

MARYLAND 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, SS- SLINGSHOT, W-WOMEN, JR- JUNIOR, O-OPEN, LT- LIFETIME, SM- SUBMASTERS, PPOLICE/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-RC	PROSSER- 360	PROSSER- 190	PROSSER- 360	PROSSER- 910
	45-49 RC	PROSSER- 360	PROSSER- 190	PROSSER- 360	PROSSER- 910

BENCH PRESS ONLY					
WOMEN					
SHW	40-44 R	ORR- 130			
MEN					
114	13-14 R	COOPER-145	COOPER-90	COOPER- 230	COOPER- 465
123	13-14 R	COOPER-200	COOPER-145	COOPER-280	COOPER-625
148	O-R	JAMES-400	JAMES- 235	JAMES- 480	JAMES- 1115
165	45-49 R	JAMES-350	JAMES- 220	JAMES- 455	JAMES- 1020
	P-R	JAMES-350	JAMES-220	JAMES-450	JAMES- 1020
220	JR-R	SMITH-225	SMITH-170	SMITH-305	SMITH-700
	NV-R	SMITH-255	SMITH-195	SMITH-300	SMITH-750
	45-49 R	SMITH- 420	SMITH- 300	SMITH- 380	SMITH- 1100
	50-54 RC	SMITH-450	SMITH-300	SMITH-400	SMITH- 1135
			DEADLIFT ONLY		

<i>BENCH ONLY</i>			<i>DEADLIFT ONLY</i>		
132	17-19 R	MCDONALD- 280	220	17-19 R	SINGLE- 475
148	17-19R	MCDONALD- 300			
			275	45-49 R	COOPER- 730
220	14-15 R	NITZ-160		50-54 R	COOPER- 700
242	50-54R	ROAN-345			
275	40-44 R	ALLISON-350			
308	45-49R	ORR- 430			
275			POWERCURL		
	O-R	HADDAWAY- 485	181	O	ROLLINS- 170
				50-59	ROLLINS- 170
				60-69	ROLLINS- 160
			220	14-15	NITZ-100
			242	60-69	BOSLEY- 145
			275	40-49	ALLISON- 150

