

Top Form Lift Off

ALL-TIME FEMALE RECORDS

UNDER 150 WEIGHT CLASS

BENCH	Sara Schonger	Columbia	180 lbs.
SQUAT	Erica Thomas	Watervliet	295 lbs.
DEADLIFT	Katey Kielb	Columbia	320 lbs.

OVER 150 WEIGHT CLASS

BENCH	Valerie Merhige	Columbia	185 lbs.
SQUAT	Nikki Vanden-Bogard	Cambridge	325 lbs.
DEADLIFT	Jasmine Robinson	Gloversville	360 lbs.

INDIVIDUAL BODY WT/WT LIFTED %

Ashley Louie	Columbia	1.68
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INDIVIDUAL THREE-LIFT TOTAL

Jasmine Robinson	Gloversville	745 lbs.
Valerie Merhige	Columbia	745 lbs.

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ALL-TIME MALE RECORDS

INDIVIDUAL THREE-LIFT TOTAL

14-15	Jarrood Hammond	Gloversville	1350 lbs.
	Mike Rezek	Troy High	1350 lbs.
16-18	Terrance Flowers	Lansingburgh	1555 lbs.

INDIVIDUAL BODY WT/WT LIFTED %

Chris Faulkner	Columbia	2.76	(All-American 2006)
Tyler Springer	Columbia	2.72	(All-American 1999)
Matt Smith	Columbia	2.67	(All-American 2004)
Ben Barner	Columbia	2.64	(All-American 2004)

BEST TEAM THREE-LIFT TOTALS

Troy High	6400 lbs.	2005
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BEST TEAM BW/WT LIFTED %

Columbia	2.38	2004
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ALL-TIME MALE RECORDS

14 – 15 years old

UNDER 150 WEIGHT CLASS

BENCH	Neil Pastore	Troy	245 lbs.
SQUAT	Pierre Underwood	Columbia	370 lbs.
DEAD LIFT	John Pagano	Troy	425 lbs.

150-170 WEIGHT CLASS

BENCH	Nathan Butler	Rensselaer	275 lbs.
	Mike Lazari	Monhonasen	275 lbs.
SQUAT	Eric Seeberger	Columbia	410 lbs.
DEAD LIFT	Tom Durrant	Cohoes	500 lbs.

171-200 WEIGHT CLASS

BENCH	Joe Grassia	Mohonasen	300 lbs.
SQUAT	Manuel Tapia	Niskayuna	460 lbs.
DEAD LIFT	Joe Grassia	Mohonasen	505 lbs.

OVER 200 WEIGHT CLASS

BENCH	Bill Schardy	Cohoes	320 lbs.
	Mike Rezek	Troy	320 lbs.
SQUAT	Mike Rezek	Troy	550 lbs.
DEAD LIFT	Jared Hammond	Gloversville	555 lbs.

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ALL-TIME MALE RECORDS

16 – 18 years old

UNDER 150 WEIGHT CLASS

BENCH	Frank Acuri	Queensbury	270 lbs.
SQUAT	Tyler Springer	Columbia	460 lbs.
DEAD LIFT	Mike Zappone	Queensbury	500 lbs.

150-170 WEIGHT CLASS

BENCH	Andre Lewis	Albany	330 lbs.
SQUAT	Josh Springer	Columbia	510 lbs.
DEAD LIFT	Joe Fleuriot	Watervliet	525 lbs.

16-18 171-200 WEIGHT CLASS

BENCH	Jimmy Kelleher	Lake George	340 lbs.
SQUAT	Jimmy Kelleher	Lake George	550 lbs.
DEAD LIFT	Kenny Youngs	Lansingburgh	555 lbs.

16-18 OVER 200 WEIGHT CLASS

BENCH	Jason Diehl	Troy High	425 lbs.
SQUAT	Terrance Flowers	Lansingburgh	605 lbs.
DEAD LIFT	Terrance Flowers	Lansingburgh	630 lbs.