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