

## Southwest: Men's Single Lifts Equipped

### OPEN EQUIPPED

WGT	Squat	Bench press	Deadlift			
52						
56						
60		HUSBAND	52.5			
67.5		COLE	95			
75		LOWE	131			
82.5	MINEAR	242.5	WILLIAMS	167.5	MORGAN	272.5
90	MINEAR	265.5	WILLIAMS	185	MARTIN	240
100	H. GOUGH	245	TANNER	192.5	MARTIN	270
110	ALWAY	140	MARTIN	190	EAGER	275
125			SNOOK	200	EAGER	280
145			SNOOK	192.5		
145+						

### TEENAGE 1 (14-15 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5		LYONS	60
75		BUNT	50
82.5			
90			
100			
110			
125			
145			
145+			

### TEENAGE 2 (16-17 years) EQUIPPED

WGT	Squat	Bench press	Deadlift	
52				
56				
60		HUSBAND	52.5	
67.5		LYONS	67.5	
75				
82.5			WATSON	220
90				
100				
110				
125				
145				
145+				

### TEENAGE 3 (18-19 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5	MINEAR	232.5	
90			
100			
110			
125			
145			
145+			

### JUNIOR (20-23 years) EQUIPPED

WGT	Squat	Bench press	Deadlift			
52						
56						
60						
67.5						
75		LOWE	131			
82.5	MINEAR	242.5	HEAD	135		
90	MINEAR	265.5	KIRKPATRICK	125	MINEAR	205
100						
110						
125						
145						
145+						

### MASTER 1 (40-44 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			

75					
82.5					
90			MAKSYM CZUK	182.5	
100					
110			TEAGUE	105	
125			ALWAY	115	
145					
145+					

**MASTER 2 (45-49 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90		CORBETT	125
100			
110			
125			
145			
145+			

**MASTER 3 (50-54 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			ROWE 245.5
90			
100			
110			
125			
145			
145+			

**MASTER 4 (55-59 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5		WILLIAMS	167.5
90		COLLINSON	175
100			
110			
125			
145			
145+			

**MASTER 5 (60-64 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5		WILLIAMS	170
90		WILLIAMS	185
100			
110			
125			
145			
145+			

**MASTER 6 (65-69 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			

**MASTER 7 (70-74 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5		WILLS	87.5
90			
100			
110			
125			
145			
145+			

**MASTER 8 (75-79 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			

**MASTER 9 (80-84 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			

**MASTER 10 (85-89 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
2			
56			
60			
67.5			
75			
82.5			
90			
100			
110			
125			
145			
145+			