

# **Mona Shores High School's Athletic Records - Weightlifting -**

## **Junior Varsity**

<u><b>--- Squat - 114 lbs ---</b></u> 195, Justin Poll, 2012-13	<u><b>--- Bench - 114 lbs ---</b></u> 110, Justin Poll, 2012-13	<u><b>--- Deadlift - 114 lbs ---</b></u> 265, Justin Poll, 2012-13
<u><b>--- Squat - 123 lbs ---</b></u> 225, Bailey Brown, 2012-13	<u><b>--- Bench - 123 lbs ---</b></u> 125, Bailey Brown, 2012-13	<u><b>--- Deadlift - 123 lbs ---</b></u> 295, Bailey Brown, 2012-13---
<u><b>--- Squat - 132 lbs ---</b></u> 205, Antonio Crawford, 2012-13	<u><b>--- Bench - 132 lbs ---</b></u> 155, Antonio Richmond, 2012-13	<u><b>--- Deadlift - 132 lbs ---</b></u> 325, Antonio Richmond, 2012-13
<u><b>--- Squat - 145 lbs ---</b></u> 295, Raphael Johnson, 2012-13	<u><b>--- Bench - 145 lbs ---</b></u> 205, Raphael Johnson, 2012-13	<u><b>--- Deadlift - 145 lbs ---</b></u> 430, Raphael Johnson, 2012-13 *** STATE RECORD ***
<u><b>--- Squat - 155 lbs ---</b></u> 260, Isaac Brown, 2012-13	<u><b>--- Bench - 155 lbs ---</b></u> 165, Isaac Brown, 2012-13	<u><b>--- Deadlift - 155 lbs ---</b></u> 345, Isaac Brown, 2012-13
<u><b>--- Squat - 165 lbs ---</b></u> 320, Austin Wingett, 2012-13	<u><b>--- Bench - 165 lbs ---</b></u> 200, Kobe Burse, 2012-13	<u><b>--- Deadlift - 165 lbs ---</b></u> 405, Kobe Burse, 2012-13
<u><b>--- Squat - 181 lbs ---</b></u> 225, Rudy Fierros, 2011-12	<u><b>--- Bench - 181 lbs ---</b></u> 185, D'Quintaye Ross, 2012-13	<u><b>--- Deadlift - 181 lbs ---</b></u> 315, D'Quintaye Ross, 2012-13
<u><b>--- Squat - 194 lbs ---</b></u> 385, Deontaye Moffett, 2012-13	<u><b>--- Bench - 194 lbs ---</b></u> 245, Deontaye Moffett, 2012-13	<u><b>--- Deadlift - 194 lbs ---</b></u> 425, Deontaye Moffett, 2012-13
<u><b>--- Squat - 207 lbs ---</b></u> 355, Noah Dykstra, 2012-13	<u><b>--- Bench - 207 lbs ---</b></u> 225, Noah Dykstra, 2012-13	<u><b>--- Deadlift - 207 lbs ---</b></u> 470, Noah Dykstra, 2012-13
<u><b>--- Squat - 220 lbs ---</b></u> 355, Deontaye Gordon, 2012-13	<u><b>--- Bench - 220 lbs ---</b></u> 255, Deontaye Gordon, 2012-13	<u><b>--- Deadlift - 220 lbs ---</b></u> 475, Deontaye Gordon, 2012-13
<u><b>--- Squat - 242 lbs ---</b></u> 365, Chris Daniels, 2012-13	<u><b>--- Bench - 242 lbs ---</b></u> 250, Chris Daniels, 2012-13	<u><b>--- Deadlift - 242 lbs ---</b></u> 455, Zach Hellman, 2012-13
<u><b>--- Squat - 275 lbs ---</b></u> 320, Jason Elema, 2012-13	<u><b>--- Bench - 275 lbs ---</b></u> 215, Jason Elema, 2012-13	<u><b>--- Deadlift - 275 lbs ---</b></u> 375, Jason Elema, 2012-13
<u><b>--- Squat - SHW ---</b></u> 295, Austin DeVore, 2012-13	<u><b>--- Bench - SHW ---</b></u> 200, Austin DeVore, 2012-13	<u><b>--- Deadlift - SHW ---</b></u> 430, Austin DeVore, 2012-13

## Varsity Girls

### --- Squat - 97 lbs ---

100, Calisha Herman, 2012-13

### --- Squat - 105 lbs ---

80, Amanda Plumley, 2012-13

### --- Squat - 114 lbs ---

185, MaKenzie Lund, 2012-13

### --- Squat - 123 lbs ---

150, Stephanie Scott, 2012-13

### --- Squat - 132 lbs ---

180, Jasmine Gulley, 2012-13

### --- Squat - 145 lbs ---

210, Gabby Hall, 2012-13

### --- Squat - 155 lbs ---

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### --- Squat - 165 lbs ---

205, Jessica Kennedy, 2012-13

### --- Squat - 181 lbs ---

205, McKenzie Jackson, 2012-13

### --- Squat - 198 lbs ---

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### --- Squat - 220 lbs ---

125, Ayiah Kitchen, 2012-13

### --- Squat - 220+ lbs ---

145, Haylee Dykstra, 2012-13

### --- Bench - 97 lbs ---

75, Calisha Herman, 2012-13

### --- Bench - 105 lbs ---

55, Amanda Plumley, 2012-13

### --- Bench - 114 lbs ---

85, MaKenzie Lund, 2012-13

### --- Bench - 123 lbs ---

75, Stephanie Scott, 2012-13

### --- Bench - 132 lbs ---

110, Jalyn Todd, 2012-13

### --- Bench - 145 lbs ---

95, Gabby Hall, 2012-13

### --- Bench - 155 lbs ---

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### --- Bench - 165 lbs ---

105, Jessica Kennedy, 2012-13

### --- Bench - 181 lbs ---

115, McKenzie Jackson, 2012-13

### --- Bench - 198 lbs ---

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### --- Bench - 220 lbs ---

110, Ayiah Kitchen, 2012-13

### --- Bench - 220+ lbs ---

95, Haylee Dykstra, 2012-13

### --- Deadlift - 97 lbs ---

175, Calisha Herman, 2012-13

### --- Deadlift - 105 lbs ---

115, Amanda Plumley, 2012-13

### --- Deadlift - 114 lbs ---

230, MaKenzie Lund, 2012-13

### --- Deadlift - 123 lbs ---

205, Stephanie Scott, 2012-13

### --- Deadlift - 132 lbs ---

250, Jalyn Todd, 2012-13

### --- Deadlift - 145 lbs ---

260, Gabby Hall, 2012-13

### --- Deadlift - 155 lbs ---

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### --- Deadlift - 165 lbs ---

300, Jessica Kennedy, 2012-13

### --- Deadlift - 181 lbs ---

300, McKenzie Jackson, 2012-13

### --- Deadlift - 198 lbs ---

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### --- Deadlift - 220 lbs ---

240, Ayiah Kitchen, 2012-13

### --- Deadlift - 220+ lbs ---

270, Haylee Dykstra, 2012-13

## Varsity Boys

--- Squat - 114 lbs ---

--- Squat - 123 lbs ---

--- Squat - 132 lbs ---

275, Raphael Johnson, 2011-12

--- Squat - 145 lbs ---

225, Tyler Jobes, 2011-12

--- Squat - 155 lbs ---

275, TJ Daniels, 2012-13

--- Squat - 165 lbs ---

325, Cole Shafer, 2011-12

--- Squat - 181 lbs ---

375, Asantay Brown, 2012-13

--- Squat - 194 lbs ---

350, David Bloom, 2011-12

--- Squat - 207 lbs ---

375, Landon Kresnak, 2011-12

375, Collin Sullivan, 2012-13

--- Squat - 220 lbs ---

420, Collin Sullivan, 2011-12

--- Squat - 242 lbs ---

455, Landon Kresnak, 2012-13

--- Squat - 275 lbs ---

465, Wes Watson, 2006-07

--- Squat - SHW ---

410, Brandon Gue, 2011-12

--- Bench - 114 lbs ---

--- Bench - 123 lbs ---

--- Bench - 132 lbs ---

190, Raphael Johnson, 2011-12

--- Bench - 145 lbs ---

--- Bench - 155 lbs ---

175, Andrew Laude, 2012-13

--- Bench - 165 lbs ---

220, Cole Shafer, 2011-12

--- Bench - 181 lbs ---

240, Asantay Brown, 2012-13

--- Bench - 194 lbs ---

250, Ma. Schmiedeknecht, 2011-12

--- Bench - 207 lbs ---

300, Darnell Longmire, 2012-13

300, Collin Sullivan, 2012-13

--- Bench - 220 lbs ---

290, Collin Sullivan, 2011-12

--- Bench - 242 lbs ---

300, Landon Kresnak, 2011-12

--- Bench - 275 lbs ---

310, Darius Gooden, 2012-13

--- Bench - SHW ---

295, Brandon Gue, 2011-12

--- Deadlift - 114 lbs ---

--- Deadlift - 123 lbs ---

--- Deadlift - 132 lbs ---

375, Raphael Johnson, 2011-12

--- Deadlift - 145 lbs ---

--- Deadlift - 155 lbs ---

445, Andrew Laude, 2011-12

--- Deadlift - 165 lbs ---

445, Cole Shafer, 2011-12

--- Deadlift - 181 lbs ---

440, Asantay Brown, 2012-13

--- Deadlift - 194 lbs ---

410, David Bloom, 2011-12

--- Deadlift - 207 lbs ---

480, Jake Workman, 2012-13

480, Collin Sullivan, 2012-13

--- Deadlift - 220 lbs ---

475, Collin Sullivan, 2011-12

--- Deadlift - 242 lbs ---

475, Landon Kresnak, 2012-13

--- Deadlift - 275 lbs ---

450, Darius Gooden, 2012-13

--- Deadlift - SHW ---

455, Brandon Gue, 2011-12