

Single Event Unequipped National Records Updated 04/18/2026

Men's 52 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Johnathon Wrenn Good Hope, IL 3/4/2017	167.5	Johnathon Wrenn Good Hope, IL 3/4/2017	100	Johnathon Wrenn Good Hope, IL 3/4/2017	172.5
T1 (14-15)	Jacob Stagg Evansville, IN 3/9/2013	92.5	John Jaranowski Evansville, IN 4/6/2024	55	Jacob Stagg Evansville, IN 3/9/2013	140
T2 (16-17)	Evan Seng Evansville, IN 10/10/2020	117.5	Evan Seng Evansville, IN 10/10/2020	57.5	Evan Seng Evansville, IN 10/10/2020	135
T3 (18-19)	Johnathon Wrenn Good Hope, IL 2/4/2012	142.5	Johnathon Wrenn Good Hope, IL 2/4/2012	85	Johnathon Wrenn Good Hope, IL 2/4/2012	155
Junior (20-24)			Ryan Sutera 3/7/2015	77.5		
M1 (40-44)						
M2 (45-49)						
M3 (50-54)						
M4 (55-59)						
M5 (60-69)						
M6 (65-69)						

M7 (70-74)						
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 56 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Johnathon Wrenn Good Hope, IL 3/9/2013	160	Vin Voeun Zeeland, MI 2/25/2006	110	Johnathon Wrenn Good Hope, IL 3/7/2015	170
T1 (14-15)			Mason Harbour DeGraff, OH 4/5/2008	62.5		
T2 (16-17)						
T3 (18-19)						
Junior (20-24)	Johnathon Wrenn Good Hope, IL 3/9/2013	160	Johnathon Wrenn Good Hope, IL 3/9/2013	95	Johnathon Wrenn Good Hope, IL 3/7/2015	170
M1 (40-44)						
M2 (45-49)						

M3 (50-54)						
M4 (55-59)						
M5 (60-69)						
M6 (65-69)						
M7 (70-74)						
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 60 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Johnathon Wrenn Good Hope, IL 3/4/2023	160	Johnathon Wrenn Good Hope, IL 4/11/2026	108	Jimmy Fairchild Crowell, MI 3/6/2010	197.5
T1 (14-15)	Andrew Stagg Evansville, IN 3/6/2010	110	Andrew Stagg Evansville, IN 3/6/2010	62.5	Andrew Stagg Evansville, IN 3/6/2010	147.5
T2 (16-17)	Jacob Stagg Evansville, IN	130	Dylan Price China Township, MI	100	Zachary Maxfield Crowell, MI	187.5

	3/7/2015		3/5/2011		3/5/2011	
T3 (18-19)	Jimmy Fairchild Crowell, MI 3/6/2010	150	Jimmy Fairchild Crowell, MI 3/6/2010	107.5	Jimmy Fairchild Crowell, MI 3/6/2010	197.5
Junior (20-24)						
M1 (40-44)						
M2 (45-49)						
M3 (50-54)						
M4 (55-59)						
M5 (60-65)	Gary Morrison Grand Rapids, MI 3/6/2010	95	Gary Morrison Grand Rapids, MI 3/6/2010	82.5	Gary Morrison Grand Rapids, MI 3/6/2010	137.5
M6 (65-69)	Jeffrey Kortes Franklin, WI 4/11/2026	87.5			Jeffrey Kortes Franklin, WI 4/11/2026	115.5
M7 (70-74)	Tom LaFontaine Columbia, MO 4/17/2021	80	Steve Smith Oviedo, FL 6/23/2007	77.5	Tom LaFontaine Columbia, MO 4/17/2021	117.5
M8 (75-79)	Tom LaFontaine Columbia, MO 5/7/2022	85	Tom LaFontaine Columbia, MO 5/7/2022	60	Tom LaFontaine Columbia, MO 5/7/2022	125
M9 (80-84)						
M10 (85-90)						

Men's 67.5 kilo, Unequipped -Single Event -National Records

Weight	Squat		Bench Press		Deadlift	
Open	Marcus Wynn MaComb, IL 3/6/2010	172.5	David Wilson Dearborn, MI 3/14/2009	132.5	David Wilson Dearborn, MI 3/14/2009	227.5
T1 (14-15)			Blake Harris Walkerton, IN 4/5/2008	95	Cesar Ramirez Wyoming, MI 3/5/2011	140
T2 (16-17)	Bobby Sutherby Jackson, MI 3/14/2009	135	Bobby Sutherby Jackson, MI 3/14/2009	102.5	Bobby Sutherby Jackson, MI 3/14/2009	182.5
T3 (18-19)	Jacob Stagg Evansville, IN 3/5/2016	140	Jimmy Fairchild Croswell, MI 3/5/2011	112.5	Jacob Stagg Evansville, IN 3/17/2018	192.5
Junior (20-24)	Jordan Williams 3/5/2016	167.5	Cooper Davis Macomb, IL 3/4/2023	110	Jordan Williams 3/5/2016	202.5
M1 (40-44)	Todd Greenman Wayland, MI 3/5/2011	145	Todd Greenman Wayland, MI 3/6/2010	120	Todd Greenman Wayland, MI 3/5/2011	180
M2 (45-49)						
M3 (50-54)	David Wilson Dearborn, MI 3/14/2009	165	David Wilson Dearborn, MI 3/14/2009	132.5	David Wilson Dearborn, MI 3/14/2009	227.5
M4 (55-59)						
M5 (60-69)	Mike Wider Bristol, IN 3/5/2011	132.5	Gary Morrison Grand Rapids, MI 4/5/2008	87.5	Mike Wider Bristol, IN 3/5/2011	195
M6 (65-69)	Tom LaFontaine Columbia, MO 2/4/2012	110	Gary Morrison Grand Rapids, MI 3/5/2011	85	Gary Morrison Grand Rapids, MI 3/5/2011	120

M7 (70-74)						
M8 (75-79)			Ronald Winter Macomb, IL 4/6/2024	67.5		
M9 (80-84)						
M10 (85-90)			Gerald Lindas Middleton, WI 4/11/2026	80		

Men's 75 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Mike Stagg Evansville, IN 3/4/2017	182.5	Michael Evans Edwardsville, MI 3/5/2011	162.5	Jake Miller Kimball, MI 3/5/2011	290
T1 (14-15)			Coulton Whitcomb Hartland, MI 6/23/2007	72.5	Coulton Whitcomb Hartland, MI 6/23/2007	150
T2 (16-17)	Ian Pherigo Piercton, IN 3/5/2011	160	Timothy Catlin Sebree, KY 4/17/2021	107.5	Beau Boswell Croswell, MI 3/5/2011	185
T3 (18-19)	Nicolas Hrabley Evansville, IN 2/4/2012	172.5	Nicolas Hrabley Evansville, IN 2/4/2012	125	Andrew Stagg Evansville, IN 3/6/2013	192.5
Junior (20-24)	Steve Slater Gaylord, MI 3/6/2010	167.5	Chase Baiers Allegan, MI 3/6/2010	140	Jake Miller Kimball, MI 3/5/2011	290
M1 (40-44)	Mike Stagg Evansville, IN 3/6/2010	170	Michael Evans Edwardsburg, MI 3/5/2011	162.5	Mike Stagg Evansville, IN 3/6/2010	220
M2 (45-49)	Mike Stagg Evansville, IN 3/4/2017	182.5	Mike Stagg Evansville, IN 3/17/2018	145	Nun Amen-Ra Damascus, MD 4/5/2025	282.5

M3 (50-54)	Mike Stagg Evansville, IN 3/4/2023	182.5	Mike Stagg Evansville, IN 10/10/2020	142.5	Nun Amen-Ra Orrtanna, PA 4/11/2026	257.5
M4 (55-59)			Mike Rogan Evansville, IN 4/6/2024	75	Mike Stagg Evansville, IN 4/6/2024	222.5
M5 (60-69)	Robert Herbst Larchmont, NY 5/7/2022	130	Robert Herbst Larchmont, NY 10/10/2020	95	Robert Herbst Larchmont, NY 10/10/2020	175
M6 (65-69)	Robert Herbst Larchmont, NY 3/4/2023	122.5	Gary Haden Evansville, IN 3/17/2018	100	Lynn Miller Columbia, MO 3/4/2017	183
M7 (70-74)	Rod Seckman Macomb, IL 4/11/2026	110	Rod Seckman Macomb, IL 4/11/2026	101	Rod Seckman Macomb, IL 4/11/2026	140
M8 (75-79)	John Smoker South Bend, IN 4/6/2024	93	Jon Smoker South Bend, IN 4/6/2024	83	Jon Smoker South Bend, IN 4/6/2024	95
M9 (80-84)						
M10 (85-90)			Gerald Lindas Middleton, WI 3/4/2023	82.5		

Men's 82.5 kilo, Unequipped -Single Event -National Records

Weight	Squat		Bench Press		Deadlift	
Open	Jeremy Rogers Leavenworth, KS 3/17/2018	230	Ron Madison Muskegon, MI 3/9/2013	175	Jeremy Rogers Leavenworth, KS 3/17/2018	280
T1 (14-15)	Chasten Vyhnanek Macomb, IL 3/4/2023	145	Ravin Randall North Street, MI 3/5/2011	82.5	Cole Tying Boonville, IN 3/7/2015	182.5
T2 (16-17)			Zachary Storms Granger, IN 3/6/2010	122.5	Avin Seymore Evansville, IN 3/4/2023	200

T3 (18-19)	Ryan Lima St. Peters, MO 3/7/2015	202.5	Jordan Neu Newburgh, IN 3/8/2014	125	Cole Tyrings Evansville, IN 3/17/2018	255
Junior (20-24)	John Stein East Lansing, MI 3/5/2011	190	Tyler Reyes Evansville, IN 4/6/2024	118	John Stein East Lansing, MI 3/5/2011	237.5
M1 (40-44)	Brien Whitcomb Hartland, MI 3/6/2010	167.5	John Jachim Pierson, MI 2/25/2006	142.5	Brien Whitcomb Hartland, MI 3/6/2010	172.5
M2 (45-49)			Patrick Haley Flint, MI 3/5/2011	145		
M3 (50-54)	Mike Stagg Evansville, IN 4/17/2021	187.5			Mike Stagg Evansville, IN 4/17/2021	202.5
M4 (55-59)			Randy Reagan Six Lakes, MI 4/17/2021	112.5	Jon Smoker Elkhart, IN 2/26/2006	212.5
M5 (60-69)	Jon Smoker Elkhart, IN 6/23/2007	160	Cliff Freese Lima, OH 6/23/2007	125	Scott Pazdell Hawthorne Woods, IL 4/5/2025	203
M6 (65-69)	Robert Batko Houghton Lake, MI 3/5/2011	120	John Smoker Elkhart, IN 3/5/2016	107.5	Lawrence Desantis Algonquin, IL 4/5/2025	191
M7 (70-74)	Robert Batko Houghton Lake, MI 3/5/2016	160	Jon Smoker Elkhart, IN 4/17/2021	100	Larry Emerson Longmeadow, MA 3/16/2019	217.5
M8 (75-79)	Robert Batko Houghton Lake, MI 4/17/2021	125	James Stovall Smithon, MO 4/17/2021	82.5	Robert Batko Houghton Lake, MI 4/17/2021	202.5
M9 (80-84)						
M10 (85-90)						

Men's 90 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Jason St. Clair Birdseye, IN 4/6/2024	275	Ron Madison Muskegon, MI 3/4/2017	182.5	Joshua Decker Wyoming, MI 6/23/2007	295
T1 (14-15)			Juan Gomez Wyoming, MI 3/5/2011	115	Juan Gomez Wyoming, MI 3/5/2011	182.5
T2 (16-17)	Trevor Mann MaComb, IL 2/4/2012	170	Lee Pate Tipton, MI 3/5/2011	127.5	Monta Melvin St. Peters, MO 3/8/2014	215
T3 (18-19)	Zac Korando Columbia, MO 2/4/2012	160	Isaac Redman Mt. Vernon, IN 3/7/2015	147.5	Isaac Redman Mt Vernon, IN 3/7/2015	245
Junior (20-24)	Gino Romanelli Muskegon, MI 5/7/2022	212	Gino Romanelli Muskegon, MI 4/17/2021	147.5	Andrew Heuvelman St. Peters, MO 3/8/2014	247.5
M1 (40-44)	Brad Morton Evansville, IN 3/6/2010	185	Ron Madison Muskegon, MI 3/4/2017	182.5	Ron Madison Muskegon, MI 3/5/2016	247.5
M2 (45-49)			Patrick Haley Flushing, MI 3/9/2013	160	John Harris Mason, MI 3/5/2011	160
M3 (50-54)	Tim Piper Macomb, IL 3/4/2023	163	Antonio Sonia 3/9/2013	152.5	Jim Vaughn Brighton, MI 5/7/2022	202.5
M4 (55-59)	Mike Tanis Osterville, MA 4/17/2021	160	Wayne Nicolin Kalamazoo, MI 3/6/2010	152.5	Maron Cury Marysville, OH 3/6/2010	210
M5 (60-69)	Stephen "Wally" Seibel Chicota, TX 3/4/2017	155	Dean Covey Macomb, IL 3/4/2023	157.5	Tony Smith Virginia Beach, VA 3/14/2009	260
M6 (65-69)			Wayne Nicolen Portage, MI 10/11/2020	140	Dave Mansfield Hanson, MA 3/5/2016	240
	Dave Mansfield		Ron Hemenway		Dave Mansfield	

M7 (70-74)	Hanson, MA 3/17/2018	155	Webberville, MI 3/5/2011	130	Hanson, MA 3/17/2018	200
M8 (75-79)						
M9 (80-84)						
M10 (85-90)			Charles Lee Lima, OH 6/23/2007	92.5	Charles Lee Lima, OH 6/23/2007	147.5

Men's 100 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Jason St. Clair Birdseye, IN 4/17/2021	312.5	Keith Herron Churubusco, IN 4/5/2008	195	Benjamin Motl Edwardsville, IL 3/17/2018	322.5
T1 (14-15)	Eli McClure Macomb, IL 4/11/2026	170			Eli McClure Macomb, IL 4/11/2026	206
T2 (16-17)	Rob Klump Granger, MI 3/5/2011	205	Zachary Griggs Granger, IN 4/5/2008	140	Rob Klump Granger, MI 3/5/2011	257.5
T3 (18-19)	Sam McClure Macomb, IL 4/8/2024	187.5	Lee Pate Tipton, MI 3/9/2013	145	Sam McClure Macomb, IL 4/8/2024	197.5
Junior (20-24)	Cody Bodnar Muskegon, MI 3/7/2015	242.5	Bailey Kellett Macomb, IL 3/4/2023	180	Bailey Kellett Macomb, IL 3/4/2023	290
M1 (40-44)	Joseph Chowhan South Boardman, MI 3/17/2018	205	Joseph Chowhan South Boardman, MI 3/17/2018	182.5	Joseph Chowhan South Boardman, MI 3/17/2018	245
M2 (45-49)			Joe Campbell Kalkaska, MI 3/5/2016	185	Brian Elbert Flint, MI 3/5/2011	242.5
	Rick Farley		Mark LeClair		Bruce Thomas	

M3 (50-54)	Bolivar, TN 10/11/2020	185	Twin Lakes, MI 3/14/2009	177.5	Henderson, KY 3/8/2014	287.5
M4 (55-59)	Frank Hockeborn Walker, MI 3/5/2011	157.5	Jerome McKay Flint, MI 3/8/2014	167.5	Mark LeClair Twin Lake, MI 3/5/2016	240
M5 (60-69)	Bruce Thomas Henderson, KY 4/5/2025	192.5	Lonnie Benbrook McLeansboro, IL 4/17/2021	150	Bruce Thomas Henderson, KY 4/5/2025	247.5
M6 (65-69)	David Petrie Henderson, KY 4/6/2024	102.5	Tim Andrews Kalamazoo, MI 6/23/2007	125	David Petrie Henderson, KY 4/6/2024	178
M7 (70-74)	Tim Andrews Kalamazoo, MI 3/14/2009	122.5	Tim Andrews Kalamazoo, MI 4/5/2008	127.5	Dave Mansfield Hanson, MA 4/17/2021	205
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 110 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Taylor Epperson Columbia, MO 3/4/2017	237.5	Keith Herron Churubusco, IN 3/5/2011	197.5	Jason Morris Columbia, MO 2/4/2012	280
T1 (14-15)			Jared Holycross DeGraff, OH 4/5/2008	112.5	Tyler Kiszelik Manistee, MI 3/5/2011	120
T2 (16-17)	Monta Melvin St. Peters, MO 3/7/2015	175	Gavin Cartmell South Boardman, MI 3/17/2018	155		
	Nick DeJong		Nick DeJong		Nick DeJong	

T3 (18-19)	Columbia, MO 2/4/2012	140	Columbia, MO 2/4/2012	95	Columbia, MO 2/4/2012	175
Junior (20-24)	George Head Evansville, IN 3/6/2010	227.5	TJ Cox Evansville, IN 3/4/2023	175	Chris Perez Clio, MI 3/5/2011	272.5
M1 (40-44)	Archie Leatherman Nashville, MI 3/6/2010	205	Keith Herron Churubusco, IN 3/5/2011	197.5	Raul Donati Osceola, IN 4/5/2008	272.5
M2 (45-49)			Cary Calkins Columbia, MO 3/17/2018	182.5	Kelvin Hayes Evansville, IN 3/7/2015	260
M3 (50-54)	Greg Tilley Halifax, MA 3/16/2019	175	Woody Brown Evansville, IN 3/17/2018	170	Greg Tilley Halifax, MA 3/16/2019	215
M4 (55-59)	Bruce Thomas Henderson, KY 10/11/2020	220	Robert Moleski Rockford, MI 6/23/2007	155	Pat Tyring Boonville, IN 3/8/2014	272.5
M5 (60-69)	Rick Conkling III St. Louis, MO 2/4/2012	112.5	Edward Geiger Columbia City, IN 4/5/2008	165	Pat Tyring Evansville, IN 3/17/2018	262.5
M6 (65-69)			Jeff Buchin Grand Ledge, MI 3/4/2017	172.5	Roger Horn St Louis, MO 3/17/2018	195
M7 (70-74)			Joe Brodski Saginaw, MI 3/5/2016	132.5	David Petrie Henderson, KY 4/5/2025	177.5
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 125 kilo, Unequipped -Single Event -National Records

Weight	Squat		Bench Press		Deadlift	
Open	Marc Kessler Macomb, IL 3/4/2017	265	Marc Kessler Macomb, IL 3/17/2018	227.5	Ed Riley Chicago, IL 2/4/2012	295
T1 (14-15)	Blake Stroud Evansville, IN 3/4/2017	215	Anthony DeWolfe Kimball, MI 3/5/2011	82.5		
T2 (16-17)			Chad Small Maplewood, OH 4/5/2008	110	Chad Small Maplewood, OH 4/5/2008	205
T3 (18-19)	Max Loeb Lawrenceville, IL 3/8/2014	220	Max Loeb Lawrenceville, IL 3/8/2014	150	Max Loeb Lawrenceville, IL 3/8/2014	230
Junior (20-24)	Franco Perez Macomb, IL 3/4/2023	245.5	Noah Kaufmann Macomb, IL 5/7/2022	170	Chris Zapata Evansville, IN 4/17/2021	277.5
M1 (40-44)	Randy Cairns Gowan, MI 3/14/2009	227.5	John Johnson Port Huron, MI 3/6/2010	210	Mark Roman Paw Paw, MI 2/25/2006	260
M2 (45-49)	Ed Riley Chicago, IL 3/5/2011	205	Eric Jones Lansing, MI 3/6/2010	182.5	Ed Riley Chicago, IL 3/5/2011	272.5
M3 (50-54)	Ed Riley Chicago, IL 2/4/2012	245	Raymond Clasing Forest Hill, MD 3/5/2011	167.5	Ed Riley Chicago, IL 3/7/2015	302.5
M4 (55-59)	Gary Krueger Paw Paw, MI 2/25/2006	137.5	Brad Lovejoy 3/5/2016	155	David Cain Canton, MI 3/5/2011	242.5
M5 (60-69)	Ed Riley Chicago, IL 4/17/2021	233	Edward Geiger Columbia City, IN 4/5/2008	170	Ed Riley Chicago, IL 4/17/2021	272.5
M6 (65-69)						
M7 (70-74)						

M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 145 kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Chris Forestier Canton, IL 3/14/2009	250	John Johnson Port Huron, MI 3/14/2009	217.5	Chris Forestier Canton, IL 3/14/2009	305
T1 (14-15)			James Meredith Macomb, IL 10/9/2020	120	James Meredith Macomb, IL 10/9/2020	170
T2 (16-17)	James Meredith Macomb, IL 3/4/2023	245	Blake Stroud Evansville, IN 3/17/2018	170	James Meredith Macomb, IL 3/4/2023	220
T3 (18-19)						
Junior (20-24)	Johnathon Jones St. Peters, MO 3/7/2015	177.5	Jordan Ritchie Quincy, IL 2/4/2012	120	Michael Stewart Port Huron, MI 3/6/2010	272.5
M1 (40-44)	Tobias Elmer Evansville, IN 3/17/2018	245	John Johnson Port Huron, MI 3/14/2009	217.5	Wesley Hanna Marquette, MI 3/6/2010	257.5
M2 (45-49)	Derrick Hill Evansville, IN 3/4/2017	195	William Buckley Oak Forest, IL 3/5/2011	187.5	Derrick Hill Evansville, IN 3/4/2017	235
M3 (50-54)	Wayne Hill Coopersville, MI	227.5	Bruce Edwards Fenton, MI	205	Derrick Hill Evansville, IN	240

	4/17/2021		3/6/2010		10/11/2020	
M4 (55-59)			William Buckley Macomb, IL 3/4/2017	190	Terry Cox Evansville, IN 3/4/2023	210.5
M5 (60-69)	Raymond Clasing, JR Forest Hill, MD 5/7/2022	102.5	Jeff Buchin Grand Ledge, MI 3/5/2011	172.5	Raymond Clasing Forest Hill, MD 5/7/2022	200
M6 (65-69)			Roy Johnson Greenfield, IN 4/5/2025	202.5		
M7 (70-74)						
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Men's 145+ kilo, Unequipped -Single Event -National Records						
Weight	Squat		Bench Press		Deadlift	
Open	Jason Rogers 3/9/2013	260	Reggie Bradford Flint, MI 3/9/2013	242.5	Randy Pirtle Henderson, KY 3/7/2015	257.5
T1 (14-15)						
T2 (16-17)						
T3 (18-19)	Jared Livinston	205	Jared Livinston	115	Jared Livinston	202.5

	3/9/2013		3/9/2013		3/9/2013	
Junior (20-24)	Franco Perez Macomb, IL 4/6/2024	250	Joe Newton Mt. Vernon, IN 3/6/2010	175	Franco Perez Macomb, IL 4/6/2024	257.5
M1 (40-44)			Reggie Bradford 3/9/2013	242.5		
M2 (45-49)	Dennis Stouder Nappanee, IN 4/5/2008	185	Dennis Stouder Nappanee, IN 4/5/2008	182.5	Jason Dalen 3/7/2015	252.5
M3 (50-54)			Rich Deleon Hanson, MA 3/16/2019	187.5	Randy Pirtle Henderson, KY 3/7/2015	257.5
M4 (55-59)			Terry Cox Casey, IL 4/17/2021	200		
M5 (60-69)						
M6 (65-69)						
M7 (70-74)						
M8 (75-79)						
M9 (80-84)						
M10 (85-90)						

Police, Military, Fire, Unequipped -Single Event -National Records

Weight	Squat	Bench Press	Deadlift
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82.5	Jeremy Rogers Leavenworth, KS 3/17/2018	230	Jeremy Rogers Leavenworth, KS 3/17/2018	152.5	Jeremy Rogers Leavenworth, KS 3/17/2018	280
90	Erik Belford 3/8/2014	175	Erik Belford 3/8/2014	125	Erik Belford 3/8/2014	215
125	Nathan Balanowski Lansing, MI 3/6/2010	232.5	Nathan Balanowski Lansing, MI 3/6/2010	147.5	Nathan Balanowski Lansing, MI 3/6/2010	290
145	Wayne Hill Coopersville, MI 4/17/2021	227.5	Wayne Hill Coopersville, MI 4/17/2021	180	Wayne Hill Coopersville, MI 4/17/2021	210