USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM ANDERSON PRESS	60	F/M	115	205	Allison Lupo/Tony Lupo	8/15/2026	Light Weight Decathlon Challenge II and RD, Columbia, MO
TEAM ANDERSON PRESS	ALL	F/M	115	205	Allison Lupo/Tony Lupo	8/15/2026	Light Weight Decathlon Challenge II and RD, Columbia, MO
TEAM ANDERSON PRESS	ALL	M/M	110	305	Riley Wenzel/Jeff Wenzel	8/15/2026	Light Weight Decathlon Challenge II and RD, Columbia, MO
TEAM ANDERSON SQUAT	ALL	F/F	75	405	Nicole Trimble/Beth Skwarecki	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA
TEAM ANDERSON SQUAT	ALL	F/M	80	501	Diana Jordan/Pierre-Francois Laquerre	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA
TEAM BENCH PRESS, ALTERNATE GRIP	18	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ALTERNATE GRIP	ALL	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, FEET IN AIR	55	F/M	110	225	Allison Lupo/Tony Lupo	8/16/2025	Walpole Record Day, East Walpole, MA
TEAM BENCH PRESS, FEET IN AIR	ALL	F/M	110	225	Allison Lupo/Tony Lupo	8/16/2025	Walpole Record Day, East Walpole, MA
TEAM BENCH PRESS, FEET IN AIR	40	M/M	125+	575	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM BENCH PRESS, FEET IN AIR	ALL	M/M	120	575	Al Myers/Chad Ullom	9/20/2009	2009 Team Nationals
TEAM BENCH PRESS, FEET IN AIR	ALL	M/M	125+	575	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM BENCH PRESS, HANDS TOGETHER	18	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, HANDS TOGETHER	ALL	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, HANDS TOGETHER	ALL	F/F	80	180	Ruth Jackson/Molly Myers	8/17/2013	2013 Team Championships
TEAM BENCH PRESS, HANDS TOGETHER	ALL	F/M	105	225	Logan Kressly/Jera Kressly	8/17/2013	2013 Team Championships
TEAM BENCH PRESS, HANDS TOGETHER	40	M/M	115	450	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships
TEAM BENCH PRESS, HANDS TOGETHER	70	M/M	90	200	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships
TEAM BENCH PRESS, HANDS TOGETHER	70	M/M	105	210	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM BENCH PRESS, HANDS TOGETHER	ALL	M/M	90	200	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships
TEAM BENCH PRESS, HANDS TOGETHER	ALL	M/M	105	210	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM BENCH PRESS, HANDS TOGETHER	ALL	M/M	115	500	Al Myers/Chad Ullom	9/19/2010	2010 Team Nationals
TEAM BENCH PRESS, HANDS TOGETHER	ALL	M/M	125+	570	Scott Tully/Mark Mitchell	9/19/2010	2010 Team Nationals
TEAM BENCH PRESS, ONE ARM - LEFT	18	F/F	50	30	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ONE ARM - LEFT	ALL	F/F	50	30	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ONE ARM - RIGHT	18	F/F	50	30	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ONE ARM - RIGHT	ALL	F/F	50	30	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ONE ARM - REVERSE GRIP	18	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENCH PRESS, ONE ARM - REVERSE GRIP	ALL	F/F	50	70	Nisha Gupta/Diya Gupta	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM BENT OVER ROW	55	F/M	110	305	Allison Lupo/Tony Lupo	8/3/2024	Clarks Gym RD #4
TEAM BENT OVER ROW	55	F/M	115	315	Allison Lupo/Tony Lupo	6/21/2025	Women's Only Meet, Columbia, MO
TEAM BENT OVER ROW	ALL	F/M	110	305	Allison Lupo/Tony Lupo	8/3/2024	Clarks Gym RD #4
TEAM BENT OVER ROW	ALL	F/M	115	315	Allison Lupo/Tony Lupo	6/21/2025	Women's Only Meet, Columbia, MO
TEAM BENT OVER ROW	40	M/M	115	550	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships
TEAM BENT OVER ROW	65	M/M	125	304	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships
TEAM BENT OVER ROW	ALL	M/M	110	560	Jesse Jobe/Mac Capello	8/11/2012	2012 Team Championships
TEAM BENT OVER ROW	ALL	M/M	115	550	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships
TEAM BENT OVER ROW	ALL	M/M	125	304	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships
TEAM CHEAT CURL	16	F/F	45	85	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM CHEAT CURL	ALL	F/F	45	85	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM CHEAT CURL	55	F/M	115	140	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS
TEAM CHEAT CURL	70	F/M	125+	187	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	ALL	F/M	70	165	Tressa Brooner/Christian Schimpf	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	ALL	F/M	115	253	Doug Kressly/Jera Kressly	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	ALL	F/M	125+	187	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	14	M/M	65	220	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	16	M/M	65	176	Sam Myers/Riley Clauson	10/28/2006	Macomb Record Setter
TEAM CHEAT CURL	18	M/M	85	330	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
TEAM CHEAT CURL	40	M/M	115	363	Al Myers/Chad Ullom	8/24/2014	2014 Team Championships
TEAM CHEAT CURL	70	M/M	120	231	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM CHEAT CURL	70	M/M	125	231	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION		
TEAM CHEAT CURL	ALL	M/M	65	220	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships	
TEAM CHEAT CURL	ALL	M/M	85	330	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day	
TEAM CHEAT CURL	ALL	M/M	90	308	Tim Piper/Ryan Woodward	10/28/2006	Macomb Record Setter	
TEAM CHEAT CURL	ALL	M/M	115	363	Al Myers/Chad Ullom	8/24/2014	2014 Team Championships	
TEAM CHEAT CURL	ALL	M/M	120	407	Al Myers/Chad Ullom	1/20/2007	2007 Dino Gym Challenge	
TEAM CHEAT CURL	ALL	M/M	125	231	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	45	M/M	110	305	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	65	M/M	125+	205	Dean Ross/Mike Murdock	8/27/2011	2011 Team Nationals	
TEAM CHEAT CURL, REVERSE GRIP	70	M/M	105	205	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals	
TEAM CHEAT CURL, REVERSE GRIP	70	M/M	115	235	Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	70	265	Calvin Heit/Brandon Rein	9/9/2018	2018 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	105	205	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals	
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	110	305	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	115	235	Dean Ross/LaVerne Myers	9/9/20018	2018 Team Championships	
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	125+	205	Dean Ross/Mike Murdock	8/27/2011	2011 Team Nationals	
TEAM CURL, WRIST	55	F/M	115	200	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS	
TEAM CURL, WRIST	ALL	F/M	115	200	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS	
TEAM CLEAN & JERK	16	M/M	70	243	Kyle Achenbach/Justin Achenbach	12/1/2005	2005 Deadliest Duo	
TEAM CLEAN & JERK	16	M/M	75	301	Joshua Monk/Kyle Achenbach	12/1/2005	2005 Deadliest Duo	
TEAM CLEAN & JERK	16	M/M	85	165	Steve Beck/Joshua Monk	12/1/2005	2005 Deadliest Duo	
TEAM CLEAN & JERK	18	M/M	85	352	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day	
TEAM CLEAN & JERK	50	M/M	125+	253	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals	
TEAM CLEAN & JERK	70	M/M	105	175	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals	
TEAM CLEAN & JERK	ALL	M/M	70	243	Kyle Achenbach/Justin Achenbach	12/1/2005	2005 Deadliest Duo	
TEAM CLEAN & JERK	ALL	M/M	75	312	John Monk/Joshua Monk	12/1/2005	2005 Deadliest Duo	
TEAM CLEAN & JERK	ALL	M/M	85	352	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day	
TEAM CLEAN & JERK	ALL	M/M	90	407	Tim Piper/Trenton Paul	11/10/2012	2012 Macomb Fall RB	
TEAM CLEAN & JERK	ALL	M/M	105	175	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals	
TEAM CLEAN & JERK	ALL	M/M	115	452	Al Myers/Chad Ullom	8/27/2011	2011 Team Nationals	
TEAM CLEAN & JERK	ALL	M/M	125+	253	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals	
TEAM CLEAN & JERK, DUMBBELL, ONE HAND, LEFT	55	M/M	115	82	David DeForest/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & JERK, DUMBBELL, ONE HAND, LEFT	ALL	M/M	115	82	David DeForest/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & JERK, ONE ARM	ALL	F/M	115	160	Doug Kressly/Jera Kressly	8/11/2012	2012 Team Championships	
TEAM CLEAN & JERK, ONE ARM	40	M/M	115	260	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships	
TEAM CLEAN & JERK, ONE ARM	65	M/M	125	85	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships	
TEAM CLEAN & JERK, ONE ARM	70	M/M	125	88	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships	
TEAM CLEAN & JERK, ONE ARM	ALL	M/M	110	240	Jesse Jobe/Mac Capello	8/11/2012	2012 Team Championships	
TEAM CLEAN & JERK, ONE ARM	ALL	M/M	115	260	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships	
TEAM CLEAN & JERK, ONE ARM	ALL	M/M	125	88	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships	
TEAM CLEAN & PRESS	16	F/F	55	75	Nisha Gupta/Diya Gupta	12/20/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	ALL	F/F	55	75	Nisha Gupta/Diya Gupta	12/20/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	ALL	F/F	60	105	Kim VanWagner/Diya Gupta	12/20/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	45	F/M	75	154	Diane Burger/ John McKean	10/13/1996	96 Art's Birthday Bash	
TEAM CLEAN & PRESS	55	F/M	115	150	Allison Lupo/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	ALL	F/M	75	154	Diane Burger/ John McKean	10/13/1996	96 Art's Birthday Bash	
TEAM CLEAN & PRESS	ALL	F/M	115	150	Allison Lupo/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	14	M/M	75	154	Matt Van Fossan/Sean McKean	10/13/1996	96 Art's Birthday Bash	
TEAM CLEAN & PRESS	16	M/M	70	174	Matt Van Fossan/Sean McKean	10/11/1998	98 Art's Birthday Bash	
TEAM CLEAN & PRESS	18	M/M	85	308	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day	
TEAM CLEAN & PRESS	45	M/M	100	205	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM CLEAN & PRESS	45	M/M	125+	254	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet	
TEAM CLEAN & PRESS	55	M/M	115	210	David DeForest/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM CLEAN & PRESS	ALL	M/M	70	174	Matt Van Fossan/Sean McKean	10/11/1998	98 Art's Birthday Bash
TEAM CLEAN & PRESS	ALL	M/M	75	154	Matt Van Fossan/Sean McKean	10/13/1996	96 Art's Birthday Bash
TEAM CLEAN & PRESS	ALL	M/M	85	308	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
TEAM CLEAN & PRESS	ALL	M/M	100	205	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM CLEAN & PRESS	ALL	M/M	105	180	Travis Luther/Jeff Wenzel	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM CLEAN & PRESS	ALL	M/M	115	210	David DeForest/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM CLEAN & PRESS	ALL	M/M	120	314	Pete Zaremba/Bob Karhan	10/13/1996	96 Art's Birthday Bash
TEAM CLEAN & PRESS	ALL	M/M	125+	254	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM CLEAN & PRESS, FULTON BAR	70	F/M	125+	165	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	F/M	70	165	Tressa Brooner/Christian Schimpf	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	F/M	115	286	Doug Kressly/Jera Kressly	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	F/M	125+	165	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	14	M/M	65	187	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	40	M/M	115	286	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	70	M/M	120	176	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	M/M	65	187	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	M/M	115	286	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, FULTON BAR	ALL	M/M	120	176	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM CLEAN & PRESS, HEELS TOGETHER	ALL	M/M	120	429	Al Myers/Chad Ullom	9/8/2007	2007 Team Nationals
TEAM CLEAN & PRESS, MIDDLE FINGERS	45	M/M	110	150	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships
TEAM CLEAN & PRESS, MIDDLE FINGERS	70	M/M	115	90	Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships
TEAM CLEAN & PRESS, MIDDLE FINGERS	ALL	M/M	70	170	Calvin Heit/Brandon Rein	9/9/2018	2018 Team Championships
TEAM CLEAN & PRESS, MIDDLE FINGERS	ALL	M/M	110	150	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships
TEAM CLEAN & PRESS, MIDDLE FINGERS	ALL	M/M	115	90	Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships
TEAM CLEAN & PUSH PRESS	55	F/M	115	150	Allison Lupo/Tony Lupo	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM CLEAN & PUSH PRESS	ALL	F/M	115	150	Allison Lupo/Tony Lupo	8/2/2025	Clark's Gym RD - 2025 - Columbia, MO
TEAM CLEAN & PUSH PRESS	40	M/M	115	352	Al Myers/Joe Garcia	9/20/2008	2008 Team Nationals
TEAM CLEAN & PUSH PRESS	ALL	M/M	90	358	Tim Piper/Trenton Paul	11/10/2012	2012 Macomb Fall RB
TEAM CLEAN & PUSH PRESS	ALL	M/M	115	352	Al Myers/Joe Garcia	9/20/2008	2008 Team Nationals
TEAM CONTINENTAL TO BELT	55	F/M	115	405	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS
TEAM CONTINENTAL TO BELT	70	F/M	125+	352	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	F/M	70	264	Tressa Brooner/Christian Schimpf	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	F/M	115	551	Doug Kressly/Jera Kressly	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	F/M	125+	352	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	14	M/M	65	330	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	40	M/M	115	551	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	70	M/M	120	385	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	M/M	65	330	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	M/M	115	551	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM CONTINENTAL TO BELT	ALL	M/M	120	385	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM CURL STRICT REVERSE GRIP	45	M/M	105	175	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM CURL STRICT REVERSE GRIP	75	M/M	110	150	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM CURL STRICT REVERSE GRIP	ALL	M/M	105	175	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM CURL STRICT REVERSE GRIP	ALL	M/M	110	150	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM DEADLIFT	50	F/F	70	220	Carolyn Anderson/Montia Wade	5/10/2003	2003 Buckeye Record Break
TEAM DEADLIFT	ALL	F/F	70	220	Carolyn Anderson/Montia Wade	5/10/2003	2003 Buckeye Record Break
TEAM DEADLIFT	ALL	F/F	100	309	Noi Phumchaona/Anna Holter	3/4/2000	2000 Buckeye Record Break
TEAM DEADLIFT	40	FM	90	503	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT	55	F/M	110	450	Allison Lupo/Tony Lupo	8/25/2024	True North True Strength - RD- Fergus, Ont
TEAM DEADLIFT	60	F/M	115	455	Allison Lupo/Tony Lupo	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TEAM DEADLIFT	ALL	F/M	80	650	Angela Sweet/Andy Root	10/16/2011	2011 Arts Birthday Bash
TEAM DEADLIFT	ALL	F/M	90	503	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM DEADLIFT	ALL	F/M	100	315	Nisha Gupta/Sanjiv Gupta	11/8/2025	2025 High Country Vigour Cup and RD
TEAM DEADLIFT	ALL	F/M	110	450	Allison Lupo/Tony Lupo	8/25/2024	True North True Strength - RD- Fergus, Ont
TEAM DEADLIFT	ALL	F/M	115	455	Allison Lupo/Tony Lupo	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TEAM DEADLIFT	ALL	F/M	120	805	Emily Myers/Al Myers	10/1/2011	2011 Gold Cup - England
TEAM DEADLIFT	ALL	F/M	125+	485	Alexandria McDonald/Allen Fagg	8/17/2024	2024 Kentucky Open RD - Somerset KY
TEAM DEADLIFT	10	M/M	70	265	Robby McKean/Sean McKean	10/12/1991	91 U.S. Inlands
TEAM DEADLIFT	16	M/M	60	441	Sam Myers/Riley Clauson	10/1/2005	Macomb Record Setter
TEAM DEADLIFT	16	M/M	70	650	Kyle Achenbach/Justin Achenbach	12/1/2005	2005 Deadliest Duo
TEAM DEADLIFT	16	M/M	75	650	Justin Achenbach/Joshua Monk	12/1/2005	2005 Deadliest Duo
TEAM DEADLIFT	16	M/M	85	546	Steve Beck/Joshua Monk	12/1/2005	2005 Deadliest Duo
TEAM DEADLIFT	18	M/M	85	860	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
TEAM DEADLIFT	40	M/M	95	900	Art Montini/Paul Montini	10/12/1991	91 U.S. Inlands
TEAM DEADLIFT	40	M/M	110	700	Bob Karhan/Howard Prechtel	10/12/1991	91 U.S. Inlands
TEAM DEADLIFT	40	M/M	115	881	Al Myers/Chad Ullom	10/22/2016	2016 Gold Cup -Abilene
TEAM DEADLIFT	40	M/M	125	816	Pete Zaremba/Bob Karhan	11/3/2001	2001 Gold Cup - Cleveland
TEAM DEADLIFT	45	M/M	85	605	Bob McKenzie/Walter Moss	3/4/2000	2000 Buckeye Record Break
TEAM DEADLIFT	45	M/M	125+	910	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM DEADLIFT	50	M/M	80	800	John McKean/Art Montini	3/4/2000	2000 Buckeye Record Break
TEAM DEADLIFT	55	M/M	90	551	Larry Blockston/Jon Blockston	10/14/2000	2000 Gold Cup
TEAM DEADLIFT	60	F/M	110	400	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT	60	F/M	110	400	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT	60	M/M	95	551	Denny Habecker/John Vernacchio	10/9/2004	2004 Gold Cup
TEAM DEADLIFT	60	M/M	125+	484	Graham Saxton/Steve Gardner	11/2/2024	IAWA GOLD CUP (2024) - Walpole, MA
TEAM DEADLIFT	65	M/M	110	600	Randy Richey/Ricky Dickerson	8/17/2024	2024 Kentucky Open RD - Somerset KY
TEAM DEADLIFT	70	M/M	85	303	Denny Habecker/Art Montini	8/10/2013	2013 Presidential Cup
TEAM DEADLIFT	70	M/M	90	507	Denny Habecker/Art Montini	8/18/2013	2013 Dino Days Record Day
TEAM DEADLIFT	75	M/M	75	661	Roy Mason/Bill Decker	1/29/1994	94 Texas Deadlift Classic
TEAM DEADLIFT	ALL	M/M	70	650	Kyle Achenbach/Justin Achenbach	12/1/2005	2005 Deadliest Duo
TEAM DEADLIFT	ALL	M/M	75	661	Roy Mason/Bill Decker	1/29/1994	94 Texas Deadlift Classic
TEAM DEADLIFT	ALL	M/M	80	825	John Monk/Abe Smith	6/24/2001	2001 Nationals - Columbia
TEAM DEADLIFT	ALL	M/M	85	860	Tyeler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
TEAM DEADLIFT	ALL	M/M	90	850	Josh Haggin/Troy Goetsch	5/20/2012	2012 Jobes Steel Jungle RD
TEAM DEADLIFT	ALL	M/M	95	900	Art Montini/Paul Montini	10/12/1991	91 U.S. Inlands
TEAM DEADLIFT	ALL	M/M	100	871	Tim Piper/Kristopher Hunt	10/1/2005	Macomb Record Setter
TEAM DEADLIFT	ALL	M/M	105	700	Travis Luther/Jeff Wenzel	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TEAM DEADLIFT	ALL	M/M	110	741	John Vernacchio/Ralph Cirafes	3/7/1998	98 Buckeye Record Breaker
TEAM DEADLIFT	ALL	M/M	115	1000	Al Myers/Chad Ullom	11/6/2010	2010 Gold Cup - Walpole
TEAM DEADLIFT	ALL	M/M	125	1102	Caleb Day/Holland Millsaps	3/16/2024	Iron Palaces Strongest Man - RD - Maryville, TN
TEAM DEADLIFT	ALL	M/M	125+	1097	Bryan Benzel/Troy Goetsch	5/20/2012	2012 Jobes Steel Jungle RD
TEAM DEADLIFT, 12" BASE	55	F/M	110	405	Allison Lupo/Tony Lupo	6/29/2024	2024 Nationals RD - Columbia, MO
TEAM DEADLIFT, 12" BASE	60	F/M	110	400	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT, 12" BASE	ALL	F/M	110	405	Allison Lupo/Tony Lupo	6/29/2024	2024 Nationals RD - Columbia, MO
TEAM DEADLIFT, 12" BASE	ALL	F/M	115	650	Doug Kressly/Jera Kressly	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 12" BASE	40	M/M	115	1100	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 12" BASE	65	M/M	125	500	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 12" BASE	ALL	M/M	110	950	Jesse Jobe/Mac Capello	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 12" BASE	ALL	M/M	115	1100	Al Myers/Chad Ullom	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 12" BASE	ALL	M/M	125	500	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships
TEAM DEADLIFT, 2 BARS	55	F/M	115	350	Allison Lupo/Tony Lupo	10/25/2025	GOERNER DEADLIFT DOZEN PLUS ONE - RD (2025)
TEAM DEADLIFT, 2 BARS	ALL	F/M	115	350	Allison Lupo/Tony Lupo	10/25/2025	GOERNER DEADLIFT DOZEN PLUS ONE - RD (2025)
TEAM DEADLIFT, 2 BARS	50	M/M	125+	617	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM DEADLIFT, 2 BARS	70	M/M	105	440	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM DEADLIFT, 2 BARS	ALL	M/M	105	440	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals
TEAM DEADLIFT, 2 BARS	ALL	M/M	115	1000	Al Myers/Chad Ullom	8/27/2011	2011 Team Nationals
TEAM DEADLIFT, 2 BARS	ALL	M/M	125+	617	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM DEADLIFT, CIAVATTONE GRIP	16	F/F	55	245	Nisha Gupta/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/F	55	245	Nisha Gupta/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/F	60	300	Kim VanWagner/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	40	F/M	90	503	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, CIAVATTONE GRIP	55	F/M	110	365	Allison Lupo/Tony Lupo	11/9/2024	Goerner Deadlift Dozen Plus One RD
TEAM DEADLIFT, CIAVATTONE GRIP	55	F/M	115	426	Allison Lupo/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	60	F/M	110	400	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT, CIAVATTONE GRIP	70	F/M	125+	462	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/M	70	385	Tressa Brooner/Christian Schimpf	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/M	90	503	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	FM	110	400	Allison Lupo/Tony Lupo	##########	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/M	115	650	Doug Kressly/Jera Kressly	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	F/M	125+	462	Mary McConnaughey/Denny Habecker	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	14	M/M	65	507	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	40	M/M	115	826	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	45	M/M	100	585	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	55	M/M	115	605	David DeForest/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	70	M/M	120	551	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	M/M	65	507	Draven Kressly/Austin Brewer	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	M/M	100	585	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	M/M	105	605	Travis Luther/Jeff Wenzel	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	M/M	115	826	Al Myers/Chad Ullom	8/22/2015	2015 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP	ALL	M/M	120	551	Dean Ross/LaVerne Myers	8/22/2015	2015 Team Championships
TEAM DEADLIFT, FINGERS, INDEX	55	F/M	110	200	Allison Lupo/Tony Lupo	12/28/2024	Buffville's GoodBye 2024 - RD, Albany, KY
TEAM DEADLIFT, FINGERS, INDEX	ALL	F/M	110	200	Allison Lupo/Tony Lupo	12/28/2024	Buffville's GoodBye 2024 - RD, Albany, KY
TEAM DEADLIFT, FINGERS, INDEX	60	F/M	115	200	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, INDEX	ALL	F/M	115	200	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, LITTLE	60	F/M	115	100	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, LITTLE	ALL	F/M	115	100	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, MIDDLE	60	F/M	115	220	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, MIDDLE	ALL	F/M	115	220	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, RING	60	F/M	115	120	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, FINGERS, RING	ALL	F/M	115	120	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/F	80	375	Ruth Jackson/Molly Myers	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	40	F/M	90	431	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, HEELS TOGETHER	55	F/M	110	422	Allison Lupo/Tony Lupo	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM DEADLIFT, HEELS TOGETHER	55	F/M	115	415	Allison Lupo/Tony Lupo	11/9/2024	Buffvile Cup V (2024) - Albany, KY
TEAM DEADLIFT, HEELS TOGETHER	60	F/M	110	400	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD
TEAM DEADLIFT, HEELS TOGETHER	60	F/M	115	420	Allison Lupo/Tony Lupo	5/23/2026	2026 Women's Only Meet II, Columbia, MO - and RD
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/M	90	431	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/M	105	600	Logan Kressly/Jera Kressly	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/M	110	422	Allison Lupo/Tony Lupo	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/M	115	415	Allison Lupo/Tony Lupo	11/9/2024	Buffvile Cup V (2024) - Albany, KY
TEAM DEADLIFT, HEELS TOGETHER	40	M/M	115	904	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	ALL	M/M	90	452	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	ALL	M/M	115	904	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships
TEAM DEADLIFT, ONE ARM, LEFT	16	F/F	45	105	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM DEADLIFT, ONE ARM, LEFT	ALL	F/F	45	105	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM DEADLIFT, ONE ARM, LEFT	40	F/M	90	407	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM DEADLIFT, ONE ARM, LEFT	40	F/M	95	405	Beth Skwarecki/Chris Frappier	8/25/2024	True North True Strength - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM, LEFT	55	F/M	110	225	Allison Lupo/Tony Lupo	11/9/2024	Goerner Deadlift Dozen Plus One RD
TEAM DEADLIFT, ONE ARM, LEFT	ALL	F/M	90	407	Jessica Hopps/Dan Jones	7/11/2025	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, ONE ARM, LEFT	ALL	F/M	95	405	Beth Skwarecki/Chris Frappier	8/25/2024	True North True Strength - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM, LEFT	ALL	F/M	110	225	Allison Lupo/Tony Lupo	11/9/2024	Goerner Deadlift Dozen Plus One RD
TEAM DEADLIFT, ONE ARM, LEFT	50	M/M	110	225	Chris Frappier/Clint Poore	8/23/2025	True North True Strength II - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM, LEFT	ALL	M/M	100	275	Chris Frappier/Kyle Frappier	6/2/2024	Hackendinne Classic II - RD
TEAM DEADLIFT, ONE ARM, LEFT	ALL	M/M	110	225	Chris Frappier/Clint Poore	8/23/2025	True North True Strength II - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM, RIGHT	16	F/F	45	143	Diya Gupta/Nisha Gupta	3/1/2025	Colorado Single Arm Challenge, Lakewood, CO
TEAM DEADLIFT, ONE ARM, RIGHT	40	F/M	90	407	Jessica Hopps/Dan Jones	7/11/2025	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, ONE ARM, RIGHT	55	F/M	110	265	Allison Lupo/Tony Lupo	11/9/2024	Goerner Deadlift Dozen Plus One RD
TEAM DEADLIFT, ONE ARM, RIGHT	ALL	F/F	45	143	Diya Gupta/Nisha Gupta	3/1/2025	Colorado Single Arm Challenge, Lakewood, CO
TEAM DEADLIFT, ONE ARM, RIGHT	ALL	F/M	90	407	Jessica Hopps/Dan Jones	7/11/2026	USAWA 250 For 250th Challenge and RD
TEAM DEADLIFT, ONE ARM, RIGHT	ALL	F/M	110	265	Allison Lupo/Tony Lupo	11/9/2024	Goerner Deadlift Dozen Plus One RD
TEAM DEADLIFT, ONE ARM, RIGHT	55	M/M	115	315	Chris Frappier/Tony Lupo	8/23/2025	True North True Strength II - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM, RIGHT	ALL	M/M	100	275	Chris Frappier/Kyle Frappier	6/2/2024	Hackendinne Classic II - RD
TEAM DEADLIFT, ONE ARM, RIGHT	ALL	M/M	115	315	Chris Frappier/Tony Lupo	8/23/2025	True North True Strength II - RD- Fergus, Ont
TEAM DEADLIFT, ONE ARM	40	M/M	115	883	Al Myers/Chad Ullom	11/3/2012	2012 Gold Cup - Glasgow
TEAM DEADLIFT, ONE ARM	60	M/M	125+	396	Graham Saxton/Steve Gardner	11/2/2024	IAWA GOLD CUP (2024) - Walpole, MA
TEAM DEADLIFT, ONE ARM	ALL	M/M	115	883	Al Myers/Chad Ullom	11/3/2012	2012 Gold Cup - Glasgow
TEAM DEADLIFT, ONE ARM	ALL	M/M	120	683	Al Myers/Chad Ullom	9/8/2007	2007 Team Nationals
TEAM DEADLIFT, ONE ARM	ALL	M/M	125+	396	Graham Saxton/Steve Gardner	11/2/2024	IAWA GOLD CUP (2024) - Walpole, MA
TEAM DEADLIFT, NO THUMBS	55	F/M	115	405	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS
TEAM DEADLIFT, NO THUMBS	ALL	F/M	115	405	Allison Lupo/Tony Lupo	5/31/2025	Ledaig Record Day - Topeka, KS
TEAM DEADLIFT, NO THUMBS, OVERHAND	45	M/M	105	700	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	45	M/M	110	750	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	70	M/M	110	500	Dean Ross/LaVerne Myers	8/26/2017	2017 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	70	M/M	115	505	Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	75	M/M	110	550	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	70	545	Calvin Heit/Brandon Rein	9/9/2018	2018 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	80	400	Cale Dunlap/Brandon Rein	8/26/2017	2017 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	105	700	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	110	750	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	115	505	Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships
TEAM DEADLIFT, NO THUMBS, OVERHAND	ALL	M/M	125+	650	John Douglas/Zach Lucas	8/26/2017	2017 Team Championships
TEAM DEADLIFT, ONE ARM, NO THUMBS	45	M/M	115	451	Al Myers/LaVerne Myers	8/10/2013	2013 Presidential Cup
TEAM DEADLIFT, ONE ARM, NO THUMBS	50	M/M	110	441	Al Myers/LaVerne Myers	11/4/2017	2017 Gold Cup - Glasgow
TEAM DEADLIFT, ONE ARM, NO THUMBS	ALL	M/M	110	441	Al Myers/LaVerne Myers	11/4/2017	2017 Gold Cup - Glasgow
TEAM DEADLIFT, ONE ARM, NO THUMBS	ALL	M/M	115	451	Al Myers/LaVerne Myers	8/10/2013	2013 Presidential Cup
TEAM DEADLIFT, FULTON BAR	55	F/M	110	405	Allison Lupo/Tony Lupo	10/12/2024	Clarks Gym RD #5 (2024)
TEAM DEADLIFT, FULTON BAR	60	F/M	115	453	Allison Lupo/Tony Lupo	5/16/2026	3rd Stars of Tomorrow Championship RD, Columbia, MO
TEAM DEADLIFT, FULTON BAR	ALL	F/M	110	405	Allison Lupo/Tony Lupo	10/12/2024	Clarks Gym RD #5 (2024)
TEAM DEADLIFT, FULTON BAR	60	F/M	115	453	Allison Lupo/Tony Lupo	5/16/2026	3rd Stars of Tomorrow Championship RD, Columbia, MO
TEAM DEADLIFT, FULTON BAR	ALL	F/M	115	453	Allison Lupo/Tony Lupo	5/16/2026	3rd Stars of Tomorrow Championship RD, Columbia, MO
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	F/M	115	420	Doug Kressly/Jera Kressly	8/11/2012	2012 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	40	M/M	115	672	Al Myers/Chad Ullom	8/24/2014	2014 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	40	M/M	125+	518	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM DEADLIFT,FULTON, CIAVATTONE	65	M/M	125	380	Dean Ross/LaVerne Myers	8/11/2012	2012 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	70	M/M	110	500	Dean Ross/LaVerne Myers	8/26/2017	2017 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	70	M/M	125	551	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	80	360	Cale Dunlap/Brandon Rein	8/26/2017	2017 Team Championships
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	105	556	Jesse Jobe/Corey Kenkel	2/12/2012	2012 Dino Gym Record Day

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION		
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	110	600	Jesse Jobe/Mac Capello	8/11/2012	2012 Team Championships	
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	115	672	Al Myers/Chad Ullom	8/24/2014	2014 Team Championships	
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	120	606	Al Myers/Chad Ullom	9/20/2009	2009 Team Nationals	
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	125	551	Dean Ross/LaVerne Myers	8/24/2014	2014 Team Championships	
TEAM DEADLIFT,FULTON, CIAVATTONE	ALL	M/M	125+	670	Bryan Benzel/Troy Goetsch	5/20/2012	2012 Jobes Steel Jungle RD	
TEAM DEADLIFT,FULTON,ONE ARM	ALL	F/F	80	198	Ruth Jackson/Molly Myers	8/17/2013	2013 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	ALL	F/M	105	352	Logan Kressly/Jera Kressly	8/17/2013	2013 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	40	M/M	115	452	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	45	M/M	110	467	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	45	M/M	115	462	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	70	M/M	90	308	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	70	M/M	115	341	Dean Ross/LaVerne Myers	12/17/2016	2016 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	ALL	M/M	70	317	Calvin Heit/Brandon Rein	9/9/2018	2018 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	ALL	M/M	90	308	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships	
TEAM DEADLIFT,FULTON,ONE ARM	ALL	M/M	110	467	Al Myers/Chad Ullom	9/9/2018	2018 Team Championships	
TEAM DEADLIFT,FULTON, ONE ARM	ALL	M/M	115	462	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM DEADLIFT,FULTON, LEFT	55	F/M	115	150	Allison Lupo/Tony Lupo	3/8/2025	Jeff Wenzel's Big 50 Birthday Bash, Columbia, MO	
TEAM DEADLIFT,FULTON, LEFT	ALL	F/M	115	150	Allison Lupo/Tony Lupo	3/8/2025	Jeff Wenzel's Big 50 Birthday Bash, Columbia, MO	
TEAM DEADLIFT,FULTON, RIGHT	55	F/M	115	165	Allison Lupo/Tony Lupo	3/8/2025	Jeff Wenzel's Big 50 Birthday Bash, Columbia, MO	
TEAM DEADLIFT,FULTON, RIGHT	ALL	F/M	115	165	Allison Lupo/Tony Lupo	3/8/2025	Jeff Wenzel's Big 50 Birthday Bash, Columbia, MO	
TEAM DEADLIFT, STIFF LEG	60	F/M	110	350	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD	
TEAM DEADLIFT, STIFF LEG	ALL	F/M	110	350	Allison Lupo/Tony Lupo	11/1/2026	GOERNER DEADLIFT DOZEN PLUS ONE (2026)-RD	
TEAM DEADLIFT, STIFF LEG	45	M/M	115	771	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM DEADLIFT, STIFF LEG	70	M/M	115	407	Dean Ross/LaVerne Myers	12/17/2016	2016 Team Championships	
TEAM DEADLIFT, STIFF LEG	ALL	M/M	115	771	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM FINGER LIFT, INDEX LEFT	55	F /M	110	121	Allison Lupo/Tony Lupo	3/22/2025	Great American Bench Press Meet, Buffville, KY	
TEAM FINGER LIFT, INDEX LEFT	ALL	F /M	110	121	Allison Lupo/Tony Lupo	3/22/2025	Great American Bench Press Meet, Buffville, KY	
TEAM FINGER LIFT, INDEX RIGHT	55	F /M	110	121	Allison Lupo/Tony Lupo	3/22/2025	Great American Bench Press Meet, Buffville, KY	
TEAM FINGER LIFT, INDEX RIGHT	ALL	F /M	110	121	Allison Lupo/Tony Lupo	3/22/2025	Great American Bench Press Meet, Buffville, KY	
TEAM FINGER LIFT, LEFT LITTLE	ALL	F/F	75	50	Nicole Trimble/Beth Skwarecki	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA	
TEAM FINGER LIFT, RIGHT THUMB	60	F/M	115	56	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym	
TEAM FINGER LIFT, RIGHT THUMB	ALL	F/M	115	56	Allison Lupo/Tony Lupo	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym	
TEAM HACK LIFT	ALL	M/M	70	154	John McKean/Andreas McKean	10/16/2011	2011 Arts Birthday Bash	
TEAM HACK LIFT	ALL	M/M	105	816	Andy Root/Guy Marcantino	10/16/2011	2011 Arts Birthday Bash	
TEAM HACKENSCHMIDT PRESS	ALL	F/F	75	220	Nicole Trimble/Beth Skwarecki	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA	
TEAM HACKENSCHMIDT PRESS	ALL	F/M	80	198	Diana Jordan/Pierre-Francois Laquerre	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA	
TEAM HACKENSCHMIDT PRESS	45	M/M	115	518	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM HACKENSCHMIDT PRESS	70	M/M	115	264	Dean Ross/LaVerne Myers	12/17/2016	2016 Team Championships	
TEAM HACKENSCHMIDT PRESS	ALL	M/M	115	518	Al Myers/Chad Ullom	12/17/2016	2016 Team Championships	
TEAM HIP LIFT	ALL	F/F	80	550	Ruth Jackson/Molly Myers	8/17/2013	2013 Team Championships	
TEAM HIP LIFT	55	F/M	115	1075	Allison Lupo/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM HIP LIFT	ALL	F/M	105	1423	Logan Kressly/Jera Kressly	8/17/2013	2013 Team Championships	
TEAM HIP LIFT	ALL	F/M	115	1075	Allison Lupo/Tony Lupo	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO	
TEAM HIP LIFT	40	M/M	115	2503	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships	
TEAM HIP LIFT	70	M/M	90	1150	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships	
TEAM HIP LIFT	ALL	M/M	90	1150	Denny Habecker/Art Montini	8/17/2013	2013 Team Championships	
TEAM HIP LIFT	ALL	M/M	115	2503	Al Myers/Chad Ullom	8/17/2013	2013 Team Championships	
TEAM JEFFERSON LIFT	40	F/M	80	405	John McKean/Lynne Durnell	10/14/2001	2001 Art's Birthday Bash	
TEAM JEFFERSON LIFT	55	F/M	110	336	Allison Lupo/Tony Lupo	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD	
TEAM JEFFERSON LIFT	ALL	F/M	80	405	John McKean/Lynne Durnell	10/14/2001	2001 Art's Birthday Bash	
TEAM JEFFERSON LIFT	ALL	F/M	110	336	Allison Lupo/Tony Lupo	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD	
TEAM JEFFERSON LIFT	ALL	F/M	120	756	Emily Myers/Al Myers	10/1/2011	2011 Gold Cup - England	

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM JEFFERSON LIFT	16	M/M	70	465	Matt Van Fossan/Sean McKean	10/11/1998	98 Art's Birthday Bash
TEAM JEFFERSON LIFT	16	M/M	90	500	Robby McKean/Sean McKean	10/15/1995	95 Art's Birthday Bash
TEAM JEFFERSON LIFT	40	M/M	125+	850	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM JEFFERSON LIFT	ALL	M/M	70	465	Matt Van Fossan/Sean McKean	10/11/1998	98 Art's Birthday Bash
TEAM JEFFERSON LIFT	ALL	M/M	90	500	Robby McKean/Sean McKean	10/15/1995	95 Art's Birthday Bash
TEAM JEFFERSON LIFT	ALL	M/M	120	1000	Al Myers/Chad Ullom	9/20/2009	2009 Team Nationals
TEAM JEFFERSON LIFT	ALL	M/M	125+	850	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM JEFFERSON LIFT, FULTON BAR	45	M/M	105	800	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM JEFFERSON LIFT, FULTON BAR	75	M/M	110	520	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM JEFFERSON LIFT, FULTON BAR	ALL	M/M	105	800	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM JEFFERSON LIFT, FULTON BAR	ALL	M/M	110	520	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM MAXEY PRESS	70	M/M	105	200	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM MAXEY PRESS	ALL	M/M	105	200	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM MAXEY PRESS	ALL	M/M	115	400	Al Myers/Chad Ullom	9/19/2010	2010 Team Nationals
TEAM MAXEY PRESS	ALL	M/M	125+	450	Scott Tully/Mark Mitchell	9/19/2010	2010 Team Nationals
TEAM NECK LIFT	40	M/M	115	1205	Al Myers/Chad Ullom	8/12/2012	2012 Dino Days RD
TEAM NECK LIFT	ALL	M/M	115	1205	Al Myers/Chad Ullom	8/12/2012	2012 Dino Days RD
TEAM PEOPLES DEADLIFT	55	F/M	110	600	Allison Lupo/Tony Lupo	8/10/2024	Two-Fisted Challenge - RD
TEAM PEOPLES DEADLIFT	60	F/M	115	550	Allison Lupo/Tony Lupo	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TEAM PEOPLES DEADLIFT	ALL	F/M	110	600	Allison Lupo/Tony Lupo	8/10/2024	Two-Fisted Challenge - RD
TEAM PEOPLES DEADLIFT	ALL	F/M	115	550	Allison Lupo/Tony Lupo	4/25/2026	Diaper Day Meet and Record Day (2026), Columbia, MO
TEAM PINCH GRIP, STRICT, RIGHT	45	M/M	100	106	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM PINCH GRIP, STRICT, RIGHT	ALL	M/M	100	106	Sanjiv Gupta/Jarrod Fobes	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM PRESS, DUMBBELL, ONE ARM	50	M/M	125+	180	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM PRESS, DUMBBELL, ONE ARM	70	M/M	105	90	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals
TEAM PRESS, DUMBBELL, ONE ARM	ALL	M/M	105	90	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals
TEAM PRESS, DUMBBELL, ONE ARM	ALL	M/M	115	175	Al Myers/Chad Ullom	8/27/2011	2011 Team Nationals
TEAM PRESS, DUMBBELL, ONE ARM	ALL	M/M	125+	180	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM PULLOVER & PRESS, ONE ARM	40	M/M	115	209	Al Myers/Joe Garcia	9/20/2008	2008 Team Nationals
TEAM PULLOVER & PRESS, ONE ARM	ALL	M/M	115	209	Al Myers/Joe Garcia	9/20/2008	2008 Team Nationals
TEAM PULLOVER, BENT ARM	70	M/M	110	190	Dean Ross/LaVerne Myers	8/26/2017	2017 Team Championships
TEAM PULLOVER, BENT ARM	ALL	M/M	80	170	Cale Dunlap/Brandon Rein	8/26/2017	2017 Team Championships
TEAM PULLOVER, BENT ARM	ALL	M/M	105	230	Al Myers/Dan Mather	8/26/2017	2017 Team Championships
TEAM PULLOVER, BENT ARM	ALL	M/M	110	190	Dean Ross/LaVerne Myers	8/26/2017	2017 Team Championships
TEAM PULLOVER, BENT ARM	ALL	M/M	125+	275	John Douglas/Zach Lucas	8/26/2017	2017 Team Championships
TEAM RECTANGULAR FIX	70	M/M	105	160	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM RECTANGULAR FIX	ALL	M/M	105	160	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM RECTANGULAR FIX	ALL	M/M	115	200	Al Myers/Chad Ullom	9/19/2010	2010 Team Nationals
TEAM RECTANGULAR FIX	ALL	M/M	125+	215	Scott Tully/Mark Mitchell	9/19/2010	2010 Team Nationals
TEAM SAXON DEADLIFT	55	F/M	110	145	Allison Lupo/Tony Lupo	3/1/2025	Colorado Single Arm Challenge, Lakewood, CO
TEAM SAXON DEADLIFT	ALL	F/M	110	145	Allison Lupo/Tony Lupo	3/1/2025	Colorado Single Arm Challenge, Lakewood, CO
TEAM SCOTT LIFT	16	F/F	45	115	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM SCOTT LIFT	ALL	F/F	45	115	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM SIDE PRESS, BAR, RIGHT	ALL	F/F	55	45	Kim VanWagner/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM SNATCH	ALL	M/M	120	330	Al Myers/Chad Ullom	9/8/2007	2007 Team Nationals
TEAM SNATCH & CLEAN	45	M/M	125+	231	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM SNATCH & CLEAN	ALL	M/M	125+	231	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM SNATCH & CLEAN, ONE ARM	45	M/M	125+	154	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM SNATCH & CLEAN, ONE ARM	ALL	M/M	125+	154	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM SNATCH, FROM HANG	45	M/M	105	175	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships
TEAM SNATCH, FROM HANG	75	M/M	110	150	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM SNATCH, FROM HANG	ALL	M/M	105	175	Al Myers/Chad Ullom	9/8/2019	2019 Team Championships

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
TEAM SNATCH, FROM HANG	ALL	M/M	110	150	Dean Ross/LaVerne Myers	9/8/2019	2019 Team Championships
TEAM SNATCH, FULTON BAR	50	M/M	125+	177	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM SNATCH, FULTON BAR	70	M/M	105	117	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals
TEAM SNATCH, FULTON BAR	ALL	M/M	105	117	Mike Murdock/Rudy Bletscher	8/27/2011	2011 Team Nationals
TEAM SNATCH, FULTON BAR	ALL	M/M	115	320	Al Myers/Chad Ullom	8/27/2011	2011 Team Nationals
TEAM SNATCH, FULTON BAR	ALL	M/M	125+	177	Dean Ross/Russ Morton	8/27/2011	2011 Team Nationals
TEAM SNATCH, ONE ARM	40	M/M	125+	215	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM SNATCH, ONE ARM	45	M/M	125+	165	Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
TEAM SNATCH, ONE ARM	ALL	M/M	90	132	Tim Piper/Trenton Paul	11/10/2012	2012 Macomb Fall RB
TEAM SNATCH, ONE ARM	ALL	M/M	120	235	Al Myers/Chad Ullom	9/20/2009	2009 Team Nationals
TEAM SNATCH, ONE ARM	ALL	M/M	125+	215	Thom Van Vleck/John O'Brien	9/20/2009	2009 Team Nationals
TEAM SQUAT LUNGE	16	F/F	45	95	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM SQUAT LUNGE	ALL	F/F	45	95	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM TRAP BAR DEADLIFT	70	M/M	105	585	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM TRAP BAR DEADLIFT	ALL	M/M	105	585	Mike Murdock/Rudy Bletscher	9/19/2010	2010 Team Nationals
TEAM TRAP BAR DEADLIFT	ALL	M/M	115	1100	Al Myers/Chad Ullom	9/19/2010	2010 Team Nationals
TEAM TRAP BAR DEADLIFT	ALL	M/M	125+	1005	Scott Tully/Mark Mitchell	9/19/2010	2010 Team Nationals
TEAM VERTICAL BAR, 2" ONE HAND RIGHT	16	F/F	55	120	Nisha Gupta/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM VERTICAL BAR, 2" ONE HAND RIGHT	ALL	F/F	55	120	Nisha Gupta/Diya Gupta	12/13/2025	2025 TEAM CHAMPIONSHIPS, Lakewood, CO
TEAM ZERCHER	16	F/F	45	85	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM ZERCHER	ALL	F/F	45	85	Nisha Gupta/Diya Gupta	4/26/2025	Diamond Jubilee (2025), Columbia, MO - RD
TEAM ZERCHER	ALL	M/M	120	705	Al Myers/Chad Ullom	9/8/2007	2007 Team Nationals
TEAM ZIEGLER CLEAN	ALL	F/F	75	66	Nicole Trimble/Beth Skwarecki	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA
TEAM ZIEGLER CLEAN	ALL	F/M	80	66	Diana Jordan/Pierre-Francois Laquerre	10/12/2024	Heavy Gym Garage Record Day - Pittsburgh - PA
TEAM RECTANGULAR FIX	45	M/M	105	176	Al Myers/Chad Ullom	9/12/2021	2021 Team Championships
TEAM DEADLIFT, NO THUMBS, RIGHT ARM	45	M/M	105	452	Al Myers/Chad Ullom	9/12/2021	2021 Team Championships
TEAM DEADLIFT, NO THUMBS, RIGHT ARM	ALL	M/M	105	452	Al Myers/Chad Ullom	9/12/2021	2021 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP, FULTON BAR	45	M/M	105	595	Al Myers/Chad Ullom	9/12/2021	2021 Team Championships
TEAM DEADLIFT, CIAVATTONE GRIP, FULTON BAR	ALL	M/M	105	595	Al Myers/Chad Ullom	9/12/2021	2021 Team Championships
TEAM CLEAN AND PRESS ON KNEES (untimed con)	45	M/M	100	1172.5	Sanjiv Gupta/Jarrod Fobes	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym
TEAM CLEAN AND PRESS ON KNEES (untimed con)	ALL	M/M	100	1172.5	Sanjiv Gupta/Jarrod Fobes	9/19/2026	2026 Two-Fisted Challenge III, Clark's Gym