

## USAWA TEAM RECORDS LIFT

AGE

SEX

CLS

RECORD

LIFTER

DATE AND LOCATION

BENCH PRESS, (1 min)	55	F	60	1720	VanWagner, Kim	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	55	F	90	355.4	Lupo, Allison	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	55	F	100	1461.2	Gore, Lisa	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	60	F	90	867.2	Lupo, Allison	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	F	75	848.4	Thompson, Janet	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	F	60	1720	VanWagner, Kim	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	ALL	F	75	848.4	Thompson, Janet	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	F	90	867.2	Lupo, Allison	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	F	100	1461.2	Gore, Lisa	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	16	M	60	3453.7	Wenzel, Spencer	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	40	M	70	2794.5	Ortega, Toby	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	40	M	85	4558.6	Smith, Abe	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	45	M	100	3630.3	Fobes, Jarrod	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	45	M	105	5267.4	Wenzel, Jeff	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	50	M	95	2093.1	Gupta, Sanjiv	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	50	M	100	1802.8	Gupta, Sanjiv	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	50	M	105	5712.8	Hose, Tony	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	50	M	110	4081.5	Wenzel, Jeff	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	55	M	100	5905.7	Hose, Tony	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	55	M	110	3278	Lupo, Tony	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	55	M	125+	5388	Beversdorf, Dave	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	60	M	85	4993.9	Sullivan, Doug	5/5/2022	2022 Bench Press Decathlon I and Record Day
BENCH PRESS, (1 min)	60	M	90	3038.3	DeForest, Dave	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	60	M	110	3250.4	Lupo, Tony	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	M	85	3638.1	DeForest, Dave	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	M	105	1762.7	Licini, Jerome	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	85	M	95	398.3	Clark, Bill	5/5/2022	2022 Bench Press Decathlon I and Record Day
BENCH PRESS, (1 min)	90	M	90	607.8	Clark, Bill	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	90	M	95	694	Clark, Bill	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	ALL	M	60	3453.7	Wenzel, Spencer	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	ALL	M	70	5462.1	Wenzel, Riley	4/11/2026	2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	M	75	4880.4	Sawyers, Wyatt	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	ALL	M	85	4993.9	Sullivan, Doug	5/5/2022	2022 Bench Press Decathlon I and Record Day
BENCH PRESS, (1 min)	ALL	M	90	3038.3	DeForest, Dave	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	ALL	M	95	2093.1	Gupta, Sanjiv	4/6/2024	Bench Press Decathlon
BENCH PRESS, (1 min)	ALL	M	100	5905.7	Hose, Tony	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	ALL	M	105	5712.8	Hose, Tony	4/22/2023	Bench Press Decathlon
BENCH PRESS, (1 min)	ALL	M	110	4081.5	Wenzel, Jeff	4/12/2025	2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	ALL	M	115	4788.6	Davis-Diaz, Nic	4/6/2024	Bench Press Heptathlon
BENCH PRESS, (1 min)	ALL	M	125	4944.2	McNeil, Matt	5/5/2022	2022 Bench Press Decathlon I and Record Day
BENCH PRESS, (1 min)	ALL	M	125+	5388	Beversdorf, Dave	4/22/2023	Bench Press Decathlon
BENCH PRESS, REVERSE GRIP, (1 min)	45	M	100	4043.7	Fobes, Jarrod	12/13/2025	2025 TEAM CHAMPIONSHIPS - RD, Lakewood, CO
BENCH PRESS, REVERSE GRIP, (1 min)	ALL	M	100	4043.7	Fobes, Jarrod	12/13/2025	2026 TEAM CHAMPIONSHIPS - RD, Lakewood, CO
FINGER LIFT, LITTLE, LEFT, (1 min)	45	M	95	989.5	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, LEFT,(1 min)	ALL	M	95	989.5	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, RIGHT, (1 min)	45	M	95	1424.9	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, RIGHT, (1 min)	ALL	M	95	1424.9	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
GARDNER, HALF, (1 min)	45	M	95	521.3	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
GARDNER, HALF, (1 min)	ALL	M	95	521.3	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
LATERAL RAISE, LYING (1 min)	45	M	95	1004	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
LATERAL RAISE, LYING, (1 min)	ALL	M	95	1004	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO

TURKISH GETUP, (1 min)	45	M	95	482.7	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TURKISH GETUP, (1 min)	ALL	M	95	482.7	Fobes, Jarrod	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO