

**WASHINGTON:
MEN'S FULL POWER
STATE RECORDS
R.A.W. UNITED POWERLIFTING
FEDERATION**



UPDATED: 15 MAR 2022

YOUTH FULL POWER RECORDS, 13-Under

Men's 66 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Men's 77 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Men's 88 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Men's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Men's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

FULL POWER RECORDS, ALL AGES

Men's 114 lb. class

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

Men's 123 lb. class

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

Men's 132 lb. class

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

Men's 148 lb. class

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

Men's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	290 S. Brown	225 S. Brown	460 S. Brown	975 S. Brown
18-19	OPEN			
20-24	OPEN			
OPN	290 S. Brown	225 S. Brown	460 S. Brown	975 S. Brown

Men's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	325 R. Lysne	210 R. Lysne	400 R. Lysne	935 R. Lysne
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	455 K. Soghomonisn	315 K. Soghomonisn	500 D. Schmidt	1215 K. Soghomo

Men's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	305 R. Lysne	205 R. Lysne	365 R. Lysne	875 R. Lysne
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	445 S. Carter	310 J. Upton	605 J. Upton	1360 J. Upton

Men's 220 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	385 R. Lysne	245 R. Lysne	455 R. Lysne	1085 R. Lysne
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	385 R. Lysne	275 B. Marshall	455 R. Lysne	1085 R. Lysne

Men's 242 lb. class

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

Men's 275 lb. class

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

Men's 308 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	550 D. Nill	355 D. Nill	575 D. Nill	1480 D. Nill
45-49	550 D. Nill	355 D. Nill	575 D. Nill	1480 D. Nill

Men's 308+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	345 T. McLaughlin	215 T. McLaughlin	375 T. McLaughlin	935 T. McLaugh
45-49	345 T. McLaughlin	215 T. McLaughlin	375 T. McLaughlin	935 T. McLaugh