

## Open Powerlifting Provincial Records

### SQUAT

59.0	157.5	Alvin Chou	29-Jul-17	Regina, SK
66.0	265.0	Carter Balaberda	30-Mar-11	Charlottetown, PEI
74.0	250.0	Connor Lutz	22-Feb-18	Calgary, AB
83.0	265.0	Marc Morris	15-Nov-17	Plzen, Czech Republic
93.0	320.0	Aaron Ziffle	9-Nov-18	Halmstad, Sweden
105.0	325.0	Steve Wiseman	26-Nov-11	Edmonton, AB
120.0	330.0	Lucas Tetreault	31-Dec-17	Moose Jaw, SK
120.0+	400.0	Ryan Stinn	10-Sept-17	Winnipeg, MB

### BENCH PRESS

59.0	128.0	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	140.0	Kent Brown	3-Dec-15	Vancouver, BC
74.0	192.5	Connor Lutz	22-Feb-18	Calgary, AB
83.0	193.5	Connor Lutz	5-June-14	Potchefstroom, South Africa
93.0	230.0	Aaron Ziffle	15-Nov-17	Plzen, Czech Republic
105.0	240.0	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	232.5	Ryan Stinn	2-Apr-11	Charlottetown, PEI
120.0+	290.0	Ryan Stinn	3-Mar-19	Ottawa, ON

### DEADLIFT

59.0	200.0	Alvin Chou	30-Jun-18	Regina, SK
66.0	237.5	Stephen Price	19-Feb-16	Regina, SK
74.0	280.0	Connor Lutz	22-Feb-18	Calgary, AB
83.0	266.0	Connor Lutz	28-Jan-17	Saskatoon, SK
93.0	295.0	Dave Stevens	19-Dec-15	Moose Jaw, SK
105.0	317.5	Gage Bush	18-Mar-17	Saguenay, QU
120.0	310.5	Kyle Paterson	30-Jun-18	Regina, SK
120.0+	338.0	Ryan Stinn	11-Apr-15	St. John's, NL

### TOTAL

59.0	475.5	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	612.5	Stephen Price	19-Feb-16	Regina, SK
74.0	722.5	Connor Lutz	22-Feb-18	Calgary, AB
83.0	705.0	Marc Morris	23-Feb-18	Calgary, AB
93.0	810.0	Aaron Ziffle	9-Nov-18	Halmstad, Sweden
105.0	855.0	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	835.0	Lucas Tetreault	31-Dec-17	Moose Jaw, SK
120.0+	1003.0	Ryan Stinn	11-Apr-15	St. John's, NL

### BENCH PRESS ONLY

59.0	128.0	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	140.0	Kent Brown	3-Dec-15	Vancouver, BC
74.0	192.5	Connor Lutz	22-Feb-18	Calgary, AB
83.0	193.5	Connor Lutz	5-June-14	Potchefstroom, South Africa
93.0	230.0	Aaron Ziffle	15-Nov-17	Plzen, Czech Republic
105.0	240.0	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	232.5	Ryan Stinn	2-Apr-11	Charlottetown, PEI
120.0+	300.0	Ryan Stinn	1-Oct-16	Saskatoon, SK

## Sub-Junior Powerlifting Provincial Records

### SQUAT

53.0				
59.0	115.0	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	145.0	Mckay Brown	1-Oct-16	Saskatoon, SK
74.0	185.0	Danny Heintz	20-Dec-14	Moose Jaw, SK
83.0	205.0	Travis Campbell	29-Oct-11	Saskatoon, SK
93.0	212.5	Frederick Engelbrecht	31-Dec-17	Moose Jaw, SK
105.0	275.5	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	217.5	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	155.0	Montana Fehr	20-May-17	Regina, SK

### BENCH PRESS

53.0				
59.0	90.0	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	87.5	Cameron Black	13-Sept-14	Regina, SK
74.0	145.5	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	130.0	Travis Campbell	29-Oct-11	Saskatoon, SK
93.0	132.5	Adam Deibert	31-Dec-17	Moose Jaw, SK
105.0	175.0	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	140.0	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	127.5	Montana Fehr	20-May-17	Regina, SK

### DEADLIFT

53.0				
59.0	185.0	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	180.0	Troy Preymack	1-Oct-16	Saskatoon, SK
74.0	227.5	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	250.0	Shay Trakalo	13-July-19	Martensville, SK
93.0	235.0	Adam Deibert	22-Feb-18	Calgary, AB
105.0	272.5	Paul Farbacher	11-Jul-15	Moose Jaw, SK
120.0	232.5	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	200.0	Montana Fehr	20-May-17	Regina, SK

### TOTAL

53.0				
59.0	390.0	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	377.5	Troy Preymack	1-Oct-16	Saskatoon, SK
74.0	548.0	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	565.0	Shay Trakalo	13-July-19	Martensville, SK
93.0	557.7	Adam Deibert	20-Feb-18	Calgary, AB
105.0	720.5	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	590.0	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	482.5	Montana Fehr	20-May-17	Regina, SK

### BENCH PRESS ONLY

53.0				
59.0	90.0	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	87.5	Cameron Black	13-Sept-14	Regina, SK
74.0	145.5	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	145.0	Dimitri Hadjistavropoulos	27-Aug-17	Regina, SK
93.0	137.5	Travis Campbell	31-Dec-11	Moose Jaw, SK
105.0	175.0	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	140.0	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	127.5	Montana Fehr	20-May-17	Regina, SK

## Junior Powerlifting Provincial Records

### SQUAT

53.0				
59.0	145.0	Albert Wong	20-Jan-18	Saskatoon, SK
66.0	265.0	Carter Balaberda	30-Mar-11	Charlottetown, PEI
74.0	250.0	Danny Heintz	3-Mar-19	Ottawa, ON
83.0	250.0	Connor Lutz	7-Dec-13	Auckland, New Zealand
93.0	296.0	Dylan Moldovan	19-May-18	Regina, SK
105.0	283.0	Austen Zentner	30-Sept-18	Saskatoon, SK
120.0	295.0	Tanner Lepage	26-Aug-17	Regina, SK
120.0+	250.0	Evan Shaskin	1-Oct-16	Saskatoon, SK

### BENCH PRESS

53.0				
59.0	72.5	Albert Wong	20-Jan-18	Saskatoon, SK
66.0	132.5	Cameron Preymack	9-Jul-15	Moose Jaw, SK
74.0	150.0	Connor Lutz	12-Feb-12	Weyburn, SK
83.0	190.0	Connor Lutz	7-Dec-13	Auckland, New Zealand
93.0	217.5	Tanner Lepage	06-Sept-18	Potchefstroom, South Africa
105.0	197.5	Tanner Lepage	1-Oct-16	Saskatoon, SK
120.0	200.0	Tanner Lepage	26-Aug-17	Regina, SK
120.0+	167.5	Evan Shaskin	1-Oct-16	Saskatoon, SK

### DEADLIFT

53.0				
59.0	177.5	Albert Wong	20-Jan-18	Saskatoon, SK
66.0	235.0	Stephen Price	19-Dec-15	Moose Jaw, SK
74.0	260.0	Cameron Preymack	23-Jul-16	Regina, SK
83.0	255.0	Connor Lutz	18-Aug-13	Edmonton, AB
93.0	290.0	Dylan Moldovan	06-Sept-18	Potchefstroom, South Africa
105.0	298.0	Russell Agnew	11-Jul-15	Moose Jaw, SK
120.0	275.0	Russell Agnew	19-Dec-15	Moose Jaw, SK
120.0+	290.5	Evan Shaskin	1-Oct-16	Saskatoon, SK

### TOTAL

53.0				
59.0	395.0	Albert Wong	20-Jan-18	Saskatoon, SK
66.0	610.0	Stephen Price	20-Dec-14	Moose Jaw, SK
74.0	645.0	Danny Heintz	3-Mar-19	Ottawa, ON
83.0	685.0	Connor Lutz	7-Dec-13	Auckland, New Zealand
93.0	770.0	Dylan Moldovan	3-Mar-19	Ottawa, ON
105.0	723.5	Paul Farbacher	20-Feb-16	Regina, SK
120.0	732.5	Tanner Lepage	26-Aug-17	Regina, SK
120.0+	708.0	Evan Shaskin	1-Oct-16	Saskatoon, SK

### BENCH PRESS ONLY

53.0				
59.0	72.5	Albert Wong	20-Jan-18	Saskatoon, SK
66.0	132.5	Cameron Preymack	9-Jul-15	Moose Jaw, SK
74.0	150.0	Connor Lutz	12-Feb-12	Weyburn, SK
83.0	190.0	Connor Lutz	7-Dec-13	Auckland, New Zealand
93.0	217.5	Tanner Lepage	06-Sept-18	Potchefstroom, South Africa
105.0	202.5	Tanner Lepage	1-Oct-16	Saskatoon, SK
120.0	200.0	Tanner Lepage	26-Aug-17	Regina, SK
120.0+	167.5	Evan Shaskin	1-Oct-16	Saskatoon, SK

## Master I Powerlifting Provincial Records

### SQUAT

59.0	78.0	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0				
74.0	185.0	Brett Zoerb	20-June-16	Killeen, Texas
83.0	200.0	Jeff Rollin	30-Sept-18	Saskatoon, SK
93.0	257.5	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	260.0	Dan Milo	29-Jul-17	Regina, SK
120.0	295.0	Collin Pullar	3-Mar-19	Ottawa, ON
120.0+	312.5	Alan Block	2-Apr-11	Charlottetown, PEI

### BENCH PRESS

59.0	67.5	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0				
74.0	120.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	150.0	Chris Arnold	13-Apr-12	Calgary, AB
105.0	175.0	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	207.5	Collin Pullar	17-Jun-17	Minsk, Belarus
120.0+	242.5	Alan Block	2-Apr-11	Charlottetown, PEI

### DEADLIFT

59.0	105.0	Randy Luzny	13-Sept-14	Regina, SK
66.0				
74.0	205.0	Brett Zoerb	20-June-16	Killeen, Texas
83.0	240.0	Jeff Rollin	30-Sept-18	Saskatoon, SK
93.0	265.0	Chris Arnold	29-Dec-12	Moose Jaw, SK
105.0	282.5	Dan Milo	22-Dec-18	Moose Jaw, SK
120.0	292.5	Collin Pular	17-Jun-17	Minsk, Belarus
120.0+	315.0	Alan Block	2-Apr-11	Charlottetown, PEI

### TOTAL

59.0	245.0	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0				
74.0	497.5	Brett Zoerb	19-Feb-16	Regina, SK
83.0	575.0	Jeff Rollin	30-Sept-18	Saskatoon, SK
93.0	660.0	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	670.0	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	782.5	Collin Pullar	3-Mar-19	Ottawa, ON
120.0+	870.0	Alan Block	2-Apr-11	Charlottetown, PEI

### BENCH PRESS ONLY

59.0	67.5	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0				
74.0	150.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	150.0	John Murphy	29-Oct-11	Saskatoon, SK
93.0	157.5	Brett Zoerb	6-Sept-19	Saskatoon, SK
105.0	175.0	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	207.5	Collin Pullar	17-Jun-17	Minsk, Belarus
120.0+	242.5	Alan Block	2-Apr-11	Charlottetown, PEI

## Master II Powerlifting Provincial Records

### SQUAT

59.0	78.0	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0				
74.0	185.0	Brett Zoerb	20-June-16	Killeen, Texas
83.0	193.5	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	257.5	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	185.0	Randy Schiller	19-Dec-15	Moose Jaw, SK
120.0	210.0	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	175.0	Allan Brabant	30-Sept-18	Saskatoon, Sk

### BENCH PRESS

59.0	67.5	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0				
74.0	120.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	145.0	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	145.0	Randy Wenzel	24-Jan-15	Saskatoon, SK
120.0	148.0	Garry MacDonald	23-Jun-12	Moose Jaw, SK
120.0+	110.0	Allan Brabant	30-Sept-18	Saskatoon, Sk

### DEADLIFT

59.0	105.0	Randy Luzny	13-Sept-14	Regina, SK
66.0				
74.0	205.0	Brett Zoerb	20-June-16	Killeen, Texas
83.0	213.0	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	262.5	Chris Arnold	17-May-14	Saskatoon, SK
105.0	210.0	Randy Schiller	19-Dec-15	Moose Jaw, SK
120.0	245.0	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	194.0	Allan Brabant	30-Sept-18	Saskatoon, Sk

### TOTAL

59.0	245.0	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0				
74.0	497.5	Brett Zoerb	19-Feb-16	Regina, SK
83.0	526.5	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	660.0	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	517.5	Randy Schiller	19-Dec-15	Moose Jaw, SK
120.0	595.0	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	479.0	Allan Brabant	30-Sept-18	Saskatoon, Sk

### BENCH PRESS ONLY

59.0	67.5	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0				
74.0	150.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	150.0	Brian Desjarlais	10-Dec-16	Moose Jaw, SK
93.0	157.5	Brett Zoerb	6-Sept-19	Saskatoon, SK
105.0	148.0	Randy Wenzel	1-Oct-16	Saskatoon, SK
120.0	180.0	Steve Schiefner	6-Sept-19	Saskatoon, SK
120.0+	217.5	Patrick Thera	26-Oct-13	Saskatoon, SK

## Master III Powerlifting Provincial Records

### SQUAT

59.0				
66.0				
74.0	130.0	Brian Desjarlais	9-Apr-15	St. John's, NL
83.0	187.5	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	182.5	Brett Zoerb	29-Sept-18	Saskatoon, Sk
105.0	185.0	Brett Zoerb	4-Aug-19	Edmonton, AB
120.0	140.0	Dusty Dear	12-Jan-19	Saskatoon, SK

120.0+

### BENCH PRESS

59.0				
66.0				
74.0	120.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	122.5	Brett Zoerb	29-Sept-18	Saskatoon, Sk
105.0	135.0	Brett Zoerb	4-Aug-19	Edmonton, AB
120.0	100.0	Allen Ritch	2-Apr-16	Saskatoon, SK

120.0+

### DEADLIFT

59.0				
66.0				
74.0	165.0	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	207.5	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	200.0	Brett Zoerb	29-Sept-18	Saskatoon, Sk
105.0	192.5	Brett Zoerb	4-Aug-19	Edmonton, AB
120.0	182.0	Dusty Dear	12-Jan-19	Saskatoon, SK

120.0+

### TOTAL

59.0				
66.0				
74.0	412.5	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	517.5	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	505.0	Brett Zoerb	29-Sept-18	Saskatoon, Sk
105.0	512.5	Brett Zoerb	4-Aug-19	Edmonton, AB
120.0	409.0	Dusty Dear	12-Jan-19	Saskatoon, SK

120.0+

### BENCH PRESS ONLY

59.0				
66.0				
74.0	122.5	Brian Desjarlais	13-Sept-14	Regina, SK
83.0	150.0	Brian Desjarlais	10-Dec-16	Moose Jaw, SK
93.0	157.5	Brett Zoerb	6-Sept-19	Saskatoon, Sk
105.0	135.0	Brett Zoerb	4-Aug-19	Edmonton, AB
120.0	100.0	Allen Ritch	2-Apr-16	Saskatoon, SK
120.0+	147.5	Patrick Winstanley	22-Feb-18	Calgary, AB

**Master IV Powerlifting Provincial Records**

**SQUAT**

59.0

66.0

74.0

83.0

137.5

Brian Desjarlais

3-Mar-19

Ottawa, ON

93.0

105.0

120.0

120.0+

**BENCH PRESS**

59.0

66.0

74.0

83.0

137.5

Brian Desjarlais

3-Mar-19

Ottawa, ON

93.0

105.0

120.0

120.0+

**DEADLIFT**

59.0

66.0

74.0

83.0

175.0

Brian Desjarlais

3-Mar-19

Ottawa, ON

93.0

105.0

120.0

120.0+

**TOTAL**

59.0

66.0

74.0

83.0

450.0

Brian Desjarlais

3-Mar-19

Ottawa, ON

93.0

105.0

120.0

120.0+

**BENCH PRESS ONLY**

59.0

66.0

74.0

83.0

140.0

Brian Desjarlais

3-Mar-19

Ottawa, ON

93.0

105.0

120.0

120.0+