

**USAPL Florida State Open Records - Men (Updated April 26, 2009)**

<b>Weight Class</b>	<b>Event</b>	<b>Name</b>	<b>Weight</b>	<b>Championship/Location</b>	<b>Year</b>
<b>114lb/52kg</b>	<b>Squat</b>	M. Rachman	303.00	National Collegiates - Baton Rouge, LA	2009
	<b>Bench Press</b>	M. Rachman	220.25	Sunshine State Games - Lakeland, FL	2008
	<b>Deadlift</b>	Casey Miller	374.75	Florida State High School - Davie, FL	2005
	<b>Total</b>	M. Rachman	788.00	National Collegiates - Baton Rouge, LA	2009
<b>123lb/56kg</b>	<b>Squat</b>	Bahchevanov	385.75	Florida State Open - Ft. Myers, FL	2007
	<b>Bench Press</b>	Bahchevanov	286.50	Florida State Open - Ft. Myers, FL	2007
	<b>Deadlift</b>	Bahchevanov	440.75	Florida State Open - Ft. Myers, FL	2007
	<b>Total</b>	Bahchevanov	1113.00	Florida State Open - Ft. Myers, FL	2007
<b>132lb/60kg</b>	<b>Squat</b>	H. Washington	573.00	IPF Men's Worlds - Miami, FL	2005
	<b>Bench Press</b>	H. Washington	336.25	Southern States - Duluth, GA	2005
	<b>Deadlift</b>	H. Washington	545.50	IPF Men's Worlds - Miami, FL	2005
	<b>Total</b>	H. Washington	1438.50	IPF Men's Worlds - Miami, FL	2005
<b>148lb/67.5kg</b>	<b>Squat</b>	Rick Grayes	505.00	Florida State Open - Clearwater, FL	2004
	<b>Bench Press</b>	M. Romanello	385.00	Florida State Open - Ft. Myers, FL	2005
	<b>Deadlift</b>	Rick Grayes	589.75	Men's Nationals - Chicago, IL	2000
	<b>Total</b>	Rick Grayes	1390.00	Florida State Open - Clearwater, FL	2004
<b>165lb/75kg</b>	<b>Squat</b>	Tony Conyers	652.50	Quest American Invitational - Duluth, GA	2007
	<b>Bench Press</b>	D. Fronzaglia	479.50	Southeastern USA Regionals - Miami, FL	2008
	<b>Deadlift</b>	Greg Wright	600.75	Tropical Games - West Palm Beach, FL	2004
	<b>Total</b>	Tony Conyers	1655.50	Quest American Invitational - Duluth, GA	2007
<b>181lb/82.5kg</b>	<b>Squat</b>	M. Alkinany	589.50	Florida State Open - Miami, FL	2008
	<b>Bench Press</b>	M. Alkinany	473.75	Florida State Open - Davie, FL	2009
	<b>Deadlift</b>	Aaron Byas	666.00	Master's Nationals - New Orleans, LA	1999
	<b>Total</b>	M. Alkinany	1499.00	Florida State Open - Ft. Myers, FL	2007
<b>198lb/90kg</b>	<b>Squat</b>	Jason Bowers	628.25	Quest American Invitational - Duluth, GA	2007
	<b>Bench Press</b>	Jeff Gerardo	529.00	Florida State BP/DL - Davie, FL	2008
	<b>Deadlift</b>	Aaron Byas	683.25	Master's Nationals - Killeen, TX	2001
	<b>Total</b>	Steve Brooks	1670.00	Florida State Collegiate - Miami, FL	2007
<b>220lb/100kg</b>	<b>Squat</b>	M. Ferrantelli	705.25	Men's Nationals - Baton Rouge, LA	2004
	<b>Bench Press</b>	M. Ferrantelli	585.25	U.S. Open Bench Press - Miami, FL	2006
	<b>Deadlift</b>	L. Wallen	694.25	Southeastern USA Regional - Miami, FL	2007
	<b>Total</b>	M. Ferrantelli	1851.75	Men's Nationals - Baton Rouge, LA	2004
<b>242lb/110kg</b>	<b>Squat</b>	Chris Hesse	775.00	Florida State Open - Clearwater, FL	2004
	<b>Bench Press</b>	Chris Calvano	551.00	Florida State BP/DL - Davie, FL	2008
	<b>Deadlift</b>	James Jacobs	706.50	Florida State Open - Miami, FL	2008
	<b>Total</b>	Chris Hesse	1830.00	Florida State Open - Clearwater, FL	2004
<b>275lb/125kg</b>	<b>Squat</b>	V. Lombardi	716.50	Master's Nationals - Denver, CO	2004
	<b>Bench Press</b>	Chris Calvano	567.50	Florida State Open -- Davie, FL	2009
	<b>Deadlift</b>	Nathan Young	683.25	Florida State BP/DL - Davie, FL	2005
	<b>Total</b>	Garrett Owens	1824.25	National Collegiates -- Baton Rouge, LA	2009
<b>SHW/125+kg</b>	<b>Squat</b>	Beau Moore	744.00	Sunshine State Games - Lakeland, FL	2008
	<b>Bench Press</b>	Ed Rufus	573.00	Florida State BP/DL - Davie, FL	2008
	<b>Deadlift</b>	Beau Moore	782.50	Southeastern USA - Port St. Lucie, FL	2006
	<b>Total</b>	Beau Moore	2061.25	Sunshine State Games - Lakeland, FL	2008