

USPF ARIZONA STATE RECORDS OPEN - MEN					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	82.5	181.8	Tyler Gneck	9/25/2010
	Bench	67.5	148.8	Tyler Gneck	9/25/2010
	Deadlift	110.0	242.5	Tyler Gneck	9/25/2010
	TOTAL	260.0	573.0	Tyler Gneck	9/25/2010
67.5kg/148lb	Squat	140.0	308.5	Robert Cooley	9/25/2010
	Bench	105.0	231.3	Robert Cooley	9/25/2010
	Deadlift	195.0	429.8	Nick Grant	9/26/2009
	TOTAL	435.0	959.0	Nick Grant	9/26/2009
75kg/165.2lb	Squat	182.5	402.3	Lenny Wong	9/26/2009
	Bench	125.0	275.5	Lenny Wong	9/26/2009
	Deadlift	210.0	462.8	Lenny Wong	9/26/2009
	TOTAL	517.5	1141.0	Lenny Wong	9/26/2009
82.5kg/181.7lb	Squat	167.5	369.3	Tony Brown	9/24/2011
	Bench	147.5	325.2	Tony Brown	9/24/2011
	Deadlift	200.0	440.9	Tony Brown	9/24/2011
	TOTAL	515.0	1135.4	Tony Brown	9/24/2011
90kg/198.2lb	Squat	285.0	628.3	John Pena	3/24/2012
	Bench	195.0	429.9	John Pena	3/24/2012
	Deadlift	275.0	606.3	Peter Thomas	3/25/2011
	TOTAL	730.0	1609.4	John Pena	3/24/2012
100kg/220lb	Squat	305.0	672.4	Asa Barnes	11/16/2014
	Bench	242.0	533.5	Asa Barnes	11/16/2014
	Deadlift	262.5	578.5	John Pena	9/26/2009
	TOTAL	807.0	1799.0	Asa Barnes	11/16/2014
110kg/242lb	Squat	267.5	589.7	Sam Mangialardi	11/16/2014
	Bench	182.5	402.3	Sam Mangialardi	11/16/2014
	Deadlift	265.0	584.2	Sam Mangialardi	11/16/2014
	TOTAL	715.0	1576.3	Sam Mangialardi	11/16/2014
125kg/275lb	Squat	325.0	716.3	Shawn Bellon	9/25/2010
	Bench	190.0	418.8	Shawn Bellon	9/25/2010
	Deadlift	317.5	699.8	Shawn Bellon	9/25/2010
	TOTAL	832.5	1835.5	Shawn Bellon	9/25/2010
140kg/308.5lb	Squat	185.0	451.5	Michael Bowden	9/27/2008
	Bench	187.5	336.0	Michael Bowden	9/27/2008
	Deadlift	220.0	551.0	Michael Bowden	9/27/2008
	TOTAL	590.0	1300.8	Michael Bowden	9/27/2008
140+kg/308+lb	Squat	255.0	562.2	James Ortiz	4/5/2014
	Bench	205.0	451.9	James Ortiz	4/5/2014
	Deadlift	272.5	600.8	James Ortiz	4/5/2014
	TOTAL	732.5	1614.9	James Ortiz	4/5/2014

**USPF ARIZONA STATE RECORDS    SUBMASTER - MEN**

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat	167.5	369.3	Tony Brown	9/24/2011
	Bench	147.5	325.2	Tony Brown	9/24/2011
	Deadlift	200.0	440.9	Tony Brown	9/24/2011
	TOTAL	515.0	1135.4	Tony Brown	9/24/2011
90kg/198.2lb	Squat	285.0	628.3	John Pena	3/24/2012
	Bench	195.0	429.9	John Pena	3/24/2012
	Deadlift	250.0	551.2	John Pena	3/24/2012
	TOTAL	730.0	1609.4	John Pena	3/24/2012
100kg/220lb	Squat	105.0	231.3	Michael Morales	9/27/2008
	Bench	125.0	275.5	Michael Morales	9/27/2008
	Deadlift	127.5	281.0	Michael Morales	9/27/2008
	TOTAL	357.0	788.0	Michael Morales	9/27/2008
110kg/242lb	Squat	137.5	303.0	Jeremie Ledermen	1/31/2009
	Bench	95.0	209.8	Jeremie Ledermen	1/31/2009
	Deadlift	182.5	402.3	Jeremie Ledermen	1/31/2009
	TOTAL	415.0	914.8	Jeremie Ledermen	1/31/2009
125kg/275lb	Squat	325.0	716.3	Shawn Bellon	9/25/2010
	Bench	190.0	418.8	Shawn Bellon	9/25/2010
	Deadlift	317.5	699.8	Shawn Bellon	9/25/2010
	TOTAL	832.5	1835.5	Shawn Bellon	9/25/2010
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				