

Minnesota State Records set at the 2020 Minnesota State High School Championship (1/18/2020)

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record		
01/18/2020	Minnesota State High School Championships	Austin Moen	Minnesota State Raw Records	Squat	R-T2*	-105	217.5 kg	215 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Austin Moen	Minnesota State Raw Records	Bench press	R-T2*	-105	140 kg	137.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Austin Moen	Minnesota State Raw Records	Bench press single lift	R-T2*	-105	140 kg	137.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Dakota Benigni	Minnesota State Raw Records	Squat	R-T2*	-93	222.5 kg	210 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Maggie Beach	Minnesota State Raw Records	Total	R-T2*	-84	357.5 kg	330 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Total	R-T2*	-83	658 kg	595 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Total	R-T3*	-83	658 kg	642.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Maggie Beach	Minnesota State Raw Records	Bench press	R-T2*	-84	62.5 kg	60 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Maggie Beach	Minnesota State Raw Records	Deadlift	R-T2*	-84	155 kg	140 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Maggie Beach	Minnesota State Raw Records	Bench press single lift	R-T2*	-84	62.5 kg	60 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Squat	R-T2*	-83	235 kg	207.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Squat	R-T3*	-83	235 kg	220 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Deadlift	R-T2*	-83	283 kg	255 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Seth Dasuki	Minnesota State Raw Records	Deadlift	R-T3*	-83	283 kg	260 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Total	R-T1*	-63	305 kg	292.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Total	R-T2*	-63	305 kg	292.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Total	R-T2*	-66	495 kg	442.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Total	R-T3*	-66	495 kg	472.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Squat	R-T1*	-63	120 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Squat	R-T2*	-63	120 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Squat	R-T3*	-63	120 kg	115 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Bench press	R-T1*	-63	62.5 kg	57.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Bench press	R-T2*	-63	62.5 kg	57.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Bench press single lift	R-T1*	-63	62.5 kg	57.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Rylee Kara	Minnesota State Raw Records	Bench press single lift	R-T2*	-63	62.5 kg	57.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Squat	R-T2*	-66	172.5 kg	165 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Squat	R-T3*	-66	172.5 kg	170 kg		<input type="checkbox"/>

01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Bench press	R-T2*	-66	112.5 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Deadlift	R-T2*	-66	210 kg	170 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Deadlift	R-T3*	-66	210 kg	182.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Sam Heino	Minnesota State Raw Records	Bench press single lift	R-T2*	-66	112.5 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Ellietta Phorn	Minnesota State Raw Records	Total	R-T1*	-57	245 kg	212.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Joe Merchlewitz	Minnesota State Raw Records	Total	R-T1*	-59	320 kg	317.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Ellietta Phorn	Minnesota State Raw Records	Squat	R-T1*	-57	105 kg	75 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Ellietta Phorn	Minnesota State Raw Records	Squat	R-T2*	-57	105 kg	97.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Ellietta Phorn	Minnesota State Raw Records	Squat	R-T3*	-57	105 kg	97.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Joe Merchlewitz	Minnesota State Raw Records	Squat	R-T1*	-59	112.5 kg	110 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Joe Merchlewitz	Minnesota State Raw Records	Deadlift	R-T1*	-59	142.5 kg	140.6 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Mitchell Corning	Minnesota State Raw Records	Bench press	R-T1*	-59	72.5 kg	70.3 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Mitchell Corning	Minnesota State Raw Records	Bench press single lift	R-T1*	-59	72.5 kg	70.3 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press	R-O*	-59	110 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press	R-T2*	-59	110 kg	102.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press	R-T3*	-59	110 kg	102.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press	R-JR*	-59	110 kg	102.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press single lift	R-O*	-59	110 kg	107.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press single lift	R-T2*	-59	110 kg	102.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press single lift	R-T3*	-59	110 kg	102.5 kg		<input type="checkbox"/>
01/18/2020	Minnesota State High School Championships	Minh Doan	Minnesota State Raw Records	Bench press single lift	R-JR*	-59	110 kg	102.5 kg		<input type="checkbox"/>