

# MEN'S INTRAMURAL WEIGHT LIFTING RECORDS

## SQUAT

## BENCH

## DEADLIFT

Weight Class	Weight Lifted	Year	Weight Lifted	Year	Weight Lifted	Year
115	ALAN de los SANTOS 250	1998	ALAN de los SANTOS 185	1996	FRANK KARPS 300	1992
125	STEVEN BEARDEN 275	2013	FRANK KARPS 225	1993	PETER ALBANO 345	2012
135	BRADY VETTER 325	2014	ZACH PYATT 265	2001	ZACH BECKMANN 375	2009
145	ADAM WACHTER 390	2002	STERLING WHEELIS 285	2011	ZACH MOTLEY 420	2016
155	TYLER LONDON 425	1992	KEN MARTINEZ 360	1997	ELIJAH WEBER 435	2016
165	SCOTT HENDRICKS 435	2016	KEN MARTINEZ 360	1996	MIKE CONDELL/ SCOTT HENDRICKS 470	2012/2016
175	KYLE HENSON 455	2012	AUSTIN ALLEY 345	2001	KYLE MOELLERING 485	2015
185	ETHAN MARKLEY 495	2014	ROSS JONES 350	2017	TAYLOR NIEMUTH 545	2016
195	CALEB FRICANO 515	2016	CALEB FRICANO 365	2017	BRAD MATTINGLY 600	1996
205	CURTIS MCDONALD 535	2011	MARSHALL PHILLIPS 375	1994	CURTIS MCDONALD 600	2011
215	JASON ELROD 640	2001	MARC ST. AMOUR 385	2017	BEN HILL 585	2016
225	KYLE NOTTINGHAM 575	2017	MARC ST. AMOUR 405	2016	KEVIN McNEASE 600	2005
235	KEN WILSON 615	2002	KEN WILSON 445	2002	FREDDY RAY DUGARD 675	2013
245	CASEY NORDWALD 675	2001	CASEY NORDWALD 430	2001	FREDDY RAY DUGARD 700	2014
255	KEN WILSON 585	2001	TARIK CLARK 465	2001	TARIK CLARK 610	2002
HWT	JOE TOMASEK 675	2004	GEOFF STAFFORD 445	2007	DANIEL MEEHAN 585	2015