

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



**UPDATED: 10 JUL 2022**

# YOUTH FULL POWER RECORDS, 13-Under

## Men's 66 lb. class

| Age | SQUAT          | BENCH          | DEADLIFT       | TOTAL           |
|-----|----------------|----------------|----------------|-----------------|
| 7-U | 45<br>E. Bowen | 35<br>E. Bowen | 50<br>E. Bowen | 130<br>E. Bowen |

## 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

| <b>Age</b>   | <b>SQUAT</b> | <b>BENCH</b> | <b>DEADLIFT</b> | <b>TOTAL</b> |
|--------------|--------------|--------------|-----------------|--------------|
| <b>13-U</b>  | <b>OPEN</b>  |              |                 |              |
| <b>14-15</b> | <b>OPEN</b>  |              |                 |              |
| <b>16-17</b> | <b>OPEN</b>  |              |                 |              |
| <b>18-19</b> | <b>OPEN</b>  |              |                 |              |
| <b>20-24</b> | <b>OPEN</b>  |              |                 |              |
| <b>OPN</b>   | <b>OPEN</b>  |              |                 |              |

## Men's 123 lb. class

| <b>Age</b>   | <b>SQUAT</b> | <b>BENCH</b> | <b>DEADLIFT</b> | <b>TOTAL</b> |
|--------------|--------------|--------------|-----------------|--------------|
| <b>13-U</b>  | <b>OPEN</b>  |              |                 |              |
| <b>14-15</b> | <b>OPEN</b>  |              |                 |              |
| <b>16-17</b> | <b>OPEN</b>  |              |                 |              |
| <b>18-19</b> | <b>OPEN</b>  |              |                 |              |
| <b>20-24</b> | <b>OPEN</b>  |              |                 |              |
| <b>OPN</b>   | <b>OPEN</b>  |              |                 |              |

**Men's 132 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                  | <b>BENCH</b>                 | <b>DEADLIFT</b>               | <b>TOTAL</b>                  |
|--------------|-------------------------------|------------------------------|-------------------------------|-------------------------------|
| <b>10-11</b> | <b>115</b><br><b>Q. Bowen</b> | <b>85</b><br><b>Q. Bowen</b> | <b>150</b><br><b>Q. Bowen</b> | <b>350</b><br><b>Q. Bowen</b> |
| <b>14-15</b> | <b>215</b><br><b>A. Crea</b>  | <b>165</b><br><b>A. Crea</b> | <b>265</b><br><b>A. Crea</b>  | <b>645</b><br><b>A. Crea</b>  |
| <b>16-17</b> | <b>OPEN</b>                   |                              |                               |                               |
| <b>18-19</b> | <b>OPEN</b>                   |                              |                               |                               |
| <b>20-24</b> | <b>OPEN</b>                   |                              |                               |                               |
| <b>OPN</b>   | <b>215</b><br><b>A. Crea</b>  | <b>165</b><br><b>A. Crea</b> | <b>265</b><br><b>A. Crea</b>  | <b>645</b><br><b>A. Crea</b>  |

**Men's 148 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                     | <b>DEADLIFT</b>                  | <b>TOTAL</b>                     |
|--------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                  |                                  |                                  |
| <b>14-15</b> | <b>225</b><br><b>J. Louis</b>    | <b>180</b><br><b>W. Cook</b>     | <b>300</b><br><b>W. Cook</b>     | <b>690</b><br><b>J. Louis</b>    |
| <b>16-17</b> | <b>300</b><br><b>A. Crea</b>     | <b>225</b><br><b>S. Brown</b>    | <b>460</b><br><b>S. Brown</b>    | <b>975</b><br><b>S. Brown</b>    |
| <b>18-19</b> | <b>OPEN</b>                      |                                  |                                  |                                  |
| <b>20-24</b> | <b>OPEN</b>                      |                                  |                                  |                                  |
| <b>OPN</b>   | <b>300</b><br><b>A. Crea</b>     | <b>225</b><br><b>S. Brown</b>    | <b>460</b><br><b>S. Brown</b>    | <b>975</b><br><b>S. Brown</b>    |
| <b>55-59</b> | <b>235</b><br><b>M. Thornton</b> | <b>220</b><br><b>M. Thornton</b> | <b>320</b><br><b>M. Thornton</b> | <b>775</b><br><b>M. Thornton</b> |

**Men's 165 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                   | <b>DEADLIFT</b>                  | <b>TOTAL</b>                     |
|--------------|----------------------------------|--------------------------------|----------------------------------|----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                |                                  |                                  |
| <b>14-15</b> | <b>370</b><br><b>C. Wimberly</b> | <b>205</b><br><b>J. Louis</b>  | <b>360</b><br><b>C. Wimberly</b> | <b>910</b><br><b>C. Wimberly</b> |
| <b>16-17</b> | <b>385</b><br><b>C. Wimberly</b> | <b>225</b><br><b>C. Keener</b> | <b>420</b><br><b>C. Keener</b>   | <b>1000</b><br><b>C. Keener</b>  |
| <b>18-19</b> | <b>OPEN</b>                      |                                |                                  |                                  |
| <b>20-24</b> | <b>OPEN</b>                      |                                |                                  |                                  |
| <b>OPN</b>   | <b>385</b><br><b>C. Wimberly</b> | <b>225</b><br><b>C. Keener</b> | <b>420</b><br><b>C. Keener</b>   | <b>1000</b><br><b>C. Keener</b>  |

**Men's 181 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                  | <b>BENCH</b>                  | <b>DEADLIFT</b>                  | <b>TOTAL</b>                  |
|--------------|-------------------------------|-------------------------------|----------------------------------|-------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                   |                               |                                  |                               |
| <b>14-15</b> | <b>365</b><br><b>J. Louis</b> | <b>255</b><br><b>J. Louis</b> | <b>460</b><br><b>C. Robinson</b> | <b>970</b><br><b>J. Louis</b> |
| <b>16-17</b> | <b>OPEN</b>                   |                               |                                  |                               |
| <b>18-19</b> | <b>OPEN</b>                   |                               |                                  |                               |
| <b>20-24</b> | <b>OPEN</b>                   |                               |                                  |                               |
| <b>OPN</b>   | <b>365</b><br><b>J. Louis</b> | <b>255</b><br><b>J. Louis</b> | <b>460</b><br><b>C. Robinson</b> | <b>970</b><br><b>J. Louis</b> |

**Men's 198 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                     | <b>DEADLIFT</b>                  | <b>TOTAL</b>                      |
|--------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>165</b><br><b>C. Logman</b>   | <b>100</b><br><b>C. Logman</b>   | <b>205</b><br><b>C. Logman</b>   | <b>470</b><br><b>C. Logman</b>    |
| <b>14-15</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>16-17</b> | <b>340</b><br><b>C. Robinson</b> | <b>240</b><br><b>C. Robinson</b> | <b>520</b><br><b>C. Robinson</b> | <b>1100</b><br><b>C. Robinson</b> |
| <b>18-19</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>20-24</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>OPN</b>   | <b>500</b><br><b>C. Helm</b>     | <b>340</b><br><b>D. Cochrell</b> | <b>600</b><br><b>C. Helm</b>     | <b>1435</b><br><b>C. Helm</b>     |
| <b>40-44</b> | <b>315</b><br><b>D. Cochrell</b> | <b>340</b><br><b>D. Cochrell</b> | <b>450</b><br><b>D. Cochrell</b> | <b>1105</b><br><b>D. Cochrell</b> |
| <b>45-49</b> | <b>315</b><br><b>D. Cochrell</b> | <b>350</b><br><b>D. Cochrell</b> | <b>450</b><br><b>D. Cochrell</b> | <b>1115</b><br><b>D. Cochrell</b> |
| <b>55-59</b> | <b>375</b><br><b>D. Atwood</b>   | <b>240</b><br><b>D. Atwood</b>   | <b>445</b><br><b>D. Atwood</b>   | <b>1085</b><br><b>D. Atwood</b>   |

**Men's 220 lb. class**

| <b>Age</b>   | <b>SQUAT</b>             | <b>BENCH</b>           | <b>DEADLIFT</b>        | <b>TOTAL</b>            |
|--------------|--------------------------|------------------------|------------------------|-------------------------|
| <b>13-U</b>  | <b>OPEN</b>              |                        |                        |                         |
| <b>14-15</b> | <b>385</b><br>R. Lysne   | <b>245</b><br>R. Lysne | <b>455</b><br>R. Lysne | <b>1085</b><br>R. Lysne |
| <b>16-17</b> | <b>395</b><br>R. Lysne   | <b>270</b><br>R. Lysne | <b>465</b><br>R. Lysne | <b>1130</b><br>R. Lysne |
| <b>18-19</b> | <b>OPEN</b>              |                        |                        |                         |
| <b>20-24</b> | <b>OPEN</b>              |                        |                        |                         |
| <b>OPN</b>   | <b>505</b><br>J. Genthos | <b>370</b><br>C. Wood  | <b>625</b><br>C. Wood  | <b>1475</b><br>C. Wood  |

**Men's 242 lb. class**

| <b>Age</b>   | <b>SQUAT</b>             | <b>BENCH</b>              | <b>DEADLIFT</b>          | <b>TOTAL</b>              |
|--------------|--------------------------|---------------------------|--------------------------|---------------------------|
| <b>13-U</b>  | <b>OPEN</b>              |                           |                          |                           |
| <b>14-15</b> | <b>OPEN</b>              |                           |                          |                           |
| <b>16-17</b> | <b>OPEN</b>              |                           |                          |                           |
| <b>18-19</b> | <b>OPEN</b>              |                           |                          |                           |
| <b>20-24</b> | <b>OPEN</b>              |                           |                          |                           |
| <b>OPN</b>   | <b>490</b><br>I. Fleming | <b>375</b><br>D. Gonzalez | <b>630</b><br>I. Fleming | <b>1490</b><br>I. Fleming |
| <b>40-44</b> | <b>320</b><br>J. Moody   | <b>300</b><br>J. Moody    | <b>365</b><br>J. Moody   | <b>985</b><br>J. Moody    |

**Men's 275 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                       | <b>BENCH</b>                       | <b>DEADLIFT</b>                    | <b>TOTAL</b>                      |
|--------------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                        |                                    |                                    |                                   |
| <b>14-15</b> | <b>400</b><br><b>T. Baune</b>      | <b>310</b><br><b>T. Baune</b>      | <b>605</b><br><b>T. Baune</b>      | <b>1315</b><br><b>T. Baune</b>    |
| <b>16-17</b> | <b>425</b><br><b>T. Baune</b>      | <b>330</b><br><b>T. Baune</b>      | <b>645</b><br><b>T. Baune</b>      | <b>1400</b><br><b>T. Baune</b>    |
| <b>18-19</b> | <b>OPEN</b>                        |                                    |                                    |                                   |
| <b>20-24</b> | <b>OPEN</b>                        |                                    |                                    |                                   |
| <b>OPN</b>   | <b>500</b><br><b>C. Berghoff</b>   | <b>330</b><br><b>T. Baune</b>      | <b>645</b><br><b>T. Baune</b>      | <b>1400</b><br><b>T. Baune</b>    |
| <b>40-44</b> | <b>250</b><br><b>B. Miller</b>     | <b>295</b><br><b>B. Miller</b>     | <b>425</b><br><b>B. Miller</b>     | <b>970</b><br><b>B. Miller</b>    |
| <b>50-54</b> | <b>335</b><br><b>J. Martin</b>     | <b>315</b><br><b>J. Martin</b>     | <b>405</b><br><b>J. Martin</b>     | <b>1055</b><br><b>J. Martin</b>   |
| <b>60-64</b> | <b>445</b><br><b>E. Freysinger</b> | <b>265</b><br><b>E. Freysinger</b> | <b>460</b><br><b>E. Freysinger</b> | <b>1170</b><br><b>E. Freysing</b> |



**Men's 308 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                     | <b>DEADLIFT</b>                  | <b>TOTAL</b>                      |
|--------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>14-15</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>16-17</b> | <b>405</b><br><b>C. Logman</b>   | <b>275</b><br><b>C. Logman</b>   | <b>405</b><br><b>C. Logman</b>   | <b>1085</b><br><b>C. Logman</b>   |
| <b>18-19</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>20-24</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>OPN</b>   | <b>250</b><br><b>J. Stockton</b> | <b>415</b><br><b>J. Stockton</b> | <b>335</b><br><b>J. Stockton</b> | <b>1000</b><br><b>J. Stockton</b> |

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

| <b>Age</b>   | <b>SQUAT</b>                       | <b>BENCH</b>                       | <b>DEADLIFT</b>                    | <b>TOTAL</b>                     |
|--------------|------------------------------------|------------------------------------|------------------------------------|----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                        |                                    |                                    |                                  |
| <b>14-15</b> | <b>OPEN</b>                        |                                    |                                    |                                  |
| <b>16-17</b> | <b>OPEN</b>                        |                                    |                                    |                                  |
| <b>18-19</b> | <b>OPEN</b>                        |                                    |                                    |                                  |
| <b>20-24</b> | <b>OPEN</b>                        |                                    |                                    |                                  |
| <b>OPN</b>   | <b>500</b><br><b>M. Wilfong</b>    | <b>325</b><br><b>M. Wilfong</b>    | <b>515</b><br><b>M. Wilfong</b>    | <b>1340</b><br><b>M. Wilfong</b> |
| <b>40-44</b> | <b>500</b><br><b>M. Wilfong</b>    | <b>325</b><br><b>M. Wilfong</b>    | <b>515</b><br><b>M. Wilfong</b>    | <b>1340</b><br><b>M. Wilfong</b> |
| <b>45-49</b> | <b>345</b><br><b>T. McLaughlin</b> | <b>215</b><br><b>T. McLaughlin</b> | <b>375</b><br><b>T. McLaughlin</b> | <b>935</b><br><b>T. McLaugh</b>  |