

MN State Records set at the 2019 Central Regional Championship (7-13/14-19)

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Total	R-Y3*	-47	145 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Total	R-Y2	-47	145 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Squat	R-T1*	-47	50 kg	47.5 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Squat	R-Y3*	-47	50 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Squat	R-Y2	-47	50 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Bench press	R-Y3*	-47	27.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Bench press	R-Y2	-47	27.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Deadlift	R-T1*	-47	67.5 kg	60 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Deadlift	R-Y3*	-47	67.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Deadlift	R-Y2	-47	67.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Bench press single lift	R-Y3*	-47	27.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Ava Cahill	Minnesota State Raw Records	Bench press single lift	R-Y2	-47	27.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Total	R-T3	-53	365 kg	362.5 kg	 <input type="checkbox"/>

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Total	R-JR*	-53	365 kg	362.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Squat	R-T3	-53	142.5 kg	140 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Squat	R-JR*	-53	142.5 kg	140 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Bench press	R-T3	-53	85 kg	67.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Bench press	R-JR*	-53	85 kg	67.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Bench press single lift	R-T3	-53	85 kg	67.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Cheng Yang	Minnesota State Raw Records	Bench press single lift	R-JR*	-53	85 kg	67.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Gary Edwards	Minnesota State Records	Total	M3b*	-105	645 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Jon Govin	Minnesota State Raw Records	Squat	R-M3A*	-105	197.5 kg	195 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Gary Edwards	Minnesota State Records	Squat	M3b*	-105	230 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Gary Edwards	Minnesota State Records	Bench press	M3b*	-105	185 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Gary Edwards	Minnesota State Records	Deadlift	M3b*	-105	230 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Gary Edwards	Minnesota State Records	Bench press single lift	M3b*	-105	185 kg	182.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Amy Schroeder	Minnesota State Raw Records	Total	R-M1A*	84+	405 kg	395 kg		<input type="checkbox"/>

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record		<input type="checkbox"/>
07/13/2019	Central Regionals	Taylor Phillips	Minnesota State Raw Records	Bench press	R-JR	84+	95 kg	92.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Taylor Phillips	Minnesota State Raw Records	Bench press single lift	R-JR	84+	95 kg	92.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Amy Schroeder	Minnesota State Raw Records	Squat	R-M1A*	84+	157.5 kg	145 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Amy Schroeder	Minnesota State Raw Records	Deadlift	R-M1A*	84+	185 kg	182.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Francesca Bill	Minnesota State Raw Records	Total	R-M1A*	-84	387.5 kg	380 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Nehemiah Owusu	Minnesota State Raw Records	Squat	R-O	-83	257.5 kg	255 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Jacob Ramos	Minnesota State Raw Records	Total	R-JR	-74	700 kg	672.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Thomas Hay	Minnesota State Raw Records	Total	R-M3A*	-74	320 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Total	R-T2	-74	598.5 kg	555 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Kristy Cannon	Minnesota State Raw Records	Squat	R-M1A*	-72	127.5 kg	125 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Jacob Ramos	Minnesota State Raw Records	Squat	R-JR	-74	250 kg	245 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Jacob Ramos	Minnesota State Raw Records	Bench press	R-JR	-74	180 kg	165 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Jacob Ramos	Minnesota State Raw Records	Bench press single lift	R-JR	-74	180 kg	165 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Thomas Hay	Minnesota State Raw Records	Squat	R-M3A*	-74	82.5 kg	<u>To be set</u>		<input type="checkbox"/>

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07/13/2019	Central Regionals	Thomas Hay	Minnesota State Raw Records	Bench press	R-M3A*	-74	82.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Thomas Hay	Minnesota State Raw Records	Deadlift	R-M3A*	-74	155 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Thomas Hay	Minnesota State Raw Records	Bench press single lift	R-M3A*	-74	82.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Squat	R-T2	-74	218 kg	207.5 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Bench press	R-T2	-74	122.5 kg	112.5 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Deadlift	R-T2	-74	258 kg	235 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Deadlift	R-T3*	-74	258 kg	257.5 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Seth Dasuki	Minnesota State Raw Records	Bench press single lift	R-T2	-74	122.5 kg	112.5 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Total	R-M1A*	-66	415 kg	380 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Total	R-M1B*	-66	415 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Total	R-M2A*	-66	415 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Total	R-M2B*	-66	415 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Sam Heino	Minnesota State Raw Records	Total	R-T2	-66	442.5 kg	397.5 kg 🕒	<input type="checkbox"/>
07/13/2019	Central Regionals	Jonah Sandberg	Minnesota State Raw Records	Total	R-Y3	-66	267.5 kg	240 kg 🕒	<input type="checkbox"/>

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07/13/2019	Central Regionals	Jodi Funk	Minnesota State Raw Records	Squat	R-M1A*	-63	125 kg	120 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Jodi Funk	Minnesota State Raw Records	Squat	R-M1B*	-63	125 kg	120 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Squat	R-M1A*	-66	137.5 kg	110 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Deadlift	R-M1A*	-66	185 kg	165 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Squat	R-M1B*	-66	137.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Squat	R-M2A*	-66	137.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Squat	R-M2B*	-66	137.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press	R-M1B*	-66	92.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press	R-M2A*	-66	92.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press	R-M2B*	-66	92.5 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Deadlift	R-M1B*	-66	185 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Deadlift	R-M2A*	-66	185 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Deadlift	R-M2B*	-66	185 kg	<u>To be set</u>		<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press single lift	R-M1B*	-66	92.5 kg	<u>To be set</u>		<input type="checkbox"/>

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07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press single lift	R-M2A*	-66	92.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Joe Hays	Minnesota State Raw Records	Bench press single lift	R-M2B*	-66	92.5 kg	<u>To be set</u>	<input type="checkbox"/>
07/13/2019	Central Regionals	Sam Heino	Minnesota State Raw Records	Squat	R-T2	-66	165 kg	147.5 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Sam Heino	Minnesota State Raw Records	Bench press	R-T2	-66	107.5 kg	95 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Sam Heino	Minnesota State Raw Records	Deadlift	R-T2	-66	170 kg	167.5 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Sam Heino	Minnesota State Raw Records	Bench press single lift	R-T2	-66	107.5 kg	95 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Jonah Sandberg	Minnesota State Raw Records	Bench press	R-Y3	-66	62.5 kg	50 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Jonah Sandberg	Minnesota State Raw Records	Deadlift	R-Y3	-66	122.5 kg	100 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Jonah Sandberg	Minnesota State Raw Records	Bench press single lift	R-Y3	-66	62.5 kg	50 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Total	R-M1A*	-59	412.5 kg	397.5 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Nicholas Kurtz	Minnesota State Raw Records	Total	R-T1	-59	317.5 kg	310 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Desiree Cremers	Minnesota State Raw Records	Bench press	R-M1A*	-57	82.5 kg	67.5 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Desiree Cremers	Minnesota State Raw Records	Bench press	R-O*	-57	82.5 kg	80 kg	 <input type="checkbox"/>
07/13/2019	Central Regionals	Desiree Cremers	Minnesota State Raw Records	Bench press single lift	R-M1A*	-57	82.5 kg	72.5 kg	 <input type="checkbox"/>

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07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Bench press	R-M1A*	-59	105 kg	100 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Bench press	R-O*	-59	105 kg	102.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Deadlift	R-M1A*	-59	172.5 kg	155 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Bench press single lift	R-M1A*	-59	105 kg	100 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Scott Vuong	Minnesota State Raw Records	Bench press single lift	R-O*	-59	105 kg	102.5 kg		<input type="checkbox"/>
07/13/2019	Central Regionals	Nicholas Kurtz	Minnesota State Raw Records	Squat	R-T1	-59	110 kg	107.5 kg		<input type="checkbox"/>