

MENS PROVINCIAL CLASSIC RECORDS

 Saskatchewan
Powerlifting



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

Open Provincial Records

59 KG	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

66 KG	SQUAT	200.0 kg	Kevin Ngo	Synergy Open	Saskatoon, SK. CAN	7-Apr-2022
	BENCH PRESS	148.0 kg	Jalen Nelson	SPA Provincials	Weyburn, SK. CAN	1-Oct-2023
	DEADLIFT	232.5 kg	Cameron Preymack	Canadian Strength Symposium	Saskatoon, SK. CAN	24-Jan-2015
	TOTAL	555.5 kg	Jalen Nelson	SPA Provincials	Weyburn, SK. CAN	1-Oct-2023
	BENCH-ONLY	160.0 kg	Jalen Nelson	IPF Bench Worlds	Austin, TX. USA	22-May-2024

74 KG	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

83 KG	SQUAT	285.0 kg	Daniel Heintz	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	BENCH PRESS	193.5 kg	Connor Lutz	IPF Worlds	Potchefstroom, South Africa	5-Jun-2014
	DEADLIFT	305.0 kg	Timothy Zelensky	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	TOTAL	735.0 kg	Daniel Heintz	SPA Provincials	Moose Jaw, SK. CAN	3-Oct-2021
	BENCH-ONLY	193.5 kg	Connor Lutz	IPF Worlds	Potchefstroom, South Africa	5-Jun-2014

93 KG	SQUAT	295.0 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH PRESS	185.0 kg	Connor Lutz	War In the West	Regina, SK. CAN	16-May-2015
	DEADLIFT	301.0 kg	Neil Tkatchuk	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2019
	TOTAL	740.0 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH-ONLY	185.0 kg	Connor Lutz	War In the West	Regina, SK. CAN	16-May-2015

105 KG	SQUAT	287.5 kg	Gage Bush	SPA Provincials	Saskatoon, SK	29-Sep-2018
	BENCH PRESS	182.0 kg	Daniel Thrasher	SPA Provincials	Saskatoon, SK. CAN	23-Oct-2022
	DEADLIFT	320.0 kg	Gage Bush	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	TOTAL	740.0 kg	Gage Bush	CPU Nationals	Saguenay, QU. CAN	18-Mar-2017
	BENCH-ONLY	227.5 kg	Kohlton Parenteau	SPA Provincials	Saskatoon, SK. CAN	30-Sep-2018

120 KG	SQUAT	302.5 kg	Ryan Kawchuk	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	207.5 kg	Colin Pullar	IPF Worlds	Minsk, Belarus	17-Jun-2017
	DEADLIFT	340.0 kg	Ryan Kawchuk	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	TOTAL	800.0 kg	Ryan Kawchuk	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	BENCH-ONLY	207.5 kg	Colin Pullar	IPF Worlds	Minsk, Belarus	17-Jun-2017

+120 KG	SQUAT	340.0 kg	Brad Kleefeld	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH PRESS	222.5 kg	Dylan Leeson	CPU Westerns	Saskatoon, SK. CAN	30-Sep-2018
	DEADLIFT	320.0 kg	Brad Kleefeld	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	TOTAL	860.0 kg	Brad Kleefeld	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH-ONLY	222.5 kg	Dylan Leeson	CPU Westerns	Saskatoon, SK. CAN	30-Sep-2018

Sub-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	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

66 KG	SQUAT	145.0 kg	Mckay Brown	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH PRESS	92.5 kg	Ryan Simons	Last Chance	Moose Jaw, SK. CAN	9-Dec-2023
	DEADLIFT	180.0 kg	Troy Preymack	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	TOTAL	382.5 kg	Ryan Simons	Last Chance	Moose Jaw, SK. CAN	9-Dec-2023
	BENCH-ONLY	100.0 kg	Kieran Hamel	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023

74 KG	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	Winnipeg, MB. CAN	9-Sep-2017

83 KG	SQUAT	257.5 kg	Bo Troung	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	BENCH PRESS	152.5 kg	Bo Troung	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	DEADLIFT	286.0 kg	Bo Troung	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	TOTAL	696.0 kg	Bo Troung	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	BENCH-ONLY	152.5 kg	Bo Troung	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024

93 KG	SQUAT	232.5 kg	Benjamin De Feijter	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH PRESS	136.0 kg	Pesim Searson	Foundation Open	Regina, SK. CAN	20-May-2023
	DEADLIFT	237.5 kg	Tennyson Webb	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	TOTAL	557.5 kg	Adam Deibert	CPU Nationals	Calgary, AB	20-Feb-2018
	BENCH-ONLY	136.0 kg	Pesim Searson	Foundation Open	Regina, SK. CAN	20-May-2023

105 KG	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

120 KG	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	272.5 kg	Owen Istace	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	595.5 kg	Owen Istace	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	BENCH-ONLY	162.5 kg	Isaac Litzenberger	Foundation Open	Regina, SK. CAN	20-May-2023

+120 KG	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	145.0 kg	Jalen Nelson	Foundation Open	Regina, SK. CAN	20-May-2023
	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	145.0 kg	Jalen Nelson	Rise Open	Regina, SK. CAN	20-May-2023

74 KG	SQUAT	255.5 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
	BENCH PRESS	162.5 kg	Brandon Logan	Foundation Open	Regina, SK. CAN	21-May-2022
	DEADLIFT	265.5 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
	TOTAL	663.5 kg	Daniel Heintz	Last Chance	Moose Jaw, SK. CAN	14-Dec-2019
	BENCH-ONLY	162.5 kg	Brandon Logan	Foundation Open	Regina, SK. CAN	21-May-2022

83 KG	SQUAT	265.0 kg	Theron Farthing	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	BENCH PRESS	190.0 kg	Connor Lutz	Oceania Championships	Auckland, New Zealand	7-Dec-2013
	DEADLIFT	305.0 kg	Timothy Zelensky	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	TOTAL	730.0 kg	Timothy Zelensky	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH-ONLY	190.0 kg	Connor Lutz	Oceania Championships	Auckland, New Zealand	7-Dec-2013

93 KG	SQUAT	262.5 kg	Paul Farbacher	NAPFs	Regina, SK. CAN	26-Aug-2017
	BENCH PRESS	172.5 kg	Paul Farbacher	NAPFs	Regina, SK. CAN	26-Aug-2017
	DEADLIFT	300.0 kg	Davidson Fadare	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	727.5 kg	Davidson Fadare	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH-ONLY	173.0 kg	Jacob Paczko	Last Chance	Moose Jaw, SK. CAN	10-Dec-2022

105 KG	SQUAT	277.5 kg	Paul Farbacher	CPU Nationals	Regina, SK. CAN	20-Feb-2016
	BENCH PRESS	182.0 kg	Daniel Thrasher	SPA Provincials	Saskatoon, SK. CAN	23-Oct-2022
	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	182.0 kg	Daniel Thrasher	SPA Provincials	Saskatoon, SK. CAN	23-Oct-2022

120 KG	SQUAT	305.0 kg	Zachary Beros	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH PRESS	185.0 kg	Kholton Parenteau	Unparalleled Open	Moose Jaw, SK. CAN	23-Jun-2012
	DEADLIFT	275.0 kg	Russell Agnew	Last Chance	Moose Jaw, SK. CAN	19-Dec-2015
	TOTAL	745.0 kg	Zachary Beros	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH-ONLY	185.0 kg	Kholton Parenteau	Unparalleled Open	Moose Jaw, SK. CAN	23-Jun-2012

+120 KG	SQUAT	302.5 kg	Zachary Beros	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	BENCH PRESS	172.5 kg	Zachary Beros	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	DEADLIFT	290.5 kg	Evan Shaskin	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	TOTAL	740.0 kg	Zachary Beros	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	BENCH-ONLY	172.5 kg	Zachary Beros	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024

M1 Provincial Records

59 KG	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

66 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	-	-	-

74 KG	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	492.5 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	BENCH-ONLY	122.5 kg	Brian Desjarlais	SPA Provincials	Regina, SK. CAN	13-Sep-2014

83 KG	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

93 KG	SQUAT	227.5 kg	Tyler Mckinna	NAPFs	Scottsdale, AZ. USA	8-Aug-2024
	BENCH PRESS	150.0 kg	Jeff Rollin	War of the West	Regina, SK. CAN	26-Aug-2017
	DEADLIFT	265.0 kg	Chris Arnold	Last Chance	Moose Jaw, SK	29-Dec-2012
	TOTAL	627.5 kg	Tyler Mckinna	NAPFs	Scottsdale, AZ. USA	8-Aug-2024
	BENCH-ONLY	155.0 kg	Chris Michel	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015

105 KG	SQUAT	262.5 kg	Dan Milo	CPU Westerns	Saskatoon, SK. CAN	8-Sep-2018
	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 Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH-ONLY	175.0 kg	Steve Wiseman	Crossfit 306 Open	Saskatoon, SK. CAN	21-Feb-2015

120 KG	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

+120 KG	SQUAT	310.0 kg	Ryan Stinn	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH PRESS	210.0 kg	Ryan Stinn	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	310.0 kg	Ryan Stinn	IPF Masters Worlds	St. Johns, NL. CAN	8-Oct-2022
	TOTAL	815.0 kg	Ryan Stinn	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	210.0 kg	Collin Pullar	SPA Provincials	Regina, SK. CAN	26-Aug-2017

M2 Provincial Records

59 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	-	-	-
66 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	-	-	-
74 KG	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	492.5 kg	Brett Zoerb	IPF Worlds	Killeen, TX. USA	20-Jun-2016
	BENCH-ONLY	122.5 kg	Brian Desjarlais	SPA Provincials	Regina, SK. CAN	13-Sep-2014
83 KG	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	215.0 kg	Bryce Couitts	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	TOTAL	526.5 kg	Brett Zoerb	Last Chance	Moose Jaw, SK. CAN	31-Dec-2017
	BENCH-ONLY	140.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
93 KG	SQUAT	213.0 kg	Chris Arnold	Crossfit 306 Open	Saskatoon, SK. CAN	17-May-2014
	BENCH PRESS	135.0 kg	Blaine Mackie	Synergy Open	Saskatoon, SK. CAN	1-Oct-2016
	DEADLIFT	262.5 kg	Chris Arnold	Crossfit 306 Open	Saskatoon, SK. CAN	17-May-2014
	TOTAL	603.0 kg	Chris Arnold	Crossfit 306 Open	Saskatoon, SK. CAN	17-May-2014
	BENCH-ONLY	152.5 kg	Dean Schwartz	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
105 KG	SQUAT	227.5 kg	Mark Reynolds	Rise Open	Saskatoon, SK. CAN	18-Jan-2020
	BENCH PRESS	145.0 kg	Randy Wenzel	Crossfit 306 Open	Saskatoon, SK. CAN	24-Jan-2015
	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	Crossfit 306 Open	Saskatoon, SK. CAN	24-Jan-2015
120 KG	SQUAT	257.5 kg	Collin Pullar	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	182.5 kg	Collin Pullar	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	257.5 kg	Collin Pullar	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	TOTAL	697.5 kg	Collin Pullar	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	182.5 kg	Steve Schiefner	SPA Provincials	Weyburn, SK. CAN	27-Oct-2019
+120 KG	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	172.5 kg	Wally Schoffer	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015

M3 Provincial Records

59 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	-	-	-

66 KG	SQUAT	40.0 kg	Hudson Fowler	Last Chance	Moose Jaw, SK. CAN	12-Dec-2022
	BENCH PRESS	27.5 kg	Hudson Fowler	Last Chance	Moose Jaw, SK. CAN	12-Dec-2022
	DEADLIFT	51.0 kg	Hudson Fowler	Last Chance	Moose Jaw, SK. CAN	12-Dec-2022
	TOTAL	118.5 kg	Hudson Fowler	Last Chance	Moose Jaw, SK. CAN	12-Dec-2022
	BENCH-ONLY	27.5 kg	Hudson Fowler	Last Chance	Moose Jaw, SK. CAN	12-Dec-2022

74 KG	SQUAT	130.0 kg	Brian Desjarlais	CPU Nationals	St. Johns, NL	9-Apr-2015
	BENCH PRESS	120.0 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
	DEADLIFT	165.0 kg	Brian Desjarlais	NAPFs	Moose Jaw, SK. CAN	7-Jul-2015
	TOTAL	412.5 kg	Brian Desjarlais	SPA Provincials	Saskatoon, SK. CAN	26-Oct-2013
	BENCH-ONLY	122.5 kg	Brian Desjarlais	SPA Provincials	Regina, SK. CAN	13-Sep-2014

83 KG	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. CAN	3-May-2019
	DEADLIFT	207.5 kg	Brett Zoerb	IPF Worlds	Calgary, AB. CAN	7-Jun-2018
	TOTAL	517.5 kg	Brett Zoerb	IPF Worlds	Calgary, AB. CAN	7-Jun-2018
	BENCH-ONLY	140.0 kg	Brian Desjarlais	CPU Nationals	Ottawa, ON. CAN	3-May-2019

93 KG	SQUAT	192.5 kg	Brett Zoerb	CPU Westerns	Saskatoon, SK. CAN	7-Sep-2019
	BENCH PRESS	135.0 kg	Brett Zoerb	CPU Westerns	Saskatoon, SK. CAN	7-Sep-2019
	DEADLIFT	200.0 kg	Brett Zoerb	CPU Westerns	Saskatoon, SK. CAN	7-Sep-2019
	TOTAL	522.5 kg	Brett Zoerb	CPU Westerns	Saskatoon, SK. CAN	7-Sep-2019
	BENCH-ONLY	135.0 kg	Brett Zoerb	CPU Westerns	Saskatoon, SK. CAN	7-Sep-2019

105 KG	SQUAT	185.0 kg	Brett Zoerb	CPU Westerns	Edmonton, AB. CAN	4-Aug-2019
	BENCH PRESS	135.0 kg	Brett Zoerb	CPU Westerns	Edmonton, AB. CAN	4-Aug-2019
	DEADLIFT	192.5 kg	Brett Zoerb	CPU Westerns	Edmonton, AB. CAN	4-Aug-2019
	TOTAL	512.5 kg	Brett Zoerb	CPU Westerns	Edmonton, AB. CAN	4-Aug-2019
	BENCH-ONLY	135.0 kg	Brett Zoerb	CPU Westerns	Edmonton, AB. CAN	4-Aug-2019

120 KG	SQUAT	165.0 kg	Paul Hoffman	Foundation Open	Regina, SK. CAN	18-May-2024
	BENCH PRESS	165.0 kg	Paul Hoffman	Foundation Open	Regina, SK. CAN	18-May-2024
	DEADLIFT	220.0 kg	Paul Hoffman	Foundation Open	Regina, SK. CAN	18-May-2024
	TOTAL	550.0 kg	Paul Hoffman	Foundation Open	Regina, SK. CAN	18-May-2024
	BENCH-ONLY	175.0 kg	Steve Schiefner	SPA Provincials	Moose Jaw, SK. CAN	11-Dec-2021

+120 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	-	-	-

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59 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	-	-	-
66 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	-	-	-
74 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	117.5 kg	Brian Desjarlais	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
83 KG	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
93 KG	SQUAT	122.5 kg	Dusty Dear	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH PRESS	77.5 kg	Dusty Dear	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	DEADLIFT	155.0 kg	Dusty Dear	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	352.5 kg	Dusty Dear	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH-ONLY	77.5 kg	Dusty Dear	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
105 KG	SQUAT	134.0 kg	Dusty Dear	Foundation Open	Regina, SK. CAN	21-May-2022
	BENCH PRESS	85.0 kg	Dusty Dear	Foundation Open	Regina, SK. CAN	21-May-2022
	DEADLIFT	152.0 kg	Dusty Dear	Foundation Open	Regina, SK. CAN	21-May-2022
	TOTAL	371.0 kg	Dusty Dear	Foundation Open	Regina, SK. CAN	21-May-2022
	BENCH-ONLY	87.5 kg	Dusty Dear	Foundation Open	Regina, SK. CAN	21-May-2022
120 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	-	-	-
+120 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	-	-	-