

**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.			

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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.			

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

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

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

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

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

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

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

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

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

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

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

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

**181 Pound Men's --- Total**

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

**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.			

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

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

**220 Pound Men's --- Deadlift**

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

**220 Pound Men's --- Total**

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



**242 Pound Men's --- Squat**

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

**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.	535		Dave Kingwater ( ) 6/20/2015
4.	470		Darrell Sterling ( ) 11/5/2016 235.0

**242 Pound Men's --- Deadlift**

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

**242 Pound Men's --- Total**

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

### 275 Pound Men's --- Squat

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	955		Bob Merkh ( ) 7/16/2016 273.2

### 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.	725		Bob Merkh ( ) 7/16/2016 273.2
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.	2380		Bob Merkh ( ) 7/16/2016 273.2

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

<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1. 735		Fred Seeburger ( ) 6/20/2015
2. 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. 430		Fred Seeburger ( ) 6/20/2015
2. 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. 500		Joe Stein ( ) 6/20/2015
2. 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. 1615		Fred Seeburger ( ) 6/20/2015
2. 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.	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.	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

**SHW Pound Men's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	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.	180		Jennifer Piazza ( ) 6/20/2015 123
2.	140		Sonja Fries ( ) 6/20/2015 123

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

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	115		Sonja Fries ( ) 6/20/2015 123
2.	110		Jennifer Piazza ( ) 6/20/2015 123

### 123 Pound Women's --- Deadlift

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	225		Jennifer Piazza ( ) 6/20/2015 123
2.	220		Sonja Fries ( ) 6/20/2015 123

### 123 Pound Women's --- Total

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	515		Jennifer Piazza ( ) 6/20/2015 123
2.	475		Sonja Fries ( ) 6/20/2015 123



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

	<b>Squat</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	235		Chrissy Cimino ( ) 6/20/2015 132

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

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	125		Chrissy Cimino ( ) 6/20/2015 132

**132 Pound Women's --- Deadlift**

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	255		Chrissy Cimino ( ) 6/20/2015 132

**132 Pound Women's --- Total**

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	615		Chrissy Cimino ( ) 6/20/2015 132

**148 Pound Women's --- Squat**

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

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

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

**148 Pound Women's --- Deadlift**

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

**148 Pound Women's --- Total**

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

**165 Pound Women's --- Squat**

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

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

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

**165 Pound Women's --- Deadlift**

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

**165 Pound Women's --- Total**

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

**181 Pound Women's --- Squat**

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

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

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

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

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

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

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

**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.	330		Carrie Tolerico ( ) 6/20/15

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

	<b>Bench</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	150		Carrie Tolerico ( ) 6/20/15

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

	<b>Deadlift</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	290		Carrie Tolerico ( ) 6/20/15

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

	<b>Total</b>	<b>X- BW</b>	<b>Lifter/YOB/Date lifted/Exact BW</b>
1.	770		Carrie Tolerico ( ) 6/20/15