

Open Equipped Provincial Records

SQUAT

59.0	157.5 kg	Alvin Chou	29-Jul-17	Regina, SK
66.0	265.0 kg	Carter Balaberda	30-Mar-11	Charlottetown, PEI
74.0	256.0 kg	Cameron Premack	07-Apr-22	Saskatoon, SK
83.0	285.0 kg	Daniel Heintz	03-Oct-21	Moose Jaw, SK
93.0	335.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	325.0 kg	Steve Wiseman	26-Nov-11	Edmonton, AB
120.0	330.0 kg	Lucas Tetreault	31-Dec-17	Moose Jaw, SK
120.0+	405.0 kg	Ryan Stinn	3-Mar-20	Winnipeg, MB

BENCH PRESS

59.0	128.0 kg	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	140.0 kg	Kent Brown	3-Dec-15	Vancouver, BC
74.0	192.5 kg	Connor Lutz	22-Feb-18	Calgary, AB
83.0	193.5 kg	Connor Lutz	5-June-14	Potchefstroom, South Africa
93.0	235.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	240.0 kg	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	232.5 kg	Ryan Stinn	2-Apr-11	Charlottetown, PEI
120.0+	330.0 kg	Ryan Stinn	3-Mar-20	Winnipeg, MB

DEADLIFT

59.0	200.0 kg	Alvin Chou	30-Jun-18	Regina, SK
66.0	237.5 kg	Stephen Price	19-Feb-16	Regina, SK
74.0	280.0 kg	Connor Lutz	22-Feb-18	Calgary, AB
83.0	285.0 kg	Timothy Zelensky	02-Oct-21	Moose Jaw, SK
93.0	295.0 kg	Dave Stevens	19-Dec-15	Moose Jaw, SK
105.0	317.5 kg	Gage Bush	18-Mar-17	Saguenay, QU
120.0	325.0 kg	Ryan Kawchuk	03-Oct-21	Moose Jaw, SK
120.0+	338.0 kg	Ryan Stinn	11-Apr-15	St. John's, NL

TOTAL

59.0	475.5 kg	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	612.5 kg	Stephen Price	19-Feb-16	Regina, SK
74.0	722.5 kg	Connor Lutz	22-Feb-18	Calgary, AB
83.0	735.0 kg	Daniel Heintz	03-Oct-21	Moose Jaw, SK
93.0	850.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	855.0 kg	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	835.0 kg	Lucas Tetreault	31-Dec-17	Moose Jaw, SK
120.0+	1067.5 kg	Ryan Stinn	3-Mar-20	Winnipeg, MB

BENCH PRESS ONLY

59.0	128.0 kg	Alvin Chou	08-Sept-18	Edmonton, AB
66.0	140.0 kg	Kent Brown	3-Dec-15	Vancouver, BC
74.0	192.5 kg	Connor Lutz	22-Feb-18	Calgary, AB
83.0	195.0 kg	Marc Morris	3-Mar-20	Winnipeg, MB
93.0	232.5 kg	Aaron Ziffle	3-Mar-20	Winnipeg, MB
105.0	240.0 kg	Steve Wiseman	14-Apr-12	Calgary, AB
120.0	232.5 kg	Ryan Stinn	2-Apr-11	Charlottetown, PEI
120.0+	330.0 kg	Ryan Stinn	3-Mar-20	Winnipeg, MB

Sub-Junior Equipped Provincial Records

SQUAT

53.0	-	No Record	-	-
59.0	115.0 kg	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	145.0 kg	Mckay Brown	1-Oct-16	Saskatoon, SK
74.0	185.0 kg	Daniel Heintz	20-Dec-14	Moose Jaw, SK
83.0	205.0 kg	Travis Campbell	29-Oct-11	Saskatoon, SK
93.0	212.5 kg	Frederick Engelbrecht	31-Dec-17	Moose Jaw, SK
105.0	275.5 kg	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	237.5 kg	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	155.0 kg	Montana Fehr	20-May-17	Regina, SK

BENCH PRESS

53.0	-	No Record	-	-
59.0	90.0 kg	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	87.5 kg	Cameron Black	13-Sept-14	Regina, SK
74.0	145.5 kg	Dimitri Hadjistarrpoulos	9-Sept-17	Winnipeg, MB
83.0	130.0 kg	Travis Campbell	29-Oct-11	Saskatoon, SK
93.0	132.5 kg	Adam Deibert	31-Dec-17	Moose Jaw, SK
105.0	175.0 kg	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	140.0 kg	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	127.5 kg	Montana Fehr	20-May-17	Regina, SK

DEADLIFT

53.0	-	No Record	-	-
59.0	185.0 kg	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	180.0 kg	Troy Preymack	1-Oct-16	Saskatoon, SK
74.0	227.5 kg	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	250.0 kg	Shay Trakalo	13-Jul-19	Martensville, SK
93.0	235.0 kg	Adam Deibert	20-Feb-18	Calgary, AB
105.0	272.5 kg	Paul Farbacher	11-Jul-15	Moose Jaw, SK
120.0	232.5 kg	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	200.0 kg	Montana Fehr	20-May-17	Regina, SK

TOTAL

53.0	-	No Record	-	-
59.0	390.0 kg	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	377.5 kg	Troy Preymack	1-Oct-16	Saskatoon, SK
74.0	548.0 kg	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	565.0 kg	Shay Trakalo	13-Jul-19	Martensville, SK
93.0	557.5 kg	Adam Deibert	20-Feb-18	Calgary, AB
105.0	720.5 kg	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	590.0 kg	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	482.5 kg	Montana Fehr	20-May-17	Regina, SK

BENCH PRESS ONLY

53.0	-	No Record	-	-
59.0	90.0 kg	Aaron Lemoal	1-Oct-16	Saskatoon, SK
66.0	87.5 kg	Cameron Black	13-Sept-14	Regina, SK
74.0	145.5 kg	Dimitri Hadjistavropoulos	09-Sept-17	Winnipeg, MB
83.0	145.0 kg	Dimitri Hadjistavropoulos	27-Aug-17	Regina, SK
93.0	137.5 kg	Travis Campbell	31-Dec-11	Moose Jaw, SK
105.0	175.0 kg	Paul Farbacher	3-Dec-15	Vancouver, BC
120.0	140.0 kg	Isaac Klein	12-Jan-19	Saskatoon, SK
120.0+	127.5 kg	Montana Fehr	20-May-17	Regina, SK

Junior Equipped Provincial Records

SQUAT

53.0	-
59.0	145.0 kg
66.0	265.0 kg
74.0	255.5 kg
83.0	250.0 kg
93.0	296.0 kg
105.0	283.0 kg
120.0	295.0 kg
120.0+	270.0 kg

No Record

Albert Wong	20-Jan-18
Carter Balaberda	30-Mar-11
Daniel Heintz	14-Dec-19
Connor Lutz	7-Dec-13
Dylan Moldovan	19-May-18
Austen Zentner	30-Sept-18
Tanner Lepage	26-Aug-17
Carson Parago	11-Dec-21

-

Saskatoon, SK
Charlottetown, PEI
Moose Jaw, SK
Auckland, New Zealand
Regina, SK
Saskatoon, SK
Regina, SK
Moose Jaw, SK

BENCH PRESS

53.0	-
59.0	72.5 kg
66.0	133.0 kg
74.0	187.5 kg
83.0	190.0 kg
93.0	217.5 kg
105.0	197.5 kg
120.0	200.0 kg
120.0+	167.5 kg

No Record

Albert Wong	20-Jan-18
Jalen Nelson	01-Oct-21
Noah Villard	18-Jan-20
Connor Lutz	7-Dec-13
Tanner Lepage	06-Sept-18
Tanner Lepage	1-Oct-16
Tanner Lepage	26-Aug-17
Evan Shaskin	1-Oct-16

-

Saskatoon, SK
Moose Jaw, SK
Saskatoon, SK
Auckland, New Zealand
Potchefstroom, South Africa
Saskatoon, SK
Regina, SK
Saskatoon, SK

DEADLIFT

53.0	-
59.0	177.5 kg
66.0	235.0 kg
74.0	265.5 kg
83.0	285.0 kg
93.0	290.0 kg
105.0	298.0 kg
120.0	275.0 kg
120.0+	290.5 kg

No Record

Albert Wong	20-Jan-18
Stephen Price	19-Dec-15
Daniel Heintz	14-Dec-19
Timothy Zelensky	02-Oct-21
Dylan Moldovan	06-Sept-18
Russell Agnew	11-Jul-15
Russell Agnew	19-Dec-15
Evan Shaskin	1-Oct-16

-

Saskatoon, SK
Moose Jaw, SK
Moose Jaw, SK
Moose Jaw, SK
Potchefstroom, South Africa
Moose Jaw, SK
Moose Jaw, SK
Saskatoon, SK

TOTAL

53.0	-
59.0	395.0 kg
66.0	610.0 kg
74.0	665.0 kg
83.0	685.0 kg
93.0	770.0 kg
105.0	723.5 kg
120.0	732.5 kg
120.0+	708.0 kg

No Record

Albert Wong	20-Jan-18
Stephen Price	20-Dec-14
Noah Villard	18-Jan-20
Connor Lutz	7-Dec-13
Dylan Moldovan	3-Mar-19
Paul Farbacher	20-Feb-16
Tanner Lepage	26-Aug-17
Evan Shaskin	1-Oct-16

-

Saskatoon, SK
Moose Jaw, SK
Saskatoon, SK
Auckland, New Zealand
Ottawa, ON
Regina, SK
Regina, SK
Saskatoon, SK

BENCH PRESS ONLY

53.0	-
59.0	72.5 kg
66.0	132.5 kg
74.0	187.5 kg
83.0	190.0 kg
93.0	217.5 kg
105.0	202.5 kg
120.0	200.0 kg
120.0+	167.5 kg

No Record

Albert Wong	20-Jan-18
Cameron Preymack	9-Jul-15
Noah Villard	18-Jan-20
Connor Lutz	7-Dec-13
Tanner Lepage	06-Sept-18
Tanner Lepage	1-Oct-16
Tanner Lepage	26-Aug-17
Evan Shaskin	1-Oct-16

-

Saskatoon, SK
Moose Jaw, SK
Saskatoon, SK
Auckland, New Zealand
Potchefstroom, South Africa
Saskatoon, SK
Regina, SK
Saskatoon, SK

Master I Equipped Provincial Records

SQUAT

59.0	78.0 kg	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	185.0 kg	Brett Zoerb	20-June-16	Killeen, Texas
83.0	212.5 kg	Jared Janis	3-Mar-20	Winnipeg, MB
93.0	335.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	260.0 kg	Dan Milo	29-Jul-17	Regina, SK
120.0	295.0 kg	Collin Pullar	3-Mar-19	Ottawa, ON
120.0+	312.5 kg	Alan Block	2-Apr-11	Charlottetown, PEI

BENCH PRESS

59.0	67.5 kg	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	120.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	235.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	175.0 kg	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	207.5 kg	Collin Pullar	17-Jun-17	Minsk, Belarus
120.0+	242.5 kg	Alan Block	2-Apr-11	Charlottetown, PEI

DEADLIFT

59.0	105.0 kg	Randy Luzny	13-Sept-14	Regina, SK
66.0	-	No Record	-	-
74.0	205.0 kg	Brett Zoerb	20-June-16	Killeen, Texas
83.0	240.0 kg	Jeff Rollin	30-Sept-18	Saskatoon, SK
93.0	280.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	282.5 kg	Dan Milo	22-Dec-18	Moose Jaw, SK
120.0	292.5 kg	Collin Pular	17-Jun-17	Minsk, Belarus
120.0+	315.0 kg	Alan Block	2-Apr-11	Charlottetown, PEI

TOTAL

59.0	245.0 kg	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	497.5 kg	Brett Zoerb	19-Feb-16	Regina, SK
83.0	575.0 kg	Jeff Rollin	30-Sept-18	Saskatoon, SK
93.0	850.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	670.0 kg	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	782.5 kg	Collin Pullar	3-Mar-19	Ottawa, ON
120.0+	870.0 kg	Alan Block	2-Apr-11	Charlottetown, PEI

BENCH PRESS ONLY

59.0	67.5 kg	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	150.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	150.0 kg	John Murphy	29-Oct-11	Saskatoon, SK
93.0	235.0 kg	Aaron Ziffle	9-May-22	St. John's, NL
105.0	175.0 kg	Steve Wiseman	21-Feb-15	Saskatoon, SK
120.0	207.5 kg	Collin Pullar	17-Jun-17	Minsk, Belarus
120.0+	250.0 kg	Ryan Fowler	9-May-22	St. John's, NL

Master II Equipped Provincial Records

SQUAT

59.0	78.0 kg	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	185.0 kg	Brett Zoerb	20-June-16	Killeen, Texas
83.0	193.5 kg	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	257.5 kg	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	220.0 kg	Randy Schiller	02-Oct-21	Moose Jaw, SK
120.0	210.0 kg	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	195.0 kg	Alan Bigelow	11-Dec-21	Moose Jaw, SK

BENCH PRESS

59.0	67.5 kg	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	120.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	162.5 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	155.0 kg	Brett Zoerb	14-Dec-19	Moose Jaw, SK
120.0	148.0 kg	Garry MacDonald	23-Jun-12	Moose Jaw, SK
120.0+	160.0 kg	Alan Bigelow	11-Dec-21	Moose Jaw, SK

DEADLIFT

59.0	105.0 kg	Randy Luzny	13-Sept-14	Regina, SK
66.0	-	No Record	-	-
74.0	205.0 kg	Brett Zoerb	20-June-16	Killeen, Texas
83.0	213.0 kg	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	262.5 kg	Chris Arnold	17-May-14	Saskatoon, SK
105.0	230.0 kg	Randy Schiller	3-Mar-20	Winnipeg, MB
120.0	245.0 kg	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	195.0 kg	Alan Bigelow	11-Dec-21	Moose Jaw, SK

TOTAL

59.0	245.0 kg	Randy Luzny	28-Jun-14	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	497.5 kg	Brett Zoerb	19-Feb-16	Regina, SK
83.0	526.5 kg	Brett Zoerb	31-Dec-17	Moose Jaw, SK
93.0	660.0 kg	Chris Arnold	20-Dec-14	Moose Jaw, SK
105.0	585.0 kg	Randy Schiller	01-Oct-21	Moose Jaw, SK
120.0	595.0 kg	Michael Martin	24-Jan-15	Saskatoon, SK
120.0+	550.0 kg	Alan Bigelow	11-Dec-21	Moose Jaw, SK

BENCH PRESS ONLY

59.0	67.5 kg	Randy Luzny	18-Jun-11	Moose Jaw, SK
66.0	-	No Record	-	-
74.0	150.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	150.0 kg	Brian Desjarlais	10-Dec-16	Moose Jaw, SK
93.0	162.5 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	155.0 kg	Brett Zoerb	14-Dec-19	Moose Jaw, SK
120.0	180.0 kg	Steve Schiefner	6-Sept-19	Saskatoon, SK
120.0+	217.5 kg	Patrick Thera	26-Oct-13	Saskatoon, SK

Master III Equipped Provincial Records

SQUAT

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	130.0 kg	Brian Desjarlais	9-Apr-15	St. John's, NL
83.0	187.5 kg	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	195.0 kg	Brett Zoerb	10-Oct-19	Potchefstroom, South Africa
105.0	206.0 kg	Randy Schiller	19-Feb-22	Weyburn, SK
120.0	140.0 kg	Dusty Dear	12-Jan-19	Saskatoon, SK
120.0+	-	No Record	-	-

BENCH PRESS

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	120.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	137.5 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	162.5 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	155.0 kg	Brett Zoerb	14-Dec-19	Moose Jaw, SK
120.0	100.0 kg	Allen Ritch	2-Apr-16	Saskatoon, SK
120.0+	-	No Record	-	-

DEADLIFT

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	165.0 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	207.5 kg	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	200.0 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	230.0 kg	Randy Schiller	19-Feb-22	Weyburn, SK
120.0	182.0 kg	Dusty Dear	12-Jan-19	Saskatoon, SK
120.0+	-	No Record	-	-

TOTAL

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	412.5 kg	Brian Desjarlais	26-Oct-13	Saskatoon, SK
83.0	517.5 kg	Brett Zoerb	7-Jun-18	Calgary, AB
93.0	547.5 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	571.0 kg	Randy Schiller	19-Feb-22	Weyburn, SK
120.0	409.0 kg	Dusty Dear	12-Jan-19	Saskatoon, SK
120.0+	-	No Record	-	-

BENCH PRESS ONLY

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	122.5 kg	Brian Desjarlais	13-Sept-14	Regina, SK
83.0	150.0 kg	Brian Desjarlais	10-Dec-16	Moose Jaw, SK
93.0	162.5 kg	Brett Zoerb	3-Mar-20	Winnipeg, MB
105.0	155.0 kg	Brett Zoerb	14-Dec-19	Moose Jaw, SK
120.0	100.0 kg	Allen Ritch	2-Apr-16	Saskatoon, SK
120.0+	147.5 kg	Patrick Winstanley	22-Feb-18	Calgary, AB

Master IV Equipped Provincial Records

SQUAT

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	-	No Record	-	-
83.0	137.5 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	-	No Record	-	-
105.0	-	No Record	-	-
120.0	-	No Record	-	-
120.0+	-	No Record	-	-

BENCH PRESS

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	-	No Record	-	-
83.0	137.5 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	-	No Record	-	-
105.0	-	No Record	-	-
120.0	-	No Record	-	-
120.0+	-	No Record	-	-

DEADLIFT

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	-	No Record	-	-
83.0	175.0 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	-	No Record	-	-
105.0	-	No Record	-	-
120.0	-	No Record	-	-
120.0+	-	No Record	-	-

TOTAL

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	-	No Record	-	-
83.0	450.0 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	-	No Record	-	-
105.0	-	No Record	-	-
120.0	-	No Record	-	-
120.0+	-	No Record	-	-

BENCH PRESS ONLY

59.0	-	No Record	-	-
66.0	-	No Record	-	-
74.0	117.5 kg	Brian Desjarlais	1-Oct-21	Moose Jaw, SK
83.0	140.0 kg	Brian Desjarlais	3-Mar-19	Ottawa, ON
93.0	-	No Record	-	-
105.0	-	No Record	-	-
120.0	-	No Record	-	-
120.0+	-	No Record	-	-