

| LAW ENFORCEMENT & FIRE FIGHTER | WOMENS OPEN DIVISION | | UPDATED 02/12/09 | |
|---|---------------------------------|--------------|-----------------------------|----------|
| WEIGHT CLASS | LIFT | NAME | POUNDS | DATE |
| 114 | SQUAT | TRACY LANDIS | 93 | 03/28/98 |
| | BENCHPRESS | TRACY LANDIS | 93 | 03/28/98 |
| | DEADLIFT | TRACY LANDIS | 143 | 03/28/98 |
| | TOTAL | TRACY LANDIS | 329 | 03/28/98 |
| 123 | MENS SENIOR DIVISION | | | |
| 132 | SQUAT | DANNY AKERS | 385 | 03/28/98 |
| | BENCHPRESS | DANNY AKERS | 259 | 03/28/98 |
| | DEADLIFT | DANNY AKERS | 473 | 03/28/98 |
| | TOTAL | DANNY AKERS | 1017 | 03/28/98 |
| 148 | SQUAT | TONEY PAULEY | 462 | 03/25/00 |
| | BENCHPRESS | TONEY PAULEY | 363 | 03/25/00 |
| | DEADLIFT | TONEY PAULEY | 424 | 03/25/00 |

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| | TOTAL | TONEY PAULEY | 1249 | 0 03/25/0 0 |
| 220 | SQUAT | JOHNRUBENSTEIN | 479 | 03/14/9 2 |
| | BENCH PRESS | JOHN RUBENSTEIN | 347 | 03/14/9 2 |
| | DEADLIFT | JOHN RUBENSTEIN | 523 | 03/22/8 6 |
| | TOTAL | JOHN RUBENSTEIN | 1245 | 03/22/8 6 |
| 181 | SQUAT | TIGE PRATT | 578 | 03/25/0 0 |
| | BENCHPRESS | TIM BURNS | 402 | 03/27/9 9 |
| | DEADLIFT | TIGE PRATT | 628 | 03/25/0 0 |
| | TOTAL | TIGE PRATT | 1575 | 03/25/0 0 |
| 198 | MENS SUBMASTER DIVISION 30-39 | | | |
| 220 | SQUAT | MIKE WEISS | 402 | 03/25/0 0 |
| | BENCHPRESS | MIKE WEISS | 259 | 03/25/0 0 |
| | DEADLIFT | MIKE WEISS | 413 | 03/25/0 0 |
| | TOTAL | MIKE WEISS | 1074 | 03/25/0 0 |
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| 242 | SQUAT | JAY HENRY | 143 | 10/07/00 |
| | BENCHPRESS | JAY HENRY | 374 | 10/07/00 |
| | DEADLIFT | JAY HENRY | 385 | 10/07/00 |
| | TOTAL | JAY HENRY | 902 | 10/07/00 |
| | | | | 10/07/00 |
| 275 | SQUAT | JESSE BAILES | 253 | 03/27/99 |
| | BENCHPRESS | JESSE BAILES | 315 | 03/27/99 |
| | DEADLIFT | JESSE BAILES | 215 | 03/27/99 |
| | TOTAL | JESSE BAILES | 821 | 03/27/99 |
| | | | | 03/27/99 |
| | MEN'S MASTER | | | |
| | DIVISION | | | |
| | 40-44 | | | |
| 181 | SQUAT | DAVID GARRETT | 225 | 03/28/98 |
| | BENCHPRESS | DAVID GARRETT | 203 | 03/28/98 |
| | DEADLIFT | DAVID GARRETT | 220 | 03/28/98 |
| | TOTAL | DAVID GARRETT | 648 | 03/28/98 |
| | | | | 03/28/98 |
| 220 | SQUAT | BRIAN REYNOLDS | 187 | 03/27/99 |

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| | | BRIAN REYNOLDS | | 9 |
| | BENCHPRESS | BRIAN REYNOLDS | 275 | 03/27/99 |
| | DEADLIFT | BRIAN REYNOLDS | 435 | 03/27/99 |
| | TOTAL | | 898 | 03/27/99 |
| | | | | 03/27/99 |
| | MEN'S MASTER DIVISION 45-49 | | | |
| 220 | SQUAT | JIM RUBENSTEIN | 529 | 10/07/00 |
| | BENCHPRESS | JIM RUBENSTEIN | 336 | 10/07/00 |
| | DEADLIFT | JIM RUBENSTEIN | 524 | 10/07/00 |
| | TOTAL | JIM RUBENSTEIN | 1388 | 10/07/00 |
| | | | | 10/07/00 |
| 242 | SQUAT | BRIAN REYNOLDS | 143 | 10/07/00 |
| | BENCHPRESS | BRIAN REYNOLDS | 341 | 10/07/00 |
| | DEADLIFT | BRIAN REYNOLDS | 501 | 10/07/00 |
| | TOTAL | BRIAN REYNOLDS | 947 | 10/07/00 |
| | | | | 10/07/00 |
| 275 | SQUAT | BILL RECTENWALD | 143 | 10/07/00 |
| | BENCHPRESS | | 424 | 10/07/00 |
| | DEADLIFT | BILL RECTENWALD | 424 | 10/07/00 |
| | TOTAL | BILL RECTENWALD | 991 | 10/07/00 |

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| | | BILL RECTENWALD | | 10/07/00 |
| | MEN'S MASTER DIVISION 50-54 | | | |
| 242 | SQUAT | JIM RUBENSTEIN | 501 | 03/27/04 |
| | BENCHPRESS | JIM RUBENSTEIN | 319 | 03/27/04 |
| | DEADLIFT | JIM RUBENSTEIN | 551 | 03/27/04 |
| | TOTAL | JIM RUBENSTEIN | 1343 | 03/27/04 |
| | | | | 03/27/04 |