

## Police &amp; Fire Single Ply APF Men's Bench Records

| Class | Record | Name          | DOB | Date of Record | Location     |
|-------|--------|---------------|-----|----------------|--------------|
| 52    |        |               |     |                |              |
| 56    |        |               |     |                |              |
| 60    |        |               |     |                |              |
| 67.5  |        |               |     |                |              |
| 75    |        |               |     |                |              |
| 82.5  |        |               |     |                |              |
| 90    |        |               |     |                |              |
| 100   | 128    | Bretz Richard | 48  | 6/12/2025      | Royal Oak MI |
| 110   |        |               |     |                |              |
| 125   |        |               |     |                |              |
| 140   |        |               |     |                |              |
| 140+  |        |               |     |                |              |

## Women's Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44    |        |      |     |                |          |
| 48    |        |      |     |                |          |
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |
| 110   |        |      |     |                |          |
| 110+  |        |      |     |                |          |

## Men's Junior 20-23 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |
| 110   |        |      |     |                |          |
| 125   |        |      |     |                |          |
| 140   |        |      |     |                |          |
| 140+  |        |      |     |                |          |

## Women's Junior 20-23 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44    |        |      |     |                |          |
| 48    |        |      |     |                |          |
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |

82.5  
90  
100  
110  
110+

#### Men's Teenage Single Ply Bench Records

##### 13-15 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

##### 16-17 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

##### 18-19 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

#### Women's Teenage Single Ply Bench Records

##### 13-15 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44    |        |      |     |                |          |
| 48    |        |      |     |                |          |
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |
| 110   |        |      |     |                |          |
| 110+  |        |      |     |                |          |

#### 16-17 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44    |        |      |     |                |          |
| 48    |        |      |     |                |          |
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |
| 110   |        |      |     |                |          |
| 110+  |        |      |     |                |          |

#### 18-19 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44    |        |      |     |                |          |
| 48    |        |      |     |                |          |
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |
| 110   |        |      |     |                |          |
| 110+  |        |      |     |                |          |

#### Men's Submaster 33-39 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 52    |        |      |     |                |          |
| 56    |        |      |     |                |          |
| 60    |        |      |     |                |          |
| 67.5  |        |      |     |                |          |
| 75    |        |      |     |                |          |
| 82.5  |        |      |     |                |          |
| 90    |        |      |     |                |          |
| 100   |        |      |     |                |          |

110  
125  
140  
140+

Women's Submaster 33-39 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48  
52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
110+

Men's Master Single Ply Bench Records

40-44 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

45-49 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

50-54 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52

56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

#### Men's Master Single Ply Bench Records

##### 55-59 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

##### 60-64 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

##### 65-69 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125

140  
140+

Men's Master Single Ply Bench Records  
70-74 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

75-79 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

|      |     |               |    |           |              |
|------|-----|---------------|----|-----------|--------------|
| 52   |     |               |    |           |              |
| 56   |     |               |    |           |              |
| 60   |     |               |    |           |              |
| 67.5 |     |               |    |           |              |
| 75   |     |               |    |           |              |
| 82.5 |     |               |    |           |              |
| 90   |     |               |    |           |              |
| 100  | 128 | Bretz Richard | 48 | 6/12/2025 | Royal Oak MI |
| 110  |     |               |    |           |              |
| 125  |     |               |    |           |              |
| 140  |     |               |    |           |              |
| 140+ |     |               |    |           |              |

80-84 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
125  
140  
140+

Women's Master Single Ply Bench Records

40-44 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48

52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
110+

#### 45-49 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48  
52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
110+

#### 50-54 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48  
52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
110+

#### Women's Master Single Ply Bench Records

##### 55-59 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48  
52  
56  
60  
67.5  
75  
82.5  
90  
100  
110

110+

60-64 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44

48

52

56

60

67.5

75

82.5

90

100

110

110+

65-69 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44

48

52

56

60

67.5

75

82.5

90

100

110

110+

Women's Master Single Ply Bench Records

70-74 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44

48

52

56

60

67.5

75

82.5

90

100

110

110+

75-79 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44

48

52

56

60  
67.5  
75  
82.5  
90  
100  
110  
110+

80-84 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44  
48  
52  
56  
60  
67.5  
75  
82.5  
90  
100  
110  
110+