

NORCAL POWERLIFTING RAW – TEEN/JUNIOR MEN

TEEN MEN 12-13					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench	77.5	170.86	Dimitri Grover	10/28/18
	Deadlift	52.5	115.74	Cortez Medina	4/14/19
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat	70	154.3	Dimitri Grover	4/14/19
	Bench	82.5	181.9	Dimitri Grover	4/14/19
	Deadlift	95	209.4	Dimitri Grover	4/14/19
	TOTAL	247.5	545.6	Dimitri Grover	4/14/19
	P/P				
60 kg/132.2 lbs	Squat	80	176.37	Dimitri Grover	8/3/2019
	Bench	87.5	192.9	Dimitri Grover	8/3/2019
	Deadlift	97.5	214.95	Dimitri Grover	8/3/2019
	TOTAL	265	584.22	Dimitri Grover	8/3/2019
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat	227.5	501.5	Abraham Zuniga	7/22/18
	Bench	162.5	358.2	Abraham Zuniga	7/22/18
	Deadlift	267.5	589.7	Abraham Zuniga	7/22/18
	TOTAL	657.5	1449.4	Abraham Zuniga	7/22/18
	P/P				
90 kg/198.2 lbs	Squat	137.5	303.1	Kennedy Rizon	6/14
	Bench	77.5	170.9	Kennedy Rizon	6/14
	Deadlift	147.5	325.2	Kennedy Rizon	6/14
	TOTAL	362.5	799.17	Kennedy Rizon	6/14
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
TEEN MEN 14-15					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat	40	88.2	Hunter Markey	10/28/18
	Bench	35	77.16	Hunter Markey	10/28/18
	Deadlift	75	165.35	Hunter Markey	10/28/18
	TOTAL	150	331	Hunter Markey	10/28/18
	P/P				
56 kg/123.5 lbs	Squat	65	143.3	Hunter Markey	4/14/19
	Bench	45	99.2	Hunter Markey	4/14/19
	Deadlift	87.5	192.9	Hunter Markey	4/14/19
	TOTAL	197.5	435.4	Hunter Markey	4/14/19
	P/P				
60 kg/132.2 lbs	Squat	105	231.5	Mason Caserta	4/14/19
	Bench	97.5	214.95	Dimitri Grover	11/10/2019
	Deadlift	137.5	303.14	Mason Caserta	4/14/19
	TOTAL	317.5	699.99	Mason Caserta	4/14/19
	P/P				
67.5 kg/148 lbs	Squat	132.5	292	Jonathan Roux	11/5/17
	Bench	92.5	203.7	Brandon Er	11/5/17

	Deadlift	152.5	336	Jonathan Roux	11/5/17
	TOTAL	357.5	788	Jonathan Roux	11/5/17
	P/P				
75 kg/165.2 lbs	Squat	132.5	292.11	Dylan Sarna	8/6/17
	Bench	105	231.49	Dylan Sarna	8/6/17
	Deadlift	155	341.72	Dylan Sarna	8/6/17
	TOTAL	342.5	755.08	Dylan Sarna	8/6/17
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat	82.5	181	Lior Dubrovsky	11/6/16
	Bench	77.5	170.7	Robin Van Der Kan	3/20/16
	Deadlift	120	264.6	Lewie Owens	2/23/14
	TOTAL	270	595	Robin Van Der Kan	3/20/16
	P/P				
100 kg/220 lbs	Squat	95	209.44	Lior Dubrovsky	3/26/17
	Bench	70	154.32	Lior Dubrovsky	3/26/17
	Deadlift	115	253.53	Lior Dubrovsky	3/26/17
	TOTAL	280	617.29	Lior Dubrovsky	3/26/17
	P/P				
110 kg/242 lbs	Squat				
	Bench	100	220.5	Kyle Hulsey	6/14
	Deadlift	190	418.9	Kyle Hulsey	6/14
	TOTAL				
	P/P	290	639.33	Kyle Hulsey	6/14
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
TEEN MEN 16-17					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat	157.5	347.2	Ebrahim Fegghi	6/14
	Bench	95	209.4	Ebrahim Fegghi	6/14
	Deadlift	182.5	402.34	Jonathan Lee	11/10/2019
	TOTAL	425	937	Ebrahim Fegghi	6/14
	P/P				
75 kg/165.2 lbs	Squat	182.5	402.3	Sean Nguyen	7/22/18
	Bench	125	275.5	Sean Nguyen	7/22/18
	Deadlift	192.5	424.2	Spencer Skaggs	3/20/16
	TOTAL	490	1078	Sean Nguyen	7/22/18
	P/P	277.5	611.78	Chris Duarte	2/23/14
82.5 kg/181.7 lbs	Squat	185	407.9	Ian Maltzer	6/13
	Bench	117.5	259.04	Jacob LaPlante	3/26/17
	Deadlift	215	474	Anthony McKay	7/31/16
	TOTAL	512.5	1127.5	Anthony McKay	7/31/16
	P/P				
90 kg/198.2 lbs	Squat	180	396.7	Justin Vasquez	11/5/17
	Bench	130	286.5	Justin Vasquez	11/5/17
	Deadlift	205	451.7	Justin Vasquez	11/5/17
	TOTAL	515	1133	Justin Vasquez	11/5/17
	P/P				
100 kg/220 lbs	Squat	145	319.7	Daniel Panasyuk	3/7/15
	Bench	90	198.2	Ethan McNeelan	3/20/16

	Deadlift	197.5	435.2	Ethan McNeelan	3/20/16
	TOTAL	420	925.9	Daniel Panasyuk	3/7/15
	P/P				
110 kg/242 lbs	Squat	182.5	402.3	Harrison Joy	
	Bench	117.5	259	Harrison Joy	6/13
	Deadlift	197.5	435.4	Harrison Joy	6/13
	TOTAL	497.5	1096.8	Harrison Joy	6/13
	P/P	327.5	722.01	Harrison Joy	6/13
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat	232.5	512.6	Kyle Hulsey	7/31/16
	Bench	135	297.6	Kyle Hulsey	7/31/16
	Deadlift	250	551.2	Kyle Hulsey	7/31/16
	TOTAL	617.5	1358.5	Kyle Hulsey	7/31/16
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
TEEN MEN 18-19					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadllift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat	152.5	336.2	Sam Elin	8/1/15

	Bench	112.5	248	Justin Riccobono	3/15
	Deadlift	200	440.9	Sam Elin	8/1/15
	TOTAL	452.5	997.6	Justin Riccobono	3/15
	P/P				
75 kg/165.2 lbs	Squat	165	363.76	Spencer Skaggs	3/26/17
	Bench	112.5	248.02	Spencer Skaggs	3/26/17
	Deadlift	227.5	501.55	Spencer Skaggs	3/26/17
	TOTAL	505	1111	Spencer Skaggs	3/26/17
	P/P	277.5	611.78	Chris Duarte	2/23/14
82.5 kg/181.7 lbs	Squat	242.5	534.62	Richard Pham	11/9/14
	Bench	152.5	336.2	Richard Pham	11/9/14
	Deadlift	227.5	501.5	Richard Pham	11/9/14
	TOTAL	622.5	1372.36	Richard Pham	11/9/14
	P/P				
90 kg/198.2 lbs	Squat	255	562.17	Richard Pham	6/14
	Bench	155	341.7	Richard Pham	6/14
	Deadlift	265	584.22	Matt Zachery	8/1/15
	TOTAL	645	1421.97	Richard Pham	6/14
	P/P				
100 kg/220 lbs	Squat	227.5	501.55	Danny Ngo	11/15/15
	Bench	170	374.8	Danny Ngo	11/15/15
	Deadlift	285	628.31	Danny Ngo	11/15/15
	TOTAL	682.5	1504.64	Danny Ngo	11/15/15
	P/P				
110 kg/242 lbs	Squat	227.5	501.5	Ibrahim Shaheed	11/5/17
	Bench	147.5	325	Ibrahim Shaheed	11/5/17
	Deadlift	265	584	Ibrahim Shaheed	11/5/17
	TOTAL	640	1408	Ibrahim Shaheed	11/5/17
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				
MEN JUNIOR 20-23					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat	85	187.4	Jesse Hoop	11/9/14
	Bench	55	121.3	Jesse Hoop	11/9/14
	Deadlift	120	264.6	Jesse Hoop	11/9/14
	TOTAL	260	573.2	Jesse Hoop	11/9/14
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	160	352.74	Adnan Rana	8/3/2019
	Bench	97.5	214.95	Adnan Rana	8/3/2019
	Deadllift	177.5	391.32	Adnan Rana	8/3/2019
	TOTAL	435	959.01	Adnan Rana	8/3/2019
	P/P				
67.5 kg/148 lbs	Squat	160	352.74	Benton Luu	8/6/17
	Bench	105	231.49	Benton Luu	8/6/17
	Deadlift	200	440.92	Michael Chaney	11/6/16
	TOTAL	455	1003.10	Benton Luu	8/6/17
	P/P				
75 kg/165.2 lbs	Squat	200	440.92	Michael Calvo	8/3/2019
	Bench	130	286.6	Steven Huang	3/7/15
	Deadlift	227.5	501.55	Michael Calvo	8/3/2019
	TOTAL	552.5	1215.5	Michael Calvo	8/3/2019
	P/P				
82.5 kg/181.7 lbs	Squat	227.5	501.5	Abraham Zuniga	7/22/18
	Bench	162.5	358.2	Abraham Zuniga	7/22/18
	Deadlift	267.5	589.7	Justin Saelee/Abraham Zuniga	7/31/16-7/22/18
	TOTAL	657.5	1446.5	Abraham Zuniga	7/22/18
	P/P				
90 kg/198.2 lbs	Squat	227.5	501.55	Sean Huot	8/1/15
	Bench	160	352.7	Sean Huot	8/1/15
	Deadlift	265	584.22	Justin Saelee	11/6/16
	TOTAL	697.5	1537.71	Sean Huot	8/1/15
	P/P				
100 kg/220 lbs	Squat	242.5	534.62	Justin Woo/Thomas Miller	8/1/15

	Bench	165	363.8	Thomas Miller	11/9/14
	Deadlift	305	672.2	Danny Ngo	3/20/16
	TOTAL	702.5	1548.7	Danny Ngo	3/20/16
	P/P				
110 kg/242 lbs					
	Squat	227.5	501.5	Jimmy Algrem-Bell	7/22/18
	Bench	145	319.7	Jimmy Algrem-Bell	7/22/18
	Deadlift	240	529.11	Khalid Helmy	3/26/17
	TOTAL	605	1333.8	Jimmy algrem-Bell	7/22/18
	P/P				
125 kg/275 lbs					
	Squat	272.5	600.7	Frank Romano/Loren Edralin	7/22/18
	Bench	167.5	369.3	Eric Zhan	8/1/15
	Deadlift	305	672.4	Frank Romano	7/22/18
	TOTAL	737.5	1622.5	Frank Romano	7/22/18
	P/P				
140 kg/308.5 lbs					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				