



# ***MENS PROVINCIAL EQUIPPED RECORDS***



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Welcome to the Saskatchewan Powerlifting Association's provincial records document! This collection is a comprehensive compilation of the outstanding achievements of powerlifters in our province. It serves as a testament to the dedication, hard work, and exceptional strength of our athletes.

Within these pages, you will find records organized by weight class and lift category, highlighting the best performances in each division. This document is designed to be a reference for athletes, coaches, and fans who are passionate about the sport of powerlifting. Our aim is to celebrate the accomplishments of our community and inspire others to reach new heights.

We have made every effort to ensure the accuracy of the records listed here. However, if you notice any discrepancies or errors, we encourage you to reach out to us at [records@saskpowerlifting.ca](mailto:records@saskpowerlifting.ca). Your feedback is invaluable in maintaining the integrity and accuracy of this document.

Divisions list below:

- Open
- Sub-Junior
- Junior
- Master 1
- Master 2
- Master 3
- Master 4

If you would like to request a copy of your provincial record, please fill out this form with all the required information.

Request form - <https://forms.gle/rzrGMSD9whwreqT7>

Thank you to all the lifters who contribute to the ever-evolving story of powerlifting in our province. Keep lifting, keep striving, and most importantly, keep inspiring!

Daniel Heintz  
Records Chair  
Saskatchewan Powerlifting Association  
August 1st, 2024



## Open Provincial Records

<b>59 KG</b>	SQUAT	157.5 kg	Alvin Chou	CPU Westerns	Regina, SK. CAN	29-Jul-2017
	BENCH PRESS	128.0 kg	Alvin Chou	CPU Westerns	Regina, SK. CAN	29-Jul-2017
	DEADLIFT	192.5 kg	Alvin Chou	CPU Westerns	Regina, SK. CAN	29-Jul-2017
	TOTAL	475.5 kg	Alvin Chou	CPU Westerns	Regina, SK. CAN	29-Jul-2017
	BENCH-ONLY	128.0 kg	Alvin Chou	CPU Westerns	Regina, SK. CAN	29-Jul-2017
<b>66 KG</b>	SQUAT	265.0 kg	Carter Balaberda	CPU Nationals	Charlottetown, PEI. CAN	30-Mar-2011
	BENCH PRESS	140.0 kg	Kent Brown	Commonwealths	Vancouver, BC. CAN	3-Dec-2015
	DEADLIFT	237.5 kg	Stephen Price	CPU Nationals	Regina, SK. CAN	19-Feb-2016
	TOTAL	612.5 kg	Stephen Price	CPU Nationals	Regina, SK. CAN	19-Feb-2016
	BENCH-ONLY	140.0 kg	Kent Brown	Commonwealths	Vancouver, BC. CAN	3-Dec-2015
<b>74 KG</b>	SQUAT	256.0 kg	Cameron Preymack	Synergy Open	Saskatoon, SK. CAN	7-Apr-2022
	BENCH PRESS	192.5 kg	Connor Lutz	CPU Nationals	Calgary, AB. CAN	23-Feb-2018
	DEADLIFT	280.0 kg	Connor Lutz	CPU Nationals	Calgary, AB. CAN	23-Feb-2018
	TOTAL	722.5 kg	Connor Lutz	CPU Nationals	Calgary, AB. CAN	23-Feb-2018
	BENCH-ONLY	192.5 kg	Connor Lutz	CPU Nationals	Calgary, AB. CAN	23-Feb-2018
<b>83 KG</b>	SQUAT	330.0 kg	Noah Villard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH PRESS	215.0 kg	Noah Villard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	DEADLIFT	285.0 kg	Timothy Zelensky	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	TOTAL	815.0 kg	Noah Villard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH-ONLY	215.0 kg	Noah Villard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
<b>93 KG</b>	SQUAT	335.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	235.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	301.0 kg	Neil Tkatchuk	SPA P rovincials	Saskatoon, SK. CAN	26-Oct-2019
	TOTAL	850.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	235.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
<b>105 KG</b>	SQUAT	325.0 kg	Steve Wiseman	CPU Nationals	Edmonton, AB. CAN	10-Apr-2012
	BENCH PRESS	240.0 kg	Steve Wiseman	CPU Nationals	Edmonton, AB. CAN	10-Apr-2012
	DEADLIFT	317.5 kg	Gage Bush	CPU Nationals	Saguenay, QU. CAN	18-Mar-2017
	TOTAL	855.0 kg	Steve Wiseman	CPU Nationals	Edmonton, AB. CAN	10-Apr-2012
	BENCH-ONLY	240.0 kg	Steve Wiseman	CPU Nationals	Edmonton, AB. CAN	10-Apr-2012
<b>120 KG</b>	SQUAT	330.0 kg	Lucas Tetreault	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH PRESS	232.5 kg	Ryan Stinn	CPU Nationals	Charlottetown, PEI. CAN	2-Apr-2011
	DEADLIFT	325.0 kg	Ryan Kawchuck	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	TOTAL	835.0 kg	Lucas Tetreault	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH-ONLY	232.5 kg	Ryan Stinn	CPU Nationals	Charlottetown, PEI. CAN	2-Apr-2011
<b>+120 KG</b>	SQUAT	405.0 kg	Ryan Stinn	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH PRESS	330.0 kg	Ryan Stinn	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	DEADLIFT	338.0 kg	Ryan Stinn	CPU Nationals	St. Johns, NL. CAN	11-Apr-2015
	TOTAL	1067.5 kg	Ryan Stinn	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH-ONLY	330.0 kg	Ryan Stinn	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020

## Sub-Junior Provincial Records

<b>53 KG</b>	SQUAT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH PRESS	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	DEADLIFT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	TOTAL	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH-ONLY	0.0 kg	<b>NO RECORD SET</b>	-	-	-

<b>59 KG</b>	SQUAT	115.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH PRESS	90.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	DEADLIFT	185.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	TOTAL	390.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH-ONLY	90.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016

<b>66 KG</b>	SQUAT	145.0 kg	Mckay Brown	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH PRESS	87.5 kg	Cameron Black	Trench Open	Regina, SK. CAN	13-Sep-2014
	DEADLIFT	180.0 kg	Troy Preymack	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	TOTAL	377.5 kg	Troy Preymack	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH-ONLY	87.5 kg	Cameron Black	Trench Open	Regina, SK. CAN	13-Sep-2014

<b>74 KG</b>	SQUAT	185.0 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	BENCH PRESS	145.5 kg	Dimitri Hadjistavropoulos	CPU Westerns	Winnipeg, MB. CAN	9-Sep-2017
	DEADLIFT	227.5 kg	Dimitri Hadjistavropoulos	CPU Westerns	Winnipeg, MB. CAN	9-Sep-2017
	TOTAL	548.0 kg	Dimitri Hadjistavropoulos	CPU Westerns	Winnipeg, MB. CAN	9-Sep-2017
	BENCH-ONLY	145.5 kg	Dimitri Hadjistavropoulos	CPU Westerns	-	9-Sep-2017

<b>83 KG</b>	SQUAT	222.5 kg	Jean-Luc Fafard	SPA Provincials	Moose Jaw, SK. CAN	11-Dec-2021
	BENCH PRESS	132.5 kg	Jean-Luc Fafard	SPA Provincials	Moose Jaw, SK. CAN	11-Dec-2021
	DEADLIFT	250.0 kg	Shay Trakalo	Northern Sask Open	Martensville, SK. CAN	13-Jul-2019
	TOTAL	585.0 kg	Jean-Luc Fafard	SPA Provincials	Moose Jaw, SK. CAN	11-Dec-2021
	BENCH-ONLY	145.0 kg	Dimitri Hadjistavropoulos	SPA Provincials	Regina, SK. CAN	27-Aug-2017

<b>93 KG</b>	SQUAT	212.5 kg	Frederick Engelbrecht	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH PRESS	135.5 kg	Adam Deibert	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	DEADLIFT	235.0 kg	Adam Deibert	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	TOTAL	557.5 kg	Adam Deibert	CPU Nationals	Calgary, AB. CAN	20-Feb-2018
	BENCH-ONLY	135.5 kg	Adam Deibert	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017

<b>105 KG</b>	SQUAT	275.5 kg	Paul Farbacher	Commonwealths	Vancouver, BC. CAN	3-Dec-2014
	BENCH PRESS	175.0 kg	Paul Farbacher	Commonwealths	Vancouver, BC. CAN	3-Dec-2014
	DEADLIFT	272.5 kg	Paul Farbacher	Commonwealths	Vancouver, BC. CAN	3-Dec-2014
	TOTAL	720.5 kg	Paul Farbacher	Commonwealths	Vancouver, BC. CAN	3-Dec-2014
	BENCH-ONLY	175.0 kg	Paul Farbacher	Commonwealths	Vancouver, BC. CAN	3-Dec-2014

<b>120 KG</b>	SQUAT	217.5 kg	Issac Klein	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	BENCH PRESS	142.5 kg	Issac Klein	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	DEADLIFT	235.0 kg	Issac Klein	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	TOTAL	595.0 kg	Issac Klein	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	BENCH-ONLY	142.5 kg	Issac Klein	Rise Open	Saskatoon, SK. CAN	12-Jan-2019

<b>+120 KG</b>	SQUAT	200.0 kg	Edwin Halkett	Synergy Open	Saskatoon, SK. CAN	20-Apr-2019
	BENCH PRESS	127.5 kg	Montana Fehr	War of the West	Regina, SK. CAN	20-May-2017
	DEADLIFT	212.5 kg	Edwin Halkett	Synergy Open	Saskatoon, SK. CAN	6-Sep-2019
	TOTAL	510.0 kg	Edwin Halkett	Synergy Open	Saskatoon, SK. CAN	6-Sep-2019
	BENCH-ONLY	127.5 kg	Montana Fehr	War of the West	Regina, SK. CAN	20-May-2017



## Junior Provincial Records

### 53 KG

SQUAT	0.0 kg	NO RECORD SET	-	-	-
BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
TOTAL	0.0 kg	NO RECORD SET	-	-	-
BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

### 59 KG

SQUAT	145.0 kg	Albert Wong	Rise Open	Saskatoon, SK. CAN	20-Jan-2018
BENCH PRESS	90.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
DEADLIFT	177.5 kg	Albert Wong	Rise Open	Saskatoon, SK. CAN	20-Jan-2018
TOTAL	395.0 kg	Albert Wong	Rise Open	Saskatoon, SK. CAN	20-Jan-2018
BENCH-ONLY	90.0 kg	Aaron Lemoal	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016

### 66 KG

SQUAT	193.5 kg	Steve Price	SPA Provincials	Regina, SK. CAN	13-Sep-2014
BENCH PRESS	140.0 kg	Jalen Nelson	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
DEADLIFT	232.5 kg	Cameron Preymack	CPU Nationals	St. Johns, NL. CAN	8-Apr-2018
TOTAL	555.0 kg	Cameron Preymack	NAPFs	Moose Jaw, SK. CAN	9-Jul-2015
BENCH-ONLY	140.0 kg	Jalen Nelson	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021

### 74 KG

SQUAT	255.5 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
BENCH PRESS	187.5 kg	Noah Villard	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
DEADLIFT	265.5 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
TOTAL	665.0 kg	Noah Villard	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
BENCH-ONLY	187.5 kg	Noah Villard	Rise Open	Saskatoon, SK. CAN	18-Jan-2020

### 83 KG

SQUAT	300.0 kg	Noah Villard	CPU Westerns	Calgary, AB. CAN	24-Sep-2022
BENCH PRESS	205.5 kg	Noah Villard	CPU Westerns	Calgary, AB. CAN	24-Sep-2022
DEADLIFT	285.0 kg	Timothy Zelensky	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
TOTAL	760.5 kg	Noah Villard	CPU Westerns	Calgary, AB. CAN	24-Sep-2022
BENCH-ONLY	205.5 kg	Noah Villard	CPU Westerns	Calgary, AB. CAN	24-Sep-2022

### 93 KG

SQUAT	296.0 kg	Dylan Moldovan	War of the West	Regina, SK. CAN	19-May-2018
BENCH PRESS	217.5 kg	Tanner Lepage	IPF Worlds	Potchefstroom, South Africa	6-Sep-2018
DEADLIFT	290.0 kg	Dylan Moldovan	IPF Worlds	Potchefstroom, South Africa	6-Sep-2018
TOTAL	770.0 kg	Dylan Moldovan	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
BENCH-ONLY	217.5 kg	Tanner Lepage	IPF Worlds	Potchefstroom, South Africa	6-Sep-2018

### 105 KG

SQUAT	283.0 kg	Austen Zentner	SPA Provincials	Regina, SK. CAN	26-Aug-2018
BENCH PRESS	197.5 kg	Tanner Lepage	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
DEADLIFT	298.0 kg	Russell Agnew	NAPFs	Moose Jaw, SK. CAN	11-Jul-2015
TOTAL	723.5 kg	Paul Farbacher	CPU Nationals	Regina, SK. CAN	20-Feb-2016
BENCH-ONLY	197.5 kg	Tanner Lepage	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016

### 120 KG

SQUAT	295.0 kg	Tanner Lepage	SPA Provincials	Regina, SK. CAN	26-Aug-2017
BENCH PRESS	200.0 kg	Tanner Lepage	SPA Provincials	Regina, SK. CAN	26-Aug-2017
DEADLIFT	275.0 kg	Russell Agnew	Last Chance	Moose Jaw, SK. CAN	19-Dec-2015
TOTAL	732.5 kg	Tanner Lepage	SPA Provincials	Regina, SK. CAN	26-Aug-2017
BENCH-ONLY	200.0 kg	Tanner Lepage	SPA Provincials	Regina, SK. CAN	26-Aug-2017

### +120 KG

SQUAT	270.0 kg	Carson Parago	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
BENCH PRESS	167.5 kg	Evan Shaskin	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
DEADLIFT	290.5 kg	Evan Shaskin	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
TOTAL	708.0 kg	Evan Shaskin	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
BENCH-ONLY	167.5 kg	Evan Shaskin	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016

## M1 Provincial Records

<b>59 KG</b>	SQUAT	78.0 kg	Randy Lunzy	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	BENCH PRESS	67.5 kg	Randy Lunzy	Last Chance	Regina, SK. CAN	12-Dec-2011
	DEADLIFT	105.0 kg	Randy Lunzy	SPA Provincials	Regina, SK. CAN	13-Sep-2014
	TOTAL	245.0 kg	Randy Lunzy	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	BENCH-ONLY	67.5 kg	Randy Lunzy	Last Chance	Regina, SK. CAN	12-Dec-2011
<b>66 KG</b>	SQUAT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH PRESS	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	DEADLIFT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	TOTAL	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH-ONLY	0.0 kg	<b>NO RECORD SET</b>	-	-	-
<b>74 KG</b>	SQUAT	185.0 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	BENCH PRESS	120.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
	DEADLIFT	205.0 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	TOTAL	497.5 kg	Brett Zoerb	CPU Nationals	Regina, SK. CAN	19-Feb-2016
	BENCH-ONLY	150.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
<b>83 KG</b>	SQUAT	212.5 kg	Jared Janis	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH PRESS	137.5 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	DEADLIFT	240.0 kg	Jeff Rollin	SPA Provincials	Saskatoon, SK. CAN	30-Sep-2018
	TOTAL	575.0 kg	Jeff Rollin	SPA Provincials	Saskatoon, SK. CAN	30-Sep-2018
	BENCH-ONLY	140.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
<b>93 KG</b>	SQUAT	335.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	235.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	301.0 kg	Neil Tkatchuk	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2019
	TOTAL	850.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	235.0 kg	Aaron Ziffle	CPU Nationals	St. Johns, NL. CAN	9-May-2022
<b>105 KG</b>	SQUAT	262.5 kg	Dan Milo	CPU Westerns	Saskatoon, SK. CAN	8-Sep-2019
	BENCH PRESS	175.0 kg	Steve Wiseman	Crossfit 306 Open	Saskatoon, SK. CAN	21-Feb-2015
	DEADLIFT	282.5 kg	Dan Milo	Last Chance	Moose Jaw, SK. CAN	22-Dec-2018
	TOTAL	677.5 kg	Rob Lepine	CPU Westerns	Winnipeg, MB. CAN	3-Mar-2020
	BENCH-ONLY	175.0 kg	Steve Wiseman	Crossfit 306 Open	Saskatoon, SK. CAN	21-Feb-2015
<b>120 KG</b>	SQUAT	295.0 kg	Collin Pullar	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH PRESS	207.5 kg	Collin Pullar	IPF Worlds	Minsk, Belarus	17-Jun-2017
	DEADLIFT	292.5 kg	Collin Pullar	IPF Worlds	Minsk, Belarus	17-Jun-2017
	TOTAL	782.5 kg	Collin Pullar	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH-ONLY	207.5 kg	Collin Pullar	IPF Worlds	Minsk, Belarus	17-Jun-2017
<b>+120 KG</b>	SQUAT	390.0 kg	Ryan Stinn	IPF Masters Worlds	St. Johns, NL. CAN	8-Oct-2022
	BENCH PRESS	275.0 kg	Ryan Stinn	IPF Masters Worlds	St. Johns, NL. CAN	8-Oct-2022
	DEADLIFT	315.0 kg	Alan Block	CPU Nationals	Charlottetown, PEI. CAN	2-Apr-2011
	TOTAL	965.0 kg	Ryan Stinn	IPF Masters Worlds	St. Johns, NL. CAN	8-Oct-2022
	BENCH-ONLY	275.0 kg	Ryan Stinn	IPF Masters Worlds	St. Johns, NL. CAN	8-Oct-2022

## M2 Provincial Records

<b>59 KG</b>	SQUAT	78.0 kg	<b>Randy Lunzy</b>	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	BENCH PRESS	67.5 kg	<b>Randy Lunzy</b>	Last Chance	Regina, SK. CAN	12-Dec-2011
	DEADLIFT	105.0 kg	<b>Randy Lunzy</b>	SPA Provincials	Regina, SK. CAN	13-Sep-2014
	TOTAL	245.0 kg	<b>Randy Lunzy</b>	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	BENCH-ONLY	67.5 kg	<b>Randy Lunzy</b>	Last Chance	Regina, SK. CAN	12-Dec-2011
<b>66 KG</b>	SQUAT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH PRESS	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	DEADLIFT	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	TOTAL	0.0 kg	<b>NO RECORD SET</b>	-	-	-
	BENCH-ONLY	0.0 kg	<b>NO RECORD SET</b>	-	-	-
<b>74 KG</b>	SQUAT	185.0 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	BENCH PRESS	120.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
	DEADLIFT	205.0 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	TOTAL	497.5 kg	Brett Zoerb	CPU Nationals	Regina, SK. CAN	19-Feb-2016
	BENCH-ONLY	150.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
<b>83 KG</b>	SQUAT	193.5 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH PRESS	137.5 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	DEADLIFT	213.0 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	TOTAL	526.5 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH-ONLY	150.0 kg	Brian Desjarlais	Last Chance	Moose Jaw, SK. CAN	10-Dec-2016
<b>93 KG</b>	SQUAT	257.5 kg	Chris Arnold	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	BENCH PRESS	162.5 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	DEADLIFT	262.5 kg	Chris Arnold	Synergy Open	Saskatoon, SK. CAN	17-May-2014
	TOTAL	660.0 kg	Chris Arnold	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	BENCH-ONLY	162.5 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
<b>105 KG</b>	SQUAT	227.5 kg	Mark Reynolds	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
	BENCH PRESS	155.0 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
	DEADLIFT	237.5 kg	Mark Reynolds	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
	TOTAL	597.5 kg	Mark Reynolds	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
	BENCH-ONLY	155.0 kg	Randy Wenzel	SPA Provincials	Regina, SK. CAN	26-Aug-2017
<b>120 KG</b>	SQUAT	312.5 kg	Geoff Dolan	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	BENCH PRESS	182.5 kg	Collin Pullar	IPF Masters Worlds	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	272.5 kg	Geoff Dolan	Last Chance	Moose Jaw, SK. CAN	12-Dec-2023
	TOTAL	712.5 kg	Geoff Dolan	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	BENCH-ONLY	182.5 kg	Steve Schiefner	SPA Provincials	Weyburn, SK. CAN	27-Oct-2019
<b>+120 KG</b>	SQUAT	195.0 kg	Alan Bigelow	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
	BENCH PRESS	160.0 kg	Alan Bigelow	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
	DEADLIFT	195.0 kg	Alan Bigelow	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
	TOTAL	550.0 kg	Alan Bigelow	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
	BENCH-ONLY	217.5 kg	Patrick Thera	SPA Provincials	Saskatoon, SK	26-Oct-2013

## M3 Provincial Records

<b>59 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>66 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>74 KG</b>	SQUAT	130.0 kg	Brian Desjarlais	CPU Nationals	St. Johns, NL. CAN	9-Apr-2015
	BENCH PRESS	120.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
	DEADLIFT	165.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2015
	TOTAL	412.5 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2015
	BENCH-ONLY	122.5 kg	Brian Desjarlais	SPA Provincials	Regina, SK. CAN	13-Sep-2014
<b>83 KG</b>	SQUAT	187.5 kg	Brett Zoerb	IPF Worlds	Calgary, AB. CAN	7-Jun-2018
	BENCH PRESS	137.5 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON	3-May-2019
	DEADLIFT	207.5 kg	Brett Zoerb		Calgary, AB	7-Jun-2018
	TOTAL	517.5 kg	Brett Zoerb		Calgary, AB	7-Jun-2018
	BENCH-ONLY	150.0 kg	Brian Desjarlais		Moose Jaw, SK	10-Dec-2016
<b>93 KG</b>	SQUAT	195.0 kg	Brett Zoerb	IPF Worlds	Calgary, AB. CAN	7-Jun-2018
	BENCH PRESS	162.5 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	DEADLIFT	200.0 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	TOTAL	547.5 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH-ONLY	162.5 kg	Brett Zoerb	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
<b>105 KG</b>	SQUAT	206.0 kg	Randy Schiller	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	BENCH PRESS	155.0 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
	DEADLIFT	230.0 kg	Randy Schiller	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	TOTAL	571.0 kg	Randy Schiller	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	BENCH-ONLY	155.0 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
<b>120 KG</b>	SQUAT	140.0 kg	Dusty Dear	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	BENCH PRESS	100.0 kg	Allen Ritch	Synergy Open	Saskatoon, SK. CAN	2-Apr-2016
	DEADLIFT	182.5 kg	Dusty Dear	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	TOTAL	409.0 kg	Dusty Dear	Rise Open	Saskatoon, SK. CAN	12-Jan-2019
	BENCH-ONLY	175.0 kg	Steve Schiefner	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
<b>+120 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-



## M4 Provincial Records

<b>59 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>66 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>74 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	117.5 kg	Brian Desjarlais	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
<b>83 KG</b>	SQUAT	137.5 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH PRESS	137.5 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	DEADLIFT	175.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	TOTAL	450.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH-ONLY	140.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
<b>93 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>105 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>120 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
<b>+120 KG</b>	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-