

| USAWA TEAM RECORDS LIFT | AGE | SEX | CLS | RECORD | LIFTER | DATE AND LOCATION |
|----------------------------------|-----|-----|------|--------|---------------------------------------|--|
| 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, 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, REVERSE GRIP | ALL | M/M | 85 | 330 | Tyler Cookson/Matt Cookson | 2/13/2011 2011 Dino Record Day |
| TEAM CHEAT CURL, REVERSE GRIP | ALL | M/M | 90 | 308 | Tim Piper/Ryan Woodward | 10/28/2006 Macomb Record Setter |
| TEAM CHEAT CURL, REVERSE GRIP | ALL | M/M | 115 | 363 | Al Myers/Chad Ullom | 8/24/2014 2014 Team Championships |
| TEAM CHEAT CURL, REVERSE GRIP | ALL | M/M | 120 | 407 | Al Myers/Chad Ullom | 1/20/2007 2007 Dino Gym Challenge |
| TEAM CHEAT CURL, REVERSE GRIP | 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 | 9/9/2018 2018 Team Championships |
| TEAM CHEAT CURL, REVERSE GRIP | ALL | M/M | 125+ | 205 | Dean Ross/Mike Murdock | 8/27/2011 2011 Team Nationals |
| TEAM CLEAN & JERK | 16 | M/M | 70 | 243 | Kyle Achenbach/Justin Achenbach | 12/1/2005 2005 Deadliest Duo |

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| 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, 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 | Tyeler 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 | Tyeler 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 |
| 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 |

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| 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 | 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 | 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 |

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| 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 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 | 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 | 55 | F/M | 110 | 365 | Allison Lupo/Tony Lupo | 11/9/2024 Goerner Deadlift Dozen Plus One 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 | FM | 110 | 365 | Allison Lupo/Tony Lupo | 11/9/2024 Goerner Deadlift Dozen Plus One 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 | 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 | 55 | F/M | 110 | 405 | Allison Lupo/Tony Lupo | 11/9/2024 Goerner Deadlift Dozen Plus One 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 | ALL | F/M | 105 | 600 | Logan Kressly/Jera Kressly | 8/17/2013 2013 Team Championships |
| TEAM DEADLIFT, HEELS TOGETHER | ALL | F/M | 110 | 405 | Allison Lupo/Tony Lupo | 11/9/2024 Goerner Deadlift Dozen Plus One 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 | 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 | 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 | 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 | ALL | M/M | 100 | 275 | Chris Frappier/Kyle Frappier | 6/2/2024 Hackendinne Classic II - 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/M | 100 | 265 | Allison Lupo/Tony Lupo | 11/9/2024 Goerner Deadlift Dozen Plus One RD |
| TEAM DEADLIFT, ONE ARM, RIGHT | ALL | M/M | 100 | 275 | Chris Frappier/Kyle Frappier | 6/2/2024 Hackendinne Classic II - RD |

| USAWA TEAM RECORDS LIFT | AGE | SEX | CLS | RECORD | LIFTER | DATE AND LOCATION |
|------------------------------------|-----|-----|------|--------|-----------------------------|--|
| 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, 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 | ALL | F/M | 110 | 405 | Allison Lupo/Tony Lupo | 10/12/2024 Clarks Gym RD #5 (2024) |
| 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 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, 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 |

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

USAWA TEAM RECORDS LIFT

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| 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 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 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 |