

HERCULES GYM HISTORICAL MEET RANKINGS
EQUIPPED

114 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

123 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	520		Daryl Johnson (5/2/92) 11/18/17 123.2

123 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	300		Daryl Johnson (5/2/92) 11/18/17 123.2

123 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	425		Daryl Johnson (5/2/92) 11/18/17 123.2

123 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1245		Daryl Johnson (5/2/92) 11/18/17 123.2

132 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	325		Evan Salmonsens (8/14/99) 6/3/2017 132.0

132 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	160		Evan Salmonsens (8/14/99) 6/3/2017 132.0

132 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	325		Evan Salmonsens (8/14/99) 6/3/2017 132.0

132 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	810		Evan Salmonsens (8/14/99) 6/3/2017 132.0

148 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	465		Louis Imperatrice //11/05/2016/ 144.4

148 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	350		Louis Imperatrice //11/05/2016/ 144.4

148 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	400		Louis Imperatrice //11/05/2016/ 144.4

148 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1215		Louis Imperatrice //11/05/2016/ 144.4

165 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	285		Victor Urena (12/5/86) 11/18/17 161.2

165 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	210		Victor Urena (12/5/86) 11/18/17 161.2

165 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	325		Victor Urena (12/5/86) 11/18/17 161.2

165 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	820		Victor Urena (12/5/86) 11/18/17 161.2

181 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	665		Johnnathan Royster () 2/18/2017 180.2
2.	385		Coleton Sereno (7/13/98) 6/3/2017 179.0

181 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	405		Johnnathan Royster () 2/18/2017 180.2
2.	295		Coleton Sereno (7/13/98) 6/3/2017 179.0

181 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	530		Johnnathan Royster () 2/18/2017 180.2
2.	465		Coleton Sereno (7/13/98) 6/3/2017 179.0

181 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1600		Johnnathan Royster () 2/18/2017 180.2
2.	1145		Coleton Sereno (7/13/98) 6/3/2017 179.0

198 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	700		Mark Van Alstyne () 11/21/2015 195.6

198 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	480		Mark Van Alstyne () 6/18/2016 194.4

198 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	500		Mark Van Alstyne () 11/21/2015 195.6

198 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1650		Mark Van Alstyne () 11/21/2015 195.6

220 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	700		Steven Rizzo (3/16/90) 11/18/17 216.6

220 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	515		Steven Rizzo (3/16/90) 11/18/17 216.6
2.	300		Pete Diaz () 2/18/2017 216.8
3.	300		Jeffrey Cuyler (11/26/99) 6/3/2017 215.4

220 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	620		Steven Rizzo (3/16/90) 11/18/17 216.6
2.	450		Pete Diaz () 2/18/2017 216.8

220 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1835		Steven Rizzo (3/16/90) 11/18/17 216.6

242 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	705		Dan Zahno (1/14/75) 6/3/2017 235.2
2.	700		Bobby Fields () 2/18/2017 232.4
3.	605		Eric Winter (5/15/72) 8/26/2017 238.2

242 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	675		Patrick Fraccola () 6/18/2016 241.2
2.	610		Mark Chieco () 6/18/2016 239.2
3.	600		Eric Winter (5/15/72) 8/26/2017 238.2
4.	535		Dave Kingwater () 6/20/2015
5.	525		Bobby Fields () 2/18/2017 232.4
6.	480		Darrell Sterling (6/8/65) 8/26/2017 237.0
7.	465		Dan Zahno (1/14/75) 6/3/2017 235.2

242 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	605		Bobby Fields () 2/18/2017 232.4
2.	570		Eric Winter (5/15/72) 8/26/2017 238.2
3.	530		Dan Zahno (1/14/75) 6/3/2017 235.2

242 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1830		Bobby Fields () 2/18/2017 232.4
2.	1775		Eric Winter (5/15/72) 8/26/2017 238.2
3.	1700		Dan Zahno (1/14/75) 6/3/2017 235.2

275 Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1125		Bob Merkh (1/14/84) 8/26/2017 267.2

275 Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	825		Jim Phraner () 7/16/2016 269.6
2.	760		Bob Merkh (1/14/84) 8/26/2017 267.2
3.	600		Dave Kingwater () 7/16/2016 261.6
4.	525		Kevin Johnson () 7/16/2016 273.6

275 Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	725		Bob Merkh () 11/05/2016 270.6

275 Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	2605		Bob Merkh (1/14/84) 8/26/2017 267.2

308 Pound Men's --- Squat

Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 905		Bill Fritz (11/1/88) 8/26/2017 291.6
2. 735		Fred Seeburger () 6/20/2015
3. 700		Joe Stein () 6/20/2015

308 Pound Men's --- Bench Press

Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 645		Bill Fritz (11/1/88) 8/26/2017 291.6
2. 540		Art Dispenza () 2/18/2017 299.0
3. 430		Fred Seeburger () 6/20/2015
4. 405		Joe Stein () 6/20/2015

308 Pound Men's --- Deadlift

Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 700		Bill Fritz (11/1/88) 8/26/2017 291.6
2. 500		Joe Stein () 6/20/2015
3. 450		Fred Seeburger () 6/20/2015

308 Pound Men's --- Total

Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 2250		Bill Fritz (11/1/88) 8/26/2017 291.6
2. 1615		Fred Seeburger () 6/20/2015
3. 1605		Joe Stein () 6/20/2015

SHW Pound Men's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	970		Matt Magnavita (11/15/96) 8/26/2017
2.	805		Joe Stein () 11/21/2015 294.4

SHW Pound Men's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	700		Matt Magnavita (11/15/96) 8/26/2017
2.	525		Joe Stein () 11/21/2015 294.4

SHW Pound Men's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	585		Joe Stein () 11/21/2015 294.4
2.	475		Matt Magnavita (11/15/96) 8/26/2017

SHW Pound Men's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	2145		Matt Magnavita (11/15/96) 8/26/2017
2.	1915		Joe Stein () 11/21/2015 294.4

WOMEN'S RANKINGS

97 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

97 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

97 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

97 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

105 Pound Women's --- Squat

1. **Squat** **X- BW** **Lifter/YOB/Date lifted/Exact BW**

105 Pound Women's --- Bench Press

1. **Bench** **X- BW** **Lifter/YOB/Date lifted/Exact BW**

105 Pound Women's --- Deadlift

1. **Deadlift** **X- BW** **Lifter/YOB/Date lifted/Exact BW**

105 Pound Women's --- Total

1. **Total** **X- BW** **Lifter/YOB/Date lifted/Exact BW**

114 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

114 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

123 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	365		Janet Faraone () 122.4 10/21/2017

123 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	310		Janet Faraone () 2/18/2017 121.6

123 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	405		Janet Faraone () 2/18/2017 121.6

123 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1045		Janet Faraone () 122.4 10/21/2017

132 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	580		Heidi Howar () 10/21/2017 130.6
2.	470		Jessica Kline (1/23/90) 6/3/2017 130.8
3.	420		Candace Kucsulain () 10/21/2017 129.0

132 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	395		Heidi Howar () 10/21/2017 130.6
2.	255		Candace Kucsulain () 10/21/2017 129.0
3.	225		Jessica Kline (1/23/90) 6/3/2017 130.8

132 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	520		Heidi Howar () 10/21/2017 130.6
2.	410		Candace Kucsulain () 10/21/2017 129.0
3.	395		Jessica Kline (1/23/90) 6/3/2017 130.8

132 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1495		Heidi Howar () 10/21/2017 130.6
2.	1090		Jessica Kline (1/23/90) 6/3/2017 130.8
3.	1085		Candace Kucsulain () 10/21/2017 129.0

148 Pound Women's --- Squat

Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 540		Chanel Nolet () 10/21/2017 146.6
2. 525		Karen Johnson () 10/21/2017 144.2
3. 240		Ceris Christopher () 10/21/2017 146.0

148 Pound Women's --- Bench Press

Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 300		Chanel Nolet () 10/21/2017 146.6
2. 240		Karen Johnson () 10/21/2017 144.2
3. 115		Ceris Christopher () 10/21/2017 146.0

148 Pound Women's --- Deadlift

Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 410		Karen Johnson () 10/21/2017 144.2
2. 400		Chanel Nolet () 10/21/2017 146.6
3. 235		Ceris Christopher () 10/21/2017 146.0

148 Pound Women's --- Total

Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1. 1240		Chanel Nolet () 10/21/2017 146.6
2. 1175		Karen Johnson () 10/21/2017 144.2
3. 590		Ceris Christopher () 10/21/2017 146.0

165 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	550		Patti Lee Ruscin () 10/21/2017 163.2
2.	550		Valerie King () 10/21/2017 164.8
3.	470		Amy Weisberger () 10/21/2017 162.6

165 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	305		Valerie King () 10/21/2017 164.8
2.	285		Amy Weisberger () 10/21/2017 162.6
3.	285		Patti Lee Ruscin () 10/21/2017 163.2

165 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	500		Patti Lee Ruscin () 10/21/2017 163.2
2.	415		Amy Weisberger () 10/21/2017 162.6
3.	415		Valerie King () 10/21/2017 164.8

165 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1335		Patti Lee Ruscin () 10/21/2017 163.2
2.	1270		Valerie King () 10/21/2017 164.8
3.	1170		Amy Weisberger () 10/21/2017 162.6

181 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	615		Katey Brent () 10/21/2017 179.8
2.	425		Jacqueline Houseman () 10/21/2017 176.4

181 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	350		Katey Brent () 10/21/2017 179.8
2.	205		Jacqueline Houseman () 10/21/2017 176.4

181 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	480		Katey Brent () 10/21/2017 179.8
2.	340		Jacqueline Houseman () 10/21/2017 176.4

181 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	1445		Katey Brent () 10/21/2017 179.8
2.	970		Jacqueline Houseman () 10/21/2017 176.4

198 Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

198 Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

198 Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

198 Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

SHW Pound Women's --- Squat

	Squat	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

SHW Pound Women's --- Bench Press

	Bench	X- BW	Lifter/YOB/Date lifted/Exact BW
1.	505		Rae-Ann Caughlin Miller () 2/18/2017 221.8

SHW Pound Women's --- Deadlift

	Deadlift	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			

SHW Pound Women's --- Total

	Total	X- BW	Lifter/YOB/Date lifted/Exact BW
1.			