

Minnesota State Records set at the 2023 Minnesota Junior, Open and Master State Championships (2/11/2023)

MN-2023-02

02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Kristy Cannon</u>	Minnesota State Raw Records	Total	R-M1B* -75	362.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Kristy Cannon</u>	Minnesota State Raw Records	Squat	R-M1B* -75	137.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Kristy Cannon</u>	Minnesota State Raw Records	Deadlift	R-M1B* -75	152.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jeffrey Garten</u>	Minnesota State Raw Records	Bench press single lift	R-PB -100	107.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Total	R-M2B* -67.5	232.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Total	R-M3A* -67.5	232.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Tim Teragawa</u>	Minnesota State Raw Records	Total	R-M2B* -90	520 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Squat	R-M2B* -67.5	82.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Squat	R-M3A* -67.5	82.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Bench press	R-M3A* -67.5	47.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Tim Teragawa</u>	Minnesota State Raw Records	Bench press	R-M2B* -90	130 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Tim Teragawa</u>	Minnesota State Raw Records	Deadlift	R-M2B* -90	212.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jolene Fasching</u>	Minnesota State Raw Records	Bench press single lift	R-M3A* -67.5	47.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Don Szambelan</u>	Minnesota State Raw Records	Bench press single lift	R-M4A* -90	102.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Don Szambelan</u>	Minnesota State Raw Records	Bench press single lift	R-M4B* -90	102.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Tim Teragawa</u>	Minnesota State Raw Records	Bench press single lift	R-M2B* -90	130 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Bench press	M3b* -90	122.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Bench press single lift	M3b* -90	122.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M1a* -90	160 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M1b* -90	160 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M2a* -90	160 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M2b* -90	160 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M3a* -90	160 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Gary Grah</u>	Minnesota State Equipped Records	Deadlift single lift	M3b* -90	160 kg

02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Kristi Trussell</u>	Minnesota State Raw Records	Total	R-M1A* -60	345 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Scott Spencer</u>	Minnesota State Raw Records	Squat	R-M1A* -82.5	210 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Mark Cherry</u>	Minnesota State Raw Records	Total	R-M2A* -75	420 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Mark Cherry</u>	Minnesota State Raw Records	Squat	R-M2A* -75	145 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Mark Cherry</u>	Minnesota State Raw Records	Bench press	R-M1B* -75	95 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Mark Cherry</u>	Minnesota State Raw Records	Bench press	R-M2A* -75	95 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Mark Cherry</u>	Minnesota State Raw Records	Deadlift	R-M2A* -75	180 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Charleen Balcer Rowekamp</u>	Minnesota State Raw Records	Bench press single lift	R-M1A* -56	87.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Wilber Cartajena</u>	Minnesota State Raw Records	Deadlift	R-JR -67.5	245 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jordan Vang</u>	Minnesota State Raw Records	Total	R-JR -60	465 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jordan Vang</u>	Minnesota State Raw Records	Squat	R-JR -60	167.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jordan Vang</u>	Minnesota State Raw Records	Bench press	R-JR -60	125 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Jordan Vang</u>	Minnesota State Raw Records	Bench press single lift	R-JR -60	125 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Alfredo Ortega</u>	Minnesota State Raw Records	Total	R-JR -140	597.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Total	R-M2A* -140	665 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Alfredo Ortega</u>	Minnesota State Raw Records	Squat	R-JR -140	185 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Squat	R-M1A* -140	275 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Squat	R-M1B* -140	275 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Squat	R-M2A* -140	275 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Bench press	R-M2A* -140	135 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Alfredo Ortega</u>	Minnesota State Raw Records	Deadlift	R-JR -140	262.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Deadlift	R-M2A* -140	255 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Alfredo Ortega</u>	Minnesota State Raw Records	Bench press single lift	R-JR -140	150 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Blake Hanson</u>	Minnesota State Raw Records	Bench press single lift	R-M2A* -140	135 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Rachel Stark</u>	Minnesota State Raw Records	Total	R-O -100	512.5 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Rachel Stark</u>	Minnesota State Raw Records	Squat	R-O -100	190 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Rachel Stark</u>	Minnesota State Raw Records	Deadlift	R-O -100	210 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Todd Hale</u>	Minnesota State Raw Records	Total	R-M1A* -125	795 kg
02/11/2023	<u>Minnesota Junior, Open and Master State Championships</u>	<u>Todd Hale</u>	Minnesota State Raw Records	Total	R-M1B* -125	795 kg

02/11/2023	Minnesota Junior, Open and Master State Championships	David Ross	Minnesota State Raw Records	Total	R-M3B* -125	437.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Connie Geiger	Minnesota State Raw Records	Squat	R-M2B* -90	115 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Connie Geiger	Minnesota State Raw Records	Squat	R-M3A* -90	115 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Connie Geiger	Minnesota State Raw Records	Bench press	R-M2B* -90	57.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Connie Geiger	Minnesota State Raw Records	Bench press	R-M3A* -90	57.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Todd Hale	Minnesota State Raw Records	Bench press	R-M1A* -125	195 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Todd Hale	Minnesota State Raw Records	Bench press	R-M1B* -125	195 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Trevor Keller	Minnesota State Raw Records	Bench press	R-M2A* -125	162.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	David Ross	Minnesota State Raw Records	Bench press	R-M3B* -125	150 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Todd Hale	Minnesota State Raw Records	Deadlift	R-M1A* -125	327.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Todd Hale	Minnesota State Raw Records	Deadlift	R-M1B* -125	327.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	David Ross	Minnesota State Raw Records	Deadlift	R-M3B* -125	182.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Ryan Findell	Minnesota State Raw Records	Deadlift	R-O 140+	300 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Nathan Rosa	Minnesota State Raw Records	Bench press single lift	R-M1A* -125	195 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Nathan Rosa	Minnesota State Raw Records	Bench press single lift	R-M1B* -125	195 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Connie Geiger	Minnesota State Raw Records	Bench press single lift	R-M3A* -90	57.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	David Ross	Minnesota State Raw Records	Bench press single lift	R-M3B* -125	150 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Total	R-M1B* 100+	355 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Total	R-M2A* 100+	355 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Squat	R-M1B* 100+	122.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Squat	R-M2A* 100+	122.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Carrie Varco	Minnesota State Raw Records	Bench press	R-M1A* 100+	100 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Deadlift	R-M1B* 100+	155 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Tracy Cogan	Minnesota State Raw Records	Bench press single lift	R-M2A* 100+	77.5 kg
02/11/2023	Minnesota Junior, Open and Master State Championships	Jason Hirdler	Minnesota State Equipped Records	Bench press single lift	M2b* -110	192.5 kg