



## **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	GOTHELF-260	GOTHELF-205	GOTHELF-400	GOTHELF-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-340	JACKSON- 250	JACKSON- 360	JACKSON- 950
	70-74 RC	JACKSON- 340	JACKSON- 250	JACKSON- 360	JACKSON- 950
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

<b>SPECIALIST</b>					
<b>BENCH PRESS ONLY</b>			<b>DEADLIFT ONLY</b>		
181	65-69R	JACKSON-215	198	55-59 R	LOPEZ-600
242	55-59R	HERNANDEZ-295	242	55-59R	HERNANDEZ-475
<b>SQUAT ONLY</b>			<b>POWERCURL</b>		
<b>NO RECORDS POSTED</b>			198	70-79	JACKSON-130
			<b>STRICT CURL</b>	198	
<b>BENCH FOR REPS</b>				O	JACKSON-110
<b>NO RECORDS POSTED</b>				60-69	JACKSON-110
				70-79	JACKSON-110
<b>IRONMAN</b>		<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>	
181	65-69R	JACKSON-215	JACKSON-320	JACKSON-535	
198	70-74 R	JACKSON-250	JACKSON-360	JACKSON-610	