

**HERCULES GYM HISTORICAL MEET RANKINGS**  
**EQUIPPED**

**114 Pound Men's --- Squat**

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

**114 Pound Men's --- Bench Press**

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

**114 Pound Men's --- Deadlift**

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

**114 Pound Men's --- Total**

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

**123 Pound Men's --- Squat**

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

**123 Pound Men's --- Bench Press**

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

**123 Pound Men's --- Deadlift**

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

**123 Pound Men's --- Total**

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

**132 Pound Men's --- Squat**

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

**132 Pound Men's --- Bench Press**

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

**132 Pound Men's --- Deadlift**

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

**132 Pound Men's --- Total**

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

**148 Pound Men's --- Squat**

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

**148 Pound Men's --- Bench Press**

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

**148 Pound Men's --- Deadlift**

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

**148 Pound Men's --- Total**

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

**165 Pound Men's --- Squat**

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

**165 Pound Men's --- Bench Press**

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

**165 Pound Men's --- Deadlift**

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

**165 Pound Men's --- Total**

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

### **181 Pound Men's --- Squat**

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	405		Johnnathan Royster ( ) 2/18/2017 180.2
2.	295		Coleton Sereno (7/13/98) 6/3/2017 179.0
3.	280		Hunter Donhauser (5/19/2000) 2/3/2018 181.0

### **181 Pound Men's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

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

**198 Pound Men's --- Bench Press**

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

**198 Pound Men's --- Deadlift**

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

**198 Pound Men's --- Total**

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

### **220 Pound Men's --- Squat**

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

### **220 Pound Men's --- Bench Press**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

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



### 242 Pound Men's --- Squat

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

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

### 275 Pound Men's --- Bench Press

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

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

### 275 Pound Men's --- Total

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

### **308 Pound Men's --- Squat**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

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

### SHW Pound Men's --- Deadlift

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

### SHW Pound Men's --- Total

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

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

### **97 Pound Women's --- Bench Press**

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

### **97 Pound Women's --- Deadlift**

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

### **97 Pound Women's --- Total**

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

**105 Pound Women's --- Squat**

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

**105 Pound Women's --- Bench Press**

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

**105 Pound Women's --- Deadlift**

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

**105 Pound Women's --- Total**

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

**114 Pound Women's --- Squat**

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

**114 Pound Women's --- Bench Press**

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

**114 Pound Women's --- Deadlift**

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

**114 Pound Women's --- Total**

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

**123 Pound Women's --- Squat**

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

**123 Pound Women's --- Bench Press**

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

**123 Pound Women's --- Deadlift**

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

**123 Pound Women's --- Total**

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



### **132 Pound Women's --- Squat**

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
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**

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

### **181 Pound Women's --- Bench Press**

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

### **181 Pound Women's --- Deadlift**

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

### **181 Pound Women's --- Total**

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

**198 Pound Women's --- Squat**

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

**198 Pound Women's --- Bench Press**

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

**198 Pound Women's --- Deadlift**

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

**198 Pound Women's --- Total**

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

**SHW Pound Women's --- Squat**

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

**SHW Pound Women's --- Bench Press**

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

**SHW Pound Women's --- Deadlift**

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

**SHW Pound Women's --- Total**

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