**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**

 **Colleen Lapier Canajoharie 1.53**

#### INDIVIDUAL THREE-LIFT TOTAL

 Annabelle Goyette Lansingburgh 750lbs.

**Jasmine Robinson Gloversville 745 lbs.**

 **Valerie Merhige Columbia 745 lbs.**

**ALL-TIME MALE RECORDS**

#### INDIVIDUAL THREE-LIFT TOTAL

**14-15 Jarrod 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-American1999)

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

BEST TEAM BW/WT LIFTED %

Columbia 2.38 2004

**ALL-TIME MALE RECORDS**

14 – 15 years old

 UNDER 150 WEIGHT CLASS

BENCH Neil Pastore Troy 245 lbs.

SQUAT Vulonn Forde Troy 465lbs.

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.

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.