

The Top Form LIFT-OFF

ALL-TIME FEMALE RECORDS

OVER 150 WEIGHT CLASS

BENCH:	Valerie Merhige	Columbia	185
SQUAT:	Nikki Vanden-Bogard	Cambridge	325
	Valerie Merhige	Columbia	285
DEADLIFT:	Jasmine Robinson	Gloversville	360
	Sara Toni	Cambridge	330

UNDER 150 WEIGHT CLASS

BENCH:	Sara Schonger	Columbia	180
SQUAT:	Erica Thomas	Watervliet	295
	Sammy Corvino	Columbia	285
DEADLIFT:	Katey Kielb	Columbia	320
	Brittnay Carknard	Cambridge	300
Body Wt./			
Wt. Lifted:	Dana Keus	Cambridge	1.86
	Sara Tironio	Cambridge	1.86
Three-Lift	Jasmine Robinson	Gloversville	745
Total:	Valerie Merhige	Columbia	745

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ALL-TIME MALE RECORDS

INDIVIDUAL THREE-LIFT TOTAL

14-15	Jarrold Hammond	Gloversville	1350lbs
	Mike Rezek	Troy High	1350lbs
16-18	Patrick Keegan	Columbia	1700lbs
	Derrick Gardella	Shaker	1555lbs
	Terrance Flowers	Lansingburg	1555lbs

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)
Anthony Gullo	Columbia	2.67	(All-American 2012)
Ben Barner	Columbia	2.64	(All-American 2004)

BEST TEAM THREE-LIFT TOTALS

Columbia 2012 7060lbs

BEST TEAM BW./WT. LIFTED %

Columbia	2.38	2004
Columbia	2.24	2003
Cambridge	2.22	2011

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14-15yrs UNDER 150 WEIGHT CLASS

Bench:	Neil Pastore	Troy	245#
Squat:	Pierre Underwood	Columbia	370
DeadLift:	John Pagano	Troy	425

14-15 150-170 WEIGHT CLASS

Bench:	Nathan Butler	Rensselaer	275
	Mike Lazari	Monhonasen	275
Squat:	Eric Seeberger	Columbia	410
DeadLift:	Tom Durrant	Cohoes	500

14-15 171-200 WEIGHT CLASS

Bench:	Joe Grassia	Mohonasen	300
Squat:	Manuel Tapia	Niskayuna	460
DeadLift:	Joe Grassia	Mohonasen	505

14-15 OVER 200 WEIGHT CLASS

Bench:	Bill Schardy	Cohoes	320
	Mike Rezek	Troy	320
Squat:	Mike Rezek	Troy	550
DeadLift:	Jared Hammond	Gloversville	555

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16-18yrs UNDER 150 WEIGHT CLASS

Bench:	Anthony Gullo	Columbia	350
Squat:	Tyler Springer	Columbia	460
DeadLift:	Mike Zappone	Queensbury	500

16-18 150-170 WEIGHT CLASS

Bench:	Andre Lewis	Albany	330
Squat:	Josh Springer	Columbia	510
DeadLift:	Joe Fleuriot	Watervliet	525

16-18 171-200 WEIGHT CLASS

Bench:	Chris Smith	Columbia	395
Squat:	Ryan Savery	Columbia	525
DeadLift:	Jonas Godell	Columbia	600

16-18 OVER 200 WEIGHT CLASS

Bench:	Pat Keegan	Columbia	450
Squat:	Pat Keegan	Columbia	650
	Derrick Gardella	Shaker	620
DeadLift:	Terrance Flowers	Lansingburgh	630
	Pat Keegan	Columbia	600

Check Your Records Out At:
www.topform.us