



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**. 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/rzrGMSD9whwreqtT7

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

Page 1 of 7



# **Open Provincial Records**

			<u>Open i Tovinc</u>	iai iccoras		
	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
59 KG	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
	DENON ONE.	or.ong	randy Lanzy	Eddt Ondrioo	rtogina, ort. ortiv	12 500 2011
	SQUAT	85.0 kg	Thomas Wright	SPA Provincials	Regina, SK. CAN	13-Sep-2014
	BENCH PRESS	55.0 kg	Thomas Wright	Canadian Strength Symposium	Saskatoon, SK. CAN	24-Jan-2015
66 KG	DEADLIFT	112.5 kg	Jordan Upshall	Synergy Open	Saskatoon, SK. CAN	16-Apr-2017
	TOTAL	247.5 kg	Jordan Upshall	Synergy Open	Saskatoon, SK. CAN	16-Apr-2017
	BENCH-ONLY	55.0 kg	Thomas Wright	Canadian Strength Symposium	Saskatoon, SK. CAN	24-Jan-2015
	SQUAT	95.0 kg	Thomas Wright	War of the West	Regina, SK. CAN	19-May-2018
	BENCH PRESS	72.5 kg	Braden Skilliter	Synergy Open	Saskatoon, SK. CAN	16-Apr-2017
74 KG	DEADLIFT	100.0 kg	Thomas Wright	War of the West	Regina, SK. CAN	19-May-2018
74710	TOTAL	280.0 kg	Braden Skilliter	Synergy Open	Saskatoon, SK. CAN	16-Apr-2017
	BENCH-ONLY	72.5 kg	Braden Skilliter		Saskatoon, SK. CAN	16-Apr-2017
	BENCH-UNLT	72.5 Kg	Braderi Skiiller	Synergy Open	Saskatoori, SK. CAN	16-Apr-2017
	SQUAT	92.5 kg	Thomas Wright	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	BENCH PRESS	65.0 kg	Thomas Wright	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
83 KG	DEADLIFT	100.0 kg	Thomas Wright	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	TOTAL	257.5 kg	Thomas Wright	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	BENCH-ONLY	65.0 kg	Thomas Wright	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	SQUAT	130.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
93 KG	DEADLIFT	165.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	370.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
		, 5.5 ng	2.4 20	2.rago city cracero		. o ou. 202 .
	001147	400.04		004.0	D : 0% 04W	00 4 4 00 4 7
	SQUAT	180.0 kg	Aaron Higgins	SPA Provincials	Regina, SK. CAN	29-Jul-2017
10E VO	BENCH PRESS	112.5 kg	Aaron Higgins	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
105 KG	DEADLIFT	165.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	440.0 kg	Aaron Higgins	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	BENCH-ONLY	112.5 kg	Aaron Higgins	SPA Provincials	Weyburn, SK. CAN	26-Oct-2019
	SQUAT	175.0 kg	Aaron Higgins	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	BENCH PRESS	110	Aaron Higgins	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
120 KG	DEADLIFT	162.5 kg	Aaron Higgins	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	TOTAL	447.5 kg	Aaron Higgins	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	BENCH-ONLY	110.0 kg	Aaron Higgins	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
		770.0 Ng	, la on inggino	Of ACT TOVINGIAIS		0 001 202
	001147	00.07	0	Defetors Off Off	Operations Off Carr	40 1/1 0004
	SQUAT	80.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	53.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
. 400 KO	DEADLIFT	110.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
+120 KG		-				
+120 KG	TOTAL	243.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024



# **Sub-Junior Provincial Records**

	SQUAT	60.0 kg	Aiden Popoff	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	40.0 kg	Aiden Popoff	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
53 KG	DEADLIFT	85.0 kg	Aiden Popoff	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	185.0 kg	Aiden Popoff	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	=	·	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	40.0 kg	Aiden Popoff	Bridge City Classic	Saskaloon, SK. CAN	13-Jul-2024
	COLLAT	0.07-	NO DECORD OF			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
E0 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
59 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
66 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	_	_
00710	TOTAL	0.0 kg	NO RECORD SET	_	_	_
	BENCH-ONLY	-	NO RECORD SET			
	BENCH-UNLI	0.0 kg	NO RECORD SET	-	-	-
	COLLAT	0.04	NO DECORD SET			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
741/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
74 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
83 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	_	_	_
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	130.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
93 KG		-				
93 NG	DEADLIFT	165.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	370.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	SQUAT	125.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	78.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
105 KG	DEADLIFT	165.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
_	TOTAL	368.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	78.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	SQUAT	0.0 kg	NO RECORD SET		_	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
120 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	_	_
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	80.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	53.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
120 VC	DEADLIFT	110.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
+120 KG		243.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
120 NG	TOTAL	243.0 Kg				
F120 NG	TOTAL BENCH-ONLY	53.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024



# **Junior Provincial Records**

	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
53 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	_	_	_
	BENCH-ONLY	0.0 kg	NO RECORD SET	_	_	_
	DENOIT-OILE	0.0 Ng	NO RECORD SET			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
50 KO	BENCH PRESS	0.0 kg	NO RECORD SET		-	
59 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	85.0 kg	Thomas Wright	SPA Provincials	Regina, SK. CAN	13-Sep-2014
	BENCH PRESS	55.0 kg	Thomas Wright	Canadian Strength Symposium	Saskatoon, SK. CAN	24-Jan-2015
66 KG	DEADLIFT	-	-	Canadian Strength Symposium		24-Jan-2015
oo AG		65.5 kg	Thomas Wright		Saskatoon, SK. CAN	
	TOTAL	202.5 kg	Thomas Wright	SPA Provincials	Regina, SK. CAN	13-Sep-2014
	BENCH-ONLY	55.0 kg	Thomas Wright	Canadian Strength Symposium	Saskatoon, SK. CAN	24-Jan-2015
	SQUAT	0.0 kg	NO RECORD SET	_	-	_
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
74 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_
74710	TOTAL	0.0 kg	NO RECORD SET	_	_	
	BENCH-ONLY	-				
	DENCH-UNLT	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET		-	-
83 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET		_	
		-				
	SQUAT	130.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
93 KG		-				
33 NG	DEADLIFT	165.0 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	370.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	75.5 kg	Liam Bonnell	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	SQUAT	125.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	78.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
105 KG	DEADLIFT	165.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	TOTAL	368.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH-ONLY	78.0 kg	Dominic Baragar	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	DENON ONE	70.0 Ng	Dominio Baragar	Bridge City Classic	Subhatson, Srt. Srt.	70 007 202 7
	COLLAT	0.01	NO DECCES OF			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
400 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
120 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
		ŭ				
	SQUAT	90.01/~	Grayson Bigoraj	Pridge City Classic	Saskatoon, SK. CAN	12 101 2024
		80.0 kg		Bridge City Classic		13-Jul-2024
	BENCH PRESS	53.0 kg	Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
1420 VO				Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
+120 KG	DEADLIFT	110.0 kg	Grayson Bigoraj	Bridge City Classic		
+120 KG		110.0 kg 243.0 kg	Grayson Bigoraj Grayson Bigoraj	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
+120 KG	DEADLIFT	-				



# **M1 Provincial Records**

	SQUAT	0.0 kg	NO RECORD SET	-	-	_	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_	
59 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_	
03710	TOTAL	0.0 kg	NO RECORD SET				
		_	NO RECORD SET	-	<del>-</del>	_	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
00.1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
66 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_	
74 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_	
74710	TOTAL	0.0 kg	NO RECORD SET	-	_	_	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	_		
	DENOIT-ONE!	0.0 Ng	NO NECOND CET				
	SQUAT	0.0 kg	NO RECORD SET	_	_		
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
83 KG		0.0 kg		-	-	-	
03 NG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
00 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
93 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
		-		-			
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL BENCH-ONLY	-	NO RECORD SET NO RECORD SET	-	-	-	
		0.0 kg		-	-	-	
	BENCH-ONLY	0.0 kg 0.0 kg	NO RECORD SET	-	-		
		0.0 kg		-	- -		
40-44	BENCH-ONLY	0.0 kg 0.0 kg	NO RECORD SET	÷	- - -	:	
105 KG	BENCH-ONLY SQUAT	0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	÷	- - - -	-	
105 KG	SQUAT BENCH PRESS	0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET  NO RECORD SET  NO RECORD SET	:	-	-	
105 KG	SQUAT BENCH PRESS DEADLIFT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET  NO RECORD SET  NO RECORD SET  NO RECORD SET	:	-	-	
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY SQUAT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
105 KG 120 KG	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	:	-	-	
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg	NO RECORD SET	- - - - - - - -	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg	NO RECORD SET	:	- - - - - - - -	-	
120 KG	SQUAT BENCH-PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT SENCH-ONLY	0.0 kg	NO RECORD SET	- - - - - - - - - -	- - - - - - - -		
	SQUAT BENCH-PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH-ONLY	0.0 kg	NO RECORD SET  NO RECORD SET	- - - - - - - -	- - - - - - - -		
120 KG	SQUAT BENCH-PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT SENCH-ONLY	0.0 kg	NO RECORD SET	- - - - - - - - - -	- - - - - - - -		



# **M2 Provincial Records**

SOUAT   76.0 kg   Randy Lunzy   Last Chance   Regina, SK. CAN   28-Jun-2014   EBNCH-PRESS   67.5 kg   Randy Lunzy   BENCH-PRESS   67.5 kg   Randy Lunzy   BENCH-ONLY   67.5 kg   Randy Lunzy   Last Chance   Regina, SK. CAN   13-Sep-2014   EBNCH-ONLY   67.5 kg   Randy Lunzy   Last Chance   Regina, SK. CAN   13-Sep-2014   Chance   Regina, SK. CAN   13-Sep-2014   Chance   Regina, SK. CAN   12-De-2011   Chance   Regina, SK. CAN   Regina, SK.							
SENCH PRESS   67.5 kg		SQUAT	78.0 kg	Randy Lunzy	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
105 0 kg		BENCH PRESS	-				12-Dec-2011
TOTAL   245 0 kg	59 KG		-	•		-	
BENCH-ONLY	00 / (0		-			-	•
SQUAT   SQUA			-		· · · · · · · · · · · · · · · · · · ·		
BENCH PRESS		BENCH-ONLI	07.5 kg	Nanuy Lunzy	Last Charice	Negina, SN. CAN	12-060-2011
BENCH PRESS		COLLAT	0.0 kg	NO DECORD SET			
DEADLIFT			-		-	_	-
TOTAL BENCH-ONLY 0.0 kg NO RECORD SET	SS VC		-		-	-	-
SQUAT   O.0 kg   NO RECORD SET	00 NG		-		-	-	-
14 KG			-		-	-	-
### TOTAL OF MAY NO RECORD SET OF SET		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
### TOTAL ### DEADLIFT O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD SET O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD SET O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD SET O.0 kg NO RECORD SET OTTAL O.0 kg NO RECORD							
Total			-		-	-	-
SQUAT   0.0 kg   NO RECORD SET     -	7410		_		-	-	-
SQUAT	14 KG		-		-	-	-
SQUAT			-		-	-	-
BENCH PRESS		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
BENCH PRESS							
### SQUAT   0.0 kg   NO RECORD SET		SQUAT		NO RECORD SET	-	-	-
TOTAL BENCH-ONLY  0.0 kg NO RECORD SET		BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
SQUAT   0.0 kg   NO RECORD SET   -   -   -   -	83 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
93 KG  SQUAT  BENCH PRESS  0.0 kg  NO RECORD SET  DEADLIFT  101AL  0.0 kg  NO RECORD SET  TOTAL  BENCH-ONLY  0.0 kg  NO RECORD SET  SQUAT  BENCH-ONLY  0.0 kg  NO RECORD SET  -  -  -  105 KG  SQUAT  DEADLIFT  0.0 kg  NO RECORD SET  DEADLIFT  TOTAL  0.0 kg  NO RECORD SET  DEADLIFT  TOTAL  0.0 kg  NO RECORD SET  -  -  -  -  -  -  -  -  -  -  -  -  -		TOTAL	0.0 kg	NO RECORD SET	-	-	-
93 KG  BENCH PRESS  0.0 kg  NO RECORD SET  1 OTAL  0.0 kg  NO RECORD SET  1 OTAL  BENCH-ONLY  0.0 kg  NO RECORD SET  1 OTAL  BENCH-ONLY  0.0 kg  NO RECORD SET  1 OTAL  BENCH-ONLY  SQUAT  DEADLIFT  1.00 kg  NO RECORD SET  1		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
93 KG  BENCH PRESS DEADLIFT 0.0 kg NO RECORD SET TOTAL 0.0 kg NO RECORD SET DENCH-ONLY 0.0 kg NO RECORD SET DENCH-ONLY 0.0 kg NO RECORD SET DENCH-ONLY 0.0 kg NO RECORD SET DEADLIFT 0.0 kg NO RECORD SET DEADLIFT 0.0 kg NO RECORD SET DENCH-ONLY 0.0 kg NO R							
93 KG DEADLIFT TOTAL BENCH-ONLY  0.0 kg NO RECORD SET		SQUAT	0.0 kg	NO RECORD SET	-	-	-
93 KG  DEADLIFT TOTAL  0.0 kg NO RECORD SET DENCH-ONLY  0.0 kg NO RECORD SET DENCH-ONLY  0.0 kg NO RECORD SET DENCH-ONLY  105 KG  SQUAT BENCH PRESS DEADLIFT TOTAL DEADLIFT DEADLIFT TOTAL DEADLIFT DEADL		BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
TOTAL BENCH-ONLY  0.0 kg NO RECORD SET	93 KG	DEADLIFT	-	NO RECORD SET	-	-	-
SQUAT		TOTAL		NO RECORD SET	-	-	-
105 KG		BENCH-ONLY	-		-	_	-
### 105 KG   BENCH PRESS   0.0 kg   NO RECORD SET   -   -   -   -   -   -   -   -   -							
### 105 KG   BENCH PRESS   0.0 kg   NO RECORD SET   -   -   -   -   -   -   -   -   -		SOLIAT	0.0 kg	NO RECORD SET			_
105 KG   DEADLIFT   0.0 kg   NO RECORD SET   -   -   -   -   -     -					-	_	-
TOTAL	105 KG		-		_		_
SQUAT   0.0 kg   NO RECORD SET   -   -   -     -	100 100		-		-	-	-
SQUAT			-		_	_	-
120 KG   BENCH PRESS   0.0 kg   NO RECORD SET   -   -   -     -		BENCH-ONLI	U.U NG	NO RECORD SET	-	-	-
120 KG   BENCH PRESS   0.0 kg   NO RECORD SET   -   -   -     -		SOLIAT	0.040	NO DECORD SET			
120 KG         DEADLIFT         0.0 kg         NO RECORD SET         - <td< td=""><td></td><td></td><td></td><td></td><td>-</td><td>-</td><td>-</td></td<>					-	-	-
TOTAL 0.0 kg NO RECORD SET	120 KG		-		-	-	-
SQUAT   0.0 kg   NO RECORD SET   -   -   -     -	120 NG				-	-	-
SQUAT 0.0 kg NO RECORD SET +120 KG DEADLIFT 0.0 kg NO RECORD SET					-	-	-
#120 KG DEADLIFT 0.0 kg NO RECORD SET		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
#120 KG DEADLIFT 0.0 kg NO RECORD SET							
+120 KG DEADLIFT 0.0 kg NO RECORD SET					-	-	-
	. 400 1/0		-		-	-	-
TOTAL 0.0 kg NO RECORD SET	+120 KG		_		-	-	-
		TOTAL	0.0 kg	NO RECORD SET	-	-	-
BENCH-ONLY 0.0 kg NO RECORD SET		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-



# **M3 Provincial Records**

	SQUAT	0.0 kg	NO RECORD SET	-	_	_	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_	
59 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_	
03710	TOTAL	0.0 kg	NO RECORD SET				
		_	NO RECORD SET	-	-	_	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
00.170	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
66 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	_	-	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_	
74 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_	
7470	TOTAL	0.0 kg	NO RECORD SET	-	_	_	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	_		
	DENOIT-ONE!	0.0 kg	NO RECORD SET		_		
	SQUAT	0.0 kg	NO RECORD SET	_	_		
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
83 KG		0.0 kg		-	-	-	
03 NG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
00 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
93 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	_	-	
		-					
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL BENCH-ONLY	-		-	-	-	
		0.0 kg	NO RECORD SET	-	-	1	
	BENCH-ONLY	0.0 kg 0.0 kg	NO RECORD SET NO RECORD SET	·	-		
		0.0 kg	NO RECORD SET	:		-	
	BENCH-ONLY	0.0 kg 0.0 kg	NO RECORD SET NO RECORD SET		-		
105 KG	BENCH-ONLY SQUAT	0.0 kg 0.0 kg 0.0 kg	NO RECORD SET NO RECORD SET		-		
105 KG	SQUAT BENCH PRESS	0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET NO RECORD SET NO RECORD SET NO RECORD SET	-	-		
105 KG	SQUAT BENCH PRESS DEADLIFT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
105 KG	SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY SQUAT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
105 KG 120 KG	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT	0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg 0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL	0.0 kg	NO RECORD SET	-	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg	NO RECORD SET	- - - - - - - - - -	-		
	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY	0.0 kg	NO RECORD SET	-	- - - - - - - -		
120 KG	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT SENCH-ONLY	0.0 kg	NO RECORD SET		- - - - - - - -		
	SQUAT BENCH-PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH-ONLY	0.0 kg	NO RECORD SET	- - - - - - - - - -	- - - - - - - -		
120 KG	SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT BENCH PRESS DEADLIFT TOTAL BENCH-ONLY  SQUAT SENCH-ONLY	0.0 kg	NO RECORD SET		- - - - - - - -		



### **M4** Provincial Records

			<u>ivi4 Provincial R</u>	<u>ecoras</u>		
	SQUAT	0.0 kg	NO RECORD SET	_	_	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_
59 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_
00 /(0	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	_	-	-
	DENOIT-ONE!	0.0 Ng	NO RECORD SET			
	SQUAT	0.0 kg	NO RECORD SET	-	_	-
	BENCH PRESS	0.0 kg	NO RECORD SET	_		_
66 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	_	-
00 110	TOTAL	0.0 kg	NO RECORD SET			_
	BENCH-ONLY	0.0 kg	NO RECORD SET	_	_	_
	DENOIT-ONE!	0.0 kg	NO RECORD SET			
	SQUAT	0.0 kg	NO RECORD SET	_	_	_
	BENCH PRESS	0.0 kg	NO RECORD SET	-	_	_
74 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	_
7470	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	_	_
		ore ng				
	SQUAT	0.0 kg	NO RECORD SET	-		_
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
83 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
93 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
40= 440	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
105 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	001147	201	W0.050000.057			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
120 KG	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
120 NG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL BENCH-ONLY	0.0 kg	NO RECORD SET NO RECORD SET	-	-	
	DENOR-UNLT	0.0 kg	NO NECOKO SET	•		-
	SQUAT	0.0 kg	NO RECORD SET	-		
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	_
+120 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
- 120 110	TOTAL	0.0 kg	NO RECORD SET	-	-	_
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
		o.o ng				