIRE/MILITARY

Records will be in pounds and/or kilos but kilos will be converted into pounds......

FULL POWERLIFTING RECORDS

FULL MEET RECORDS		SQ	BP	DL	TOTAL
WOMEN					
SHW	O-R	BURNS-220	BURNS-135	BURNS-305	BURNS-660
MEN					

NO RECORDS POSTED			
SPECIALIST			
3FECIALI31			
		DE ADUIET ONLY	
BENCH PRESS ONLY		DEADLIFT ONLY	
NO RECORDS POSTED			
SQUAT ONLY		POWERCURL	
NO RECORDS POSTED		NO RECORDS POSTED	
NO RECORDS POSTED		NO RECORDS POSTED	
BENCH FOR REPS			
IRONMAN			
NO RECORDS POSTED			
NO RECORDS I OSIED			
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