

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



UPDATED: 20 MAY 2021

YOUTH SINGLE LIFT RECORDS, 13-Under

Men's 66 lb. class

Age	BENCH	DEADLIFT
7-U	25 E. Spragis-McM	70 E. Spragis-McMullen
8-9	42 Lo. Quiroga	100 Lo. Quiroga
10-11	42 T. Fagnoli	130 T. Fagnoli

Men's 77 lb. class

Age	BENCH	DEADLIFT
10-11	45 K. Caldwell	130 K. Caldwell

Men's 88 lb. class

Age	BENCH	DEADLIFT
10-11	62 C. Brown	145 C. Brown

Men's 97 lb. class

Age	BENCH	DEADLIFT
12-13	La. Quiroga	La. Quiroga

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	80 La. Quiroga	160 La. Quiroga
14-15	OPEN	
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	80 La. Quiroga	160 La. Quiroga
40-44	OPEN	

Men's 123 lb. class

Age	BENCH	DEADLIFT
13-U	110 D. Small	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	125 D. Small	210 D. Small
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	260 J. Dayan	530 J. Dayan
20-24	280 J. Sedlacek	335 A. Quinones
OPN	280 J. Sedlacek	530 J. Dayan
60-64	232 J. March	470 G. Shoblock

Men's 165 lb. class

Age	BENCH	DEADLIFT
13-U	120 C. Wolf	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	330 J. Urbina	573.2 B. Benedix
40-44	290 R. Earle	415 R. Earle
45-49	155 C. Bulnes	OPEN
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	155 C. Wolf	280 C. Smith
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 L. Austin	580 P. Pires
40-44	335 B. Adams	425 I. Hernandez
45-49	200 D. Montone	375 D. Montone
50-54	315 J. Brydon	530 J. Wisenbaker
55-59	207 S. Tshontikidis	477 S. Tshontikidis
60-64	175 S. Tshontikidis	425 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	245 J. Young	440 J. Young
20-24	375 T. Hurst	565 T. Hurst
OPN	415 A. Noviello	620 K. Mishler
40-44	390 R. Meyer	OPEN
45-49	270 J. Cobb	550 J. Cobb
50-54	350 S. Domino	450 C. Caparella
55-59	225 S. Tshontikidis	505 S. Tshontikidis
60-64	OPEN	430 C. Nelson
65-69	OPEN	320 M. Stensrud

Men's 198 lb. class (continued)

70-74 167 OPEN
J. Bertalan

75-79 245 OPEN
T. Tamulevicz

Men's 220 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	135 V. Chiellini	355 V. Chiellini
16-17	212 A. Hung	400 A. Hung
18-19	450 M. Franke	440 M. Nawn
20-24	OPEN	730 C. Borowski
OPN	415 J. Bitter	730 C. Borowski
40-44	330.7 C. Rousch	562.2 C. Rousch
45-49	303.1 G. Prince	523.6 G. Prince
50-54	355 S. Domino	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

Men's 220 lb. class (continued)

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	585 A. Winterstein
45-49	410 J. Whalen	600 J. Whalen
50-54	425 J. Allen	650 J. Jacobs
55-59	320 R. Squire	605 R. Squire
60-64	330 G. Guenther	505 G. Guenther
65-69	100 D. S. Lee	220 D. S. Lee

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	345 L. Berry	545 J. Sandomenico
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	455 S. Farrell	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	415 L. Melendez	700 M. Small
60-64	245 B. Bradford	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	505 R. Hodges	710 R. Hodges
40-44	505 R. Hodges	710 R. Hodges
45-49	350 H. Vanable	400 H. Vanable
50-54	265 E. Francis	500 E. Francis