

Police & Fire Single Ply AAPF 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	190	Wetenhall Jim	54	3/10/2018	Grand Rapids MI
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
82.5 150
90 150.5
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+