



**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.  
THANK YOU***

*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
90	SQUAT	BENCH	DEADLIFT	TOTAL
NO RECORDS				

	SQUAT	BENCH	DEADLIFT	TOTAL
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
COLLEGIATE 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
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	OBENAUUS- 280	OBENAUUS-140	NORMAN-300	OBENAUUS- 715
JR-RC	LITRELL-225	LITRELL-105	LITRELL-260	LITRELL-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	LE-210	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
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
JUNIOR R	SCRUDATO-235	PIENAAR-155	SCRUDATO-325	SCRUDATO-700

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	PALACIOS-95	PALACIOS-255	PALACIOS-595

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
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	ARSENAULT-140	ARSENAULT-335	ARSENAULT-755
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	HARELSTON-225	PERRY-135	HARRELSTON-320	HARELSTON-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	HIGGS-300	RI'CHARD-630
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	LLEWELLYN-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

40-44 R	ZARNANI-225	GILLIS-135	ZARNANI-250	ZARNANI-580
45-49 R	HANSARD-270	PERRY- 145	HANSARD-325	HANSARD-735
45-49 RC	BURKE- 310	BURKE- 175	BURKE- 375	BURKE- 860
45-49 SP	LEVERETT-350	LEVERETT-145	LEVERETT-395	LEVERETT-880
50-54 R	EDWARDS-300	EDWARDS-200	EDWARDS-375	EDWARDS-875
50-54 SP	LEVERETT- 305	LEVERETT- 135	LEVERETT- 350	LEVERETT- 790
55-59 R	WILLIAMS-190	WILLIAMS-140	WILLIAMS-245	WILLIAMS-575
P/F/M -R	RAU-165	RAU- 110	RAU- 250	RAU- 525
SHW	SQUAT	BENCH	DEADLIFT	TOTAL
13-14 R	JAMISON- 225	JAMISON- 95	JAMISON- 270	JAMISON- 590
15-16 R	ALEXANDER-335	ALEXANDER- 195	ALEXANDER-355	ALEXANDER-885
17-19 R	ANDERSON-250	ANDERSON-105	ANDERSON-315	ANDERSON-670
JR-R	FLEMING-380	FLEMING-250	FLEMING-425	FLEMING-1055
OPEN R	FLEMING-475	FLEMING-280	FLEMING-465	FLEMING-1205
OPEN RC	KOTHOR- 475	KOTHOR-240	KOTHOR-500	KOTHOR-1200
SM-R	BROZIER-305	BRATT-205	BRATT-350	BRATT-860
SM-RC	PEARSON-365	JOHNSON- 175	PEARSON-365	PEARSON-870
40-44 R	BENCIVENGO-335	BENCIVENGO-190	JONNALA-400	BENCIVENGO-915
40-44 RC	ATTERBERRY-395	ATTERBERRY-225	ATTERBERRY-375	ATTERBERRY- 995
45-49 R	ANDERSON-260	ANDERSON-135	ANDERSON-305	ANDERSON-700

45-49 RC	PROSSER-360	PROSSER-190	PROSSER-360	PROSSER-910
50-54 R	WEAVER-190	WEAVER-170	WEAVER-245	WEAVER-605
50-54 RC	JOKHAN-160	JOKHAN-100	JOKHAN-275	JOKHAN-535
55-59 R	WEAVER-180	WEAVER-170	WEAVER-245	WEAVER-595
P/F/M-R	COLLINS-240	COLLINS-170	COLLINS-315	COLLINS-725

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	(NATIONAL)				
75							
7-8 RAW	HESS-60						
90	NO RECORDS						
97							
9-10 R	HESS- 100	O-R	BENNER-110	55-59 R	BENNER-110		
105							
JR-R	JOHNSON-75	O-R	BENNER-105	55-59 R	BENNER-105		
114							
17-19 R	SACHS-105	O-R	BABCOCK-160	40-44 R	SUSPINSKI-105	50-54 R	FISHER-130
80-84 R	MURPHY- 115						
123							
O-R	BABCOCK-165	40-44 R	BACKENSTOSE-140	50-54 R	GUERRIZIO-120	55-59 R	PIDGEON-95
132							
15-16 R	HARRIER- 120	O-R	ROBERTSON-135	SM-R	HANKS-85	40-44 R	LARSON- 165
JR-R	NORMAN-135						
55-59 R	DIMARZIO-85						
148							
11-12 R	HESS- 145	17-19 R	RUSH-115	SM-R	FINLEY- 95	40-44 R	FINLEY-130

45-49 R	COLIAN-80	55-59 R	MACRI- 115	60-64 R	MACRI-115		
165							
JR-R	RUSH-125	OPEN-R	NASH-185	40-44 R	LINTERNO- 155	45-49 R	MITCHELL- 175
50-54 R	RICHARD- 145	60-64 R	MACRI-110	70-74 R	CREEKMORE- 80		
181							
0- R	BONDURANT- 195	50-54 R	DAVIES- 120	55-59 R	WILLIAMS-140	60-64 R	BONDURANT- 190
65-69 R	BONDURANT-195						
SHW							
13-14 R	JAMISON- 95	17-19 R	ANDERSON-105	JR-R	ROMO- 130	0-R	ROMO-130
SM-R	JOHNSON- 175	40-44 R	ORR- 130	50-54 R	HORAN- 125		

**DEADLIFT ONLY NATIONAL RECORDS - if you do not see a record in your category, it simply means we don't have one!**

97							
	NO RECORDS						
105	DEADLIFT						
JR-R	ZARCO-125						

114							
11-12 R	LENZI- 165	15-16 R	DELANEY-230	17-19 R	SACHS- 235	O-R	BABCOCK- 275
50-54 R	FISHER- 285	80-84 R	MURPHY- 200	85-89-R	MURPHY-150		
123							
11-12 R	GIROSKI-235						
15-16 R	DELANEY- 225	O-R	BABCOCK-290	40-44 R	OSBORN-230	50-54 R	SABOSKI-240
60-64 R	JOHNSON- 165	65-69 R	JOHNSON- 180				
132							
13-14 R	HARRIER-265	15-16 R	HARRIER- 255	JR-R	NORMAN-300	O-R	ROBERTSON-300
40-44 R	LARSON-285	50-54 R	GUERRIZIO-235	55-59 R	DIMARZIO-180	65-69 R	CRAFT- 200
148							
O-R	HORTON-245	SM-R	BABONIS-215	45-49 R	SEVIER-240	55-59 R	HIGGS-295
60-64 R	HIGGS-310						
165	DEADLIFT						
17-19 R	HENRY-355	JR-R	BROWN-405	O-R	ZIBKOWSKI-360	SM-R	ZBIKOWSKI-360
40-44 R	LINTERNO-315	45-49 R	ROLON-180	55-59 R	HIGGS-300	60-64 R	HIGGS-315
65-69 R	HIGGS- 315						
181							
OPEN R	ONIMUS-340	SM-R	FREE- 235	50-54 R	DAVIES- 305	55-59 E	KING-165
55-59 R	KING- 215						

SHW							
17-19 R	ANDERSON-315	JR-R	HALL -365	SM-R	JOHNSON-315	45-49 R	KLEMMANN-260

**SQUAT ONLY NATIONAL RECORDS**

WEIGHT CLASS	SQUAT						
114							
0-R	BABCOCK-250						
123							
0-R	BABCOCK-270	40-44 RC	OSBORN-210				
132							
JR-R	NORMAN-265	40-44 R	LARSON-250				

<b>148</b>							
<b>SM-R</b>	FINLEY- 175	<b>40-44 RC</b>	FINLEY- 235				
<b>165</b>							
<b>JR-R</b>	RUSH-225	<b>40-44-R</b>	LINTERNO- 295	<b>50-54 R</b>	RICHARD- 185		
<b>SHW</b>							
<b>JR-R</b>	NEESMITH- 225	<b>SM-RC</b>	JOHNSON- 285				

**BENCH FOR REPS NATIONAL RECORDS**

WEIGHT CLASS	REPS	WEIGHT CLASS	REPS	WEIGHT CLASS	REPS	WEIGHT CLASS	REPS
<b>97</b>							
<b>0-R</b>	BENNER-50	<b>55-59 R</b>	BENNER- 50				
<b>105</b>							
<b>75-79</b>	MURPHY-30						

114							
50-54	FISHER- 52	80-84	MURPHY-31	85-89	MURPHY-18		
132							
0	FREE-41						
148							
JR	TOWSEND-37	40-44	RICH- 45	55-59	MACRI- 31	60-64	MACRI-19
165							
0	NASH- 31	50-54	KUMMERER-24	55-59	KING- 19	60-64	MACRI-19
181							
55-59	KING- 16						
SHW							
JR	ROMO- 18	SM	BRATT-40	40-44	ATTERBERRY-15	50-54	HORAN- 19



WEIGHT CLASS	POWERCURL	WEIGHT CLASS	POWERCURL	WEIGHT CLASS	POWERCURL	WEIGHT CLASS	POWERCURL
114	80-89	123	50-59	148	60-69	165	0
	MURPHY-30		PIDGEON-55		MACRI- 65		PIDGEON-80

### NATIONAL IRONMAIDEN RECORDS

IRONMAIDEN RECORDS	DIV	BP	DL	TOTAL
97	65-69 R	ROSEN-70	ROSEN-165	ROSEN-235
105	75-79 R	MURPHY-115	MURPHY-225	MURPHY-340
114	0-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
	0-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
	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	TOWSEND-250	TOWSEND-390
	O-R	MCBRIDE- 105	MCBRIDE- 300	MCBRIDE-405
	40-44 R	RICH-135	RICH-305	RICH-440
	50-54 R	McCRACKEN-85	McCRACKEN-175	McCRACKEN-260
	60-64 R	MACRI-115	MACRI- 225	MACRI- 340
165	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 SP	LEVERETT-135	LEVERETT-265	LEVERETT- 400

