

IRON PALACES STRONGEST MAN - RECORD DAY - MARCH 16, 2024

LOCATION:	GET FIT MARYVILLE in MARYVILLE, TENNESSEE								
MEET DIRECTOR:	CALEB DAY & CLINT POORE								
REFREES:	HOLLAND MILLSAPS & CLINT POORE (3 OFFICIAL SYSTEM USED)								
ALL LIFTS RECORDED IN POUNDS AND BODYWEIGHTS IN KILOS									
ALEXANDRIA MCDONALD - 17 YEARS OLD - BODYWEIGHT (51.4 KILOS) - 55 KILO WEIGHT CLASS									
SNATCH ON KNEES		34 LBS							
ZIEGLER CLEAN		34 LBS							
BENCH PRESS, FEET IN AIR		54 LBS							
CURL, CHEAT		54 LBS							
LANO LIFT		44 LBS							
JACOB TRAXLER - 28 YEARS OLD - BODYWEIGHT (83.6 KILOS) - 85 KILO WEIGHT CLASS									
ALLEN LIFT		27 LBS							
ZIEGLER CLEAN		95 LBS							
NOAH DABBS - 41 YEARS OLD - BODYWEIGHT (122.8 KILOS) - 125 KILO WEIGHT CLASS									
DEADLIFT, NO THUMBS		402.3 LBS							
DEADLIFT, NO THUMBS, OVERHAND GRIP		363.8 LBS							
DEADLIFT, STIFF LEGGED		275 LBS							
DEADLIFT, FULTON DUMBBELL, RIGHT		146 LBS							
DEADLIFT, INCH DUMBBELL, RIGHT		110 LBS							
ALLEN FAGG - 45 YEARS OLD - BODYWEIGHT (146.8 KILOS) - 125+ KILO WEIGHT CLASS									
RIM LIFT		263 LBS							
DEADLIFT, TRAP BAR		405 LBS							
BRANDON SCOURTAS - 29 YEARS OLD - BODYWEIGHT (134.0 KILOS) - 125+ KILO WEIGHT CLASS									
LANO LIFT		105 LBS							
DEADLIFT, INCH DUMBBELL, LEFT		110 LBS							
HOLLAND MILLSAPS - 43 YEARS OLD - BODYWEIGHT (123.6 KILOS) - 125 KG WEIGHT CLASS									
DEADLIFT, INCH DUMBBELL, RIGHT		130 LBS							
DEADLIFT, INCH DUMBBELL, LEFT		110 LBS							
TEAM DEADLIFT (with CALEB DAY)		1102.3 LBS - 500 KILOS		125 KG WEIGHT CLASS & ALL DIVISION for the TEAM RECORD					
CALEB DAY - 30 YEARS OLD - BODYWEIGHT (119.2 KILOS) - 120 KILO WEIGHT CLASS									
DEADLIFT, INCH DUMBBELL, RIGHT		160 LBS							
DEADLIFT, INCH DUMBBELL, LEFT		160 LBS							
TEAM DEADLIFT (with HOLLAND MILLSAPS)		1102.3 LBS - 500 KILOS		125 KG WEIGHT CLASS & ALL DIVISION for the TEAM RECORD					
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (111.2 KILOS) - 1115 KILO WEIGHT CLASS									
DEADLIFT, FULTON DUMBBELL, LEFT		146 LBS							
DEADLIFT, FULTON DUMBBELL, RIGHT		146 LBS							
DEADLIFT, FULTON DUMBBELLS		232 LBS							
PRESS, DUMBBELL, RIGHT		80 LBS							
PRESS, DUMBBELL, LEFT		70 LBS							