

American Continental records - Powerlifting - men - WUAP

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M.Heindl Record- and rankinglists

Men 52 kg*	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

Men 56 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	210,0	82,5	0,0	0,0	0,0	170,0	210,0	0,0	0,0	0,0	152,5	0,0	0,0	0,0	0,0	0,0
Bench	143,0	57,5	0,0	0,0	0,0	97,5	122,5	0,0	0,0	0,0	95,0	0,0	0,0	0,0	0,0	0,0
Deadlift	227,5	123,0	0,0	0,0	0,0	180,0	217,5	0,0	0,0	0,0	190,0	0,0	0,0	0,0	0,0	0,0
Total	560,0	247,5	0,0	0,0	0,0	447,5	550,0	0,0	0,0	0,0	437,5	0,0	0,0	0,0	0,0	0,0

Men 60 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	202,5	159,0	0,0	100,0	132,5	125,0	95,0	0,0	0,0	0,0	137,5	165,0	0,0	0,0	0,0	0,0
Bench	115,5	89,0	0,0	77,5	92,5	92,5	47,5	0,0	0,0	0,0	0,0	112,5	106,5	0,0	0,0	0,0
Deadlift	197,5	166,0	0,0	137,5	155,0	152,5	117,5	0,0	0,0	0,0	0,0	190,0	184,0	0,0	0,0	0,0
Total	510,0	414,0	0,0	315,0	380,0	360,0	257,5	0,0	0,0	0,0	0,0	432,5	446,0	0,0	0,0	0,0

Men 67,5 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	175,0	170,0	202,5	210,0	199,5	210,0	175,0	0,0	205,0	150,0	185,0	165,0	0,0	70,0	0,0	0,0
Bench	122,5	107,5	97,5	122,5	127,0	130,0	134,0	0,0	100,0	87,5	105,0	102,5	0,0	0,0	0,0	0,0
Deadlift	192,5	172,5	207,5	215,0	217,5	235,0	232,0	0,0	207,5	155,0	195,0	182,5	0,0	100,0	0,0	0,0
Total	490,0	445,0	507,5	527,5	544,0	575,0	490,0	0,0	512,5	392,5	450,0	417,5	0,0	0,0	0,0	0,0

Men 75 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	277,5	175,0	227,5	232,5	238,0	233,5	272,5	175,0	250,0	227,5	234,0	167,5	0,0	100,0	0,0	0,0
Bench	192,5	107,5	150,0	152,5	149,0	174,5	167,5	100,0	140,0	117,5	131,0	100,0	0,0	97,5	0,0	0,0
Deadlift	295,0	205,0	220,0	245,0	231,0	192,5	245,0	177,5	245,0	240,0	243,0	192,5	0,0	122,5	0,0	0,0
Total	758,0	472,5	597,5	575,5	618,0	600,5	659,0	447,5	592,5	552,5	605,5	460,0	0,0	320,0	0,0	0,0

Men 82,5 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	332,5	205,0	240,0	205,0	275,0	270,0	275,0	270,0	250,0	205,5	250,0	160,0	217,5	0,0	0,0	0,0
Bench	192,5	122,5	157,5	115,0	182,5	260,0	0,0	160,0	175,0	150,0	152,5	102,5	147,5	0,0	0,0	0,0
Deadlift	252,5	202,5	222,5	236,0	290,0	250,0	287,5	280,0	230,0	205,0	205,0	172,5	200,0	0,0	0,0	0,0
Total	705,0	522,5	620,0	502,5	717,0	680,0	705,0	710,0	620,0	537,5	607,5	425,0	565,0	0,0	0,0	0,0

Men 90 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	367,5	235,0	227,5	262,5	292,5	315,0	295,0	265,0	290,0	255,0	235,0	235,0	200,0	0,0	32,5	32,5
Bench	250,0	127,5	137,5	182,5	192,5	205,5	250,0	157,5	210,5	175,0	165,0	162,5	142,0	0,0	60,0	60,0
Deadlift	295,0	205,0	227,5	245,0	275,0	297,5	295,0	240,0	240,0	242,5	230,0	227,5	218,0	0,0	92,5	92,5
Total	880,0	567,5	592,5	652,0	760,0	777,5	840,0	662,5	740,5	682,5	620,0	625,0	560,0	0,0	185,0	185,0

Men 100 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	330,0	178,0	182,5	252,5	310,0	320,0	300,0	267,5	325,0	0,0	275,0	200,0	197,5	0,0	0,0	0,0
Bench	240,0	113,0	82,5	172,5	192,5	227,5	188,0	200,0	242,5	0,0	182,5	107,5	117,5	0,0	0,0	0,0
Deadlift	290,0	180,0	170,0	255,0	282,5	307,5	292,5	267,5	277,5	0,0	250,0	197,5	227,5	0,0	0,0	0,0
Total	820,0	470,0	435,0	655,0	785,0	820,0	777,5	692,5	807,5	0,0	707,5	505,0	527,5	0,0	0,0	0,0

Men 110 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	372,5	250,0	227,5	295,0	335,0	365,0	295,0	272,5	320,0	0,0	285,0	0,0	0,0	0,0	0,0	0,0
Bench	275,0	145,0	137,5	185,0	207,5	235,0	272,5	215,0	235,0	0,0	182,5	0,0	0,0	0,0	0,0	0,0
Deadlift	328,0	222,5	232,5	307,5	282,5	328,0	285,0	272,5	263,0	0,0	282,5	0,0	0,0	0,0	0,0	0,0
Total	915,5	615,0	555,0	742,5	822,5	915,5	840,0	760,0	817,5	0,0	750,0	0,0	0,0	0,0	0,0	0,0

Men 125 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	355,0	0,0	272,5	280,0	320,0	350,0	340,0	317,5	355,0	250,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	245,0	0,0	182,5	172,5	205,0	235,0	230,0	245,0	217,5	150,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	317,5	0,0	240,0	255,0	282,5	322,5	265,0	272,5	305,0	235,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	892,5	0,0	690,0	707,5	792,5	892,5	830,0	777,5	877,5	635,5	0,0	0,0	0,0	0,0	0,0	0,0

Men 140 kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	365,0	230,0	270,0	337,5	342,5	365,0	365,0	0,0	0,0	282,5	0,0	0,0	0,0	0,0	0,0	0,0
Bench	220,0	155,0	135,0	155,0	197,5	220,0	245,0	0,0	0,0	147,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	305,0	232,5	230,0	272,5	272,5	305,0	322,5	0,0	0,0	232,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	890,0	602,5	635,0	672,5	812,5	890,0	930,0	0,0	0,0	655,0	0,0	0,0	0,0	0,0	0,0	0,0

Men 140+ kg	Open	13-15*	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Squat	387,5	0,0	0,0	295,0	282,5	300,0	365,0	0,0	340,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	265,0	0,0	0,0	265,0	240,0	220,0	227,5	0,0	205,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	320,0	0,0	0,0	242,5	215,0	300,0	315,0	0,0	250,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	935,0	0,0	0,0	787,5	737,5	820,0	907,5	0,0	795,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	Open	Subm	Junior
Squat			
Bench			
Deadlift			
Total			
Men 56 kg	Open	Subm	Junior
Squat	210,0 Snell 2000	170,0 Leoni 2001	
Bench	143,0 Pham 2001	97,5 Leoni 2001	
Deadlift	227,5 Snell 2000	180,0 Leoni 2001	
Total	560,0 Snell 2000	447,5 Leoni 2001	
Men 60 kg	Open	Subm	Junior
Squat	202,5 Smith 2000	125,0 Leoni 2000	132,5 Gregg 1997
Bench	115,5 Carpenter 2002	92,5 Leoni 2000	92,5 Gregg 1997
Deadlift	197,5 Smith 2000	152,5 Leoni 2000	155,0 Gregg 1997
Total	510,0 Smith 2000	360,0 Leoni 2000	380,0 Gregg 1997
Men 67,5 kg	Open	Subm	Junior
Squat	175,0 Sunshine 2003	210,0 Robinson 2000	199,5 Adolph 2001
Bench	122,5 Sunshine 2003	130,0 Gengo 1997	127,0 Adolph 2001
Deadlift	192,5 Sunshine 2003	235,0 Robinson 2000	217,5 Adolph 2001
Total	490,0 Sunshine 2003	575,0 Robinson 2000	544,0 Adolph 2001
Men 75 kg	Open	Subm	Junior
Squat	277,5 R.Snelling US09	233,5 D.Naughton 2002	238,0 Kirscher 2001
Bench	192,5 R.Snelling US09	174,5 D.Naughton 2002	149,0 Kirscher 2001
Deadlift	295,0 R.Snelling US09	192,5 D.Naughton 2002	231,0 Kirscher 2001
Total	758,0 R.Snelling US09	600,5 D.Naughton 2002	618,0 Kirscher 2001
Men 82,5 kg	Open	Subm	Junior
Squat	332,5 W.C.Walden US10	270,0 Whales 2001	275,0 Demoff 1998
Bench	192,5 R.J.Dowdell W09	260,0 Whales 2001	182,5 P.Smith W11
Deadlift	252,5 R.J.Dowdell W09	250,0 Whales 2001	290,0 Demoff 1998
Total	705,0 R.J.Dowdell W09	680,0 Whales 2001	717,0 Demoff 1998
Men 90,0 kg	Open	Subm	Junior
Squat	367,5 B.Beanland W11	315,0 Welch 1999	292,5 Panckeri 1997
Bench	250,0 M.Diggers US10	205,5 Hernandez 1998	192,5 Panckeri 1997
Deadlift	295,0 M.Diggers US10	297,5 Welch 1998	275,0 Panckeri 1997
Total	880,0 B.Beanland W11	777,5 Welch 1998	760,0 Panckeri 1997
Men 100 kg	Open	Subm	Junior
Squat	330,0 Schraub 2003	320,0 M.Ferrantelli 2000	310,0 Garcia 1998
Bench	240,0 Ferrantelli 2000	227,5 M.Ferrantelli 2000	192,5 Garcia 1998
Deadlift	290,0 Schraub 2003	307,5 Dover 2002	282,5 Garcia 1998
Total	820,0 Ferrantelli 2000	820,0 M.Ferrantelli 2000	785,0 Garcia 1998
Men 110 kg	Open	Subm	Junior
Squat	372,5 P.Genet 2003	365,0 St.Parkhurst US09	335,0 Garcia 1999
Bench	275,0 M.Brandon W11	235,0 St.Parkhurst US09	207,5 Garcia 1999
Deadlift	328,0 St.Parkhurst W11	328,0 St.Parkhurst W11	282,5 Hollis 2000
Total	915,5 St.Parkhurst US09	915,5 St.Parkhurst US09	822,5 Garcia 1999
Men 125 kg	Open	Subm	Junior
Squat	355,0 T.Bowman US10	350,0 Wlosinski 2002	320,0 Fry 1999
Bench	245,0 G.Gordon W08	235,0 S.Parkurst W09	205,0 Dutile 2002
Deadlift	317,5 S.Parkurst W09	322,5 White 2000	282,5 Dutile 2002
Total	892,5 S.Parkurst W09	892,5 S.Parkurst W09	792,5 Fry 1999
Men 140 kg	Open	Subm	Junior
Squat	365,0 S.Edmiston 2002	365,0 S.Edmiston 2002	342,5 Fry 1999
Bench	220,0 S.Edmiston 2002	220,0 S.Edmiston 2002	197,5 Fry 1999
Deadlift	305,0 S.Edmiston 2002	305,0 S.Edmiston 2002	272,5 Fry 1999
Total	890,0 S.Edmiston 2002	890,0 S.Edmiston 2002	812,5 Fry 1999
Men 140+ kg	Open	Subm	Junior
Squat	387,5 Aichs 2002	300,0 Desirtais 2001	282,5 Tyler Brown W11
Bench	265,0 T.Brown US09	220,0 Desirtais 2001	240,0 Tyler Brown W11
Deadlift	320,0 Aichs 2002	300,0 Desirtais 2001	215,0 Tyler Brown W11
Total	935,0 Aichs 2002	820,0 Desirtais 2001	737,5 Tyler Brown W11

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	T13-15*	T16-17	T18-19
Squat			
Bench			
Deadlift			
Total			
Men 56 kg	T13-15*	T16-17	T18-19
Squat	82,5 L.Hoover US11		
Bench	57,5 L.Hoover US11		
Deadlift	123,0 L.Hoover US11		
Total	247,5 L.Hoover US11		
Men 60 kg	T13-15*	T16-17	T18-19
Squat	159,0 Lukaszewski 2002		100,0 Davis 2000
Bench	89,0 Lukaszewski 2002		77,5 Davis 2000
Deadlift	166,0 Lukaszewski 2002		137,5 Davis 2000
Total	414,0 Lukaszewski 2002		315,0 Davis 2000
Men 67,5 kg	T13-15*	T16-17	T18-19
Squat	170,0 Lukaszewski 2002	202,5 Stickney 2001	210,0 Rios 2001
Bench	107,5 Lukaszewski 2002	97,5 Stickney 2001	122,5 Rios 2001
Deadlift	172,5 J.Johnson 2004	207,5 Stickney 2001	215,0 Kildow 2001
Total	445,0 Lukaszewski 2002	507,5 Stickney 2001	527,5 Rios 2001
Men 75 kg	T13-15*	T16-17	T18-19
Squat	175,0 McNeil 2003	227,5 Mendoza 2001	232,5 Stickney 2002
Bench	107,5 McNeil 2003	150,0 Mendoza 2001	152,5 Becil 2001
Deadlift	205,0 McNeil 2003	220,0 Mendoza 2001	245,0 B.Olson US10
Total	472,5 McNeil 2003	597,5 Mendoza 2001	575,5 Stickney 2002
Men 82,5 kg	T13-15*	T16-17	T18-19
Squat	205,0 Hamill 2001	240,0 Mendoza 2002	205,0 B.Johnson US11
Bench	122,5 Frizzell 2002	157,5 Mendoza 2002	115,0 B.Johnson US11
Deadlift	202,5 Zenzen 2002	222,5 Mendoza 2002	236,0 Wilson 2002
Total	522,5 Zenzen 2002	620,0 Mendoza 2002	502,5 B.Johnson US11
Men 90,0 kg	T13-15*	T16-17	T18-19
Squat	235,0 Davis 2001	227,5 McNeil 2005	262,5 Elliot 2000
Bench	127,5 Davis 2001	137,5 McNeil 2005	182,5 Howard 2001
Deadlift	205,0 Davis 2001	227,5 McNeil 2005	245,0 Elliot 2000
Total	567,5 Davis 2001	592,5 McNeil 2005	652,0 Elliot 2000
Men 100 kg	T13-15*	T16-17	T18-19
Squat	178,0 Baker 2001	182,5 J.Gordon WM08	252,5 J.Townsend US09
Bench	113,0 Baker 2001	82,5 J.Gordon WM08	172,5 R.Hall 2003
Deadlift	180,0 Lijan 2000	170,0 J.Gordon WM08	255,0 R.Hall 2003
Total	470,0 Lijan 2000	435,0 J.Gordon WM08	655,0 R.Hall 2003
Men 110 kg	T13-15*	T16-17	T18-19
Squat	250,0 Foote 1999	227,5 Diluzio 2002	295,0 Fitz 2001
Bench	145,0 Patton 2000	137,5 Diluzio 2002	185,0 J.Schertz US10
Deadlift	222,5 Foote 1999	232,5 Diluzio 2001	307,5 Fitz 2001
Total	615,0 Foote 1999	555,0 Diluzio 2002	742,5 Fitz 2001
Men 125 kg	T13-15*	T16-17	T18-19
Squat		272,5 Asperu 2000	280,0 Ch. Lower AC09
Bench		182,5 Asperu 2000	172,5 Ch. Lower AC09
Deadlift		240,0 Asperu 2000	255,0 Ch. Lower AC09
Total		690,0 Asperu 2000	707,5 Ch. Lower AC09
Men 140 kg	T13-15*	T16-17	T18-19
Squat	230,0 Middleton 2001	270,0 Collier 2000	337,5 R.Bulmash US10
Bench	155,0 Middleton 2001	135,0 Collier 2000	155,0 Graham 2004
Deadlift	232,5 Middleton 2001	230,0 Collier 2000	272,5 Graham 2003
Total	602,5 Middleton 2001	635,0 Collier 2000	672,5 Graham 2003
Men 140+ kg	T13-15*	T16-17	T18-19
Squat			295,0 T.Brown US09
Bench			265,0 T.Brown US09
Deadlift			242,5 T.Brown US09
Total			787,5 T.Brown US09

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	M40-44	M45-49	M50-54
Squat			
Bench			
Deadlift			
Total			
Men 56 kg	M40-44	M45-49	M50-54
Squat	210,0 Snell 2000		
Bench	122,5 Snell 2000		
Deadlift	217,5 Snell 2000		
Total	550,0 Snell 2000		
Men 60 kg	M40-44	M45-49	M50-54
Squat	95,0 Harris 2000		
Bench	47,5 Harris 2000		
Deadlift	117,5 Harris 2000		
Total	257,5 Harris 2000		
Men 67,5 kg	M40-44	M45-49	M50-54
Squat	175,0 Sunshine 2003		205,0 R.Charles 2001
Bench	134,0 Robinson 2002		100,0 R.Charles 2001
Deadlift	232,0 Robinson 2002		207,5 R.Charles 2001
Total	490,0 Sunshine 2002		512,5 R.Charles 2001
Men 75 kg	M40-44	M45-49	M50-54
Squat	272,5 Rivera 2001	175,0 Hanson 2000	250,0 Wodraska 2000
Bench	167,5 Rivera 2000	100,0 Hanson 2000	140,0 G.Santee 2000
Deadlift	245,0 Rivera 2001	177,5 Hanson 2000	245,0 G.Santee 2000
Total	659,0 Rivera 2001	447,5 Hanson 2000	592,5 Wodraska 2000
Men 82,5 kg	M40-44	M45-49	M50-54
Squat	275,0 Denton 2002	270,0 Lynch 2001	250,0 Nigro 2002
Bench		160,0 Lynch 2001	175,0 R.Baker W08
Deadlift	287,5 Zweig 2001	280,0 Lynch 2001	230,0 Lovelace 2003
Total	705,0 Zweig 2001	710,0 Lynch 2001	620,0 R.Baker W08
Men 90,0 kg	M40-44	M45-49	M50-54
Squat	295,0 M.Diggers US10	265,0 D.Overbay US09	290,0 G.Hatfield US10
Bench	250,0 M.Diggers US10	157,5 D.Overbay US09	210,5 G.Hatfield US10
Deadlift	295,0 M.Diggers US10	240,0 D.Overbay US09	240,0 G.Hatfield US10
Total	840,0 M.Diggers US10	662,5 D.Overbay US09	740,5 G.Hatfield US10
Men 100 kg	M40-44	M45-49	M50-54
Squat	300,0 Pessell 2001	267,5 J.Weaver US09	325,0 G.Hatfield W11
Bench	188,0 J.Black US11	200,0 A.Williamson W11	242,5 G.Hatfield W11
Deadlift	292,5 Pessell 2001	267,5 J.Weaver US09	277,5 G.Hatfield 2000
Total	777,5 Pessell 2001	692,5 J.Weaver US09	807,5 G.Hatfield W11
Men 110 kg	M40-44	M45-49	M50-54
Squat	295,0 R.Paden W11	272,5 Genet 2003	320,0 G.Hatfield US11
Bench	272,5 R.Paden W11	215,0 Genet 2003	235,0 G.Hatfield US11
Deadlift	285,0 Genet 2001	272,5 Genet 2003	263,0 G.Hatfield US11
Total	840,0 R.Paden W11	760,0 Genet 2003	817,5 G.Hatfield US11
Men 125 kg	M40-44	M45-49	M50-54
Squat	340,0 Anderson 2002	317,5 Al Hunter US09	355,0 T.Bowman US10
Bench	230,0 Frizzell 2000	245,0 G.Gordon W08	217,5 T.Bowman US10
Deadlift	265,0 Frizzell 2000	272,5 Al Hunter US09	305,0 T.Bowman US10
Total	830,0 Frizzell 2000	777,5 Al Hunter US09	877,5 T.Bowman US10
Men 140 kg	M40-44	M45-49	M50-54
Squat	365,0 Lewis 2001		
Bench	245,0 Lewis 2001		
Deadlift	322,5 Lewis 2001		
Total	930,0 Lewis 2001		
Men 140+ kg	M40-44	M45-49	M50-54
Squat	365,0 S.Edmiston 2003		340,0 Magee 2001
Bench	227,5 S.Edmiston 2003		205,0 Magee 2001
Deadlift	315,0 S.Edmiston 2003		250,0 Magee 2001
Total	907,5 S.Edmiston 2003		795,0 Magee 2001

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	M55-59	M60-64	M65-69
Squat			
Bench			
Deadlift			
Total			
Men 56 kg	M55-59	M60-64	M65-69
Squat		152,5 Milian Ernesto W11	
Bench		95,0 Milian Ernesto W11	
Deadlift		190,0 Milian Ernesto W11	
Total		437,5 Milian Ernesto W11	
Men 60 kg	M55-59	M60-64	M65-69
Squat			137,5 Kawasaki 1998
Bench			112,5 Kawasaki 1998
Deadlift			190,0 Kawasaki 1998
Total			432,5 Kawasaki 1998
Men 67,5 kg	M55-59	M60-64	M65-69
Squat	150,0 Feight 2002	185,0 Glass 2000	165,0 Glass 2003
Bench	87,5 Feight 2002	105,0 Glass 2000	102,5 R. Gidcumb 2006
Deadlift	155,0 Feight 2002	195,0 Glass 2000	182,5 Glass 2003
Total	392,5 Feight 2002	450,0 Glass 2000	417,5 Glass 2003
Men 75 kg	M55-59	M60-64	M65-69
Squat	227,5 G.Brown US09	234,0 Flores 2002	167,5 Gininthal 1998
Bench	117,5 G.Brown US09	131,0 Flores 2001	100,0 Gininthal 1998
Deadlift	240,0 Weber 2003	243,0 Flores 2002	192,5 Gininthal 1998
Total	552,5 G.Brown US09	605,5 Flores 2001	460,0 Gininthal 1998
Men 82,5 kg	M55-59	M60-64	M65-69
Squat	205,5 Cramer 2001	250,0 R.Baker W11	160,0 McCullough 1997
Bench	117,5 E.Angstrom 2000	152,5 R.Baker W11	102,5 Breughan 1999
Deadlift	205,0 E.Angstrom 2000	205,0 R.Baker W11	172,5 Breughan 1999
Total	537,5 E.Angstrom 2000	607,5 R.Baker W11	425,0 McCullough 1997
Men 90,0 kg	M55-59	M60-64	M65-69
Squat	255,0 St. Kyllis W11	235,0 J.Rouse 2004	235,0 J.Rouse US09
Bench	175,0 St. Kyllis W11	165,0 J.Rouse 2005	162,5 J.Rouse US09
Deadlift	242,5 St. Kyllis W11	230,0 J.Rouse 2004	227,5 J.Rouse US09
Total	682,5 St. Kyllis W11	620,0 J.Rouse 2005	625,0 J.Rouse US09
Men 100 kg	M55-59	M60-64	M65-69
Squat		275,0 J.Rouse 2004	200,0 Conkle 2000
Bench		182,5 J.Rouse 2004	107,5 Conkle 2000
Deadlift		250,0 J.Rouse 2004	197,5 Conkle 2000
Total		707,5 J.Rouse 2004	505,0 Conkle 2000
Men 110 kg	M55-59	M60-64	M65-69
Squat		285,0 Sandberg 2001	
Bench		182,5 Sandberg 2001	
Deadlift		282,5 Sandberg 2001	
Total		750,0 Sandberg 2001	
Men 125 kg	M55-59	M60-64	M65-69
Squat	250,0 Cloncle 2001		
Bench	150,0 Cloncle 2001		
Deadlift	235,5 Cloncle 2001		
Total	635,5 Cloncle 2001		
Men 140 kg	M55-59	M60-64	M65-69
Squat	282,5 Cloncle 2000		
Bench	147,5 Cloncle 2000		
Deadlift	232,5 Cloncle 2000		
Total	655,0 Cloncle 2000		
Men 140+ kg	M55-59	M60-64	M65-69
Squat			
Bench			
Deadlift			
Total			

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			
Men 56 kg	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			
Men 60 kg	M70-74	M75-79	M80+
Squat	165,0 Kawasaki 1999		
Bench	106,5 Kawasaki 2000		
Deadlift	184,0 Kawasaki 2000		
Total	446,0 Kawasaki 1999		
Men 67,5 kg	M70-74	M75-79	M80+
Squat		70,0 Gellman 2002	
Bench			
Deadlift		100,0 Gellman 2002	
Total			
Men 75 kg	M70-74	M75-79	M80+
Squat		100,0 Upton 2000	
Bench		97,5 Upton 2000	
Deadlift		122,5 Upton 2000	
Total		320,0 Upton 2000	
Men 82,5 kg	M70-74	M75-79	M80+
Squat	217,5 J.Rouse W11		
Bench	147,5 J.Rouse W11		
Deadlift	200,0 J.Rouse W11		
Total	565,0 J.Rouse W11		
Men 90,0 kg	M70-74	M75-79	M80+
Squat	200,0 J.Rouse US11		32,5 Montrose 2003
Bench	142,0 J.Rouse US11		60,0 Montrose 2003
Deadlift	218,0 J.Rouse US11		92,5 Montrose 2003
Total	560,0 J.Rouse US11		185,0 Montrose 2003
Men 100 kg	M70-74	M75-79	M80+
Squat	197,5 Huff 1999		
Bench	117,5 Huff 1999		
Deadlift	227,5 Miller 2000		
Total	527,5 Huff 1999		
Men 110 kg	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			
Men 125 kg	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			
Men 140 kg	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			
Men 140+ kg	M70-74	M75-79	M80+
Squat			
Bench			
Deadlift			
Total			

American Continental records - Powerlifting - men - WUAP

Men 52 kg*	M85+
Squat	
Bench	
Deadlift	
Total	
Men 56 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 60 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 67,5 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 75 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 82,5 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 90,0 kg	M85+
Squat	32,5 Montrose 2003
Bench	60,0 Montrose 2003
Deadlift	92,5 Montrose 2003
Total	185,0 Montrose 2003
Men 100 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 110 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 125 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 140 kg	M85+
Squat	
Bench	
Deadlift	
Total	
Men 140+ kg	M85+
Squat	
Bench	
Deadlift	
Total	