

USPF OREGON STATE RECORDS - Single Ply Division 1

MEN TEENS 13-15

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat		220.0	Robert Goddard	2/20/1993
	Bench		121.0	Robert Goddard	2/20/1993
	Deadlift		281.0	Robert Goddard	2/20/1993
	TOTAL		622.0	Robert Goddard	2/20/1993
56kg/123.5lb	Squat		314.0	Robert Goddard	4/30/1994
	Bench		181.8	Robert Goddard	4/30/1994
	Deadlift		281.0	Robert Goddard	4/30/1994
	TOTAL		622.0	Robert Goddard	4/30/1994
60kg/132.2lb	Squat		340.0	Robert Goddard	6/4/1994
	Bench		190.0	Robert Goddard	6/4/1994
	Deadlift		400.0	Robert Goddard	6/4/1994
	TOTAL		930.0	Robert Goddard	6/4/1994
67.5kg/148lb	Squat		242.5	Josh Porter	4/30/1994
	Bench		155.0	Scott Jones	1/29/1994
	Deadlift		320.0	Scott Jones	1/29/1994
	TOTAL		695.0	Scott Jones	1/29/1994
75kg/165.2lb	Squat		380.0	Eric Robinson	6/2/1996
	Bench		250.0	Eric Robinson	6/2/1996
	Deadlift		375.0	Eric Robinson	6/2/1996
	TOTAL		1005.0	Eric Robinson	6/2/1996
82.5kg/181.7lb	Squat		319.0	Mike Nicolosi	2/21/1993
	Bench		187.0	Mike Nicolosi	2/21/1993
	Deadlift		370.0	Niko Manos	1/29/1994
	TOTAL		870.0	Mike Nicolosi	2/21/1993
90kg/198.2lb	Squat		300.0	Brian Gray	4/4/1994
	Bench		180.0	Brian Gray	4/4/1994
	Deadlift		385.0	Brian Gray	4/4/1994
	TOTAL		850.0	Brian Gray	4/4/1994
100kg/220lb	Squat		380.0	Tyler Perrigan	1/29/1994
	Bench		225.0	Tyler Perrigan	1/29/1994
	Deadlift		380	Tyler Perrigan	1/29/1994
	TOTAL		985	Tyler Perrigan	1/29/1994
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				

MEN TEENS 16-17

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat		198.3	Lyle Culp	6/3/1995
	Bench		181.8	Lyle Culp	6/3/1995
	Deadlift		321.3	Lyle Culp	6/3/1995
	TOTAL		711.3	Lyle Culp	6/3/1995
56kg/123.5lb	Squat			Barry Kunkel	6/21/1996
	Bench			Barry Kunkel	6/21/1996
	Deadlift			Barry Kunkel	6/21/1996
	TOTAL			Barry Kunkel	6/21/1996
60kg/132.2lb	Squat		390.0	Corey Sidlo	3/17/1996
	Bench		215.0	Corey Sidlo	3/17/1996
	Deadlift		430.0	Corey Sidlo	3/17/1996
	TOTAL		1025.0	Corey Sidlo	3/17/1996
67.5kg/148lb	Squat		430.0	Jerrad Capello	6/5/1993
	Bench		265.0	Robert Goddard	6/21/1996
	Deadlift		475.0	Robert Goddard	6/21/1996
	TOTAL		1140.0	Jerrad Capello	1/28/1994
75kg/165.2lb	Squat		415.5	Jerud Rhen	6/5/1993
	Bench		245.0	Jerud Rhen	6/5/1993
	Deadlift		473.0	Dana Daniels	02/12//93
	TOTAL		1091.0	Dana Daniels	02/12//93
82.5kg/181.7lb	Squat		496	Kelly Ristoff	6/3/1995
	Bench		285.0	Josh Downing	3/17/1996
	Deadlift		460.0	Josh Downing	3/17/1996
	TOTAL		1179.0	Kelly Ristoff	6/3/1995
90kg/198.2lb	Squat		424.0	Brian Stermon	2/21/1993
	Bench		270.0	Ian Sutton	6/3/1995
	Deadlift		446.0	Ian Sutton	6/3/1995
	TOTAL		1096.3	Ian Sutton	6/3/1995
100kg/220lb	Squat		480.0	Adam Gruver	6/2/1996
	Bench		281.0	Rob Braden	2/21/1993
	Deadlift		485.0	Rob Braden	2/21/1993
	TOTAL		1223.0	Rob Braden	2/21/1993
110kg/242lb	Squat		523.5	Adam Gruver	03/22197
	Bench		330.0	Chris Erhardt	6/2/1996
	Deadlift		479.5	Adam Gruver	03/22197
	TOTAL		1306.0	Adam Gruver	03/22197
125kg/275lb	Squat		500.0	Mike Herbert	6/4/1994
	Bench		270.0	Mike Herbert	6/4/1994
	Deadlift		510.5	Mike Herbert	6/4/1994
	TOTAL		1280.0	Mike Herbert	6/4/1994
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				

MEN TEENS 18-19

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat		264.0	Cameron Mitchem	2/20/1993
	Bench		159.9	Cameron Mitchem	2/20/1993
	Deadlift		319.0	Cameron Mitchem	2/20/1993
	TOTAL		744.0	Cameron Mitchem	2/20/1993
56kg/123.5lb	Squat		325.0	Sam Hill	4/30/1994
	Bench		259.0	Barry Kunkel	3/22/1997
	Deadlift		402.3	Barry Kunkel	3/22/1997
	TOTAL		964.3	Barry Kunkel	3/22/1997
60kg/132.2lb	Squat		341.5	Morgan Kovacs	3/22/1997
	Bench		225.0	Morgan Kovacs	6/2/1996
	Deadlift		374.8	Morgan Kovacs	3/22/1997
	TOTAL		920.0	Morgan Kovacs	3/22/1997
67.5kg/148lb	Squat		510.5	Eric Thomas	4/30/1994
	Bench		245.0	Eric Thomas	4/30/1994
	Deadlift		337.5	Eric Thomas	4/30/1994
	TOTAL		1270.3	Eric Thomas	4/30/1994
75kg/165.2lb	Squat		523.0	Jerud Rhen	9/30/1995
	Bench		352.5	Jerud Rhen	9/30/1995
	Deadlift		523.5	Jerad Capello	5/6/1995
	TOTAL		1377.0	Jerud Rhen	9/30/1995
82.5kg/181.7lb	Squat		490.0	Dana Daniels	6/5/1993
	Bench		402.0	Jeff Jones	5/2/1998
	Deadlift		501.5	Josh Downing	3/22/1997
	TOTAL		1283.8	Josh Downing	3/22/1997
90kg/198.2lb	Squat		500.0	Justin Houk	10/25/1992
	Bench		285.0	Justin Houk	10/25/1992
	Deadlift		500.0	Justin Houk	10/25/1992
	TOTAL		1285.0	Justin Houk	10/25/1992
100kg/220lb	Squat			Brian Stermon	6/5/1993
	Bench			Robert Durfee	1/29/1994
	Deadlift			Jeff Izo	1/29/1994
	TOTAL			Brian Stermon	6/5/1993
110kg/242lb	Squat		523.5	Chris Erhardt	3/22/1997
	Bench		385.8	Chris Erhardt	3/22/1997
	Deadlift		473.8	Chris Erhardt	3/22/1997
	TOTAL		1383.0	Chris Erhardt	3/22/1997
125kg/275lb	Squat		573.0	Ryan Groneman	6/3/1995
	Bench		386.3	Ryan Groneman	6/3/1995
	Deadlift		534.5	Mike Herbert	5/6/1995
	TOTAL		1437.8	Ryan Groneman	6/3/1995
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/SHW	Squat		655.0	Jack Diazdeleon	1/29/1994
	Bench		425.0	Brice Gimbel	5/30/1998
	Deadlift		375.0	Jack Diazdeleon	11/14/1993
	TOTAL		1375.0	Jack Diazdeleon	1/29/1994

MEN JUNIORS 20-23

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat		303.0	Tracy Smith	3/22/1997
	Bench		170.8	Tracy Smith	3/22/1997
	Deadlift		391.0	Tracy Smith	3/22/1997
	TOTAL		864.8	Tracy Smith	3/22/1997
67.5kg/148lb	Squat		451.0	Dean Keranen	3/11/1995
	Bench		303.0	Dean Keranen	3/11/1995
	Deadlift		457.0	Dean Keranen	3/11/1995
	TOTAL		1205.0	Dean Keranen	3/11/1995
75kg/165.2lb	Squat		473.8	Shane Huston	5/7/1995
	Bench		302.0	Shane Huston	5/7/1995
	Deadlift		485.0	Shane Huston	5/7/1995
	TOTAL		1260.8	Shane Huston	5/7/1995
82.5kg/181.7lb	Squat		600.8	Nick Cicero	5/6/1995
	Bench		341.0	Jerud Rhen	6/2/1996
	Deadlift		611.8	Nick Cicero	5/6/1995
	TOTAL		1526.5	Nick Cicero	5/6/1995
90kg/198.2lb	Squat		551.0	Eric Hammon	5/6/1995
	Bench		383.8	Eric Hammon	5/6/1995
	Deadlift		534.5	James Rictor	3/22/1997
	TOTAL		1405.0	James Rictor	3/22/1997
100kg/220lb	Squat		683.8	James Murphy	2/28/1998
	Bench		363.8	James Murphy	2/28/1998
	Deadlift		551.0	James Murphy	3/22/1997
	TOTAL		1570.5	James Murphy	2/28/1998
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat			Jared Gochenour	5/30/1998
	Bench			Jared Gochenour	5/30/1998
	Deadlift			Jared Gochenour	5/30/1998
	TOTAL			Jared Gochenour	5/30/1998
140+kg/ SHW	Squat			Joaquin Diazdeleon	2/28/1998
	Bench			Joaquin Diazdeleon	
	Deadlift			Joaquin Diazdeleon	
	TOTAL			Joaquin Diazdeleon	