

## Special Olympics Men's Powerlifting Provincial Records

### SQUAT

|       |       |                |            |               |
|-------|-------|----------------|------------|---------------|
| 53.0  |       |                |            |               |
| 59.0  | 78.0  | Randy Luzny    | 28-Jun-14  | Moose Jaw, SK |
| 66.0  | 85.0  | Thomas Wright  | 13-Sept-14 | Regina, SK    |
| 74.0  | 90.0  | Thomas Wright  | 19-Dec-15  | Moose Jaw, SK |
| 83.0  | 57.5  | Adam Sanden    | 13-Sept-14 | Regina, SK    |
| 93.0  | 112.5 | Aaron Higgins  | 5-Sept-15  | Weyburn, SK   |
| 105.0 | 180.0 | Aaron Higgins  | 29-Jul-17  | Regina, SK    |
| 120.0 | 75.0  | Jordan Vassell | 16-Apr-17  | Saskatoon, SK |

120.0+

### BENCH PRESS

|       |       |                  |            |               |
|-------|-------|------------------|------------|---------------|
| 53.0  |       |                  |            |               |
| 59.0  | 67.5  | Randy Luzny      | 18-Jun-11  | Moose Jaw, SK |
| 66.0  | 60.0  | Randy Luzny      | 16-Apr-17  | Saskatoon, SK |
| 74.0  | 72.5  | Braden Skilliter | 16-Apr-17  | Saskatoon, SK |
| 83.0  | 55.0  | Adam Sanden      | 13-Sept-14 | Regina, SK    |
| 93.0  | 75.0  | Aaron Higgins    | 5-Sept-15  | Weyburn, SK   |
| 105.0 | 107.5 | Aaron Higgins    | 29-Jul-17  | Regina, SK    |
| 120.0 | 77.5  | Peter Mark       | 26-Aug-17  | Regina, SK    |

120.0+

### DEADLIFT

|       |       |                  |            |               |
|-------|-------|------------------|------------|---------------|
| 53.0  |       |                  |            |               |
| 59.0  | 105.0 | Randy Luzny      | 13-Sept-14 | Regina, SK    |
| 66.0  | 112.5 | Jordan Upshall   | 16-Apr-17  | Saskatoon, SK |
| 74.0  | 132.5 | Braden Skilliter | 16-Apr-17  | Saskatoon, SK |
| 83.0  | 92.5  | Jordan Seitz     | 21-May-16  | Regina, SK    |
| 93.0  | 127.5 | Aaron Higgins    | 5-Sept-15  | Weyburn, SK   |
| 105.0 | 152.5 | Aaron Higgins    | 26-Aug-17  | Regina, SK    |
| 120.0 | 142.5 | Peter Mark       | 26-Aug-17  | Regina, SK    |

120.0+

### TOTAL

|       |       |                  |            |               |
|-------|-------|------------------|------------|---------------|
| 53.0  |       |                  |            |               |
| 59.0  | 245.0 | Randy Luzny      | 28-Jun-14  | Moose Jaw, SK |
| 66.0  | 247.5 | Jordan Upshall   | 16-Apr-17  | Saskatoon, SK |
| 74.0  | 280.0 | Braden Skilliter | 2-Apr-16   | Saskatoon, SK |
| 83.0  | 197.5 | Adam Sanden      | 13-Sept-14 | Regina, SK    |
| 93.0  | 315.0 | Aaron Higgins    | 5-Sept-15  | Weyburn, SK   |
| 105.0 | 437.5 | Aaron Higgins    | 29-Jul-17  | Regina, SK    |
| 120.0 | 295   | Peter Mark       | 26-Aug-17  | Regina, SK    |

120.0+

### BENCH PRESS ONLY

|       |       |                  |            |               |
|-------|-------|------------------|------------|---------------|
| 53.0  |       |                  |            |               |
| 59.0  | 67.5  | Randy Luzny      | 18-Jun-11  | Moose Jaw, SK |
| 66.0  | 60.0  | Randy Luzny      | 16-Apr-17  | Saskatoon, SK |
| 74.0  | 70.0  | Braden Skilliter | 2-Apr-16   | Saskatoon, SK |
| 83.0  | 55.0  | Adam Sanden      | 13-Sept-14 | Regina, SK    |
| 93.0  | 75.0  | Aaron Higgins    | 5-Sept-15  | Weyburn, SK   |
| 105.0 | 107.5 | Aaron Higgins    | 29-Jul-17  | Regina, SK    |
| 120.0 | 62.5  | Peter Mark       | 29-Jul-17  | Regina, SK    |

120.0+

## Special Olympics Women's Powerlifting Provincial Records

### **SQUAT**

43.0

47.0

52.0

57.0

63.0

27.5

Shari Debelser

30-Dec-17

Moose Jaw, SK

72.0

84.0

84.0+

### **BENCH PRESS**

43.0

47.0

52.0

57.0

63.0

30

Shari Debelser

30-Dec-17

Moose Jaw, SK

72.0

84.0

84.0+

### **DEADLIFT**

43.0

47.0

52.0

57.0

63.0

35

Shari Debelser

30-Dec-17

Moose Jaw, SK

72.0

84.0

84.0+

### **TOTAL**

43.0

47.0

52.0

57.0

63.0

92.5

Shari Debelser

30-Dec-17

Moose Jaw, SK

72.0

84.0

84.0+

### **BENCH PRESS ONLY**

43.0

47.0

52.0

57.0

63.0

30

Shari Debelser

30-Dec-17

Moose Jaw, SK

72.0

84.0

84.0+