

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

10-3-13 updated to change J Minor 2012 Dead Lift weight to 335 from 315

State Records can only be set by Delaware Residents. Meet Records can be set by any participating athlete.

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO:

admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press	F	50 - 54		105				
State	Weight Lifting	Bench Press	F	50 - 54		105				
Meet	Weight Lifting	Bench Press	F	50 - 54		114				
State	Weight Lifting	Bench Press	F	50 - 54		114				
Meet	Weight Lifting	Bench Press	F	50 - 54	2006	123	Clark	Janice	DE	90
State	Weight Lifting	Bench Press	F	50 - 54	2006	123	Clark	Janice	DE	90
Meet	Weight Lifting	Bench Press	F	50 - 54		132				
State	Weight Lifting	Bench Press	F	50 - 54		132				
Meet	Weight Lifting	Bench Press	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	170
State	Weight Lifting	Bench Press	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	170
Meet	Weight Lifting	Bench Press	F	50 - 54	2003	165	Ruffin	Marcealea	DE	105
Meet	Weight Lifting	Bench Press	F	50 - 54	2005	181	Lawson	Pat	DE	125
State	Weight Lifting	Bench Press	F	50 - 54	2005	181	Lawson	Pat	DE	125
Meet	Weight Lifting	Bench Press	F	50 - 54		198				
State	Weight Lifting	Bench Press	F	50 - 54		198				
Meet	Weight Lifting	Bench Press	F	50 - 54	2015	220	Thomas	Lauren	DE	130
State	Weight Lifting	Bench Press	F	50 - 54	2015	220	Thomas	Lauren	DE	130
Meet	Weight Lifting	Bench Press	F	55 - 59		105				
State	Weight Lifting	Bench Press	F	55 - 59		105				
Meet	Weight Lifting	Bench Press	F	55 - 59	2003	114	Dische	Linda	DE	110
State	Weight Lifting	Bench Press	F	55 - 59	2003	114	Dische	Linda	DE	110
Meet	Weight Lifting	Bench Press	F	55 - 59		123				
State	Weight Lifting	Bench Press	F	55 - 59		123				
Meet	Weight Lifting	Bench Press	F	55 - 59	2004	132	Firko	Nancy Lee	DE	130
State	Weight Lifting	Bench Press	F	55 - 59	2004	132	Firko	Nancy Lee	DE	130
Meet	Weight Lifting	Bench Press	F	55 - 59	2004	148	Dische	Linda	DE	110
State	Weight Lifting	Bench Press	F	55 - 59	2004	148	Dische	Linda	DE	110

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Meet	Weight Lifting	Bench Press	F	55 - 59	2006	165	Dische	Linda	DE	150
State	Weight Lifting	Bench Press	F	55 - 59	2006	165	Dische	Linda	DE	150
Meet	Weight Lifting	Bench Press	F	55 - 59	2006	181	Lawson	Pat	DE	130
State	Weight Lifting	Bench Press	F	55 - 59	2006	181	Lawson	Pat	DE	130
Meet	Weight Lifting	Bench Press	F	55 - 59		198				
State	Weight Lifting	Bench Press	F	55 - 59		198				
Meet	Weight Lifting	Bench Press	F	55 - 59	2007	220	Cook	Terry	DE	100
State	Weight Lifting	Bench Press	F	55 - 59	2007	220	Cook	Terry	DE	100
Meet	Weight Lifting	Bench Press	F	60 - 64		105				
State	Weight Lifting	Bench Press	F	60 - 64		105				
Meet	Weight Lifting	Bench Press	F	60 - 64	2003	114	Guliana	Barbara	DE	110
State	Weight Lifting	Bench Press	F	60 - 64	2003	114	Guliana	Barbara	DE	110
Meet	Weight Lifting	Bench Press	F	60 - 64	2016	123	Picciotti	Demeter	DE	115
State	Weight Lifting	Bench Press	F	60 - 64	2016	123	Picciotti	Demeter	DE	115
Meet	Weight Lifting	Bench Press	F	60 - 64	2007	132	Jenke-McMahon	Diane	NJ	130
State	Weight Lifting	Bench Press	F	60 - 64	2006	132	Guliana	Barbara	DE	130
Meet	Weight Lifting	Bench Press	F	60 - 64	2003	148	Brown	Maureen	DE	110
State	Weight Lifting	Bench Press	F	60 - 64	2003	148	Brown	Maureen	DE	110
Meet	Weight Lifting	Bench Press	F	60 - 64	2016	165	Warrington	Jennifer	DE	100
State	Weight Lifting	Bench Press	F	60 - 64	2016	165	Warrington	Jennifer	DE	100
Meet	Weight Lifting	Bench Press	F	60 - 64	2014	165	Marvel	Catherine	DE	90
State	Weight Lifting	Bench Press	F	60 - 64	2014	165	Marvel	Catherine	DE	90
Meet	Weight Lifting	Bench Press	F	60 - 64	2004	181	Pickering	Kathy	DE	95
State	Weight Lifting	Bench Press	F	60 - 64	2004	181	Pickering	Kathy	DE	95
Meet	Weight Lifting	Bench Press	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	105
State	Weight Lifting	Bench Press	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	105
Meet	Weight Lifting	Bench Press	F	60 - 64		220				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	F	60 - 64		220				
Meet	Weight Lifting	Bench Press	F	65 - 69	2009	105	Schmidt	Joan	FL	78
State	Weight Lifting	Bench Press	F	65 - 69		105				
Meet	Weight Lifting	Bench Press	F	65 - 69	2016	114	Anderson	Jennine	DE	78
State	Weight Lifting	Bench Press	F	65 - 69	2016	114	Anderson	Jennine	DE	78
Meet	Weight Lifting	Bench Press	F	65 - 69		123				
State	Weight Lifting	Bench Press	F	65 - 69		123				
Meet	Weight Lifting	Bench Press	F	65 - 69	2016	132	Litchfield	Marilyn	DE	80
State	Weight Lifting	Bench Press	F	65 - 69	2016	132	Litchfield	Marilyn	DE	80
Meet	Weight Lifting	Bench Press	F	65 - 69		148	Warren	Barbara	WV	85
State	Weight Lifting	Bench Press	F	65 - 69		148				
Meet	Weight Lifting	Bench Press	F	65 - 69		165				
State	Weight Lifting	Bench Press	F	65 - 69		165				
Meet	Weight Lifting	Bench Press	F	65 - 69	2005	181	Collins	Shirley	DE	80
State	Weight Lifting	Bench Press	F	65 - 69	2005	181	Collins	Shirley	DE	80
Meet	Weight Lifting	Bench Press	F	65 - 69		198				
State	Weight Lifting	Bench Press	F	65 - 69		198				
Meet	Weight Lifting	Bench Press	F	65 - 69		220				
State	Weight Lifting	Bench Press	F	65 - 69		220				
Meet	Weight Lifting	Bench Press	F	70 - 74		105				
State	Weight Lifting	Bench Press	F	70 - 74		105				
Meet	Weight Lifting	Bench Press	F	70 - 74		114				
State	Weight Lifting	Bench Press	F	70 - 74		114				
Meet	Weight Lifting	Bench Press	F	70 - 74		123				
State	Weight Lifting	Bench Press	F	70 - 74		123				
Meet	Weight Lifting	Bench Press	F	70 - 74	2011	132	McCleary	Jayne	DE	75
State	Weight Lifting	Bench Press	F	70 - 74	2011	132	McCleary	Jayne	DE	75

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press	F	70 - 74	2006	148	Anderson	Ramona	DE	70
State	Weight Lifting	Bench Press	F	70 - 74	2006	148	Anderson	Ramona	DE	70
Meet	Weight Lifting	Bench Press	F	70 - 74		165				
State	Weight Lifting	Bench Press	F	70 - 74		165				
Meet	Weight Lifting	Bench Press	F	70 - 74	2005	181	Wolfe	Esther	DE	105
State	Weight Lifting	Bench Press	F	70 - 74	2005	181	Wolfe	Esther	DE	105
Meet	Weight Lifting	Bench Press	F	70 - 74	2003	198	Wolfe	Esther	DE	100
State	Weight Lifting	Bench Press	F	70 - 74	2003	198	Wolfe	Esther	DE	100
Meet	Weight Lifting	Bench Press	F	70 - 74	2004	220	Murphy	Helen	DE	100
State	Weight Lifting	Bench Press	F	70 - 74	2004	220	Murphy	Helen	DE	100
Meet	Weight Lifting	Bench Press	F	75 - 79		105				
State	Weight Lifting	Bench Press	F	75 - 79		105				
Meet	Weight Lifting	Bench Press	F	75 - 79		114				
State	Weight Lifting	Bench Press	F	75 - 79		114				
Meet	Weight Lifting	Bench Press	F	75 - 79		123				
State	Weight Lifting	Bench Press	F	75 - 79		123				
Meet	Weight Lifting	Bench Press	F	75 - 79		132				
State	Weight Lifting	Bench Press	F	75 - 79		132				
Meet	Weight Lifting	Bench Press	F	75 - 79		148				
State	Weight Lifting	Bench Press	F	75 - 79		148				
Meet	Weight Lifting	Bench Press	F	75 - 79		165				
State	Weight Lifting	Bench Press	F	75 - 79		165				
Meet	Weight Lifting	Bench Press	F	75 - 79	2008	181	Kent	Lorraine	DE	85
State	Weight Lifting	Bench Press	F	75 - 79	2008	181	Kent	Lorraine	DE	85
Meet	Weight Lifting	Bench Press	F	75 - 79	2010	198	Kent	Lorraine	DE	80
State	Weight Lifting	Bench Press	F	75 - 79	2010	198	Kent	Lorraine	DE	80
Meet	Weight Lifting	Bench Press	F	75 - 79		220				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	F	75 - 79		220				
Meet	Weight Lifting	Bench Press	F	80 - 84		105				
State	Weight Lifting	Bench Press	F	80 - 84		105				
Meet	Weight Lifting	Bench Press	F	80 - 84		114				
State	Weight Lifting	Bench Press	F	80 - 84		114				
Meet	Weight Lifting	Bench Press	F	80 - 84		123				
State	Weight Lifting	Bench Press	F	80 - 84		123				
Meet	Weight Lifting	Bench Press	F	80 - 84		132				
State	Weight Lifting	Bench Press	F	80 - 84		132				
Meet	Weight Lifting	Bench Press	F	80 - 84		148				
State	Weight Lifting	Bench Press	F	80 - 84		148				
Meet	Weight Lifting	Bench Press	F	80 - 84	2016	165	Rehberg	Virginia	DE	65
State	Weight Lifting	Bench Press	F	80 - 84	2016	165	Rehberg	Virginia	DE	65
Meet	Weight Lifting	Bench Press	F	80 - 84		181				
State	Weight Lifting	Bench Press	F	80 - 84		181				
Meet	Weight Lifting	Bench Press	F	80 - 84		198				
State	Weight Lifting	Bench Press	F	80 - 84		198				
Meet	Weight Lifting	Bench Press	F	80 - 84		220				
State	Weight Lifting	Bench Press	F	80 - 84		220				
Meet	Weight Lifting	Bench Press	F	85 - 89		105				
State	Weight Lifting	Bench Press	F	85 - 89		105				
Meet	Weight Lifting	Bench Press	F	85 - 89		114				
State	Weight Lifting	Bench Press	F	85 - 89		114				
Meet	Weight Lifting	Bench Press	F	85 - 89		123				
State	Weight Lifting	Bench Press	F	85 - 89		123				
Meet	Weight Lifting	Bench Press	F	85 - 89		132				
State	Weight Lifting	Bench Press	F	85 - 89		132				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press	F	85 - 89		148				
State	Weight Lifting	Bench Press	F	85 - 89		148				
Meet	Weight Lifting	Bench Press	F	85 - 89		165				
State	Weight Lifting	Bench Press	F	85 - 89		165				
Meet	Weight Lifting	Bench Press	F	85 - 89		181				
State	Weight Lifting	Bench Press	F	85 - 89		181				
Meet	Weight Lifting	Bench Press	F	85 - 89		198				
State	Weight Lifting	Bench Press	F	85 - 89		198				
Meet	Weight Lifting	Bench Press	F	85 - 89		220				
State	Weight Lifting	Bench Press	F	85 - 89		220				
Meet	Weight Lifting	Bench Press	F	90 - 94		105				
State	Weight Lifting	Bench Press	F	90 - 94		105				
Meet	Weight Lifting	Bench Press	F	90 - 94		114				
State	Weight Lifting	Bench Press	F	90 - 94		114				
Meet	Weight Lifting	Bench Press	F	90 - 94		123				
State	Weight Lifting	Bench Press	F	90 - 94		123				
Meet	Weight Lifting	Bench Press	F	90 - 94		132				
State	Weight Lifting	Bench Press	F	90 - 94		132				
Meet	Weight Lifting	Bench Press	F	90 - 94		148				
State	Weight Lifting	Bench Press	F	90 - 94		148				
Meet	Weight Lifting	Bench Press	F	90 - 94		165				
State	Weight Lifting	Bench Press	F	90 - 94		165				
Meet	Weight Lifting	Bench Press	F	90 - 94		181				
State	Weight Lifting	Bench Press	F	90 - 94		181				
Meet	Weight Lifting	Bench Press	F	90 - 94		198				
State	Weight Lifting	Bench Press	F	90 - 94		198				
Meet	Weight Lifting	Bench Press	F	90 - 94		220				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	F	90 - 94		220				
Meet	Weight Lifting	Bench Press	F	95 - 99		105				
State	Weight Lifting	Bench Press	F	95 - 99		105				
Meet	Weight Lifting	Bench Press	F	95 - 99		114				
State	Weight Lifting	Bench Press	F	95 - 99		114				
Meet	Weight Lifting	Bench Press	F	95 - 99		123				
State	Weight Lifting	Bench Press	F	95 - 99		123				
Meet	Weight Lifting	Bench Press	F	95 - 99		132				
State	Weight Lifting	Bench Press	F	95 - 99		132				
Meet	Weight Lifting	Bench Press	F	95 - 99		148				
State	Weight Lifting	Bench Press	F	95 - 99		148				
Meet	Weight Lifting	Bench Press	F	95 - 99		165				
State	Weight Lifting	Bench Press	F	95 - 99		165				
Meet	Weight Lifting	Bench Press	F	95 - 99		181				
State	Weight Lifting	Bench Press	F	95 - 99		181				
Meet	Weight Lifting	Bench Press	F	95 - 99		198				
State	Weight Lifting	Bench Press	F	95 - 99		198				
Meet	Weight Lifting	Bench Press	F	95 - 99		220				
State	Weight Lifting	Bench Press	F	95 - 99		220				
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		105				
State	Weight Lifting	Bench Press for Reps	F	50 - 54		105				
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		114				
State	Weight Lifting	Bench Press for Reps	F	50 - 54		114				
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	123	Clark	Janice	DE	59
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	123	Clark	Janice	DE	59
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		132				

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State	Weight Lifting	Bench Press for Reps	F	50 - 54		132				
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	96
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	96
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2008	165	Smith-Jones	Teri	DE	53
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2008	165	Smith-Jones	Teri	DE	53
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	181	Lawson	Pat	DE	57
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	181	Lawson	Pat	DE	57
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		198				
State	Weight Lifting	Bench Press for Reps	F	50 - 54		198				
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2015	220	Thomas	Lauren	DE	45
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2015	220	Thomas	Lauren	DE	45
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		105				
State	Weight Lifting	Bench Press for Reps	F	55 - 59		105				
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	114	Brown	Maureen	DE	43
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	114	Brown	Maureen	DE	43
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		123				
State	Weight Lifting	Bench Press for Reps	F	55 - 59		123				
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	132	Firko	Nancy Lee	DE	70
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	132	Firko	Nancy Lee	DE	70
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2012	148	Keisling	Christine	PA	40 lbs/74 reps
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2011	148	Keisling	Christine	DE	70
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	45 lbs/81 reps
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	45 lbs/81 reps
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2006	181	Lawson	Pat	DE	57
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2006	181	Lawson	Pat	DE	57
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		198				
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State	Weight Lifting	Bench Press for Reps	F	55 - 59	2007	220	Cook	Terry	DE	20
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64		105				
State	Weight Lifting	Bench Press for Reps	F	60 - 64		105				
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	114	Brown	Maureen	DE	59
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	114	Brown	Maureen	DE	59
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2005	123	Brown	Maureen	DE	56
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2005	123	Brown	Maureen	DE	56
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2007	132	Jenke-McMahon	Diane	NJ	54
State	Weight Lifting	Bench Press for Reps	F	60 - 64		132				
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2002	148	Black	Helen	DE	52
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2002	148	Black	Helen	DE	52
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2016	165	Warrington	Jennifer	DE	50 lbs/43 reps
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2016	165	Warrington	Jennifer	DE	50 lbs/43 reps
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64		181				
State	Weight Lifting	Bench Press for Reps	F	60 - 64		181				
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	35
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	35
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64		220				
State	Weight Lifting	Bench Press for Reps	F	60 - 64		220				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2008	105	Schmidt	Joan	FL	19
State	Weight Lifting	Bench Press for Reps	F	65 - 69		105				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2016	114	Anderson	Jennine	DE	30 LBS / 66 reps
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2016	114	Anderson	Jennine	DE	30 LBS / 66 reps
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		123				
State	Weight Lifting	Bench Press for Reps	F	65 - 69		123				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2016	132	Litchfield	Marilyn	DE	40 LBS / 43 reps

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Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2004	148	Anderson	Ramona	DE	33
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2004	148	Anderson	Ramona	DE	33
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		165				
State	Weight Lifting	Bench Press for Reps	F	65 - 69		165				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2005	181	Collins	Shirley	DE	23
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2005	181	Collins	Shirley	DE	23
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State	Weight Lifting	Bench Press for Reps	F	65 - 69		198				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		220				
State	Weight Lifting	Bench Press for Reps	F	65 - 69		220				
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		105				
State	Weight Lifting	Bench Press for Reps	F	70 - 74		105				
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		114				
State	Weight Lifting	Bench Press for Reps	F	70 - 74		114				
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		123				
State	Weight Lifting	Bench Press for Reps	F	70 - 74		123				
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2011	132	McCleary	Jayne	DE	39
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2011	132	McCleary	Jayne	DE	39
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2006	148	Anderson	Ramona	DE	25
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2006	148	Anderson	Ramona	DE	25
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2002	165	Kershaw	Frances	DE	36
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2002	165	Kershaw	Frances	DE	36
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2007	181	Wolfe	Esther	DE	37
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2007	181	Wolfe	Esther	DE	37
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		198				
State	Weight Lifting	Bench Press for Reps	F	70 - 74		198				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

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Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		220				
State	Weight Lifting	Bench Press for Reps	F	70 - 74		220				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		105				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		105				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		114				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		114				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		123				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		123				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		132				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		132				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		148				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		148				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		165				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		165				
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79	2008	181	Kent	Lorraine	DE	19
State	Weight Lifting	Bench Press for Reps	F	75 - 79	2008	181	Kent	Lorraine	DE	19
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79	2010	198	Kent	Lorraine	DE	10
State	Weight Lifting	Bench Press for Reps	F	75 - 79	2010	198	Kent	Lorraine	DE	10
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		220				
State	Weight Lifting	Bench Press for Reps	F	75 - 79		220				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		105				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		105				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		114				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		114				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		123				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		123				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		132				

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State	Weight Lifting	Bench Press for Reps	F	80 - 84		132				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		148				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		148				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84	2016	165	Rehberg	Virgina	DE	50 lbs / 17 reps
State	Weight Lifting	Bench Press for Reps	F	80 - 84	2016	165	Rehberg	Virgina	DE	50 lbs / 17 reps
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		181				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		181				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		198				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		198				
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		220				
State	Weight Lifting	Bench Press for Reps	F	80 - 84		220				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		105				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		105				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		114				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		114				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		123				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		123				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		132				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		132				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		148				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		148				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		165				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		165				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		181				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		181				
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		198				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		198				

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Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		220				
State	Weight Lifting	Bench Press for Reps	F	85 - 89		220				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		105				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		105				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		114				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		114				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		123				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		123				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		132				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		132				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		148				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		148				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		165				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		165				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		181				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		181				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		198				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		198				
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		220				
State	Weight Lifting	Bench Press for Reps	F	90 - 94		220				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		105				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		105				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		114				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		114				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		123				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		123				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		132				

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State	Weight Lifting	Bench Press for Reps	F	95 - 99		132				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		148				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		148				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		165				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		165				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		181				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		181				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		198				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		198				
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		220				
State	Weight Lifting	Bench Press for Reps	F	95 - 99		220				
Meet	Weight Lifting	Dead Lift	F	50 - 54		105				
State	Weight Lifting	Dead Lift	F	50 - 54		105				
Meet	Weight Lifting	Dead Lift	F	50 - 54		114				
State	Weight Lifting	Dead Lift	F	50 - 54		114				
Meet	Weight Lifting	Dead Lift	F	50 - 54		123				
State	Weight Lifting	Dead Lift	F	50 - 54		123				
Meet	Weight Lifting	Dead Lift	F	50 - 54		132				
State	Weight Lifting	Dead Lift	F	50 - 54		132				
Meet	Weight Lifting	Dead Lift	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	353
State	Weight Lifting	Dead Lift	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	353
Meet	Weight Lifting	Dead Lift	F	50 - 54	2008	165	Smith-Jones	Teri	DE	175
State	Weight Lifting	Dead Lift	F	50 - 54	2008	165	Smith-Jones	Teri	DE	175
Meet	Weight Lifting	Dead Lift	F	50 - 54	2005	181	Lawson	Pat	DE	200
State	Weight Lifting	Dead Lift	F	50 - 54	2005	181	Lawson	Pat	DE	200
Meet	Weight Lifting	Dead Lift	F	50 - 54		198				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	F	50 - 54		198				
Meet	Weight Lifting	Dead Lift	F	50 - 54	2015	220	Thomas	Lauren	DE	300
State	Weight Lifting	Dead Lift	F	50 - 54	2015	220	Thomas	Lauren	DE	300
Meet	Weight Lifting	Dead Lift	F	55 - 59		105				
State	Weight Lifting	Dead Lift	F	55 - 59		105				
Meet	Weight Lifting	Dead Lift	F	55 - 59		114				
State	Weight Lifting	Dead Lift	F	55 - 59		114				
Meet	Weight Lifting	Dead Lift	F	55 - 59		123				
State	Weight Lifting	Dead Lift	F	55 - 59		123				
Meet	Weight Lifting	Dead Lift	F	55 - 59	2013	132	Dill	Jennifer	DE	205
State	Weight Lifting	Dead Lift	F	55 - 59	2013	132	Dill	Jennifer	DE	205
Meet	Weight Lifting	Dead Lift	F	55 - 59	2014	148	Miller	Joni	DE	220
State	Weight Lifting	Dead Lift	F	55 - 59	2014	148	Miller	Joni	DE	220
Meet	Weight Lifting	Dead Lift	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	225
State	Weight Lifting	Dead Lift	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	225
Meet	Weight Lifting	Dead Lift	F	55 - 59	2006	181	Lawson	Pat	DE	200
State	Weight Lifting	Dead Lift	F	55 - 59	2006	181	Lawson	Pat	DE	200
Meet	Weight Lifting	Dead Lift	F	55 - 59		198				
State	Weight Lifting	Dead Lift	F	55 - 59		198				
Meet	Weight Lifting	Dead Lift	F	55 - 59		220				
State	Weight Lifting	Dead Lift	F	55 - 59	2007	220	Cook	Terry	DE	205
Meet	Weight Lifting	Dead Lift	F	60 - 64		105				
State	Weight Lifting	Dead Lift	F	60 - 64		105				
Meet	Weight Lifting	Dead Lift	F	60 - 64		114				
State	Weight Lifting	Dead Lift	F	60 - 64		114				
Meet	Weight Lifting	Dead Lift	F	60 - 64	2016	123	Picciotti	Demeter	DE	255
State	Weight Lifting	Dead Lift	F	60 - 64	2016	123	Picciotti	Demeter	DE	255

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Dead Lift	F	60 - 64		132				
State	Weight Lifting	Dead Lift	F	60 - 64		132				
Meet	Weight Lifting	Dead Lift	F	60 - 64	2002	148	Black	Helen	DE	195
State	Weight Lifting	Dead Lift	F	60 - 64	2002	148	Black	Helen	DE	195
Meet	Weight Lifting	Dead Lift	F	60 - 64	2016	165	Warrington	Jennifer	DE	205
State	Weight Lifting	Dead Lift	F	60 - 64	2016	165	Warrington	Jennifer	DE	205
Meet	Weight Lifting	Dead Lift	F	60 - 64		181				
State	Weight Lifting	Dead Lift	F	60 - 64		181				
Meet	Weight Lifting	Dead Lift	F	60 - 64		198				
State	Weight Lifting	Dead Lift	F	60 - 64		198				
Meet	Weight Lifting	Dead Lift	F	60 - 64		220				
State	Weight Lifting	Dead Lift	F	60 - 64		220				
Meet	Weight Lifting	Dead Lift	F	65 - 69		105				
State	Weight Lifting	Dead Lift	F	65 - 69		105				
Meet	Weight Lifting	Dead Lift	F	65 - 69		114				
State	Weight Lifting	Dead Lift	F	65 - 69		114				
Meet	Weight Lifting	Dead Lift	F	65 - 69		123				
State	Weight Lifting	Dead Lift	F	65 - 69		123				
Meet	Weight Lifting	Dead Lift	F	65 - 69	2016	132	Litchfield	Marilyn	DE	190
State	Weight Lifting	Dead Lift	F	65 - 69	2016	132	Litchfield	Marilyn	DE	191
Meet	Weight Lifting	Dead Lift	F	65 - 69	2015	148	Warren	Barbara	DE	210
State	Weight Lifting	Dead Lift	F	65 - 69	2015	148	Warren	Barbara	DE	210
Meet	Weight Lifting	Dead Lift	F	65 - 69		165				
State	Weight Lifting	Dead Lift	F	65 - 69		165				
Meet	Weight Lifting	Dead Lift	F	65 - 69		181				
State	Weight Lifting	Dead Lift	F	65 - 69		181				
Meet	Weight Lifting	Dead Lift	F	65 - 69		198				

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State	Weight Lifting	Dead Lift	F	65 - 69		198				
Meet	Weight Lifting	Dead Lift	F	65 - 69		220				
State	Weight Lifting	Dead Lift	F	65 - 69		220				
Meet	Weight Lifting	Dead Lift	F	70 - 74		105				
State	Weight Lifting	Dead Lift	F	70 - 74		105				
Meet	Weight Lifting	Dead Lift	F	70 - 74		114				
State	Weight Lifting	Dead Lift	F	70 - 74		114				
Meet	Weight Lifting	Dead Lift	F	70 - 74		123				
State	Weight Lifting	Dead Lift	F	70 - 74		123				
Meet	Weight Lifting	Dead Lift	F	70 - 74	2010	132	McCleary	Jayne	DE	175
State	Weight Lifting	Dead Lift	F	70 - 74	2009	132	McCleary	Jayne	DE	160
Meet	Weight Lifting	Dead Lift	F	70 - 74	2006	148	Anderson	Ramona	DE	75
State	Weight Lifting	Dead Lift	F	70 - 74	2006	148	Anderson	Ramona	DE	75
Meet	Weight Lifting	Dead Lift	F	70 - 74		165				
State	Weight Lifting	Dead Lift	F	70 - 74		165				
Meet	Weight Lifting	Dead Lift	F	70 - 74		181				
State	Weight Lifting	Dead Lift	F	70 - 74		181				
Meet	Weight Lifting	Dead Lift	F	70 - 74		198				
State	Weight Lifting	Dead Lift	F	70 - 74		198				
Meet	Weight Lifting	Dead Lift	F	70 - 74		220				
State	Weight Lifting	Dead Lift	F	70 - 74		220				
Meet	Weight Lifting	Dead Lift	F	75 - 79		105				
State	Weight Lifting	Dead Lift	F	75 - 79		105				
Meet	Weight Lifting	Dead Lift	F	75 - 79		114				
State	Weight Lifting	Dead Lift	F	75 - 79		114				
Meet	Weight Lifting	Dead Lift	F	75 - 79		123				
State	Weight Lifting	Dead Lift	F	75 - 79		123				

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State	Weight Lifting	Dead Lift	F	75 - 79		148				
Meet	Weight Lifting	Dead Lift	F	75 - 79		165				
State	Weight Lifting	Dead Lift	F	75 - 79		165				
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Meet	Weight Lifting	Dead Lift	F	75 - 79		198				
State	Weight Lifting	Dead Lift	F	75 - 79		198				
Meet	Weight Lifting	Dead Lift	F	75 - 79		220				
State	Weight Lifting	Dead Lift	F	75 - 79		220				
Meet	Weight Lifting	Dead Lift	F	80 - 84		105				
State	Weight Lifting	Dead Lift	F	80 - 84		105				
Meet	Weight Lifting	Dead Lift	F	80 - 84		114				
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State	Weight Lifting	Dead Lift	F	80 - 84		132				
Meet	Weight Lifting	Dead Lift	F	80 - 84		148				
State	Weight Lifting	Dead Lift	F	80 - 84		148				
Meet	Weight Lifting	Dead Lift	F	80 - 84	2016	165	Rehberg	Virginia	DE	135
State	Weight Lifting	Dead Lift	F	80 - 84	2016	165	Rehberg	Virginia	DE	135
Meet	Weight Lifting	Dead Lift	F	80 - 84		181				
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State	Weight Lifting	Dead Lift	F	80 - 84		198				
Meet	Weight Lifting	Dead Lift	F	80 - 84		220				
State	Weight Lifting	Dead Lift	F	80 - 84		220				
Meet	Weight Lifting	Dead Lift	F	85 - 89		105				
State	Weight Lifting	Dead Lift	F	85 - 89		105				
Meet	Weight Lifting	Dead Lift	F	85 - 89		114				
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State	Weight Lifting	Dead Lift	F	85 - 89		198				
Meet	Weight Lifting	Dead Lift	F	85 - 89		220				
State	Weight Lifting	Dead Lift	F	85 - 89		220				
Meet	Weight Lifting	Dead Lift	F	90 - 94		105				
State	Weight Lifting	Dead Lift	F	90 - 94		105				
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State	Weight Lifting	Dead Lift	F	90 - 94		132				
Meet	Weight Lifting	Dead Lift	F	90 - 94		148				
State	Weight Lifting	Dead Lift	F	90 - 94		148				
Meet	Weight Lifting	Dead Lift	F	90 - 94		165				
State	Weight Lifting	Dead Lift	F	90 - 94		165				
Meet	Weight Lifting	Dead Lift	F	90 - 94		181				
State	Weight Lifting	Dead Lift	F	90 - 94		181				
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State	Weight Lifting	Dead Lift	F	90 - 94		198				
Meet	Weight Lifting	Dead Lift	F	90 - 94		220				
State	Weight Lifting	Dead Lift	F	90 - 94		220				
Meet	Weight Lifting	Dead Lift	F	95 - 99		105				
State	Weight Lifting	Dead Lift	F	95 - 99		105				
Meet	Weight Lifting	Dead Lift	F	95 - 99		114				
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Meet	Weight Lifting	Dead Lift	F	95 - 99		123				
State	Weight Lifting	Dead Lift	F	95 - 99		123				
Meet	Weight Lifting	Dead Lift	F	95 - 99		132				
State	Weight Lifting	Dead Lift	F	95 - 99		132				
Meet	Weight Lifting	Dead Lift	F	95 - 99		148				
State	Weight Lifting	Dead Lift	F	95 - 99		148				
Meet	Weight Lifting	Dead Lift	F	95 - 99		165				
State	Weight Lifting	Dead Lift	F	95 - 99		165				
Meet	Weight Lifting	Dead Lift	F	95 - 99		181				
State	Weight Lifting	Dead Lift	F	95 - 99		181				
Meet	Weight Lifting	Dead Lift	F	95 - 99		198				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

10-3-13 updated to change J Minor 2012 Dead Lift weight to 335 from 315

State Records can only be set by Delaware Residents. Meet Records can be set by any participating athlete.

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	F	95 - 99		198				
Meet	Weight Lifting	Dead Lift	F	95 - 99		220				
State	Weight Lifting	Dead Lift	F	95 - 99		220				
Meet	Weight Lifting	Bench Press	M	50 - 54		132				
State	Weight Lifting	Bench Press	M	50 - 54		132				
Meet	Weight Lifting	Bench Press	M	50 - 54		148				
State	Weight Lifting	Bench Press	M	50 - 54		148				
Meet	Weight Lifting	Bench Press	M	50 - 54	2006	165	Lapointe	Richard	DE	275
State	Weight Lifting	Bench Press	M	50 - 54	2006	165	Lapointe	Richard	DE	275
Meet	Weight Lifting	Bench Press	M	50 - 54	2014	181	Mann	Wayne	DE	390
State	Weight Lifting	Bench Press	M	50 - 54	2014	181	Mann	Wayne	DE	390
Meet	Weight Lifting	Bench Press	M	50 - 54	2004	198	Rawlins	Jay	DE	300
State	Weight Lifting	Bench Press	M	50 - 54	2004	198	Rawlins	Jay	DE	300
Meet	Weight Lifting	Bench Press	M	50 - 54	2005	220	Shaffer	Thomas	DE	345
State	Weight Lifting	Bench Press	M	50 - 54	2005	220	Shaffer	Thomas	DE	345
Meet	Weight Lifting	Bench Press	M	50 - 54	2010	242	Albanese	Timothy	DE	350
State	Weight Lifting	Bench Press	M	50 - 54	2010	242	Albanese	Timothy	DE	350
Meet	Weight Lifting	Bench Press	M	50 - 54	2012	275	Albanese	Timothy	DE	435
State	Weight Lifting	Bench Press	M	50 - 54	2012	275	Albanese	Timothy	DE	435
Meet	Weight Lifting	Bench Press	M	50 - 54	2004	243+	Moore	Richard	DE	425
State	Weight Lifting	Bench Press	M	50 - 54	2004	243+	Moore	Richard	DE	425
Meet	Weight Lifting	Bench Press	M	50 - 54	2015	275+	Capodanno	Michael	DE	425
State	Weight Lifting	Bench Press	M	50 - 54	2015	275+	Capodanno	Michael	DE	425
Meet	Weight Lifting	Bench Press	M	55 - 59		132				
State	Weight Lifting	Bench Press	M	55 - 59		132				
Meet	Weight Lifting	Bench Press	M	55 - 59		148				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	M	55 - 59		148				
Meet	Weight Lifting	Bench Press	M	55 - 59	2009	165	Lapointe	Richard	DE	265
State	Weight Lifting	Bench Press	M	55 - 59	2009	165	Lapointe	Richard	DE	265
Meet	Weight Lifting	Bench Press	M	55 - 59	2008	181	Treppeda	Ronald	DE	315
State	Weight Lifting	Bench Press	M	55 - 59	2008	181	Treppeda	Ronald	DE	315
Meet	Weight Lifting	Bench Press	M	55 - 59	2007	198	Treppeda	Ronald	DE	330
State	Weight Lifting	Bench Press	M	55 - 59	2007	198	Treppeda	Ronald	DE	330
Meet	Weight Lifting	Bench Press	M	55 - 59	2005	220	Wilson	George	DE	405
State	Weight Lifting	Bench Press	M	55 - 59	2005	220	Wilson	George	DE	405
Meet	Weight Lifting	Bench Press	M	55 - 59	2006	242	Shaffer	Thomas	DE	355
State	Weight Lifting	Bench Press	M	55 - 59	2006	242	Shaffer	Thomas	DE	355
Meet	Weight Lifting	Bench Press	M	55 - 59	2012	275	O'Donnell	Robert	PA	340
State	Weight Lifting	Bench Press	M	55 - 59	2010	275				
Meet	Weight Lifting	Bench Press	M	60 - 64	2016	132	Bernard	Paul	DE	185
State	Weight Lifting	Bench Press	M	60 - 64	2016	132	Bernard	Paul	DE	185
Meet	Weight Lifting	Bench Press	M	60 - 64	2002	148	Ferris	John	DE	203
State	Weight Lifting	Bench Press	M	60 - 64	2002	148	Ferris	John	DE	203
Meet	Weight Lifting	Bench Press	M	60 - 64	2005	165	Pickering	Charles	DE	225
State	Weight Lifting	Bench Press	M	60 - 64	2005	165	Pickering	Charles	DE	225
State	Weight Lifting	Bench Press	M	60 - 64	2010	165	Lane	Brad	DE	225
Meet	Weight Lifting	Bench Press	M	60 - 64	2012	181	McCallister	Gary	DE	275
State	Weight Lifting	Bench Press	M	60 - 64	2012	181	McCallister	Gary	DE	275
Meet	Weight Lifting	Bench Press	M	60 - 64	2016	198	Brown	James	DE	315
State	Weight Lifting	Bench Press	M	60 - 64	2016	198	Brown	James	DE	315
Meet	Weight Lifting	Bench Press	M	60 - 64	2011	220	Shaffer	Thomas	DE	315
State	Weight Lifting	Bench Press	M	60 - 64	2011	220	Shaffer	Thomas	DE	315
Meet	Weight Lifting	Bench Press	M	60 - 64	2016	242	Albert	Michael	DE	298

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

10-3-13 updated to change J Minor 2012 Dead Lift weight to 335 from 315

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	M	60 - 64	2016	242	Albert	Michael	DE	298
Meet	Weight Lifting	Bench Press	M	60 - 64	2016	278	Brown	Robert	DE	260
State	Weight Lifting	Bench Press	M	60 - 64	2016	278	Brown	Robert	DE	260
Meet	Weight Lifting	Bench Press	M	65 - 69		132				
State	Weight Lifting	Bench Press	M	65 - 69		132				
Meet	Weight Lifting	Bench Press	M	65 - 69	2016	148	Monaco	Richard	DE	205
State	Weight Lifting	Bench Press	M	65 - 69	2016	148	Monaco	Richard	DE	205
Meet	Weight Lifting	Bench Press	M	65 - 69	2005	165	Donaldson	Fred	DE	290
State	Weight Lifting	Bench Press	M	65 - 69	2005	165	Donaldson	Fred	DE	290
Meet	Weight Lifting	Bench Press	M	65 - 69	2015	181	Rawlins	Jay	DE	265
State	Weight Lifting	Bench Press	M	65 - 69	2015	181	Rawlins	Jay	DE	265
Meet	Weight Lifting	Bench Press	M	65 - 69	2014	198	McCallister	Gary	DE	275
State	Weight Lifting	Bench Press	M	65 - 69	2014	198	McCallister	Gary	DE	275
Meet	Weight Lifting	Bench Press	M	65 - 69	2004	220	Vastine	Bob	DE	310
State	Weight Lifting	Bench Press	M	65 - 69	2004	220	Vastine	Bob	DE	310
Meet	Weight Lifting	Bench Press	M	65 - 69	2005	242	Vastine	Bob	DE	320
State	Weight Lifting	Bench Press	M	65 - 69	2005	242	Vastine	Bob	DE	320
Meet	Weight Lifting	Bench Press	M	65 - 69		275				
State	Weight Lifting	Bench Press	M	65 - 69		275				
Meet	Weight Lifting	Bench Press	M	70 - 74	2015	132	Kamei	Al	CA	140
State	Weight Lifting	Bench Press	M	70 - 74		132				
Meet	Weight Lifting	Bench Press	M	70 - 74	2004	148	Hunt	John	DE	75
State	Weight Lifting	Bench Press	M	70 - 74	2004	148	Hunt	John	DE	75
Meet	Weight Lifting	Bench Press	M	70 - 74	2016	165	Lovelace	David	DE	205
State	Weight Lifting	Bench Press	M	70 - 74	2016	165	Lovelace	David	DE	205
Meet	Weight Lifting	Bench Press	M	70 - 74	2011	181	Conrad	Ed	DE	235
State	Weight Lifting	Bench Press	M	70 - 74	2011	181	Conrad	Ed	DE	235

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press	M	70 - 74	2011	198	Carucci	Robert	PA	245
State	Weight Lifting	Bench Press	M	70 - 74	2011	198	Hayes	Joe	DE	235
Meet	Weight Lifting	Bench Press	M	70 - 74	2006	220	Ruff	John	DE	235
State	Weight Lifting	Bench Press	M	70 - 74	2006	220	Ruff	John	DE	235
Meet	Weight Lifting	Bench Press	M	70 - 74		242				
State	Weight Lifting	Bench Press	M	70 - 74		242				
Meet	Weight Lifting	Bench Press	M	70 - 74		275				
State	Weight Lifting	Bench Press	M	70 - 74		275				
Meet	Weight Lifting	Bench Press	M	75 - 79		132				
State	Weight Lifting	Bench Press	M	75 - 79		132				
Meet	Weight Lifting	Bench Press	M	75 - 79	2008	148	Wall	Robert	DE	145
State	Weight Lifting	Bench Press	M	75 - 79	2008	148	Wall	Robert	DE	145
Meet	Weight Lifting	Bench Press	M	75 - 79	2007	165	Andrews	Bill	DE	160
State	Weight Lifting	Bench Press	M	75 - 79	2007	165	Andrews	Bill	DE	160
Meet	Weight Lifting	Bench Press	M	75 - 79	2005	181	Daryman	William	DE	190
State	Weight Lifting	Bench Press	M	75 - 79	2005	181	Daryman	William	DE	190
Meet	Weight Lifting	Bench Press	M	75 - 79	2003	198	Daryman	William	DE	250
State	Weight Lifting	Bench Press	M	75 - 79	2003	198	Daryman	William	DE	250
Meet	Weight Lifting	Bench Press	M	75 - 79	2004	220	Raphael	Benjamin	DE	245
State	Weight Lifting	Bench Press	M	75 - 79	2004	220	Raphael	Benjamin	DE	245
Meet	Weight Lifting	Bench Press	M	75 - 79		242				
State	Weight Lifting	Bench Press	M	75 - 79		242				
Meet	Weight Lifting	Bench Press	M	75 - 79		275				
State	Weight Lifting	Bench Press	M	75 - 79		275				
Meet	Weight Lifting	Bench Press	M	80 - 84		132				
State	Weight Lifting	Bench Press	M	80 - 84		132				
Meet	Weight Lifting	Bench Press	M	80 - 84		148				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	M	80 - 84		148				
Meet	Weight Lifting	Bench Press	M	80 - 84	2004	165	Schlaupitz	Warner	DE	155
State	Weight Lifting	Bench Press	M	80 - 84	2004	165	Schlaupitz	Warner	DE	155
Meet	Weight Lifting	Bench Press	M	80 - 84	2016	181	Hart	Arthur	PA	160
State	Weight Lifting	Bench Press	M	80 - 84		181				
Meet	Weight Lifting	Bench Press	M	80 - 84		198				
State	Weight Lifting	Bench Press	M	80 - 84		198				
Meet	Weight Lifting	Bench Press	M	80 - 84	2009	220	Raphael	Benjamin	DE	200
State	Weight Lifting	Bench Press	M	80 - 84	2009	220	Raphael	Benjamin	DE	200
Meet	Weight Lifting	Bench Press	M	80 - 84		242				
State	Weight Lifting	Bench Press	M	80 - 84		242				
Meet	Weight Lifting	Bench Press	M	80 - 84		275				
State	Weight Lifting	Bench Press	M	80 - 84		275				
Meet	Weight Lifting	Bench Press	M	85 - 89		132				
State	Weight Lifting	Bench Press	M	85 - 89		132				
Meet	Weight Lifting	Bench Press	M	85 - 89		148				
State	Weight Lifting	Bench Press	M	85 - 89		148				
Meet	Weight Lifting	Bench Press	M	85 - 89	2010	165	Schlaupitz	Warner	DE	110
State	Weight Lifting	Bench Press	M	85 - 89	2010	165	Schlaupitz	Warner	DE	110
Meet	Weight Lifting	Bench Press	M	85 - 89	2006	181	Schlaupitz	Warner	DE	185
State	Weight Lifting	Bench Press	M	85 - 89	2006	181	Schlaupitz	Warner	DE	185
Meet	Weight Lifting	Bench Press	M	85 - 89		198				
State	Weight Lifting	Bench Press	M	85 - 89		198				
Meet	Weight Lifting	Bench Press	M	85 - 89	2014	220	Raphael	Benjamin	DE	170
State	Weight Lifting	Bench Press	M	85 - 89	2014	220	Raphael	Benjamin	DE	170
Meet	Weight Lifting	Bench Press	M	85 - 89		242				
State	Weight Lifting	Bench Press	M	85 - 89		242				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press	M	85 - 89		275				
State	Weight Lifting	Bench Press	M	85 - 89		275				
Meet	Weight Lifting	Bench Press	M	90 - 94		132				
State	Weight Lifting	Bench Press	M	90 - 94		132				
Meet	Weight Lifting	Bench Press	M	90 - 94	2016	160	Schlaupitz	Warner	DE	100
State	Weight Lifting	Bench Press	M	90 - 94	2016	160	Schlaupitz	Warner	DE	100
Meet	Weight Lifting	Bench Press	M	90 - 94	2015	165	Schlaupitz	Warner	DE	105
State	Weight Lifting	Bench Press	M	90 - 94	2015	165	Schlaupitz	Warner	DE	105
Meet	Weight Lifting	Bench Press	M	90 - 94		181				
State	Weight Lifting	Bench Press	M	90 - 94		181				
Meet	Weight Lifting	Bench Press	M	90 - 94		198				
State	Weight Lifting	Bench Press	M	90 - 94		198				
Meet	Weight Lifting	Bench Press	M	90 - 94		220				
State	Weight Lifting	Bench Press	M	90 - 94		220				
Meet	Weight Lifting	Bench Press	M	90 - 94		242				
State	Weight Lifting	Bench Press	M	90 - 94		242				
Meet	Weight Lifting	Bench Press	M	90 - 94		275				
State	Weight Lifting	Bench Press	M	90 - 94		275				
Meet	Weight Lifting	Bench Press	M	95 - 99		132				
State	Weight Lifting	Bench Press	M	95 - 99		132				
Meet	Weight Lifting	Bench Press	M	95 - 99		148				
State	Weight Lifting	Bench Press	M	95 - 99		148				
Meet	Weight Lifting	Bench Press	M	95 - 99		165				
State	Weight Lifting	Bench Press	M	95 - 99		165				
Meet	Weight Lifting	Bench Press	M	95 - 99		181				
State	Weight Lifting	Bench Press	M	95 - 99		181				
Meet	Weight Lifting	Bench Press	M	95 - 99		198				

Delaware Senior Olympics Records after 2016 Games

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press	M	95 - 99		198				
Meet	Weight Lifting	Bench Press	M	95 - 99		220				
State	Weight Lifting	Bench Press	M	95 - 99		220				
Meet	Weight Lifting	Bench Press	M	95 - 99		242				
State	Weight Lifting	Bench Press	M	95 - 99		242				
Meet	Weight Lifting	Bench Press	M	95 - 99		275				
State	Weight Lifting	Bench Press	M	95 - 99		275				
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54		132				
State	Weight Lifting	Bench Press for Reps	M	50 - 54		132				
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54		148				
State	Weight Lifting	Bench Press for Reps	M	50 - 54		148				
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2003	165	Lapointe	Richard	DE	55
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2007	165	Keller	Jeff	DE	55
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2003	165	Lapointe	Richard	DE	55
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2007	165	Keller	Jeff	DE	55
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2014	181	Mann	Wayne	DE	130 lbs/50 reps
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2014	181	Mann	Wayne	DE	130 lbs/50 reps
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	198	Spieker	John	DE	43
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	198	Spieker	John	DE	43
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	220	Rawlins	Jay	DE	41
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	220	Rawlins	Jay	DE	41
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2010	242	Munzer	Mark	DE	42
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2010	242	Munzer	Mark	DE	42
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2012	275	Nolan	Michael	DE	175 lbs/34 reps
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2012	275	Nolan	Michael	DE	175 lbs/34 reps
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	243+	Moore	Richard	DE	41

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	243+	Moore	Richard	DE	41
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59		132				
State	Weight Lifting	Bench Press for Reps	M	55 - 59		132				
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59		148				
State	Weight Lifting	Bench Press for Reps	M	55 - 59		148				
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2009	165	Lapointe	Richard	DE	51
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2009	165	Lapointe	Richard	DE	51
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2011	181	Brown	James	DE	56
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2011	181	Brown	James	DE	56
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2012	198	Brown	James	DE	125 lbs/59 reps
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2012	198	Brown	James	DE	125 lbs/59 reps
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2013	220	Brown	James	DE	140 lbs/47 reps
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2013	220	Brown	James	DE	140 lbs/47 reps
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2006	242	Shaffer	Thomas	DE	36
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2006	242	Shaffer	Thomas	DE	36
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2012	275	O'Donnell	Robert	PA	175 lbs/31 reps
State	Weight Lifting	Bench Press for Reps	M	55 - 59		275				
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	132	Bernald	Paul	DE	90lbs / 34 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	132	Bernald	Paul	DE	90lbs / 34 reps
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	148	Ferris	John	DE	37
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	148	Ferris	John	DE	37
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2010	165	Lane	Bradley	DE	37
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2010	165	Lane	Bradley	DE	37
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	181	McCallister	Gary	DE	120 lbs/36 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	181	McCallister	Gary	DE	120 lbs/36 reps
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	198	Brown	James	DE	130LBS / 55 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	198	Brown	James	DE	130LBS / 55 reps

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	220	Rawlins	Jay	DE	140 lbs/40 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	220	Rawlins	Jay	DE	140 lbs/40 reps
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2015	242	Brown	Robert	DE	170 lbs/20 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2015	242	Brown	Robert	DE	170 lbs/20 reps
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	278	Brown	Robert	DE	175lbs/22 reps
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	278	Brown	Robert	DE	175lbs/22 reps
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69		132				
State	Weight Lifting	Bench Press for Reps	M	65 - 69		132				
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2016	148	Monaco	Richard	DE	100lbs / 36 Reps
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2016	148	Monaco	Richard	DE	100lbs / 36 Reps
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	165	Fidler	Marty	DE	44
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	165	Fidler	Marty	DE	44
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2015	181	Rawlings	Jay	DE	43
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2015	181	Rawlings	Jay	DE	43
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2010	198	Clancy	Dan	DE	35
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2010	198	Clancy	Dan	DE	35
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	220	Vastine	Bob	DE	30
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	220	Vastine	Bob	DE	30
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	242	Vastine	Bob	DE	31
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	242	Vastine	Bob	DE	31
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69		275				
State	Weight Lifting	Bench Press for Reps	M	65 - 69		275				
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		132				
State	Weight Lifting	Bench Press for Reps	M	70 - 74		132				
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		148				
State	Weight Lifting	Bench Press for Reps	M	70 - 74		148				
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2015	165	Lovelace	David	DE	28

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

10-3-13 updated to change J Minor 2012 Dead Lift weight to 335 from 315

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2015	165	Lovelace	David	DE	28
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2011	181	Conrad	Ed	DE	27
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2011	181	Conrad	Ed	DE	27
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2011	198	Hayes	Joe	DE	27
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2011	198	Hayes	Joe	DE	27
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2006	220	Ruff	John	DE	14
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2006	220	Ruff	John	DE	14
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		242				
State	Weight Lifting	Bench Press for Reps	M	70 - 74		242				
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		275				
State	Weight Lifting	Bench Press for Reps	M	70 - 74		275				
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79		132				
State	Weight Lifting	Bench Press for Reps	M	75 - 79		132				
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2008	148	Wall	Robert	DE	14
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2008	148	Wall	Robert	DE	14
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2007	165	Andrews	Bill	DE	15
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2007	165	Andrews	Bill	DE	15
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2012	181	Larkin	Robert	DE	110 lbs/22 reps
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2012	181	Larkin	Robert	DE	110 lbs/22 reps
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	198	Daryman	William	DE	4
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	198	Daryman	William	DE	4
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	220	Raphael	Benjamin	DE	21
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	220	Raphael	Benjamin	DE	21
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79		242				
State	Weight Lifting	Bench Press for Reps	M	75 - 79		242				
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79		275				
State	Weight Lifting	Bench Press for Reps	M	75 - 79		275				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

File is complete for performance records in the following sports

10-3-13 updated to change J Minor 2012 Dead Lift weight to 335 from 315

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		132				
State	Weight Lifting	Bench Press for Reps	M	80 - 84		132				
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		148				
State	Weight Lifting	Bench Press for Reps	M	80 - 84		148				
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2004	165	Schlaupitz	Warner	DE	15
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2004	165	Schlaupitz	Warner	DE	15
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2016	181	Hart	Arthur	PA	120lbs/21 reps
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2007	181	Daryman	William	DE	15
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		198				
State	Weight Lifting	Bench Press for Reps	M	80 - 84		198				
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2009	220	Raphael	Benjamin	DE	13
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2009	220	Raphael	Benjamin	DE	13
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		242				
State	Weight Lifting	Bench Press for Reps	M	80 - 84		242				
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		275				
State	Weight Lifting	Bench Press for Reps	M	80 - 84		275				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		132				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		132				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		148				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		148				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		165				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		165				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		181				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		181				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		198				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		198				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89	2014	220	Raphael	Benjamin	DE	150 lbs/4 reps

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Bench Press for Reps	M	85 - 89	2014	220	Raphael	Benjamin	DE	150 lbs/4 reps
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		242				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		242				
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		275				
State	Weight Lifting	Bench Press for Reps	M	85 - 89		275				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		132				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		132				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		148				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		148				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		165				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		165				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		181				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		181				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		198				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		198				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		220				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		220				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		242				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		242				
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		275				
State	Weight Lifting	Bench Press for Reps	M	90 - 94		275				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		132				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		132				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		148				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		148				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		165				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		165				

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		181				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		181				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		198				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		198				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		220				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		220				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		242				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		242				
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		275				
State	Weight Lifting	Bench Press for Reps	M	95 - 99		275				
Meet	Weight Lifting	Dead Lift	M	50 - 54		132				
State	Weight Lifting	Dead Lift	M	50 - 54		132				
Meet	Weight Lifting	Dead Lift	M	50 - 54	2005	165	Lapointe	Richard	DE	370
State	Weight Lifting	Dead Lift	M	50 - 54	2005	165	Lapointe	Richard	DE	370
Meet	Weight Lifting	Dead Lift	M	50 - 54	2014	181	Mann	Wayne	DE	315
State	Weight Lifting	Dead Lift	M	50 - 54	2014	181	Mann	Wayne	DE	315
Meet	Weight Lifting	Dead Lift	M	50 - 54		198				
State	Weight Lifting	Dead Lift	M	50 - 54		198				
Meet	Weight Lifting	Dead Lift	M	50 - 54	2010	220	Kirby	Philip	DE	395
State	Weight Lifting	Dead Lift	M	50 - 54	2010	220	Kirby	Philip	DE	395
Meet	Weight Lifting	Dead Lift	M	50 - 54	2010	242	Albanese	Timothy	DE	450
State	Weight Lifting	Dead Lift	M	50 - 54	2010	242	Albanese	Timothy	DE	450
Meet	Weight Lifting	Dead Lift	M	50 - 54	2012	275	Albanese	Timothy	DE	530
State	Weight Lifting	Dead Lift	M	50 - 54	2012	275	Albanese	Timothy	DE	530
Meet	Weight Lifting	Dead Lift	M	50 - 54	2015	275+	Capodanno	Michael	DE	450
State	Weight Lifting	Dead Lift	M	50 - 54	2015	275+	Capodanno	Michael	DE	450

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WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Dead Lift	M	55 - 59		132				
State	Weight Lifting	Dead Lift	M	55 - 59		132				
Meet	Weight Lifting	Dead Lift	M	55 - 59		148				
State	Weight Lifting	Dead Lift	M	55 - 59		148				
Meet	Weight Lifting	Dead Lift	M	55 - 59	2003	165	Treppeda	Ronald	DE	385
State	Weight Lifting	Dead Lift	M	55 - 59	2003	165	Treppeda	Ronald	DE	385
Meet	Weight Lifting	Dead Lift	M	55 - 59	2005	181	Trosclair	Gary	DE	405
State	Weight Lifting	Dead Lift	M	55 - 59	2005	181	Trosclair	Gary	DE	405
Meet	Weight Lifting	Dead Lift	M	55 - 59	2015	198	Sevigny	Paul	MD	405
State	Weight Lifting	Dead Lift	M	55 - 59	2007	198	Treppeda	Ronald	DE	400
Meet	Weight Lifting	Dead Lift	M	55 - 59	2006	220	Wilson	George	DE	475
State	Weight Lifting	Dead Lift	M	55 - 59	2006	220	Wilson	George	DE	475
Meet	Weight Lifting	Dead Lift	M	55 - 59	2006	242	Shaffer	Thomas	DE	435
State	Weight Lifting	Dead Lift	M	55 - 59	2006	242	Shaffer	Thomas	DE	435
Meet	Weight Lifting	Dead Lift	M	55 - 59	2010	275	O'Donnell	Robert	PA	375
State	Weight Lifting	Dead Lift	M	55 - 59		275				
Meet	Weight Lifting	Dead Lift	M	60 - 64	2016	132	Bernard	Paul	DE	350
State	Weight Lifting	Dead Lift	M	60 - 64	2016	132	Bernard	Paul	DE	350
Meet	Weight Lifting	Dead Lift	M	60 - 64	2006	148	Ulmer	William	DE	260
State	Weight Lifting	Dead Lift	M	60 - 64	2006	148	Ulmer	William	DE	260
Meet	Weight Lifting	Dead Lift	M	60 - 64	2015	165	Hill	Walter	DE	405
State	Weight Lifting	Dead Lift	M	60 - 64	2015	165	Hill	Walter	DE	405
Meet	Weight Lifting	Dead Lift	M	60 - 64	2012	181	McCallister	Gary	DE	365
State	Weight Lifting	Dead Lift	M	60 - 64	2012	181	McCallister	Gary	DE	365
Meet	Weight Lifting	Dead Lift	M	60 - 64	2010	198	McCallister	Gary	DE	365
State	Weight Lifting	Dead Lift	M	60 - 64	2010	198	McCallister	Gary	DE	365
Meet	Weight Lifting	Dead Lift	M	60 - 64	2012	220	Feeney	Robert	PA	355

Delaware Senior Olympics Records after 2016 Games

WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	M	60 - 64	2012	220	Rawlins	Jay	DE	325
Meet	Weight Lifting	Dead Lift	M	60 - 64	2009	242	Ciamaga	Raymond	NJ	215
State	Weight Lifting	Dead Lift	M	60 - 64		242				
Meet	Weight Lifting	Dead Lift	M	60 - 64		275				
State	Weight Lifting	Dead Lift	M	60 - 64		275				
Meet	Weight Lifting	Dead Lift	M	65 - 69		132				
State	Weight Lifting	Dead Lift	M	65 - 69		132				
Meet	Weight Lifting	Dead Lift	M	65 - 69	2006	148	Ferris	John	DE	220
State	Weight Lifting	Dead Lift	M	65 - 69	2006	148	Ferris	John	DE	220
Meet	Weight Lifting	Dead Lift	M	65 - 69	2005	165	Donaldson	Fred	DE	315
State	Weight Lifting	Dead Lift	M	65 - 69	2005	165	Donaldson	Fred	DE	315
Meet	Weight Lifting	Dead Lift	M	65 - 69	2009	181	Innes	Alan	NJ	400
State	Weight Lifting	Dead Lift	M	65 - 69	2004	181	Overbeck	Lew	DE	370
Meet	Weight Lifting	Dead Lift	M	65 - 69	2014	198	McCallister	Gary	DE	335
State	Weight Lifting	Dead Lift	M	65 - 69	2014	198	McCallister	Gary	DE	335
Meet	Weight Lifting	Dead Lift	M	65 - 69	2011	220	Minor	James	DE	305
State	Weight Lifting	Dead Lift	M	65 - 69	2011	220	Minor	James	DE	305
Meet	Weight Lifting	Dead Lift	M	65 - 69	2013	242	Ciamaga	Raymond	NY	260
State	Weight Lifting	Dead Lift	M	65 - 69		242				
Meet	Weight Lifting	Dead Lift	M	65 - 69		275				
State	Weight Lifting	Dead Lift	M	65 - 69		275				
Meet	Weight Lifting	Dead Lift	M	70 - 74		132				
State	Weight Lifting	Dead Lift	M	70 - 74		132				
Meet	Weight Lifting	Dead Lift	M	70 - 74		148				
State	Weight Lifting	Dead Lift	M	70 - 74		148				
Meet	Weight Lifting	Dead Lift	M	70 - 74	2012	165	Fidance	Anthony	DE	280
State	Weight Lifting	Dead Lift	M	70 - 74	2012	165	Fidance	Anthony	DE	280

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Dead Lift	M	70 - 74	2006	181	Overbeck	Lew	DE	405
State	Weight Lifting	Dead Lift	M	70 - 74	2006	181	Overbeck	Lew	DE	405
Meet	Weight Lifting	Dead Lift	M	70 - 74	2005	198	Overbeck	Lew	DE	375
State	Weight Lifting	Dead Lift	M	70 - 74	2005	198	Overbeck	Lew	DE	375
Meet	Weight Lifting	Dead Lift	M	70 - 74	2012	220	Minor	James	DE	335
State	Weight Lifting	Dead Lift	M	70 - 74	2012	220	Minor	James	DE	335
Meet	Weight Lifting	Dead Lift	M	70 - 74	2007	242	Christ	John	DE	315
State	Weight Lifting	Dead Lift	M	70 - 74	2007	242	Christ	John	DE	315
Meet	Weight Lifting	Dead Lift	M	70 - 74		275				
State	Weight Lifting	Dead Lift	M	70 - 74		275				
Meet	Weight Lifting	Dead Lift	M	75 - 79		132				
State	Weight Lifting	Dead Lift	M	75 - 79		132				
Meet	Weight Lifting	Dead Lift	M	75 - 79	2008	148	Wall	Robert	DE	241
State	Weight Lifting	Dead Lift	M	75 - 79	2008	148	Wall	Robert	DE	241
Meet	Weight Lifting	Dead Lift	M	75 - 79	2015	165	Fidance	Anthony	DE	265
State	Weight Lifting	Dead Lift	M	75 - 79	2015	165	Fidance	Anthony	DE	265
Meet	Weight Lifting	Dead Lift	M	75 - 79	2012	181	Overbeck	Lew	DE	315
State	Weight Lifting	Dead Lift	M	75 - 79	2012	181	Overbeck	Lew	DE	315
Meet	Weight Lifting	Dead Lift	M	75 - 79	2010	198	Overbeck	Lew	DE	365
State	Weight Lifting	Dead Lift	M	75 - 79	2010	198	Overbeck	Lew	DE	365
Meet	Weight Lifting	Dead Lift	M	75 - 79		220				
State	Weight Lifting	Dead Lift	M	75 - 79		220				
Meet	Weight Lifting	Dead Lift	M	75 - 79		242				
State	Weight Lifting	Dead Lift	M	75 - 79		242				
Meet	Weight Lifting	Dead Lift	M	75 - 79		275				
State	Weight Lifting	Dead Lift	M	75 - 79		275				
Meet	Weight Lifting	Dead Lift	M	80 - 84		132				

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WEIGHT LIFTING

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	M	80 - 84		132				
Meet	Weight Lifting	Dead Lift	M	80 - 84	2014	148	Wall	Robert	DE	210
State	Weight Lifting	Dead Lift	M	80 - 84	2014	148	Wall	Robert	DE	210
Meet	Weight Lifting	Dead Lift	M	80 - 84	2015	165	Packham	John	DE	235
State	Weight Lifting	Dead Lift	M	80 - 84	2015	165	Packham	John	DE	235
Meet	Weight Lifting	Dead Lift	M	80 - 84	2005	181	Wagner	Robert	DE	265
State	Weight Lifting	Dead Lift	M	80 - 84	2005	181	Wagner	Robert	DE	265
Meet	Weight Lifting	Dead Lift	M	80 - 84	2002	198	Wagner	Robert	DE	280
State	Weight Lifting	Dead Lift	M	80 - 84	2002	198	Wagner	Robert	DE	280
Meet	Weight Lifting	Dead Lift	M	80 - 84	2010	220	Dawkins	William	DE	135
State	Weight Lifting	Dead Lift	M	80 - 84	2010	220	Dawkins	William	DE	135
Meet	Weight Lifting	Dead Lift	M	80 - 84		242				
State	Weight Lifting	Dead Lift	M	80 - 84		242				
Meet	Weight Lifting	Dead Lift	M	80 - 84		275				
State	Weight Lifting	Dead Lift	M	80 - 84		275				
Meet	Weight Lifting	Dead Lift	M	85 - 89		132				
State	Weight Lifting	Dead Lift	M	85 - 89		132				
Meet	Weight Lifting	Dead Lift	M	85 - 89		148				
State	Weight Lifting	Dead Lift	M	85 - 89		148				
Meet	Weight Lifting	Dead Lift	M	85 - 89	2014	165	Schlaupitz	Warner	DE	155
State	Weight Lifting	Dead Lift	M	85 - 89	2014	165	Schlaupitz	Warner	DE	155
Meet	Weight Lifting	Dead Lift	M	85 - 89	2010	181	Schlaupitz	Warner	DE	175
State	Weight Lifting	Dead Lift	M	85 - 89	2010	181	Schlaupitz	Warner	DE	175
Meet	Weight Lifting	Dead Lift	M	85 - 89		198				
State	Weight Lifting	Dead Lift	M	85 - 89		198				
Meet	Weight Lifting	Dead Lift	M	85 - 89		220				
State	Weight Lifting	Dead Lift	M	85 - 89		220				

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
Meet	Weight Lifting	Dead Lift	M	85 - 89		242				
State	Weight Lifting	Dead Lift	M	85 - 89		242				
Meet	Weight Lifting	Dead Lift	M	85 - 89		275				
State	Weight Lifting	Dead Lift	M	85 - 89		275				
Meet	Weight Lifting	Dead Lift	M	90 - 94		132				
State	Weight Lifting	Dead Lift	M	90 - 94		132				
Meet	Weight Lifting	Dead Lift	M	90 - 94		148				
State	Weight Lifting	Dead Lift	M	90 - 94		148				
Meet	Weight Lifting	Dead Lift	M	90 - 94	2016	165	Schlaupitz	Warner	DE	160
State	Weight Lifting	Dead Lift	M	90 - 94	2016	165	Schlaupitz	Warner	DE	160
Meet	Weight Lifting	Dead Lift	M	90 - 94		181				
State	Weight Lifting	Dead Lift	M	90 - 94		181				
Meet	Weight Lifting	Dead Lift	M	90 - 94		198				
State	Weight Lifting	Dead Lift	M	90 - 94		198				
Meet	Weight Lifting	Dead Lift	M	90 - 94		220				
State	Weight Lifting	Dead Lift	M	90 - 94		220				
Meet	Weight Lifting	Dead Lift	M	90 - 94		242				
State	Weight Lifting	Dead Lift	M	90 - 94		242				
Meet	Weight Lifting	Dead Lift	M	90 - 94		275				
State	Weight Lifting	Dead Lift	M	90 - 94		275				
Meet	Weight Lifting	Dead Lift	M	95 - 99		132				
State	Weight Lifting	Dead Lift	M	95 - 99		132				
Meet	Weight Lifting	Dead Lift	M	95 - 99		148				
State	Weight Lifting	Dead Lift	M	95 - 99		148				
Meet	Weight Lifting	Dead Lift	M	95 - 99		165				
State	Weight Lifting	Dead Lift	M	95 - 99		165				
Meet	Weight Lifting	Dead Lift	M	95 - 99		181				

Delaware Senior Olympics Records after 2016 Games

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	M	95 - 99		181				
Meet	Weight Lifting	Dead Lift	M	95 - 99		198				
State	Weight Lifting	Dead Lift	M	95 - 99		198				
Meet	Weight Lifting	Dead Lift	M	95 - 99		220				
State	Weight Lifting	Dead Lift	M	95 - 99		220				
Meet	Weight Lifting	Dead Lift	M	95 - 99		242				
State	Weight Lifting	Dead Lift	M	95 - 99		242				
Meet	Weight Lifting	Dead Lift	M	95 - 99		275				
State	Weight Lifting	Dead Lift	M	95 - 99		275				