

The AMERICAN DRUG-FREE POWERLIFTING FEDERATION

MEN'S UNEQUIPPED Division SINGLE EVENT MASSACHUSETTS STATE RECORDS (UPDATED 7-31-08)

MEN'S 52.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open			

MEN'S 56.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open			

MEN'S 60.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open			

MEN'S 67.5 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open			

MEN'S 75.5 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate-	SQUAT Records		Record in Kilos	Cate-	BENCH PRESS Records		Record in Kilos	Cate-	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	

gory	Name & City	Meet Date	in Kilos	gory	Name & City	Meet Date	in Kilos	gory	Name & City	Meet Date	in Kilos
Open				Open				Open	Joe Breault Pembroke, Massachusetts	3-4-06	195.0
T 1 (14-15)				T 1 (14-15)				T 1 (14-15)			
T 2 (16-17)				T 2 (16-17)				T 2 (16-17)			
T 3 (18-19)				T 3 (18-19)				T 3 (18-19)	Mark Marrocco	4-26-08	192.5

MEN'S 82.5 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open	Jon Duby	4-26-08	228.5
T 1 (14-15)				T 1 (14-15)				T 1 (14-15)	Luke Ingram Scituate, Massachusetts	4-26-08	140.5
T 2 (16-17)				T 2 (16-17)				T 2 (16-17)	Brian Megner Norwell, Massachusetts	3-4-06	178.5
Junior (20-23)				Junior (20-23)				Junior (20-23)	Dan Toledano Chestnut Hill, Massachusetts	4-26-08	226.0

MEN'S 90.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open	Chuck Peters Berkley, Massachusetts	3-4-06	250.0
M 1 (40-44)				M 1 (40-44)				M 1 (40-44)	Chuck Peters Berkley, Massachusetts	3-4-06	250.0

MEN'S 100.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open	Dave Ingemi	4-26-08	265.0
M 1 (40-44)				M 1 (40-44)				M 1 (40-44)	Dave Ingemi	4-26-08	265.0

M 2 (45-49)			M 2 (45-49)			M 2 (45-49)	Bill Coleman	4-26-08	176.0
						M 3 (50-54)	Phil Berrio Waymouth, Massachusetts	3-4-06	231.0
						M 4 (55-59)	David Mansfield Hanson, Massachusetts	3-4-06	256.0

MEN'S 110.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open	Tim Beane Kingston, Massachusetts	3-4-06	227.5
								T 1 (14-15)	Joe Dean Marshfield, Massachusetts	3-4-06	181.0
								T 3 (18-19)	Tim Beane Kingston, Massachusetts	3-4-06	227.5
Junior (20-23)				Junior (20-23)				Junior (20-23)	David Widerhorn Cambridge, Massachusetts	4-26-08	195.0
								M 1 (40-44)			
								M 2 (45-49)			

MEN'S 125.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open	Raymond N. Cross Quincy, Massachusetts	2-17-08	140.5	Open	John Ingram Scituate, Massachusetts	3-4-06	195.0
M 1 (40-44)				M 1 (40-44)				M 1 (40-44)			
M 2 (45-49)				M 2 (45-49)				M 2 (45-49)	John Ingram Scituate, Massachusetts	3-4-06	195.0
M 5 (60-64)				M 5 (60-64)	Raymond N. Cross Quincy, Massachusetts	2-17-08	140.5	M 5 (60-64)			

MEN'S 145.0 kg. Weight Class UNEQUIPPED MASSACHUSETTS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
Open				Open				Open	Bill Birnbaum , Massachusetts	4-26-08	298.5
								M 1 (40-44)	Tom Burke Hanover, Massachusetts	3-4-06	175.0

