

## Delaware Senior Olympics Records after 2023 Games

### WEIGHT LIFTING

File is complete for performance records in the following sports

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](mailto: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	2021	132	Beebe	Tammy	DE	70
State	Weight Lifting	Bench Press	F	50 - 54	2021	132	Beebe	Tammy	DE	70
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	Marcealeate	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	2023	198	Scritchfield	Alyn	DE	130
State	Weight Lifting	Bench Press	F	50 - 54	2023	198	Scritchfield	Alyn	DE	130
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	2019	132	Johnson	Beth	DE	155
State	Weight Lifting	Bench Press	F	55 - 59	2019	132	Johnson	Beth	DE	155
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
Meet	Weight Lifting	Bench Press	F	55 - 59	2006	165	Dische	Linda	DE	150

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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	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	55 - 59	2019	242	Watson	Elizabeth	PA	155
State	Weight Lifting	Bench Press	F	55 - 59		242				
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	2023	181	Hall	Toni	DE	145
State	Weight Lifting	Bench Press	F	60 - 64	2023	181	Hall	Toni	DE	145
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				
State	Weight Lifting	Bench Press	F	60 - 64		220				
Meet	Weight Lifting	Bench Press	F	65 - 69	2009	105	Schmidt	Joan	FL	78

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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	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	2023	132	Olekszyk	Patricia	DE	90
State	Weight Lifting	Bench Press	F	65 - 69	2023	132	Olekszyk	Patricia	DE	90
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	2023	220	Souza	Debra	MD	110
State	Weight Lifting	Bench Press	F	65 - 69		220				
Meet	Weight Lifting	Bench Press	F	70 - 74	2019	105	Anderson	Jennine	DE	80
State	Weight Lifting	Bench Press	F	70 - 74	2019	105	Anderson	Jennine	DE	80
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
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	2021	165	Gelb	Lenore	MF	

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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	2022	105	Anderson	Jennine	DE	85
State	Weight Lifting	Bench Press	F	75 - 79	2022	105	Anderson	Jennine	DE	85
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				
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				

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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	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				
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				

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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	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				
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				

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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				
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



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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	F	50 - 54	2023	198	Scritchfield	Alyn	DE	46
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2023	198	Scritchfield	Alyn	DE	46
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	2019	132	Johnson	Beth	DE	96
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2019	132	Johnson	Beth	DE	96
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2018	148	Johnson	Beth	DE	100
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2018	148	Johnson	Beth	DE	100
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	81
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2014	165	Kitzmiller	Colleen	DE	81
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				
State	Weight Lifting	Bench Press for Reps	F	55 - 59		198				
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		220				
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2007	220	Cook	Terry	DE	20
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2019	242	Watson	Elizabeth	PA	38
State	Weight Lifting	Bench Press for Reps	F	55 - 59		242				
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



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Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2022	123	Fisher	Cecily	DE	66
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2022	123	Fisher	Cecily	DE	66
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	2023	132	McCrea	Rhonda	DE	25
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	2017	165	Warrington	Jennifer	DE	51
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2017	165	Warrington	Jennifer	DE	51
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2023	181	Hall	Toni	DE	72
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2023	181	Hall	Toni	DE	72
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	66
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2016	114	Anderson	Jennine	DE	66
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	2023	132	Olekszyk	Patricia	DE	55
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2023	132	Olekszyk	Patricia	DE	55
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	2017	181	Tulley	Kathryn	DE	30
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2017	181	Tulley	Kathryn	DE	30

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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	F	65 - 69		198				
State	Weight Lifting	Bench Press for Reps	F	65 - 69		198				
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2023	220	Souza	Debra	MD	19
State	Weight Lifting	Bench Press for Reps	F	65 - 69		220				
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2019	105	Anderson	Jennine	DE	65
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2019	105	Anderson	Jennine	DE	65
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				
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	2023	105	Anderson	Jennine	DE	70
State	Weight Lifting	Bench Press for Reps	F	75 - 79	2023	105	Anderson	Jennine	DE	70
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				

## Delaware Senior Olympics Records after 2023 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	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				
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	17
State	Weight Lifting	Bench Press for Reps	F	80 - 84	2016	165	Rehberg	Virgina	DE	17
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				

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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	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				
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				

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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	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				
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				

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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	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	2021	123	Beebe	Tammy	DE	175
State	Weight Lifting	Dead Lift	F	50 - 54	2021	123	Beebe	Tammy	DE	175
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	2023	198	Scratchfield	Alyn	DE	245
State	Weight Lifting	Dead Lift	F	50 - 54	2023	198	Scratchfield	Alyn	DE	245
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	2019	132	Johnson	Beth	DE	265
State	Weight Lifting	Dead Lift	F	55 - 59	2019	132	Johnson	Beth	DE	265
Meet	Weight Lifting	Dead Lift	F	55 - 59	2018	148	Johnson	Beth	DE	260

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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	55 - 59	2018	148	Johnson	Beth	DE	260
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	2017	181	Liammayty	Donna	DE	250
State	Weight Lifting	Dead Lift	F	55 - 59	2017	181	Liammayty	Donna	DE	250
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
Meet	Weight Lifting	Dead Lift	F	60 - 64	2023	132	McCrea	Rhonda	DE	205
State	Weight Lifting	Dead Lift	F	60 - 64	2023	132	McCrea	Rhonda	DE	205
Meet	Weight Lifting	Dead Lift	F	60 - 64	2023	148	Weaver	Bridget	DE	240
State	Weight Lifting	Dead Lift	F	60 - 64	2023	148	Weaver	Bridget	DE	240
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	2023	181	Hall	Toni	DE	285
State	Weight Lifting	Dead Lift	F	60 - 64	2023	181	Hall	Toni	DE	285
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				



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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	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	190
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				
State	Weight Lifting	Dead Lift	F	65 - 69		198				
Meet	Weight Lifting	Dead Lift	F	65 - 69	2023	220	Souza	Debra	MD	230
State	Weight Lifting	Dead Lift	F	65 - 69		220				
Meet	Weight Lifting	Dead Lift	F	70 - 74	2019	105	Anderson	Jennine	DE	160
State	Weight Lifting	Dead Lift	F	70 - 74	2019	105	Anderson	Jennine	DE	160
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	2021	165	Gelb	Lenore	MD	245

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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	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	2023	105	Anderson	Jennine	DE	170
State	Weight Lifting	Dead Lift	F	75 - 79	2023	105	Anderson	Jennine	DE	170
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				
Meet	Weight Lifting	Dead Lift	F	75 - 79		132				
State	Weight Lifting	Dead Lift	F	75 - 79		132				
Meet	Weight Lifting	Dead Lift	F	75 - 79		148				
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				
Meet	Weight Lifting	Dead Lift	F	75 - 79		181				
State	Weight Lifting	Dead Lift	F	75 - 79		181				
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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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
State	Weight Lifting	Dead Lift	F	80 - 84		114				
Meet	Weight Lifting	Dead Lift	F	80 - 84		123				
State	Weight Lifting	Dead Lift	F	80 - 84		123				
Meet	Weight Lifting	Dead Lift	F	80 - 84		132				
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				
State	Weight Lifting	Dead Lift	F	80 - 84		181				
Meet	Weight Lifting	Dead Lift	F	80 - 84		198				
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				
State	Weight Lifting	Dead Lift	F	85 - 89		114				
Meet	Weight Lifting	Dead Lift	F	85 - 89		123				
State	Weight Lifting	Dead Lift	F	85 - 89		123				
Meet	Weight Lifting	Dead Lift	F	85 - 89		132				
State	Weight Lifting	Dead Lift	F	85 - 89		132				
Meet	Weight Lifting	Dead Lift	F	85 - 89		148				
State	Weight Lifting	Dead Lift	F	85 - 89		148				
Meet	Weight Lifting	Dead Lift	F	85 - 89		165				
State	Weight Lifting	Dead Lift	F	85 - 89		165				
Meet	Weight Lifting	Dead Lift	F	85 - 89		181				

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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	85 - 89		181				
Meet	Weight Lifting	Dead Lift	F	85 - 89		198				
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				
Meet	Weight Lifting	Dead Lift	F	90 - 94		114				
State	Weight Lifting	Dead Lift	F	90 - 94		114				
Meet	Weight Lifting	Dead Lift	F	90 - 94		123				
State	Weight Lifting	Dead Lift	F	90 - 94		123				
Meet	Weight Lifting	Dead Lift	F	90 - 94		132				
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				
Meet	Weight Lifting	Dead Lift	F	90 - 94		198				
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				
State	Weight Lifting	Dead Lift	F	95 - 99		114				
Meet	Weight Lifting	Dead Lift	F	95 - 99		123				

## Delaware Senior Olympics Records after 2023 Games

### WEIGHT LIFTING

File is complete for performance records in the following sports

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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		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				
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

## Delaware Senior Olympics Records after 2023 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	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	2022	132	Paoletti	Thomas	DE	145
State	Weight Lifting	Bench Press	M	55 - 59	2022	132	Paoletti	Thomas	DE	145
Meet	Weight Lifting	Bench Press	M	55 - 59		148				
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	2020	132	Bernard	Paul	DE	220
State	Weight Lifting	Bench Press	M	60 - 64	2020	132	Bernard	Paul	DE	220
Meet	Weight Lifting	Bench Press	M	60 - 64	2019	148	Bernard	Paul	DE	215
State	Weight Lifting	Bench Press	M	60 - 64	2019	148	Bernard	Paul	DE	215
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

## Delaware Senior Olympics Records after 2023 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	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
State	Weight Lifting	Bench Press	M	60 - 64	2016	242	Albert	Michael	DE	298
Meet	Weight Lifting	Bench Press	M	60 - 64	2022	278	Roe	Herbert	DE	315
State	Weight Lifting	Bench Press	M	60 - 64	2022	278	Roe	Herbert	DE	315
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	2021	148	Bernard	Paul	DE	220
State	Weight Lifting	Bench Press	M	65 - 69	2021	148	Bernard	Paul	DE	220
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	2022	198	Brown	James	DE	315
State	Weight Lifting	Bench Press	M	65 - 69	2022	198	Brown	James	DE	315
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



## Delaware Senior Olympics Records after 2023 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	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
Meet	Weight Lifting	Bench Press	M	70 - 74	2021	198	Rawlins	Jay	DE	260
State	Weight Lifting	Bench Press	M	70 - 74	2021	198	Rawlins	Jay	DE	260
Meet	Weight Lifting	Bench Press	M	70 - 74	2022	220	Rawlins	Jay	DE	250
State	Weight Lifting	Bench Press	M	70 - 74	2022	220	Rawlins	Jay	DE	250
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	2019	148	Polun	Nelson	MD	185
State	Weight Lifting	Bench Press	M	75 - 79	2008	148	Wall	Robert	DE	145
Meet	Weight Lifting	Bench Press	M	75 - 79	2022	165	Lovelace	David	DE	190
State	Weight Lifting	Bench Press	M	75 - 79	2022	165	Lovelace	David	DE	190
Meet	Weight Lifting	Bench Press	M	75 - 79	2022	181	Diehl	Mark	DE	235
State	Weight Lifting	Bench Press	M	75 - 79	2022	181	Diehl	Mark	DE	235
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	2017	242	Bobb	Allan	PA	135

## Delaware Senior Olympics Records after 2023 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	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				
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	2019	198	McCay	James	DE	140
State	Weight Lifting	Bench Press	M	80 - 84	2019	198	McCay	James	DE	140
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	2019	165	Packhan	John	DE	180
State	Weight Lifting	Bench Press	M	85 - 89	2019	165	Packhan	John	DE	180
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				

## Delaware Senior Olympics Records after 2023 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	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				
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	2017	165	Schlaupitz	Warner	DE	110
State	Weight Lifting	Bench Press	M	90 - 94	2017	165	Schlaupitz	Warner	DE	110
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						85
State	Weight Lifting	Bench Press	M	95 - 99						85
Meet	Weight Lifting	Bench Press	M	95 - 99	2018	165	Schlaupitz	Warner	DE	105

## Delaware Senior Olympics Records after 2023 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	95 - 99	2018	165	Schlaupitz	Warner	DE	105
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				
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	M	100 - 104	2023	148	Schlaupitz	Warner	DE	90
State	Weight Lifting	Bench Press	M	100 - 104	2023	148	Schlaupitz	Warner	DE	90
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	50
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2014	181	Mann	Wayne	DE	50
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

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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	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	34
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2012	275	Nolan	Michael	DE	34
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	243+	Moore	Richard	DE	41
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	2021	132	Paoletti	Thomas	DE	43
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2021	132	Paoletti	Thomas	DE	43
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	59
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2012	198	Brown	James	DE	59
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2013	220	Brown	James	DE	47
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2013	220	Brown	James	DE	47
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	31
State	Weight Lifting	Bench Press for Reps	M	55 - 59		275				
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	132	Bernard	Paul	DE	34
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	132	Bernard	Paul	DE	34
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2019	148	Bernard	Paul	DE	39
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2019	148	Bernard	Paul	DE	39
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

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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	181	McCallister	Gary	DE	36
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	181	McCallister	Gary	DE	36
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	198	Brown	James	DE	55
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2016	198	Brown	James	DE	55
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	220	Rawlins	Jay	DE	40
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2012	220	Rawlins	Jay	DE	40
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2015	242	Brown	Robert	DE	20
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2015	242	Brown	Robert	DE	20
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2017	275	Albert	Michael	DE	23
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2017	275	Albert	Michael	DE	23
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	2022	148	Bernard	Paul	DE	37
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2022	148	Bernard	Paul	DE	37
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2023	165	Edwards	Brian	DE	45
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2023	165	Edwards	Brian	DE	45
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	2022	198	Brown	James	DE	40
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2022	198	Brown	James	DE	40
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				

## Delaware Senior Olympics Records after 2023 Games

### WEIGHT LIFTING

File is complete for performance records in the following sports

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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	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
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	2021	198	Rawlins	Jay	DE	30
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2021	198	Rawlins	Jay	DE	30
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2022	220	Rawlins	Jay	DE	30
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2022	220	Rawlins	Jay	DE	30
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	2019	148	Polun	Nelson	MD	26
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	2022	165	Lovelace	David	DE	22
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2022	165	Lovelace	David	DE	22
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2012	181	Larkin	Robert	DE	22
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2012	181	Larkin	Robert	DE	22
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2019	198	Clancy	Daniel	DE	7
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2019	198	Clancy	Daniel	DE	7
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	2017	242	Bobb	Allan	DE	15
State	Weight Lifting	Bench Press for Reps	M	75 - 79		242				



## Delaware Senior Olympics Records after 2023 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	75 - 79		275				
State	Weight Lifting	Bench Press for Reps	M	75 - 79		275				
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	21
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	2019	198	McCay	James	DE	2
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2019	198	McCay	James	DE	2
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	2019	165	Packham	John	DE	11
State	Weight Lifting	Bench Press for Reps	M	85 - 89	2019	165	Packham	John	DE	11
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				

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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	Bench Press for Reps	M	85 - 89	2014	220	Raphael	Benjamin	DE	4
State	Weight Lifting	Bench Press for Reps	M	85 - 89	2014	220	Raphael	Benjamin	DE	4
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 2023 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	2021	181	Korosec	Adolf	DE	405
State	Weight Lifting	Dead Lift	M	50 - 54	2021	181	Korosec	Adolf	DE	405
Meet	Weight Lifting	Dead Lift	M	50 - 54	2019	198	Korosec	Adolf	DE	385
State	Weight Lifting	Dead Lift	M	50 - 54	2019	198	Korosec	Adolf	DE	385
Meet	Weight Lifting	Dead Lift	M	50 - 54	2018	220	Duncan	Stephen	DE	430
State	Weight Lifting	Dead Lift	M	50 - 54	2018	220	Duncan	Stephen	DE	430
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
Meet	Weight Lifting	Dead Lift	M	55 - 59	2023	132	Paoletti	Thomas	DE	305

## Delaware Senior Olympics Records after 2023 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	55 - 59	2023	132	Paoletti	Thomas	DE	305
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	2020	181	Ames	Kevin	DE	425
State	Weight Lifting	Dead Lift	M	55 - 59	2020	181	Ames	Kevin	DE	425
Meet	Weight Lifting	Dead Lift	M	55 - 59	2022	198	Ames	Kevin	DE	450
State	Weight Lifting	Dead Lift	M	55 - 59	2022	198	Ames	Kevin	DE	450
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	2017	275	Paone	John	PA	385
State	Weight Lifting	Dead Lift	M	55 - 59		275				
Meet	Weight Lifting	Dead Lift	M	60 - 64	2020	132	Bernard	Paul	DE	370
State	Weight Lifting	Dead Lift	M	60 - 64	2020	132	Bernard	Paul	DE	370
Meet	Weight Lifting	Dead Lift	M	60 - 64	2019	148	Bernard	Paul	DE	370
State	Weight Lifting	Dead Lift	M	60 - 64	2019	148	Bernard	Paul	DE	370
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	2022	181	Lehman	Karl	DE	370
State	Weight Lifting	Dead Lift	M	60 - 64	2022	181	Lehman	Karl	DE	370
Meet	Weight Lifting	Dead Lift	M	60 - 64	2023	198	Lehman	Karl	DE	380
State	Weight Lifting	Dead Lift	M	60 - 64	2023	198	Lehman	Karl	DE	380
Meet	Weight Lifting	Dead Lift	M	60 - 64	2018	220	Stevens	Carl	DE	380
State	Weight Lifting	Dead Lift	M	60 - 64	2018	220	Stevens	Carl	DE	380
Meet	Weight Lifting	Dead Lift	M	60 - 64	2009	242	Ciamaga	Raymond	NJ	215

## Delaware Senior Olympics Records after 2023 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		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	2022	148	Bernard	Paul	DE	405
State	Weight Lifting	Dead Lift	M	65 - 69	2022	148	Bernard	Paul	DE	405
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	2019	198	Stevens	Carl	DE	400
State	Weight Lifting	Dead Lift	M	65 - 69	2019	198	Stevens	Carl	DE	400
Meet	Weight Lifting	Dead Lift	M	65 - 69	2020	220	Stevens	Carl	DE	340
State	Weight Lifting	Dead Lift	M	65 - 69	2020	220	Stevens	Carl	DE	340
Meet	Weight Lifting	Dead Lift	M	65 - 69	2023	242	Toms	Michael	DE	450
State	Weight Lifting	Dead Lift	M	65 - 69	2023	242	Toms	Michael	DE	450
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	2020	165	Gingrich	Robert	DE	281
State	Weight Lifting	Dead Lift	M	70 - 74	2020	165	Gingrich	Robert	DE	281
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

## Delaware Senior Olympics Records after 2023 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	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	2021	165	Gingrich	Bob	DE	305
State	Weight Lifting	Dead Lift	M	75 - 79	2021	165	Gingrich	Bob	DE	305
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				
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

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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	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	2020	220	McCay	James	DE	230
State	Weight Lifting	Dead Lift	M	80 - 84	2020	220	McCay	James	DE	230
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	2019	165	Packham	John	DE	255
State	Weight Lifting	Dead Lift	M	85 - 89	2019	165	Packham	John	DE	255
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				
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				



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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	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	2022	148	Schlaupitz	Warner	DE	40
State	Weight Lifting	Dead Lift	M	95 - 99	2022	148	Schlaupitz	Warner	DE	40
Meet	Weight Lifting	Dead Lift	M	95 - 99	2019	165	Schlaupitz	Warner	DE	150
State	Weight Lifting	Dead Lift	M	95 - 99	2019	165	Schlaupitz	Warner	DE	150
Meet	Weight Lifting	Dead Lift	M	95 - 99		181				
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				

## Delaware Senior Olympics Records after 2023 Games

### WEIGHT LIFTING

File is complete for performance records in the following sports

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](mailto:admin@delawareseniorolympics.org)

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Lbs, Reps
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				
Meet	Weight Lifting	Dead Lift	M	100 - 104	2023	148	Schlaupitz	Warner	DE	115
State	Weight Lifting	Dead Lift	M	100 - 104	2023	148	Schlaupitz	Warner	DE	115