West Virginia State High School Powerlifting Records

Grades 9 & 10

Weight Class Lift Name Pounds Date

 114 Squat David Jeffrey 347 2009

 Bench David Jeffrey 220 2009

 Deadlift David Jeffrey 330 2009

 Total David Jeffrey 898 2009

 123 Squat David Jeffrey 336 6/19/2010

 Bench David Jeffrey 220 6/19/2010

 Deadlift David Jeffrey 369 6/19/2010

 Total David Jeffrey 911 6/19/2010