

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



**UPDATED: 15 MAR 2022**

# 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
16-17	225 S. Brown	460 S. Brown
OPN	255 H. Brown	460 S. Brown

**Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>210</b> <b>R. Lysne</b>	<b>400</b> <b>R. Lysne</b>
<b>OPN</b>	<b>315</b> <b>K. Soghomonian</b>	<b>480</b> <b>Z. Webster</b>

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>205</b> <b>R. Lysne</b>	<b>365</b> <b>R. Lysne</b>
<b>OPN</b>	<b>310</b> <b>J. Upton</b>	<b>605</b> <b>J. Upton</b>

**Men's 220 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>245</b> <b>R. Lysne</b>	<b>455</b> <b>R. Lysne</b>
<b>OPN</b>	<b>315</b> <b>D. Boyd</b>	<b>490</b> <b>B. Essig</b>
<b>45-49</b>	<b>315</b> <b>D. Boyd</b>	<b>OPEN</b>
<b>50-54</b>	<b>185</b> <b>R. Orona</b>	<b>OPEN</b>

**Men's 242 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Men's 275 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Men's 308 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>385</b> <b>K. Kernin</b>	<b>575</b> <b>D. Nill</b>
<b>45-49</b>	<b>355</b> <b>D. Nill</b>	<b>575</b> <b>D. Nill</b>

**Men's 308+ lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>215</b> <b>T. McLaughlin</b>	<b>375</b> <b>T. McLaughlin</b>
<b>45-59</b>	<b>215</b> <b>T. McLaughlin</b>	<b>375</b> <b>T. McLaughlin</b>