

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



**UPDATED:
01 OCTOBER 2020**

YOUTH SINGLE LIFT RECORDS, 13-Under

Men's 66 lb. class

| Age | BENCH | DEADLIFT |
|------|-------|----------|
| 13-U | OPEN | |

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 |
| OPN | OPEN | |

Men's 123 lb. class

| | | |
|------------|--------------|-----------------|
| Age | BENCH | DEADLIFT |
| OPN | OPEN | |

Men's 132 lb. class

| | | |
|------------|--------------|-----------------|
| Age | BENCH | DEADLIFT |
| OPN | OPEN | |

Men's 148 lb. class

| | | |
|------------|--------------|-----------------|
| Age | BENCH | DEADLIFT |
| OPN | OPEN | |

Men's 165 lb. class

| | | |
|------------|--------------|-----------------|
| Age | BENCH | DEADLIFT |
| OPN | OPEN | |

Men's 181 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Men's 198 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------------------------|--------------------------------|
| OPN | 275 S. Carter | 600 S. Carter |

Men's 220 lb. class

| Age | BENCH | DEADLIFT |
|--------------|------------------------------|-------------------------------|
| OPN | 315 D. Boyd | 490 B. Essig |
| 45-49 | 315 D. Boyd | OPEN |

Men's 242 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Men's 275 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Men's 308 lb. class

Age **BENCH** **DEADLIFT**

OPN **OPEN**

Men's 308+ lb. class

Age **BENCH** **DEADLIFT**

OPN **OPEN**