

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



UPDATED: 15 MAR 2023

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	205	365	875
	R. Lysne	R. Lysne	R. Lysne	R. Lysne
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	445	310	605	1360
	S. Carter	J. Upton	J. Upton	J. Upton

Men's 220 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	385	245	455	1085
	R. Lysne	R. Lysne	R. Lysne	R. Lysne
16-17	395	270	465	1130
	R. Lysne	R. Lysne	R. Lysne	R. Lysne
18-19	OPEN			
20-24	OPEN			
OPN	395	275	465	1130
	R. Lysne	B. Marshall	R. Lysne	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	185 R. Orona	185 R. Orona	315 R. Orona	685 R. Orona
50-54	185 R. Orona	185 R. Orona	315 R. Orona	685 R. Orona

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	660 S. Piippo	420 S. Piippo	675 S. Piippo	1755 S. Piippo

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	225 T. McLaughlin	375 T. McLaughlin	935 T. McLaugh
45-49	345 T. McLaughlin	225 T. McLaughlin	375 T. McLaughlin	935 T. McLaugh