

WPO Men World Records - 3 Lift Meet

Updated 11/11/18

SQUAT				
Class	Kilograms	Pounds	Lifter	Date Set
132	295	650.36	Richard Hawthorne	10/08/04
148	357.5	788.15	Nick Hatch	03/04/05
165	395	870.81	Oleksandr Kutcher	11/03/06
181	412.5	909.39	Tom Krawiec	11/11/18
198	415	914.91	Michael Cartinian	03/03/06
220	467.5	1030.65	Brian Carroll	11/04/06
242	500	1102.31	Matt Minuth	11/11/18
275	512.5	1129.87	Robert Merkh	11/11/18
308	560	1234.59	Dave Hoff	11/11/18
SHW	550.5	1213.63	Andy Bolton	03/03/07

BENCH				
Class	Kilograms	Pounds	Lifter	Date Set
132	205	451.95	August Clark, Jr.	11/08/02
148	230.5	508.16	Brian Schwab	03/03/06
165	260	573.19	Brian Schwab	03/02/07
181	292.5	644.84	Tom Krawiec	11/11/18
198	308	679.01	Michael Cartinian	03/02/07
220	347.5	766.09	Dondell Blue	03/02/07
242	420	925.94	Matt Minuth	11/11/18
275	365	804.67	James Grandick	11/04/06
308	427.5	942.48	Dave Hoff	11/11/18
SHW	372.5	821.21	Chad Aichs	11/04/06

DEADLIFT				
Class	Kilograms	Pounds	Lifter	Date Set
132	255	562.17	Richard Hawthorne	11/07/03
148	317.5	699.96	Tony Conyers	05/20/00
165	360	793.66	Oleksandr Kutcher	03/03/06
181	325.5	717.6	Dymtro Solovyov	11/05/05
198	345	760.59	Tony Caprari	02/28/03
220	370	815.71	Chuck Vogelpohl	03/05/04
242	395.5	871.92	Steve Goggins	03/06/04
275	405.5	893.97	Ano Turtianinen	02/24/02
308	407.5	898.38	Andy Bolton	11/17/00
SHW	455	1003.09	Andy Bolton	11/04/06

TOTAL				
Class	Kilograms	Pounds	Lifter	Date Set
132	692.5	1526.7	Richard Hawthorne	03/04/05
148	833	1836.45	Brian Schwab	03/03/06
165	985	2171.55	Oleksandr Kutcher	03/03/06
181	1010	2226.5	Tom Krawiec	11/11/18
198	1025.5	2260.81	Michael Cartinian	03/02/07
220	1117.5	2463.64	Dondell Blue	03/02/07
242	1225	2700.63	Matt Minuth	11/11/18
275	1210	2667.56	Evgen Yarymbash	03/03/07
308	1325	2921.09	Dave Hoff	11/11/18
SHW	1273	2806.45	Andy Bolton	03/03/07

WPO Women World Records - 3 Lift Meet

Updated 11/11/18

SQUAT				
Class	Kilograms	Pounds	Lifter	Date Set
97				
105				
114				
123				
132	280		Heidi Howar	11/11/18
148	265		Leah Benoit	11/11/18
165	310		Tara Green-Webber	11/11/18
181	325		Shawna Mendelson	11/11/18
198	287.5		Valerie King	11/11/18
UNL	342.5		Crystal Tate	11/11/18

BENCH				
Class	Kilograms	Pounds	Lifter	Date Set
97				
105				
114				
123				
132	175		Heidi Howar	11/11/18
148	152.5		Leah Benoit	11/11/18
165	172.5		Tara Green-Webber	11/11/18
181	190		Shawna Mendelson	11/11/18
198	170		Jennifer Gimmell	11/11/18
UNL	240		April Mathis	11/11/18

DEADLIFT				
Class	Kilograms	Pounds	Lifter	Date Set
97				
105				
114				
123				
132	227.5		Heidi Howar	11/11/18
148	227.5		Patti Lee	11/11/18
165	230		Tara Green-Webber	11/11/18
181	272.5		Andrea Corder	11/11/185
198	212.5		Valerie King	11/11/18
UNL	300		Crystal Tate	11/11/18

TOTAL				
Class	Kilograms	Pounds	Lifter	Date Set
97				
105				
114				
123				
132	682.5		Heidi Howar	11/11/18
148	627.5		Patti Lee	11/11/18
165	712.5		Tara Green-Webber	11/11/18
181	742.5		Shawna Mendelson	11/11/18
198	652.5		Valerie King	11/11/18
UNL	842.5		Crystal Tate	11/11/18