

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



UPDATED: 15 MAR 2023

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

Age	BENCH	DEADLIFT
14-15	210 R. Lysne	400 R. Lysne
OPN	315 K. Soghomonisn	480 Z. Webster

Men's 198 lb. class

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

Men's 220 lb. class

Age	BENCH	DEADLIFT
14-15	245 R. Lysne	455 R. Lysne
16-17	270 R. Lysne	465 R. Lysne
OPN	315 D. Boyd	490 B. Essig
45-49	315 D. Boyd	OPEN
50-54	185 R. Orona	OPEN

Men's 242 lb. class

Age	BENCH	DEADLIFT
OPN	185 R. Orona	315 R. Orona
50-54	185 R. Orona	315 R. Orona

Men's 275 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Men's 308 lb. class

Age	BENCH	DEADLIFT
OPN	385 K. Kernin	580 D. Nill
45-49	365 D. Nill	580 D. Nill

Men's 308+ lb. class

Age	BENCH	DEADLIFT
OPN	225 T. McLaughlin	375 T. McLaughlin
45-59	225 T. McLaughlin	375 T. McLaughlin

