



CONNECTICUT 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					
NO RECORDS					
POSTED					
MEN					
165	17-19 RC	GOHELFF-260	GOHELFF-205	GOHELFF-400	GOHELFF-865
181	65-69 RC	JACKSON-325	JACKSON-245	JACKSON-350	JACKSON-920
	65-69 R	JACKSON- 275	JACKSON-225	JACKSON-325	JACKSON-825
198	55-59RC	SMITH-325	SMITH-225	SMITH-410	SMITH-960
	65-69 R	JACKSON-300	JACKSON-225	JACKSON-350	JACKSON-875

	65-69 RC	JACKSON-325	JACKSON-240	JACKSON-350	JACKSON-905
	70-74 R	JACKSON-280	JACKSON- 240	JACKSON- 325	JACKSON- 840
	70-74 RC	JACKSON- 280	JACKSON- 240	JACKSON- 325	JACKSON- 840
220	50-54R	GEORGE-320	GEORGE-210	GEORGE-370	GEORGE-895
	55-59RC	McCARTER-355	McCARTER-240	McCARTER-425	McCARTER-1020
242	50-54 R	HERNANDEZ-425	HERNANDEZ- 265	HERNANDEZ- 505	HERNANDEZ- 1195
308	O-R	STOTE-720	STOTE-440	STOTE-670	STOTE-1810
	SM-R	STOTE-725	STOTE-450	STOTE-650	STOTE-1825

SPECIALIST					
BENCH PRESS ONLY			DEADLIFT ONLY		
181	65-69R	JACKSON-215	198	55-59 R	LOPEZ-600
242	55-59R	HERNANDEZ-295	242	55-59R	HERNANDEZ-475
SQUAT ONLY			POWERCURL		
NO RECORDS POSTED			NO RECORDS POSTED		
			STRICT CURL	198	
BENCH FOR REPS				0	JACKSON-110
NO RECORDS POSTED				60-69	JACKSON-110
				70-79	JACKSON-105
IRONMAN		BENCH	DEADLIFT	TOTAL	
181	65-69R	JACKSON-215	JACKSON-320	JACKSON-535	
198	70-74 R	JACKSON-240	JACKSON-350	JACKSON-590	