

USPF OREGON STATE RECORDS - Single Ply Divison 1

OPEN - MEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat		400.0	Mike Ellis	3/1/2918
	Bench		220.0	Mike Ellis	3/1/2918
	Deadlift		429.0	Mike Ellis	3/1/2918
	TOTAL		1040.0	Mike Ellis	3/1/2918
56kg/123.5lb	Squat		385.0	Marc Morishig	10/23/1980
	Bench		253.0	Marc Morishig	6/5/1982
	Deadlift		468.0	Marc Morishig	6/5/1982
	TOTAL		1095.0	Marc Morishig	4/17/1982
60kg/132.2lb	Squat		470.0	Yusuke Yahag	3/6/1984
	Bench		319.0	Lona Bongthonth	5/6/1995
	Deadlift		520.0	Marc Morishig	11/19/1983
	TOTAL		1230.0	Marc Morishig	11/19/1983
67.5kg/148lb	Squat		560.0	Pat Cargini	2/21/1981
	Bench		365.0	Jeff Yoshida	12/4/1982
	Deadlift		501.0	Eric Thomas	4/30/1994
	TOTAL		1430.0	Pat Cargini	2/21/1981
75kg/165.2lb	Squat		590.0	Roger Sandvold	12/4/1982
	Bench		405.0	Roger Sandvold	12/4/1982
	Deadlift		617.0	Roger Sandvold	6/5/1982
	TOTAL		1592.0	Roger Sandvold	6/5/1982
82.5kg/181.7lb	Squat		722.0	Steve Knight	7/10/1982
	Bench		457.0	Pat Pointer	6/5/1982
	Deadlift		688.0	Pat Pointer	6/5/1982
	TOTAL		1802.0	Pat Pointer	6/5/1982
90kg/198.2lb	Squat		730.0	Marc Caplan	11/22/1981
	Bench		507.0	Pat Pointer	7/7/1984
	Deadlift		727.0	Pat Pointer	7/7/1984
	TOTAL		1930.0	Pat Pointer	7/7/1984
100kg/220lb	Squat		740.0	Bill Kepler	11/22/1981
	Bench		523.0	Jim Johnston	4/30/1990
	Deadlift		740.0	Dale Corico	9/14/1985
	TOTAL		1900.0	Terry Simons	11/20/1983
110kg/242lb	Squat		805.0	Soren Sorensen	7/3/1987
	Bench		555.0	Soren Sorensen	7/3/1987
	Deadlift		805.0	Soren Sorensen	7/3/1987
	TOTAL		2165.0	Soren Sorensen	7/3/1987
125kg/275lb	Squat			Tony Castro	10/15/1994
	Bench			Tod Becraft	2/19/1994
	Deadlift			Bob Howington	12/9/1984
	TOTAL			Bob Howington	12/22/1981
140kg/308.5lb	Squat			Dean Munsey	4/30/1994
	Bench			Mark Jackson	2/7/1993
	Deadlift			Mark Jackson	2/7/1993
	TOTAL			Mark Jackson	2/7/1993
140+kg/308+lb	Squat		915.0	Doyle Kenady	7/12/1981
	Bench		590.0	Doyle Kenady	4/9/1980
	Deadlift		903.0	Doyle Kenady	4/6/1986

TOTAL

2303.0 Doyle Kenady

5/5/1979

SUBMASTER - 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 Bench Deadlift TOTAL				
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL				
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/ SHW	Squat Bench Deadlift				

TOTAL