

Age Group	Weight Class	ARM CURL	BENCH PRESS	LEG PRESS	PUSH UPS	SIT UPS	PULL UPS
45-49 MEN							
45-49 WOMEN	116-125	2019 Jennifer Allen 30 lb	2019 Jennifer Allen 85 lb	2019 Jennifer Allen 175 lb			
50-54 MEN	146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2019 Thomas Allen 115 lb	2017 Wither Levoyer 180 lb 2019 Thomas Allen 235 lb		2019 Thomas Allen 75		
50-54 WOMEN	126-135	2016 Darin McDonald 160 lb 2019 Dan Lacey 115 lb	2017 Dan Green 355 lb 2019 Dan Lacey 235 lb	2016 Darin McDonald 810 lb 2019 Dan Lacey 775 lb	2016 Darin McDonald 83 2019 Dan Lacey 59	2016 Darin McDonald 60 2019 Dan Lacey 52	
55-59 MEN	146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2017 Julie Baker 70 lb		2017 Julie Baker 360 lb	2017 Julie Baker 35	2017 Julie Baker 43	2017 Julie Baker 13
55-59 WOMEN	126-135 136-145 146-155	2019 Dan Green 200 lb 2017 Dorian Cooper 115 lb 2018 Julie Baker 95 lb 2018 Sheela Rangen 70 lb	2019 Dan Green 335 lb 2017 Dorian Cooper 220 lb 2018 Julie Baker 80 lb 2018 Sheela Rangen 55 lb	2019 Dan Green 885 lb 2018 Julie Baker 505 lb 2018 Sheela Rangen 335 lb	2019 Dan Green 79 2017 Dorian Cooper 41 2018 Julie Baker 36	2019 Dan Green 30 2018 Julie Baker 47 2018 Sheela Rangen 37	2018 Dan Green 12 2018 Julie Baker 13
60-64 MEN	146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2016 Chet Myers 130 lb 2019 Brian Pearson 165 lb 2019 Allen Bauer 115 lb	2016 Chet Myers 270 lb 2019 Brian Pearson 285 lb 2017 Allen Bauer 255 lb	2016 Chet Myers 700 lb 2019 Brian Pearson 775 lb 2019 Allen Bauer 775 lb	2016 Chet Myers 80 2019 Brian Pearson 75 2018 Allen Bauer 53	2019 Brian Pearson 50 2019 Allen Bauer 39	2019 Brian Pearson 16 2017 Allen Bauer 4
60-64 WOMEN							
65-69 MEN	146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2019 Chet Myers 145 lb 2017 Rob Blyther 75 lb 2016 Roger Schmidt 75 lb 2017 Rusty Spindel 120 lb	2019 Chet Myers 270 lb 2018 Robert Kroll 195 lb 2016 Roger Schmidt 135 lb 2017 Rusty Spindel 200 lb	2019 Chet Myers 705 lb 2017 Rob Blyther 410 lb 2016 Roger Schmidt 500 lb 2016 James Bassett 675 lb	2017 Chet Myers 86 2016 Roger Schmidt 10 2017 Rusty Spindel 45	2017 Chet Myers 20 2017 Rusty Spindel 44	2019 Chet Myers 22
65-69 WOMEN				2016 Wayne Smith 650 lb			
70-74 MEN	126-135 136-145 146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2018 Michael Baer 95 lb 2017 Dennis Jouett 110 lb 2019 Rusty Spindel 125 lb	2018 Michael Baer 195 lb 2018 Greg Messick 185 lb 2017 Wendell Kanehe 115 lb 2019 Rob Blyther 205 lb	2018 Michael Baer 475 lb 2018 Greg Messick 465 lb 2017 Wendell Kanehe 320 lb 2019 Rob Blyther 600 lb	2018 Michael Baer 121 2016 Jay Dash 65 2019 Rusty Spindel 60	2018 Michael Bear 57 2018 Greg Messick 45 2019 Rusty Spindel 41	2017 Dennis Jouett 6
70-74 WOMEN	No WC	2017 Debbie Laub 50 lb	2017 Debbie Laub 75 lb	2017 Debbie Laub 410 lb	2017 Debbie Laub 10	2017 Debbie Laub 28	
75-75 MEN	126-135 136-145 146-155 156-165 166-175 176-185 186-195 196-205 206-215 216-225 226-235	2016 John Holbrook 95 lb 2019 Jay Dash 95 lb 2016 Andy Agan 85 lb 2018 Dennis Jouett 110 lb	2016 John Holbrook 120 lb 2016 Andy Agan 105 lb 2018 Dennis Jouett 155 lb	2016 John Holbrook 225 lb 2016 Andy Agan 405 lb 2018 Dennis Jouett 335 lb	2016 John Holbrook 35 2019 Jay Dash 85 2018 Dennis Jouett 15	2016 John Holbrook 25 2019 Jay Dash 50 2018 Dennis Jouett 25	2019 Jay Dash 21
75-79 WOMEN	96-105	2016 Joan Schmidt 40 lb	2016 Joan Schmidt 85 lb	2016 Joan Schmidt 100 lb	2016 Joan Schmidt 30	2016 Joan Schmidt 10	