

**MEN'S SINGLE LIFT RECORDS:
R.A.W. UNITED POWERLIFTING
FEDERATION**



**UPDATED:
01 SEPTEMBER 2020**

YOUTH SINGLE LIFT RECORDS, 13-Under

Men's 66 lb. class

Age	BENCH	DEADLIFT
13-U	25 D. Walcott	85 D. Walcott

Men's 77 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Men's 88 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Men's 97 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Men's 105 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

MEN'S SINGLE LIFT RECORDS, ALL AGES

Men's 114 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	OPEN	
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	OPEN	
40-44	OPEN	

Men's 123 lb. class

Age	BENCH	DEADLIFT
13-U	70 A. Asmar	205 A. Asmar
14-15	135 T. Conyers	365 T. Conyers
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	OPEN	
40-44	OPEN	

Men's 132 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	140 J. Kent	360 T. Conyers
16-17	140 T. Conyers	380 T. Conyers
18-19	OPEN	
20-24	OPEN	
OPN	205 R. Sheehan	435 R. Sheehan
40-44	OPEN	

Men's 148 lb. class

Age	BENCH	DEADLIFT
13-U	135 A. Asmar	210 A. Asmar
14-15	OPEN	
16-17	212 T. Plyler	441 T. Plyler
18-19	245 J. Dayan	485 J. Dayan
20-24	280 J. Sedlacek	335 A. Quinones
OPN	280 J. Sedlacek	485 J. Dayan
60-64	232 J. March	470 G. Shoblock

Men's 165 lb. class

Age	BENCH	DEADLIFT
13-U	100 A. Asmar	275 A. Asmar
14-15	OPEN	
16-17	240 B. Felts	430 B. Felts
18-19	275 K. Clinton	365 C. Newton
20-24	295 E. Cotroneo	450 E. Cotroneo
OPN	314.2 B. Benedix	573.2 B. Benedix
40-44	290 R. Earle	415 R. Earle
50-54	280 J. Wisenbaker	500 J. Wisenbaker
60-64	380 T. Conyers	635 T. Conyers
65-69	165 T. Spinelli	225 T. Spinelli
70-74	150 R. Magers	420 R. Magers

Men's 181 lb. class

Age	BENCH	DEADLIFT
13-U	95 A. Asmar	270 A. Asmar
14-15	77.2 B. Nielsen	175 B. Nielsen
16-17	380 P. Donahue	380 P. Donahue
18-19	170 J. Cano	340 J. Cano
20-24	240 J. Reiss	495 J. Reiss
OPN	380 P. Donahue	580 P. Pires
40-44	300 K. Whittaker	OPEN
45-49	OPEN	350 J. Brydon
50-54	305 M. Sonne	455 T. O'Brien
55-59	207 S. Tshontikidis	477 S. Tshontikidis

Men's 198 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	280 A. Asmar
14-15	145 S. Ramsey	340 S. Ramsey
16-17	209 A. Hung	386 A. Hung
18-19	OPEN	
20-24	305 K. Evans	505 A. Powell
OPN	390 R. Meyer	620 K. Mishler
40-44	390 R. Meyer	OPEN
45-49	270 J. Cobb	550 J. Cobb
50-54	345 S. Domino	450 C. Caparella
55-59	225 S. Tshontikidis	505 S. Tshontikidis
60-64	OPEN	430 C. Nelson
70-74	167 J. Bertalan	OPEN
75-79	245 T. Tamulevicz	OPEN

Men's 220 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	OPEN	
16-17	212 A. Hung	400 A. Hung
18-19	450 M. Franke	440 M. Nawn
20-24	OPEN	
OPN	385 G. Takacs	670 G. Takacs
40-44	330.7 C. Rousch	562.2 C. Rousch
45-49	303.1 G. Prince	523.6 G. Prince
50-54	350 J. Allen	385 J. Allen
55-59	325 T. Dozier	530 B. Beekley
60-64	320 T. Dozier	455 T. Dozier
65-69	185 M. Sussman	435 C. Nelson
70-74	OPEN	200 M. Keiser
75-79	265 T. Tamulevicz	

Men's 242 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	275 C. Palinsky	475 C. Palinsky
16-17	OPEN	
18-19	OPEN	
20-24	255 J. Dewolfe	465 J. Dewolfe
OPN	405 K. Cavinder	700 K. Cavinder
40-44	405 J. Whalen	580 J. Whalen
45-49	410 J. Whalen	600 J. Whalen
50-54	350 J. Jacobs	650 J. Jacobs
55-59	320 R. Squire	605 R. Squire
60-64	225 B. Young	385 D. Danner

Men's 275 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	OPEN	
16-17	205 C. Bulnes	460 C. Bulnes
18-19	OPEN	
20-24	325 N. Judkins	500 N. Judkins
OPN	470 A. Carvill	700 M. Strom
40-44	385 T. Evans	705 T. Evans
45-49	360 T. Thomas	505 S. Smith
50-55	40-44 T. Holzaphel	OPEN

Men's 308 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	OPEN	
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	440 A. Gibson	700 M. Small
40-44	385 M. Small	700 M. Small

Men's 308+ lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	OPEN	
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	505 R. Hodges	705 R. Hodges
40-44	505 R. Hodges	705 R. Hodges
45-49	350 H. Vanable	400 H. Vanable
50-54	265 E. Francis	500 E. Francis