

USAWA TEAM RECORDS LIFT			AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION
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	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 BENT OVER ROW	55	F/M	110	305		Allison Lupo/Tony Lupo	8/3/2024	Clarks Gym RD #4
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	304		Doug Kressly/Jera Kressly	8/11/2012	2012 Team Championships
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	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		Tyler 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
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		Tyler 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	9/9/2008	2018 Team Championships
TEAM CHEAT CURL, REVERSE GRIP	ALL	M/M	125+	205		Dean Ross/Mike Murdock	8/27/2011	2011 Team Nationals

USAWA TEAM RECORDS LIFT			AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION
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		Tyler 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		Tyler 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, 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	45	F/M	75	154		Diane Burger/ John McKean	10/13/1996	96 Art's Birthday Bash
TEAM CLEAN & PRESS	ALL	F/M	75	154		Diane Burger/ John McKean	10/13/1996	96 Art's Birthday Bash
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		Tyler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
TEAM CLEAN & PRESS	45	M/M	125+	254		Joe McCoy/Bill Drybread	6/26/1989	89 Nationals - Pl. Meet
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		Tyler Cookson/Matt Cookson	2/13/2011	2011 Dino Record Day
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

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TEAM CLEAN & PRESS, MIDDLE FINGERS	ALL	M/M	115	90		Dean Ross/LaVerne Myers	9/9/2018	2018 Team Championships
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	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	55	F/M	110	450		Allison Lupo/Tony Lupo	8/25/2024	True North True Strength - RD- Fergus, Ont
TEAM DEADLIFT	ALL	F/M	80	650		Angela Sweet/Andy Root	10/16/2011	2011 Arts Birthday Bash
TEAM DEADLIFT	ALL	F/M	90	500		Kerry Clark/Dale Spry	6/4/1995	95 Nationals - Columbia
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	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		Tyler 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 Zarembo/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	M/M	95	551		Denny Habecker/John Vernacchio	10/9/2004	2004 Gold Cup
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

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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		Tyler 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 Jobs 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		405		Jason Houk/Guy Marcantino	10/16/2011	2011 Arts Birthday Bash
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 Jobs 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	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	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
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	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	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	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	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, HEELS TOGETHER	ALL	F/F	80		375		Ruth Jackson/Molly Myers	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	ALL	F/M	105		600		Logan Kressly/Jera Kressly	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	40	M/M	115		904		Al Myers/Chad Ullom	8/17/2013	2013 Team Championships
TEAM DEADLIFT, HEELS TOGETHER	70	M/M	90		452		Denny Habecker/Art Montini	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	40	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	95		405		Beth Skwarecki/Chris Frappier	8/25/2024	True North True Strength - 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, RIGHT	ALL	M/M	100		275		Chris Frappier/Kyle Frappier	6/2/2024	Hackendinne Classic II - RD
TEAM DEADLIFT, ONE ARM	40	M/M	115		883		Al Myers/Chad Ullom	11/3/2012	2012 Gold Cup - Glasgow

USAWA TEAM RECORDS LIFT			AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION	
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, 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, 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
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 Jobs 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, 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 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

USAWA TEAM RECORDS LIFT	AGE	SEX	CLS	RECORD	LIFTER	DATE AND LOCATION
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	ALL	F/M	105	1423	Logan Kressly/Jera Kressly	8/17/2013 2013 Team Championships
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	ALL	F/M	80	405	John McKean/Lynne Durnell	10/14/2001 2001 Art's Birthday Bash
TEAM JEFFERSON LIFT	ALL	F/M	120	756	Emily Myers/Al Myers	10/1/2011 2011 Gold Cup - England
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	ALL	F/M	110	600	Allison Lupo/Tony Lupo	8/10/2024 Two-Fisted Challenge - RD
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

## USAWA TEAM RECORDS LIFT

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TEAM RECTANGULAR FIX	ALL	M/M	125+	215	Scott Tully/Mark Mitchell	9/19/2010	2010 Team Nationals
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
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 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 ZERCHER	ALL	M/M	120	705	Al Myers/Chad Ullom	9/8/2007	2007 Team Nationals
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