

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
BENCH PRESS, (1 min)	55	F	60	1965	VanWagner, Kim	65# x 22R	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	1765.3	Gore, Lisa	61# x 28 R	4/12/2025 2025 Bench Press Heptathlon, Columbia, MO
BENCH PRESS, (1 min)	60	F	90	867.2	Lupo, Allison	15# x 53R	4/11/2026 2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	F	75	848.4	Thompson, Janet	10# x 64R	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	10# x 64R	4/11/2026 2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	F	90	867.2	Lupo, Allison	15# x 53R	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	95# x 40R	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	95# x 19R	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	100#x 50R	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	90# x 37R	4/11/2026 2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	M	85	3638.1	DeForest, Dave	55# x 58R	4/11/2026 2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	65	M	105	1762.7	Licini, Jerome	40# x 41R	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	65# x 80R	4/11/2026 2026 Bench Press Heptathlon V and Record Day
BENCH PRESS, (1 min)	ALL	M	75	5292	Wenzel, Rily	70# x 72 R	4/12/2025 2025 Bench Press Heptathlon IV and RD
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 2025 TEAM CHAMPIONSHIPS - RD, Lakewood, CO
FINGER LIFT, LITTLE, LEFT, (untimed)	45	M	95	989.5	Fobes, Jarrod	41# x 25R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, LEFT,(untimed)	ALL	M	95	989.5	Fobes, Jarrod	41# x 25R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, RIGHT, (untimed)	45	M	95	1424.9	Fobes, Jarrod	41# x 36R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO
FINGER LIFT, LITTLE, RIGHT, (untimed)	ALL	M	95	1424.9	Fobes, Jarrod	41# x 36R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO
GARDNER, HALF, (untimed)	45	M	95	521.3	Fobes, Jarrod	45# x 12R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO
GARDNER, HALF, (untimed)	ALL	M	95	521.3	Fobes, Jarrod	45# x 12R	4/25/2026 Diaper Day Meet and Record Day (2026), Columbia, MO

LATERAL RAISE, LYING (untimed)	45	M	95	1004	Fobes, Jarrod	40# x 26R	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
LATERAL RAISE, LYING, (untimed)	ALL	M	95	1004	Fobes, Jarrod	40# x 26R	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TURKISH GETUP, (untimed)	45	M	95	482.7	Fobes, Jarrod	50# x 10R	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TURKISH GETUP, (untimed)	ALL	M	95	482.7	Fobes, Jarrod	50# x 10R	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO