

Men 52.0 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							
M2							
45-49							
M3							
50-54							
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55-59							
M5							
60-64							
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65-69							
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70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Men 56.0 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							





14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
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65-69								
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70-74								
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75-79								
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80-84								
M10								
85-89								





55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Men 90.0 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							



T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								



75-79							
M9							
80-84							
M10							
85-89							

Men 125.0 kilograms Unequipped							
Division	Squat	Bench Press	Deadlift	Total			
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
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60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Men 145.0 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
Open	Jesus Carbajal	207.5	Jesus Carbajal	115	Jesus Carbajal	230	Jesus Carbajal
24-39	Urbandale, IA 4/12/2025		Urbandale, IA 4/12/2025		Urbandale, IA 4/12/2025		Urbandale, IA 4/12/2025
552.5							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							





Open 24-39								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9								

80-84								
M10								
85-89								



65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Men 56.0 kilograms Equipped							
Division	Squat	Bench Press	Deadlift	Total			
Open 24-39							
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
M1							



T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
Ma								

80-84							
M10							
85-89							

Men 67.5 kilograms Equipped							
Division	Squat	Bench Press	Deadlift	Total			
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							
M2							
45-49							
M3							



T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								



65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Men 90.0 kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							



T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9								

80-84							
M10							
85-89							

Men 110.0 kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open							
24-39							
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							



20-23							
M1 40-44							
M2 45-49							
M3 50-54							
M4 55-59							
M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Men 145.0 kilograms Equipped				
Division	Squat	Bench Press	Deadlift	Total

Open 24-39								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								

M8 75-79							
M9 80-84							
M10 85-89							

Men 145.0+ kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open 24-39							
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
M1 40-44							
M2 45-49							
M3							



T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Single Event UnUnequipped Iowa Records Updated 10/24/2023

New Record

Corrected Record

Men 52.0 kilograms UnUnequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 56.0 kilograms UnUnequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1						

40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 60.0 kilograms UnUnequipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Ma						

80-84						
M10						
85-89						

Men 67.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						

55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 75.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						

Junior 20-23						
M1 40-44						

M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 82.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1						

14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84						
M10						
85-89						

Men 90.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						

M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 100.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior						

20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 110.0 kilograms Unequipped			
Division	Squat	Bench Press	Deadlift

Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						

M8 75-79						
M9 80-84						
M10 85-89						

Men 125.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3						

M0						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 145.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						

16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 145.0+ kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23			Liam Stone Forest City, IA 3/23/2024	147.5		
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						

M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Single Event Equipped Iowa Records Updated 10/24/2023

New Record

Corrected Record

Men 52.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 56.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1						

40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 60.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Ma						

80-84						
M10						
85-89						

Men 67.5 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						

55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 75.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						

Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

**Men 82.5 kilograms Equipped**

Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						

70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Men 90.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
M2						
45-49						

M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 100.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2						

16-17					
T3					
18-19					
Junior					
20-23					
M1 40-44	Christian Schlaerth Forest City, IA 3/23/2024	120		Christian Schlaerth Forest City, IA 3/23/2024	215
M2 45-49					
M3 50-54					
M4 55-59					
M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10					



85-89						
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Men 110.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5						

60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Men 125.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						

M1 40-44						
M2 45-49			Jason Beal Norwalk, IA 4/12/2025	200		
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Men 145.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						

Open 24-39						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8						

75-79						
M9						
80-84						
M10						
85-89						

Men 145.0+ kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
M1						
40-44						
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45-49						
M3						
50-54						
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M1						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Police, Military, Fire Equipped						
Weight	Squat		Bench Press		Deadlift	
Open						
24-39						
T1						
14-15						
T2						
16-17						
T3						

18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

















