

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



**UPDATED: 10 JUL 2022**

# **YOUTH SINGLE LIFT RECORDS, 13 - Under**

## **Men's 66 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>7-U</b>	<b>42</b> <b>M. Bilak</b>	<b>115</b> <b>S. Smith</b>
<b>8-9</b>	<b>40</b> <b>E. Spragis-McM</b>	<b>92</b> <b>E. Spragis-McM</b>
<b>10-11</b>	<b>47</b> <b>T. Fagnoli</b>	<b>135</b> <b>T. Fagnoli</b>

## **Men's 77 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>8-9</b>	<b>45</b> <b>K. Romeus</b>	<b>115</b> <b>K. Romeus</b>
<b>10-11</b>	<b>47</b> <b>K. Caldwell</b>	<b>120</b> <b>K. Caldwell</b>

## **Men's 88 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>10-11</b>	<b>70</b> <b>C. Brown</b>	<b>172</b> <b>C. Brown</b>
<b>12-13</b>	<b>62</b> <b>A. Waters</b>	<b>170</b> <b>K. Caldwell</b>

### **Men's 97 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>8-9</b>	<b>45</b> <b>G. Michocki</b>	<b>110</b> <b>G. Michocki</b>
<b>10-11</b>	<b>75</b> <b>A. Waters</b>	<b>167</b> <b>A. Waters</b>
<b>12-13</b>	<b>82</b> <b>A. Waters</b>	<b>202</b> <b>A. Waters</b>

### **Men's 105 lb. class**

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

### **Men's 114 lb. class**

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

### **Men's 123 lb. class**

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

### **Men's 132 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
10-11	85 Q. Bowen	150 Q. Bowen
12-13	150 D. Small	305 D. Small
<b>OPEN</b>		

### **Men's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
10-11	105 D. Schmadeke	225 D. Schmadeke
12-13	205 D. Schmadeke	247 D. Schmadeke

### **Men's 165 lb. class**

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

### **Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>	
12-13	150 D. Schmadeke	300 D. Schmadeke	D. Schmadeke

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>10-11</b>	<b>100</b> <b>Cu. Logman</b>	<b>205</b> <b>Cu. Logman</b>

**Men's 220 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>10-11</b>	<b>100</b> <b>Cr. Logman</b>	<b>205</b> <b>Cr. Logman</b>

**Men's 242 lb. class**

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

**Men's 275 lb. class**

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

**Men's 308 lb. class**

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

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

**Age**

**BENCH**

**DEADLIFT**

**OPEN**

# TEENAGE SINGLE LIFT RECORDS, 14 - 19

## Men's 114 lb. class

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

## Men's 123 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>75</b> <b>C. Williams</b>	<b>225</b> <b>C. Williams</b>
<b>16-17</b>	<b>155</b> <b>M. Weinberg</b>	<b>285</b> <b>M. Weinberg</b>

## Men's 132 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>185</b> <b>P. Milburn</b>	<b>335</b> <b>P. Milburn</b>

## Men's 148 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>180</b> <b>W. Cook</b>	<b>350</b> <b>D. Small</b>
<b>16-17</b>	<b>205</b> <b>W. Cook</b>	<b>375</b> <b>W. Cook</b>

**Men's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>205</b> <b>J. Louis</b>	<b>360</b> <b>C. Wimberly</b>
<b>16-17</b>	<b>225</b> <b>C. Keener</b>	<b>420</b> <b>C. Keener</b>

**Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>255</b> <b>J. Louis</b>	<b>460</b> <b>C. Robinson</b>

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>250</b> <b>B. Wood</b>	<b>520</b> <b>C. Robinson</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>16-17</b>	<b>270</b> <b>R. Lysne</b>	<b>465</b> <b>R. Lysne</b>
<b>18-19</b>	<b>275</b> <b>J. Young</b>	<b>500</b> <b>D. Schelhammer</b>



**Men's 242 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>175</b> <b>V. Chiellini</b>	<b>430</b> <b>V. Chiellini</b>
<b>18-19</b>	<b>340</b> <b>D. Samayoa</b>	<b>545</b> <b>A. Giguere</b>

**Men's 275 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>330</b> <b>T. Baune</b>	<b>645</b> <b>T. Baune</b>

**Men's 308 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>275</b> <b>C. Logman</b>	<b>405</b> <b>C. Logman</b>

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

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

# MEN'S FULL POWER RECORDS, OPEN

## Men's 114 lb. class

Age	BENCH	DEADLIFT
OPN	82 A. Waters	202 A. Waters

## Men's 123 lb. class

Age	BENCH	DEADLIFT
OPN	155 M. Weinberg	285 M. Weinberg

## Men's 132 lb. class

Age	BENCH	DEADLIFT
OPN	235 M. Thornton	335 M. Thornton

## Men's 148 lb. class

Age	BENCH	DEADLIFT
OPN	220 M. Thornton	440 R. Sheehan

## Men's 165 lb. class

Age	BENCH	DEADLIFT
OPN	370 T. Conyers	600 T. Conyers

**Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>350</b> <b>B. Adams</b>	<b>460</b> <b>C. Robinson</b>

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>460</b> <b>J. Sunday</b>	<b>705</b> <b>J. Sunday</b>

**Men's 220 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>405</b> <b>C. Davis</b>	<b>640</b> <b>J. Jacobs</b>

**Men's 242 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>390</b> <b>S. Pruitt</b>	<b>675</b> <b>S. Pruitt</b>

**Men's 275 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>465</b> <b>J. Acevedo</b>	<b>660</b> <b>A. Burns-McD</b>

**Men's 308 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>415</b> <b>J. Stockton</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>540</b> <b>R. Hodges</b>	<b>745</b> <b>R. Hodges</b>

# **MEN'S SINGLE LIFT RECORDS, MASTERS**

## **Men's 114 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
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<b>OPEN</b>		
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## **Men's 123 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
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<b>OPEN</b>		
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## **Men's 132 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
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<b>OPEN</b>		
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## **Men's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
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<b>55-59</b>	<b>220</b> <b>M. Thornton</b>	<b>320</b> <b>M. Thornton</b>
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**Men's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>60-64</b>	<b>370</b> <b>T. Conyers</b>	<b>600</b> <b>T. Conyers</b>
<b>80-84</b>	<b>120</b> <b>P. Dworkin</b>	<b>205</b> <b>P. Dworkin</b>

**Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>350</b> <b>B. Adams</b>	<b>405</b> <b>D. Angelakopoul</b>
<b>45-49</b>	<b>195</b> <b>D. Montone</b>	<b>380</b> <b>D. Montone</b>
<b>60-64</b>	<b>190</b> <b>K. Leverette</b>	<b>440</b> <b>S. Tshontikidis</b>
<b>70-74</b>	<b>150</b> <b>G. Dixon</b>	<b>260</b> <b>G. Dixon</b>

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>45-49</b>	<b>350</b> <b>D. Cochrell</b>	<b>450</b> <b>D. Cochrell</b>
<b>55-59</b>	<b>230</b> <b>D. Atwood</b>	<b>445</b> <b>D. Atwood</b>
<b>60-64</b>	<b>192</b> <b>S. Tshontikidis</b>	<b>465</b> <b>S. Tshontikidis</b>

**Men's 220 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>285</b> <b>D. Leonard</b>	<b>540</b> <b>D. Leonard</b>
<b>55-59</b>	<b>360</b> <b>J. Jacobs</b>	<b>640</b> <b>J. Jacobs</b>
<b>60-64</b>	<b>310</b> <b>T. Dozier</b>	<b>530</b> <b>B. Beekley</b>
<b>70-74</b>	<b>140</b> <b>G. Dixon</b>	<b>325</b> <b>G. Dixon</b>

**Men's 242 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>365</b> <b>J. Pennington</b>	<b>625</b> <b>A. Wintersten</b>
<b>55-59</b>	<b>405</b> <b>J. Allen</b>	<b>500</b> <b>J. Jacobs</b>
<b>60-64</b>	<b>317</b> <b>T. Dozier</b>	<b>525</b> <b>G. Guenther</b>

**Men's 275 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>365</b> <b>T. Evans</b>	<b>650</b> <b>T. Evans</b>
<b>45-49</b>	<b>465</b> <b>J. Acevedo</b>	<b>450</b> <b>J. Acevedo</b>
<b>50-54</b>	<b>315</b> <b>J. Martin</b>	<b>405</b> <b>J. Martin</b>
<b>60-64</b>	<b>265</b> <b>E. Freysinger</b>	<b>460</b> <b>E. Freysinger</b>

**Men's 308 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>440</b> <b>L. Melendez</b>	<b>550</b> <b>L. Melendez</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>40-44</b>	<b>540</b> <b>R. Hodges</b>	<b>745</b> <b>R. Hodges</b>
<b>45-49</b>	<b>215</b> <b>T. McLaughlin</b>	<b>375</b> <b>T. McLaughlin</b>