

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN OPEN RAW 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	TREY LONG	303	137.5	02/06/2010
BENCH	TREY LONG	231.25	105	02/21/2009
DEADLIFT	TREY LONG	418.75	190	07/18/2009
TOTAL	TREY LONG	942.25	427.5	07/18/2009
<b>148LBS/67.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SCOTT LAYMAN	473.75	215	07/24/2009
BENCH	SCOTT LAYMAN	330.5	150	07/24/2009
DEADLIFT	SCOTT LAYMAN	485	220	07/24/2009
TOTAL	SCOTT LAYMAN	1289.5	585	07/24/2009
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RYAN SPENCER	501.5	227.5	03/04/2008
BENCH	MATTHEW REEP	363.75	165	02/06/2010
DEADLIFT	RYAN SPENCER	600.75	272.5	03/04/2008
TOTAL	RYAN SPENCER	1416.25	642.5	03/04/2008
<b>181LBS/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAVID JURGENS	485	220	03/06/2009
BENCH	LANCE SLAUGHTER	341.5	155	7/26/2008
DEADLIFT	DAVID JURGENS	617.25	280	7/26/2008
TOTAL	DAVID JURGENS	1377.75	625	03/06/2009

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

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ERIK KASABUSKE	551	250	11/07/2009
BENCH	GREG LEWIS	380.25	172.5	02/06/2010
DEADLIFT	ERIK KASABUSKE	639.25	290	11/07/2009
TOTAL	ERIK KASABUSKE	1499	680	11/07/2009
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DANIEL GREEN	600.75	272.5	11/07/2009
BENCH	DANIEL GREEN	385.75	175	11/07/2009
DEADLIFT	DANIEL GREEN	683.25	310	11/07/2009
TOTAL	DANIEL GREEN	1669.75	757.5	11/07/2009
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	WAYNE JANDOC	512.5	232.5	02/06/2010
BENCH	WAYNE JANDOC	369.25	167.5	02/21/2009
DEADLIFT	WAYNE JANDOC	556.5	252.5	02/21/2009
TOTAL	WAYNE JANDOC	1432.75	650	02/21/2009
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOHN PLANAS	622.75	282.5	03/01/2008
BENCH	JOHN PLANAS	468.25	212.5	02/21/2009
DEADLIFT	EUGENE CHUNG	694.25	315	02/21/2009
TOTAL	JOHN PLANAS	1774.5	805	02/21/2009
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT SPENO	661.25	300	02/21/2009
BENCH	MARIO PACIONE	540	245	02/06/2010
DEADLIFT	ODD HAUGEN	661.25	300	11/07/2007
TOTAL	ROBERT SPENO	1747	792.5	02/21/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (14 – 15) RAW 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	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	ESTEBAN PEINADO	187.25	85	02/21/2009
BENCH	ESTEBAN PEINADO	126.75	57.5	02/21/2009
DEADLIFT	ESTEBAN PEINADO	264.5	120	02/21/2009
TOTAL	ESTEBAN PEINADO	578.5	262.5	02/21/2009
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	RYLAN RICKS	275.5	125	02/06/2010
BENCH	RYLAN RICKS	220.25	100	02/06/2010
DEADLIFT	RYLAN RICKS	385.75	175	02/06/2010
TOTAL	RYLAN RICKS	881.75	400	02/06/2010
<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 TEEN (14 – 15) RAW 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	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>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 TEEN (16 – 17) RAW 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	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	TRAVIS HOLLIS	281	127.5	02/06/2010
BENCH	TRAVIS HOLLIS	192.75	87.5	11/07/2009
DEADLIFT	TRAVIS HOLLIS	358	162.5	02/06/2010
TOTAL	TRAVIS HOLLIS	832	377.5	02/06/2010
<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 TEEN (16 – 17) RAW 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	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>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 TEEN (18 – 19) RAW 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	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	LUKE EISENHARDT	286.5	130	02/06/2010
BENCH	LUKE EISENHARDT	209.25	95	02/06/2010
DEADLIFT	LUKE EISENHARDT	352.5	160	02/06/2010
TOTAL	LUKE EISENHARDT	847.75	385	02/06/2010
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GREG DARNELL	286.5	130	02/06/2010
BENCH	GREG DARNELL	231.25	105	02/06/2010
DEADLIFT	GREG DARNELL	402.25	182.5	11/07/2009
TOTAL	GREG DARNELL	903.75	410	02/06/2010
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	SCOTT SALOMON	236.75	107.5	02/06/2010
BENCH	SCOTT SALOMON	165.25	75	02/06/2010
DEADLIFT	SCOTT SALOMON	325	147.5	02/06/2010
TOTAL	SCOTT SALOMON	727.5	330	02/06/2010

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

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	IAN GERBER	352.5	160	02/06/2010
BENCH	IAN GERBER	292	132.5	02/06/2010
DEADLIFT	IAN GERBER	473.75	215	02/06/2010
TOTAL	IAN GERBER	1118.75	507.5	02/06/2010
<b>220LBS/100KG</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>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	TERENCE DAVY	457.25	207.5	02/21/2009
BENCH	TERENCE DAVY	303	137.5	02/21/2009
DEADLIFT	TERENCE DAVY	540	245	02/21/2009
TOTAL	TERENCE DAVY	1300.5	590	02/21/2009
<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 JUNIOR (20 – 23) RAW 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	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	TREY LONG	303	137.5	02/06/2010
BENCH	TREY LONG	231.25	105	02/21/2009
DEADLIFT	TREY LONG	418.75	190	07/18/2009
TOTAL	TREY LONG	942.25	427.5	07/18/2009
<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	JASON CHAN	314	142.5	11/07/2007
BENCH	CHRISTOPHER TREMBLAY	236.75	107.5	02/06/2010
DEADLIFT	JASON CHAN	501.5	227.5	11/07/2007
TOTAL	JASON CHAN	1036	470	11/07/2007

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

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BRYCE LEWIS	518	235	02/06/2010
BENCH	GREG LEWIS	380.25	172.5	02/06/2010
DEADLIFT	BRYCE LEWIS	628.25	285	02/06/2010
TOTAL	BRYCE LEWIS	1460.5	662.5	02/06/2010
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	CONNOR BARICKMAN	185.75	175	11/07/2009
BENCH	CONNOR BARICKMAN	270	122.5	11/07/2009
DEADLIFT	PATRICK VOosen	407.75	185	11/07/2009
TOTAL	CONNOR BARICKMAN	1063.5	482.5	11/07/2009
<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	MYNOR MELGAR	363.75	165	11/07/2007
DEADLIFT	MYNOR MELGAR	501.5	227.5	11/07/2007
TOTAL	MYNOR MELGAR	1427.25	647.5	11/07/2007
<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	DAVID ZYSKI JR.	551	250	2/21/2009
BENCH	DAVID ZYSKI JR.	374.75	170	2/21/2009
DEADLIFT	DAVID ZYSKI JR.	611.75	277.5	2/21/2009
TOTAL	DAVID ZYSKI JR.	1537.5	697.5	2/21/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (40 – 44) RAW 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	CHRIS PATTON	308.5	140	11/07/2007
BENCH	CHRIS PATTON	236.75	107.5	7/26/2008
DEADLIFT	CHRIS PATTON	440.75	200	11/07/2007
TOTAL	CHRIS PATTON	975.5	442.5	11/07/2007

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

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	TODD TICHONCHUK	308.5	140	02/06/2010
BENCH	TODD TICHONCHUK	259	117.5	02/06/2010
DEADLIFT	DAVE NELSON	363.75	165	07/18/2009
TOTAL	TODD TICHONCHUK	909.25	412.5	02/06/2010
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	DAN MAHAN	545.5	247.5	11/15/2008
BENCH	SAM GRAHAM	358	162.5	11/07/2009
DEADLIFT	DAN MAHAN	578.5	262.5	11/07/2007
TOTAL	DAN MAHAN	1449.5	657.5	11/15/2008
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JIM CHAABAN	462.75	210	02/21/2009
BENCH	JIM CHAABAN	380.25	172.5	02/21/2009
DEADLIFT	JIM CHAABAN	501.5	227.5	02/21/2009
TOTAL	JIM CHAABAN	1344.75	610	02/21/2009
<b>275LBS/125KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JAMES TOLAND III	529	240	02/06/2010
BENCH	JAMES TOLAND III	457.25	207.5	02/06/2010
DEADLIFT	JAMES TOLAND III	628.25	285	02/06/2010
TOTAL	JAMES TOLAND III	1614.75	732.5	02/06/2010
<b>275+LBS/125KG+</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT SPENO	661.25	300	02/21/2009
BENCH	ROBERT SPENO	457.25	207.5	02/21/2009
DEADLIFT	ROBERT SPENO	628.25	285	02/21/2009
TOTAL	ROBERT SPENO	1747	792.5	02/21/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (45 – 49) RAW 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	LANCE SLAUGHTER	363.75	165	7/26/2008
BENCH	LANCE SLAUGHTER	341.5	155	7/26/2008
DEADLIFT	LANCE SLAUGHTER	407.75	185	7/26/2008
TOTAL	LANCE SLAUGHTER	1113.25	505	7/26/2008

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

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	MICHAEL BROWN	330.5	150	02/21/2009
BENCH	MICHAEL BROWN	270	122.5	11/07/2009
DEADLIFT	MICHAEL BROWN	418.75	190	11/07/2009
TOTAL	MICHAEL BROWN	1008.5	457.5	11/07/2009
<b>220LBS/100KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	STEPHEN HEYL	358.	162.5	7/26/2008
BENCH	STEPHEN HEYL	297.5	135	7/26/2008
DEADLIFT	STEPHEN HEYL	451.75	205	7/26/2008
TOTAL	STEPHEN HEYL	1107.75	502.5	7/26/2008
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JERRY TREMBLAY, JR	485	220	02/06/2010
BENCH	JOHN JOHNSON	347	157.5	02/06/2010
DEADLIFT	JERRY TREMBLAY, JR	523.5	237.5	02/06/2010
TOTAL	JERRY TREMBLAY, JR	1339.25	607.5	02/06/2010
<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 (50 – 54) RAW 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	KEVIN MESKEW	259	117.5	02/21/2009
BENCH	KEVIN MESKEW	170.75	77.5	02/21/2009
DEADLIFT	KEVIN MESKEW	358	162.5	02/21/2009
TOTAL	KEVIN MESKEW	788	357.5	02/21/2009
<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 (50 – 54) RAW 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	KEVIN JORDAN	424.25	192.25	11/07/2009
BENCH	KEVIN JORDAN	286.5	130	11/07/2009
DEADLIFT	KEVIN JORDAN	451.75	205	11/07/2009
TOTAL	KEVIN JORDAN	1162.75	527.5	11/07/2009
<b>242LBS/110KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	WAYNE JANDOC	512.5	232.5	02/06/2010
BENCH	WAYNE JANDOC	369.25	167.5	02/21/2009
DEADLIFT	WAYNE JANDOC	556.5	252.5	02/21/2009
TOTAL	WAYNE JANDOC	1432.75	650	02/21/2009
<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 (55 – 59) RAW 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	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	JERRY MOYLAN	308.5	140	02/21/2009
BENCH	JERRY MOYLAN	203.75	92.5	02/21/2009
DEADLIFT	JERRY MOYLAN	352.5	160	02/21/2009
TOTAL	JERRY MOYLAN	865.25	392.5	02/21/2009
<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 (55 – 59) RAW 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	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>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	ODD HAUGEN	606.25	275	11/07/2007
BENCH	ODD HAUGEN	385.75	175	11/07/2007
DEADLIFT	ODD HAUGEN	661.25	300	11/07/2007
TOTAL	ODD HAUGEN	1653.25	750	11/07/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (60 – 64) RAW 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	GORDON SANTEE	275	125	11/07/2009
BENCH	GORDON SANTEE	214.75	97.5	11/07/2009
DEADLIFT	GORDON SANTEE	440.75	200	11/07/2009
TOTAL	GORDON SANTEE	931.25	422.5	11/07/2009
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	GORDON SANTEE	288.75	131	02/06/2010
BENCH	GORDON SANTEE	211.5	96	02/06/2010
DEADLIFT	GORDON SANTEE	462.75	210.5	02/06/2010
TOTAL	GORDON SANTEE	964.5	437.5	02/06/2010
<b>181/82.5KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	JOHN KILLIN	330.5	150	11/07/2009
BENCH	JOHN KILLIN	203.75	92.5	11/07/2009
DEADLIFT	JOHN KILLIN	446.25	202.5	11/07/2009
TOTAL	JOHN KILLIN	981	445	11/07/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (60 – 64) RAW 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	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>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 (65 – 69) RAW 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 (65 – 69) RAW POWERLIFTING**

<b>198LBS/90KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	BOB KINSEY	203.75	92.5	02/06/2010
BENCH	BOB KINSEY	143.25	65	02/06/2010
DEADLIFT	BOB KINSEY	292	132.5	02/06/2010
TOTAL	BOB KINSEY	639.25	290	02/06/2010
<b>220LBS/100KG</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>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 (70 – 74) RAW 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 MATTISON	198.25	90	11/07/2009
BENCH	ROBERT MATTISON	225.75	102.5	11/07/2009
DEADLIFT	ROBERT MATTISON	385.75	175	11/07/2009
TOTAL	ROBERT MATTISON	810	367.5	11/07/2009
<b>165LBS/75KG</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
SQUAT	ROBERT MATTISON	209.25	95	02/21/2009
BENCH	ROBERT MATTISON	231.25	105	02/21/2009
DEADLIFT	ROBERT MATTISON	396.75	180	02/21/2009
TOTAL	ROBERT MATTISON	837.75	380	02/21/2009
<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 (70 – 74) RAW 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	BOB STRANGE	242.5	110	07/18/2009
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	462.75	210	02/06/2010
TOTAL	BOB STRANGE	1113.25	505	02/06/2010
<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 (75 – 79) RAW 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 (75 – 79) RAW 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	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>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+ RAW 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+ RAW 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