

**Top 5 - Bench Male  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Joshua R.	355
Gary R.	345
Nicholas C.	295
Karrington G.	280
Michael H.	265

**Top 5 - Bench Female  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn M.	205
Emily B.	135
Morgan C.	110
Lauren H.	105

**Top 5 - Bench Male  
(Weight Adjusted )**

<b>Name</b>	<b>Weight in Pounds</b>
Joshua R.	231
Gary R.	215
Karrington G.	184
Nicholas C.	179
Michael H.	166

**Top 5 - Bench Female  
(Weight Adjusted )**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn Mosley	185
Emily Benka	122
Lauren Hogue	115
Morgan Chretien	101

**Top 5 - Squat Male  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Nicholas C.	415
Gary R.	405
Julius P.	385
O'Keal G.	385
Joshua R.	365
Karrington G.	365

**Top 5 - Squat Female  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn Mosley	320
Emily Benka	265
Morgan Chretien	215
Lauren Hogue	185

**Top 5 - Squat Male  
(Weight Adjusted )**

Gary R.	252
Nicholas C.	252
Karrington G.	240
Joshua R.	238
Julius P.	225

**Top 5 - Squat Female  
(Weight Adjusted )**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn Mosley	288
Emily Benka	239
Lauren Hogue	202
Morgan Chretien	198

**Top 5 - Deadlift Male  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Gary R.	455
Karrington G.	405
O'Keal G.	385
Michael H.	385
Jonah W.	365
Julius Poole	365
Nicholas C.	365

**Top 5 - Deadlift Female  
(Actual Weight Lifted)**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn Mosley	365
Emily Benka	305
Morgan Chretien	235
Lauren Hogue	210

**Top 5 - Deadlift Male  
(Weight Adjusted )**

<b>Name</b>	<b>Weight in Pounds</b>
Gary R.	283
Karrington G.	267
Jonah W.	241
Michael H.	241
Nicholas C.	222

**Top 5 - Deadlift Female  
(Weight Adjusted )**

<b>Name</b>	<b>Weight in Pounds</b>
Jai'lyn Mosley	329
Emily Benka	275
Lauren Hogue	229
Morgan Chretien	217