

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN OPEN POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOE CUNHA	540	245	05/05/1984
BENCH	WILLIAM GARCIA	314	147.5	06/18/2010
DEADLIFT	JON ARENBERG	440.75	200	03/25/1989
TOTAL	JOE CUNHA	1223.75	555	05/05/1984
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRIAN SATO	451.75	205	02/25/1989
BENCH	JON ARENBERG	303	137.5	05/23/1998
DEADLIFT	KENN FUJIOKA	479.5	217.5	04/14/1990
TOTAL	BRIAN SATO	1162.75	527.5	02/25/1989
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JUSTIN MAILE	595	270	12/28/2002
BENCH	LANCE SLAUGHTER	413.25	187.5	03/10/2001
DEADLIFT	SCOTT LAYMAN	556.5	252.5	07/13/2001
TOTAL	SCOTT LAYMAN	1482.5	672.5	03/17/2007
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAVID RICKS	666.75	302.5	06/22/1991
BENCH	MICHAEL HARA	496	225	05/20/2005
DEADLIFT	DAVID RICKS	661.3	300	06//22/1991
TOTAL	DAVID RICKS	1741.75	790	06/22/1991
<b>181LBS/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	TERRY ACOSTA III	672.3	307.5	06/13/2009
BENCH	HAYWARD BLAKE IV	501.5	227.5	01/15/2005
DEADLIFT	CHRIS TURNER	722	327.5	07/22/1999
TOTAL	CHIRS TURNER	1791	812.5	07/22/1999

**USA POWERLIFTING CALIFORNIA STATE RECORDS**  
**MEN OPEN POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SCOTT WAITS	710.75	322.5	04/03/1994
BENCH	KEITH KANEMOTO	496.5	225	05/01/2004
DEADLIFT	DAVID JURGENS	705.25	320	11/07/2009
TOTAL	ERIK KASABUSKE	1813.25	822.5	06/19/2010
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	CHARR GAHAGAN	755	342.5	11/12/2004
BENCH	STEVE PENA	512.5	232.5	01/13/2007
DEADLIFT	CHARR GAHAGAN	799	362.5	04/28/2002
TOTAL	CHARR GAHAGAN	2017	915	11/12/2004
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	NICK BEST	727.5	330	08/14/1994
BENCH	RUSSEL KITANI	534.5	242.5	02/02/1997
DEADLIFT	KEVIN FISHER	722	327.5	03/25/1989
TOTAL	STEVE SILVER	1879.25	852.5	04/18/2004
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT W. MEULENBERG	815.5	370	01/13/2007
BENCH	NICK BEST	567.5	257.5	02/02/1997
DEADLIFT	MICHAEL TUCHSCHERER	804.5	365	11/07/2007
TOTAL	MICHAEL TUCHSCHERER	2205.5	1002.5	11/07/2007
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRUCE LEE	804.5	365	04/28/2002
BENCH	COREY SANDERS	545.5	247.5	06/17/1996
DEADLIFT	TOBY LEVERS	733	332.5	04/13/2003
TOTAL	BRUCE LEE	1978.5	897.5	04/28/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (14 – 15) POWERLIFTING**

<b>114LBS/52KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LEV KIRSHNER	237	107.5	05/05/1984
BENCH	LEV KIRSHNER	154.25	70	05/05/1984
DEADLIFT	CHRISTOPHER TREMBLAY	248	112.5	14/12/2003
TOTAL	BRAN HARRISON	556.75	252.5	12/06/1992
<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEVE SMITH	275.75	125	04/11/1987
BENCH	MIKE ANDRADE	182.75	87.5	05/02/1992
DEADLIFT	MIKE ANDRADE	341.5	155	05/02/1992
TOTAL	MIKE ANDRADE	782.5	355	05/02/1992
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JAMES DRAKE	374.3	170	08/13/1994
BENCH	SHAWN GEERNAERT	203.75	92.5	04/23/1994
DEADLIFT	JAMES DRAKE	440.75	200	08/13/1994
TOTAL	JAMES DRAKE	997.5	452.5	08/13/1994
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SHAWN GEERNAERT	424.3	192.5	03/25/1995
BENCH	SHAWN GEERNAERT	264.5	120	03/25/1995
DEADLIFT	SHAWN GEERNAERT	457.3	207	03/25/1995
TOTAL	SHAWN GEERNAERT	1146	520	03/25/1995
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LANDO ISRAEL	424.25	192.5	03/10/2001
BENCH	LANDO ISRAEL	242.5	110	03/10/2001
DEADLIFT	NICK LUIZ	457.25	207	11/14/1998
TOTAL	LANDO ISRAEL	1107.75	502.5	03/10/2001
<b>181LBS/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AARON NADAL	385.75	175	01/18/2003
BENCH	AARON NADAL	236.75	107.5	06/04/1994
DEADLIFT	JASON KRAUSE	369.75	180	01/18/2003
TOTAL	AARON NADAL	986.5	447.5	01/18/2003

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (14 – 15) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRAD CIMINO	507	230	03/14/1996
BENCH	BRAD CIMINO	275.5	125	03/14/1996
DEADLIFT	BRAD CIMINO	529	240	03/14/1996
TOTAL	BRAD CIMINO	1310	595	03/14/1996
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOSH CISNEROS	429	195	02/04/1989
BENCH	NEIL TAKAMOTO	308.75	140	05/05/0984
DEADLIFT	NEIL TAKAMOTO	440.75	200	05/05/1984
TOTAL	NEIL TAKAMOTO	1162.75	527.5	05/05/1984
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRIAN CHASE	451.75	205	12/06/1992
BENCH	BRIAN CHASE	314.25	142.5	12/06/1992
DEADLIFT	BRIAN CHASE	440.75	200	12/06/1992
TOTAL	BRIAN CHASE	1207	547.5	12/06/1992
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (16 – 17) POWERLIFTING**

<b>114LBS/52KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAVID SEYMOUR	198.3	90	05/30/1987
BENCH	DAVID SEYMOUR	121.3	55	05/30/1987
DEADLIFT	DAVID SEYMOUR	253.5	115	05/30/1987
TOTAL	DAVID SEYMOUR	573	260	05/30/1987
<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SAM HILL	303.3	137.5	03/13/1993
BENCH	JEFF SANGALLI	181.75	82.5	03/22/1986
DEADLIFT	JEFF SANGALLI	314.3	142.5	03/22/1986
TOTAL	SAM HILL	799.3	362.5	03/12/1993
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ANTHONY PAGLIARO	352.5	160	11/13/2004
BENCH	JEFF SANGALLI	226	102.5	01/11/1987
DEADLIFT	DOUG JOHNSON	402.3	182.5	05/18/1985
TOTAL	JEFF SANGALLI	931.3	422.5	04/11/1987
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRYAN ROSS	358	162.5	03/22/1995
BENCH	BEN HARRIS	292.3	132.5	03/26/1988
DEADLIFT	JASON RANGEL	413.25	187.5	04/082000
TOTAL	JASON RANGEL	964.5	437.5	04/08/2000
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SHAWN GEERNAERT	501.5	227.5	07/26/1997
BENCH	KENNY PRIOR	352.7	160	07/26/1997
DEADLIFT	SHAWN GEERNAERT	600.4	272.5	07/26/1997
TOTAL	SHAWN GEERNAERT	1455	660	07/26/1997
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HAYWARD BLAKE	551	250	04/13/2003
BENCH	HAYWARD BLAKE	352.5	160	12/28/2002
DEADLIFT	NICK LUIZ	529	240	12/30/2000
TOTAL	HAYWARD BLAKE	1388.75	630	04/13/2003

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (16 – 17) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	WAYNE ESAU	501.5	227.5	02/27/1988
BENCH	FRANK NARCISCO	303.3	137.5	10/03/1987
DEADLIFT	MIKE WILSON	540.3	245	03/23/1986
TOTAL	BRETT PLACE	1339.3	607.5	09/30/1989
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRETT PLACE	534.75	242.5	09/30/1989
BENCH	ROBERT BULMER	358	162.5	03/26/1995
DEADLIFT	BRETT PLACE	573.3	260	09/30/1989
TOTAL	BRETT PLACE	1433	650	09/30/1989
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SEAN SYDNOR	532.6	237.5	05/18/1985
BENCH	JOEL PAREDES	402.25	182.5	01/13/2007
DEADLIFT	JOEL PAREDES	584	265	01/13/2007
TOTAL	JOEL PAREDES	1427.5	647.5	01/13/2007
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRIAN CHASE	606.3	275	03/26/1995
BENCH	BRIAN CHASE	391.3	177.5	03/26/1995
DEADLIFT	BRIAN CHASE	573	260	03/26/1995
TOTAL	BRIAN CHASE	1570.75	712.5	03/26/1995
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MATTHEW COLLINS	606.3	275	03/26/1995
BENCH	MATTHEW COLLINS	391.3	177.5	03/26/1995
DEADLIFT	MATTHEW COLLINS	573	260	03/26/1995
TOTAL	MATTHEW COLLINS	1570.75	712.5	03/26/1995

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (18 – 19) POWERLIFTING**

<b>114LBS/52KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JACOB STERN	275.5	125	08/08/1991
BENCH	WILLIAM GARCIA	314	142.5	02/06/2010
DEADLIFT	JACOB STERN	335	152	08/08/1991
TOTAL	WILLIAM GARCIA	876.25	397.5	02/06/2010
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RANDY GOMEZ	319.75	145	09/08/1990
BENCH	TOM PARCO	209.3	102.5	06/18/1988
DEADLIFT	RANDY GOMEZ	352.75	160	09/08/1990
TOTAL	RANDY GOMEZ	876.3	397.5	09/08/1990
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JEFF MOORE	440	200	05/05/1984
BENCH	TODD GUZMAN	292.3	132.5	12/01/1990
DEADLIFT	ERIC THOMAS	501.5	227.5	03/14/1993
TOTAL	TODD GUZMAN	1195.75	542.5	12/01/1990
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	VAL PATAO	567.75	257.5	12/05/1987
BENCH	RUBEN ESCOBAR	341.75	155	06/20/1987
DEADLIFT	SHAWN GREENAERT	573.2	260	04/04/1998
TOTAL	SHAWN GREENAERT	1421.9	645	04/04/1998
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HAYWARD BLAKE IV	606.25	275	01/15/2005
BENCH	HAYWARD BLAKE IV	501.5	227.5	01/15/2005
DEADLIFT	HAYWARD BLAKE IV	584	265	04/10/2004
TOTAL	HAYWARD BLAKE IV	1653.25	750	04/10/2004

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (18 – 19) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LOU VILLAREZ	551.3	250	05/18/1985
BENCH	MIKE GESSINI	391.3	177.5	03/26/1988
DEADLIFT	MIKE ECSEDY	551.3	250	03/23/1986
TOTAL	TIM TRENT	1416.3	642.5	05/18/1985
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SEAN WARREN	622.75	282.5	06/22/1986
BENCH	JAMES HUNTER	424.3	192.5	07/07/1990
DEADLIFT	ED KOO	633	287.5	02/01/1997
TOTAL	ED KOO	1653.5	750	02/01/1997
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DANE KELLEY	683.25	310	01/14/2006
BENCH	DANE KELLEY	418.75	190	01/14/2006
DEADLIFT	NICHOLAS LOPORCHIO	584	265	08/06/2011
TOTAL	DANE KELLEY	1647.75	747.5	01/14/2006
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RICHARD ROSAS	584.3	265	03/23/1986
BENCH	RICHARD ROSAS	413.3	187.5	03/23/1986
DEADLIFT	RICHARD ROSAS	584.3	265	03/23/1986
TOTAL	RICHARD ROSAS	1471.75	667.5	03/23/1986
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SHAWN WRIGHT	479.5	217.5	04/06/1991
BENCH	SHAWN WRIGHT	314.3	142.5	04/06/1991
DEADLIFT	SHAWN WRIGHT	534.75	242.5	04/06/1991
TOTAL	SHAWN WRIGHT	1328.3	602.5	04/06/1991

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN JUNIOR (20 – 23) POWERLIFTING**

<b>114LBS/52KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	WILLIAM GARCIA	275.5	125	06/18/2010
BENCH	WILLIAM GARCIA	325	147.5	06/18/2010
DEADLIFT	WILLIAM GARCIA	363.75	165	06/18/2010
TOTAL	WILLIAM GARCIA	964.5	437.5	06/18/2010
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DEAN OSTSUKA	363.75	165	02/06/2010
BENCH	TREY LONG	231.25	105	02/21/2009
DEADLIFT	DEAN OSTSUKA	440.75	200	02/06/2010
TOTAL	DEAN OSTSUKA	1025	465	02/06/2010
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JUSTIN MAILE	595	270	12/28/2002
BENCH	JUSTIN MAILE	325	147.5	08/26/2006
DEADLIFT	JUSTIN MAILE	534.5	242.5	12/28/2002
TOTAL	JUSTIN MAILE	1421.75	645	12/28/2002
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LUKE EISENHARDT	462.75	210	11/19/2011
BENCH	BRENT TANAKA	330.5	150	02/21/2009
DEADLIFT	BRANDON GORIS	556.5	252.5	11/19/2011
TOTAL	BRENT TANAKA	1311.5	595	02/21/2009
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GREG GIBSON	600.75	272.5	04/08/2000
BENCH	SHAWN GEERNEART	380.25	172.5	04/08/2000
DEADLIFT	SHAWN GEERNEART	600.75	272.5	04/08/2000
TOTAL	SHAWN GEERNEART	1532	695	04/08/2000

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN JUNIOR (20 – 23) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	CHARLES STOCKING	562	255	11/15/2003
BENCH	SHAWN GEERNEART	402.25	182.5	04/28/2002
DEADLIFT	SHAWN GEERNEART	655.75	297.5	04/28/2002
TOTAL	SHAWN GEERNEART	1614.75	732.5	04/28/2002
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOSEPH MATTEO	600.75	272.5	04/08/2000
BENCH	EDGAR REYES	424.25	192.5	11/07/2007
DEADLIFT	ED KOO	672.2	305	04/05/1998
TOTAL	ED KOO	1642.4	745	04/05/1998
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MYNOR MELGAR	562	255	11/07/2007
BENCH	PATRICK RHOADES	501.5	227.5	07/10/2010
DEADLIFT	ANDREW REMLINGER	617.75	280	04/11/1999
TOTAL	ANDREW REMLINGER	1592.75	722.5	04/11/1999
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAVID FREELAND	595	270	12/29/2001
BENCH	DAVID FREELAND	462.75	210	12/29/2001
DEADLIFT	DAVID FREELAND	600.75	272.5	03/11/2001
TOTAL	DAVID FREELAND	1647.75	747.5	12/29/2001
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MIKE TUCHSCHERER	843	382.5	11/07/2007
BENCH	MIKE TUCHSCHERER	562	255	11/07/2007
DEADLIFT	MIKE TUCHSCHERER	804	365	11/07/2007
TOTAL	MIKE TUCHSCHERER	2205.5	1002.5	11/07/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (40 – 44) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	CLIFFORD SUZUKI	336.3	152.5	04/13/1996
BENCH	BORIS VILNER	231.5	105	04/14/1990
DEADLIFT	CLIFFORD SUZUKI	446.3	202.5	04/13/1996
TOTAL	BORIS VILNER	959	435	12/01/1990
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOE RANDAZZO	330.75	150	12/14/1991
BENCH	ANDY KESTLER	270	122.5	03/25/1995
DEADLIFT	CLIFF SUZUKI	440	200	07/10/1993
TOTAL	CLIFF SUZUKI	937	425	07/10/1993
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LANCE SLAUGHTER	473.75	215	05/02/2003
BENCH	LANCE SLAUGHTER	407	185	05/02/2003
DEADLIFT	LARRY DURAN	507.3	230	05/31/1986
TOTAL	LANCE SLAUGHTER	1355.75	615	05/02/2003
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GEORGE WILTSHIRE	556.75	252.5	03/25/1995
BENCH	RON SAKAGUCHI	435.3	197.5	02/27/1988
DEADLIFT	RICH CIRIGLIANO	622.75	282.5	04/14/1996
TOTAL	RICH CIRIGLIANO	1421.75	645	11/01/1995
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAN MCLAUGHLAN	573.3	260	11/13/1993
BENCH	RICH TSUTSUI	391.3	177.5	04/06/1991
DEADLIFT	RICH CIRIGLIANO	606.25	275	04/10/1999
TOTAL	DAN MCLAUGHLIN	1493.75	677.5	11/13/1993

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (40 – 44) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	KEITH KANEMOTO	639.25	290	03/11/2001
BENCH	KEITH KANEMOTO	473.75	215	01/10/2004
DEADLIFT	GREG BUFFINGTON	611.75	277.5	11/13/2004
TOTAL	KEITH KANEMOTO	16664.25	755	12/28/2002
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MIKE MUSTO	655.75	297.5	11/10/1996
BENCH	JEFF EVANGELISTA	462.75	210	04/14/1996
DEADLIFT	MIKE MUSTO	650.3	295	11/10/1996
TOTAL	MIKE MUSTO	1740	790.5	03/26/1995
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RON MORRIS	661.3	300	05/30/1987
BENCH	ROBERT CIANO	451.75	205	01/14/2006
DEADLIFT	RON MORRIS	650.3	295	05/30/1987
TOTAL	RON MORRIS	1692	767.5	05/30/1987
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MANUEL BURRUEL	766.3	347.5	04/28/1994
BENCH	ROBERT HUIZER	485	220	05/22/2005
DEADLIFT	MANUEL BURRUEL	666.75	302.5	04/06/1991
TOTAL	MANUEL BURRUEL	1824.3	827.5	04/06/1991
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRUCE LEE	804.5	365	04/28/2002
BENCH	BRUCE LEE	523.5	237.5	04/09/2000
DEADLIFT	BRUCE LEE	677.75	307.5	07/15/2002
TOTAL	BRUCE LEE	1978.5	897.5	04/28/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (45 – 49) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	C. SUZUKI	220	100	04/05/1998
BENCH	C. SUZUKI	165	75	04/05/1998
DEADLIFT	C. SUZUKI	374.7	170	04/05/1998
TOTAL	C. SUZUKI	760.5	345	04/05/1998
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HOMI SHIVAE	286	130	10/11/1997
BENCH	HOMI SHIVAE	154	70	10/11/1997
DEADLIFT	HOMI SHIVAE	319.6	145	10/11/1997
TOTAL	HOMI SHIVAE	760	345	10/11/1997
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LARRY DURAN	474	215	06/18/1988
BENCH	BRYAN UYEOKA	319.5	145	03/10/2001
DEADLIFT	LARRY DURAN	507.3	230	06/18/1988
TOTAL	LARRY DURAN	1251.3	567.5	06/18/1988
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RICH CIRIGLIANO	462.75	210	03/10/2001
BENCH	MICHAEL HARA	496	225	05/20/2005
DEADLIFT	RICH CIRIGLIANO	605	N/A	08/02/2000
TOTAL	MICHAEL HARA	1421.75	645	05/20/2005
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	KEITH SCHESSL	545.5	247.5	03/17/2007
BENCH	LANCE SLAUGHTER	424.25	192.5	12/05/2009
DEADLIFT	LEE TICER	523.75	237.5	03/13/1993
TOTAL	RICH TSUTSUI	1416.75	642.5	03/13/1993

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (45 – 49) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	KEITH KANEMOTO	589.5	272.5	05/21/2005
BENCH	KEITH KANEMOTO	496	225	05/01/2004
DEADLIFT	FRED RICE	584.75	265	11/14/1993
TOTAL	KEITH KANEMOTO	1631.25	740	05/01/2004
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	VIC ELLIOT	655.75	297.5	11/09/1995
BENCH	JODY WOODS	451.75	205	01/15/2005
DEADLIFT	GEORGE PESSEL	650.25	295	11/13/2004
TOTAL	MIKE MUSTO	1719.5	780	04/28/2002
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEVE LANDRY	672.5	305	08/06/2011
BENCH	STEVE LANDRY	451.75	205	08/06/2011
DEADLIFT	STEVE LANDRY	650.25	295	08/06/2011
TOTAL	STEVE LANDRY	1774.50	805	08/06/2011
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RON TAVERNA	666.75	302.5	05/03/1992
BENCH	MEL GOODWIN	529	240	02/19/2011
DEADLIFT	PHIL ANDREWS	705.25	350	04/13/2003
TOTAL	PHIL ANDREWS	1835.25	832.5	04/13/2003
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	FRANK CABLE	705.25	320	12/29/2001
BENCH	FRANK CABLE	529	240	03/11/2001
DEADLIFT	BRUCE A. LEE	628.75	285	01/14/2006
TOTAL	BRUCE A. LEE	1785.5	810	01/14/2006

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (50 – 54) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HOMIE SHIVIAE	330.5	150	03/10/2001
BENCH	HOMIE SHIVIAE	198.25	90	03/10/2001
DEADLIFT	HOMIE SHIVIAE	385.75	175	03/10/2001
TOTAL	HOMIE SHIVIAE	914.75	415	03/10/2001
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HOMIE SHIVIAE	352.5	160	05/07/2000
BENCH	HOMIE SHIVIAE	209.25	95	05/07/2000
DEADLIFT	HOMIE SHIVIAE	407	185	05/07/2000
TOTAL	HOMIE SHIVIAE	970	440	05/07/2000
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LARRY DURAN	459	207	03/13/1993
BENCH	BRYAN UYEOKA	303	137	01/14/2006
DEADLIFT	LARRY DURAN	479.5	217.5	03/13/1993
TOTAL	LARRY DURAN	1190	540	03/13/1993
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GEORGE WILTSHIRE	551	250	04/17/2004
BENCH	GEORGE WILTSHIRE	330.5	150	04/17/2004
DEADLIFT	GEORGE WILTSHIRE	529	240	04/17/2004
TOTAL	GEORGE WILTSHIRE	1410.75	640	04/17/2004
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GEORGE WILTSHIRE	551	250	01/15/2005
BENCH	ALAN KIRSHNER	341.75	155	07/22/1989
DEADLIFT	GEORGE WILTSHIRE	523.5	237.5	01/15/2005
TOTAL	GEORGE WILTSHIRE	1399.75	635	01/15/2005

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (50 – 54) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DOUG DIENELT	562	255	11/09/1997
BENCH	DOUG DIENELT	380.3	172.5	02/02/1997
DEADLIFT	DOUG DIENELT	600.75	272.5	11/09/1997
TOTAL	DOUG DIENELT	1532	695	11/09/1997
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MICHAEL MUSTO	622.75	282.5	01/14/2006
BENCH	MICHAEL MUSTO	440.75	200	05/21/2005
DEADLIFT	KEVIN FISHER	650.25	295	05/21/2005
TOTAL	MICHAEL MUSTO	1686.5	765	05/21/2005
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOHN DUMONT	666.75	305.5	02/02/1997
BENCH	WAYNE JANDOC	479.5	217.5	02/19/2011
DEADLIFT	RONNELL SPIKES	628.3	285	11/09/1995
TOTAL	WAYNE JANDOC	1681	762.5	02/19/2011
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MANNY BURREUL	655.75	297.5	04/18/2004
BENCH	RON TAVERNA	385.9	175	12/06/1992
DEADLIFT	PHIL ANDREWS	710.75	322.5	01/14/2006
TOTAL	MANNY BURREUL	1647.75	747.5	04/18/2004
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEVEN GREEN	661.25	300	11/05/2005
BENCH	STEVEN GREEN	534.5	242.5	01/14/2006
DEADLIFT	STEVEN GREEN	628.25	285	11/05/2005
TOTAL	STEVEN GREEN	1802.25	817.5	01/14/2006

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (55 – 59) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HOMAYOUN "HOMI" SHIVIAE	297.5	135	01/13/2007
BENCH	HOMAYOUN "HOMI" SHIVIAE	176.25	80	01/13/2007
DEADLIFT	HOMAYOUN "HOMI" SHIVIAE	330.5	150	01/13/2007
TOTAL	HOMAYOUN "HOMI" SHIVIAE	804.5	365	01/13/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HOMIYAN SHIVAIE	264.5	120	02/21/2009
BENCH	HOMIYAN SHIVAIE	165.25	75	02/21/2009
DEADLIFT	HOMIYAN SHIVAIE	352.5	160	02/21/2009
TOTAL	HOMIYAN SHIVAIE	804.5	355	02/21/2009
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SAM ALDUENDA	446	202.5	05/02/1998
BENCH	SAM ALDUENDA	303	137.5	10/1998
DEADLIFT	SAM ALDUENDA	490.5	222.5	05/02/1998
TOTAL	SAM ALDUENDA	1235	560	05/02/1998
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LARRY DURAN	496	225	04/08/2000
BENCH	SAM ALDUENDA	325	147.5	05/05/2001
DEADLIFT	SAM ALDUENDA	540	245	05/05/1999
TOTAL	SAM ALDUENDA	1334	605	05/21/1999
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SAM ALDUENDA	490.5	222.5	05/04/2002
BENCH	JIM MERLINO	352	160	08/13/1994
DEADLIFT	SAM ALDUENDA	507	230	05/04/2002
TOTAL	SAM ALDUENDA	1311.7	595	05/04/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (55 – 59) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB STRANGE	545.5	247.5	10/23/1993
BENCH	DOUG DIENELT	369.25	167.5	03/11/2001
DEADLIFT	BOB STRANGE	584	265	10/23/1993
TOTAL	DOUG DIENELT	1488	675	0311/2001
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DOUG DIENELT	584	265	04/11/1999
BENCH	DOUG DIENELT	402.25	182.5	04/08/2000
DEADLIFT	DOUG DIENELT	633.75	287.5	05/07/2000
TOTAL	DOUG DIENELT	1603.75	727.5	04/08/2000
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GREG BAXTER	501.5	227.5	02/06/2010
BENCH	BOB EVANS	385.75	175	08/13/2005
DEADLIFT	GREG BAXTER	606.25	275	02/06/2010
TOTAL	GREG BAXTER	1449.5	657.5	02/06/2010
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RONNELL SPIKES	485	220	04/08/2000
BENCH	RONNELL SPIKES	308.5	140	12/30/2000
DEADLIFT	RONNELL SPIKES	600.75	272.5	12/30/2000
TOTAL	RONNELL SPIKES	1383.25	627.5	12/30/2000
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEVEN GREEN	716.25	325	05/03/2009
BENCH	STEVEN GREEN	545.5	247.5	10/04/2008
DEADLIFT	ODD HAUGEN	705.25	320	12/03/2006
TOTAL	STEVEN GREEN	1901.25	862.5	10/04/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (60 – 64) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT CORTES	402.3	182.5	03/25/1995
BENCH	ROBERT CORTES	275.6	125	11/13/1993
DEADLIFT	ROBERT CORTES	485	220	03/25/1995
TOTAL	ROBERT CORTES	1168	531	11/09/1995
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SAM ALDUENDA	490.5	222.5	04/30/2004
BENCH	SAM ALDUENDA	308.5	140	11/05/2005
DEADLIFT	SAM ALDUENDA	540	245	05/02/2003
TOTAL	SAM ALDUENDA	1300.5	590	04/30/2004
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MARTIN GARRY	424.3	192.5	11/13/1993
BENCH	RUDY LOZANO	308.5	140	05/07/2000
DEADLIFT	BILL WEINSTOCK	473.75	215	12/02/2006
TOTAL	RUDY LOZANO	1168.25	530	05/07/2000

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (60 – 64) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	PETE WILSON	501.5	227.5	04/05/1998
BENCH	PETE WILSON	352.5	160	05/05/1998
DEADLIFT	SHANE O'NEILL	496	225	05/01/2004
TOTAL	PETE WILSON	1311.7	595	04/05/1998
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GEORGE MANLY	551.3	235	11/14/1993
BENCH	DOUG DIENELT	361.5	164	10/12/2003
DEADLIFT	DOUG DIENELT	540	245	10/12/2003
TOTAL	DOUG DIENELT	1383.25	627.5	10/12/2003
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB EVANS	418.75	190	12/03/2007
BENCH	BOB EVANS	424.25	192.5	03/01/2008
DEADLIFT	OMAR BRUCE	501.5	227.5	04/09/2000
TOTAL	BOB EVANS	1195.25	542.5	12/03/2007
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LEFTY CONE	314.1	142.5	12/15/1991
BENCH	LEFTY CONE	303.1	137.5	12/15/1991
DEADLIFT	LEFTY CONE	303.1	137.5	12/5/1991
TOTAL	LEFTY CONE	920.4	417.5	12/15/1991
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEVEN GREEN	683.25	310	05/01/2011
BENCH	STEVEN GREEN	407.75	185	05/01/2011
DEADLIFT	STEVEN GREEN	639.25	290	05/01/2011
TOTAL	STEVEN GREEN	1730.5	785	05/01/2011

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (65 – 69) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT CORTES	407	185	11/11/1995
BENCH	ROBERT CORTES	270	122.5	11/11/1995
DEADLIFT	ROBERT CORTES	490.5	222.5	11/11/1995
TOTAL	ROBERT CORTES	1168	530	11/11/1995
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SAM ALDUENDA	429.75	195	10/04/2008
BENCH	SAM ALDUENDA	286	130	03/01/2008
DEADLIFT	SAM ALDUENDA	507	230	10/04/2008
TOTAL	SAM ALDUENDA	1160.5	527.5	03/01/2008
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DONALD TORRANCE	473.75	215	01/10/2004
BENCH	DONALD TORRANCE	275.5	125	01/10/2004
DEADLIFT	DONALD TORRANCE	479.5	217.5	12/29/2001
TOTAL	DONALD TORRANCE	1229	557.5	01/10/2004

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (65 – 69) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	LARRY MANLY	325	147.5	11/05/2005
BENCH	LARRY MANLY	275.5	125	05/21/2005
DEADLIFT	ROY TAYLOR	451.75	205	12/03/2007
TOTAL	ROY TAYLOR	936.75	425	12/03/2007
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB STRANGE	507	230	12/29/2001
BENCH	BOB STRANGE	330.5	150	12/29/2001
DEADLIFT	BOB STRANGE	562	255	12/29/2001
TOTAL	BOB STRANGE	1400	635	12/29/2001
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DANNY HERRERA	507	230	04/13/2003
BENCH	DANNY HERRERA	413.25	187.5	04/13/2003
DEADLIFT	DANNY HERRERA	473.75	215	04/13/2003
TOTAL	DANNY HERRERA	1394.25	632.5	04/13/2003
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (70 – 74) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT CORTES	385.75	175	10/12/2003
BENCH	ROBERT CORTES	253.5	115	10/12/2003
DEADLIFT	ROBERT CORTES	485	220	10/12/2003
TOTAL	ROBERT CORTES	1124.25	510	10/12/2003
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT MATTISON	220	100	05/02/2008
BENCH	ROBERT MATTISON	231.25	105	02/21/2009
DEADLIFT	ROBERT MATTISON	429	195	05/02/2008
TOTAL	ROBERT MATTISON	858	390	05/02/2008
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GERARD AHERN	253.5	115	01/10/2004
BENCH	GERARD AHERN	192.75	87.5	01/10/2004
DEADLIFT	GERARD AHERN	358	162.5	01/10/2004
TOTAL	GERARD AHERN	804.5	365	01/10/2004

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (70 – 74) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB STRANGE	396.75	180	07/18/2009
BENCH	PETE WILSON	303	137.5	07/10/2010
DEADLIFT	BOB STRANGE	485	220	07/18/2009
TOTAL	BOB STRANGE	1124.25	510	07/18/2009
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB STRANGE	396.75	180	02/06/2010
BENCH	BOB STRANGE	253.5	115	02/06/2010
DEADLIFT	BOB STRANGE	485	220	07/10/2010
TOTAL	BOB STRANGE	1118.75	507.5	07/10/2010
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RAY WHITTAKER	220.25	100	04/28/2002
BENCH	RAY WHITTAKER	192.75	87.5	04/28/2002
DEADLIFT	RAY WHITTAKER	325	147.5	04/28/2002
TOTAL	RAY WHITTAKER	738.5	335	04/28/2002
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (75 – 79) POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT CORTES	336	152.5	05/06/2006
BENCH	ROBERT CORTES	231.25	105	05/20/2005
DEADLIFT	ROBERT CORTES	435.25	197.5	05/06/2006
TOTAL	ROBERT CORTES	1003	455	05/06/2006
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	HAROLD BERGREN	126.75	57.5	04/10/1999
BENCH	HAROLD BERGREN	110	50	04/10/1999
DEADLIFT	HAROLD BERGREN	209.25	95	04/10/1999
TOTAL	HAROLD BERGREN	446.25	202.5	04/10/1999
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB ACCOSTA	220.25	100	04/09/2000
BENCH	BOB ACCOSTA	181.75	82.5	04/09/2000
DEADLIFT	BOB ACCOSTA	303	137.5	04/09/2000
TOTAL	BOB ACCOSTA	705.25	320	04/09/2000

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (75 – 79) POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JACK KRESS	220.25	100	11/05/2005
BENCH	JACK KRESS	209.25	95	11/05/2005
DEADLIFT	JACK KRESS	319.5	145	11/05/2005
TOTAL	JACK KRESS	749.5	340	11/05/2005
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JACK KRESS	203.75	92.5	08/13/2005
BENCH	JACK KRESS	203.75	92.5	08/13/2005
DEADLIFT	JACK KRESS	308.5	140	08/13/2005
TOTAL	JACK KRESS	716.5	325	08/13/2005
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER 80+ POWERLIFTING**

<b>123LBS/56KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>132LBS/60KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER 80+ POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JAMES WEISS	220.25	100	07/26/2008
BENCH	JAMES WEISS	181.75	82.5	07/26/2008
DEADLIFT	JAMES WEISS	297.5	135	07/26/2008
TOTAL	JAMES WEISS	699.75	317.5	07/26/2008
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	AVAILABLE	000	000	00/00/2007
BENCH	AVAILABLE	000	000	00/00/2007
DEADLIFT	AVAILABLE	000	000	00/00/2007
TOTAL	AVAILABLE	000	000	00/00/2007