

Police & Fire Single Ply AWPC Men's Bench Records
Class

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

110	213	Davis Lance	66	USA	8/31/2025
125	207.5	Johnson Todd	68	USA	8/31/2025

Women's Single Ply Bench Records
Class

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

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

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

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

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

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

16-17 Age Group
Class

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

18-19 Age Group
Class

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

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

16-17 Age Group

Class

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

18-19 Age Group

Class

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

Men's Submaster 33-39 Single Ply Bench Records

Class

52
56
60
67.5
75
82.5
90
100

110
125
140
140+

Women's Submaster 33-39 Single Ply Bench Records
Class

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

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

45-49 Age Group
Class

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

50-54 Age Group
Class

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

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

110	213	Davis Lance	66	USA	8/31/2025
125	207.5	Johnson Todd	68	USA	8/31/2025

60-64 Age Group

Class

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

65-69 Age Group

Class

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

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

75-79 Age Group
Class

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

80-84 Age Group
Class

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

44
48

52
56
60
67.5
75
82.5
90
100
110
110+

45-49 Age Group
Class

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

50-54 Age Group
Class

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

44
48
52
56
60
67.5
75
82.5
90
100
110

110+

60-64 Age Group
Class

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

65-69 Age Group
Class

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

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

75-79 Age Group
Class

44
48
52
56

60
67.5
75
82.5
90
100
110
110+

80-84 Age Group
Class

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