

ICG ALL-TIME TOP 10

SQUAT

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1	NICK ROMAN	900.0	275	IPA	10/25/09
2	JAY BEDNAR	850.0	242	IPA	10/27/07
3	CHANE CLINE	694.5	SHW	WNPf	10/17/09
4	NICK BAKER	625.0	220	IPA	04/12/08
5	JEFFREY BEGUE	540.0	275	WNPf	07/18/10
6	DOUG NOEBE	535.0	198	WNPf	02/20/11
7	TIM BAKER	530.0	242	WNPf	11/14/10
8	JED LEE	485.0	165	WNPf	11/14/10
9	WILLIS McCOY	420.0	148	WNPf	07/18/10
10	NICK TSANGEOS	375.0	148	WNPf	07/18/10

RAW

#	NAME	LIFT	CLASS	FED	DATE
1	TIM BAKER	485.0	242	WNPf	02/20/11
2	ZACH MILLER	462.7	198	USAPL	06/27/09
3	DEAN PAGONIS	440.0	198	WNPf	02/20/11
4	JEFFREY BEGUE	375.0	242	WNPf	06/24/01
5	WILLIS McCOY	370.0	148	WNPf	02/20/11
6	JAY BEDNAR	315.0	181	WNPf	06/24/01
7	AUGIE MASTROINE	315.0	181	WNPf	07/18/10
8	ERIC KELLY	275.0	220	WNPf	06/24/01
9	JOHN BEDNAR	250.0	198	WNPf	02/24/02
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BENCH PRESS

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1	JEFFREY BEGUE	717.3	308	WABDL	07/18/09
2	JIM SMITH	685.0	275	IPA	10/25/09
3	CHANE CLINE	628.2	SHW	WABDL	05/16/09
4	NICK ROMAN	625.0	275	IPA	10/25/09
5	D.J. WILLAMAN	608.4	SHW	WABDL	07/19/08
6	JAY BEDNAR	570.0	242	IPA	10/27/07
7	BRYAN HANEY	529.0	242	WABDL	02/13/10
8	RYAN ORR	523.5	275	WABDL	05/07/11
9	DOUG NOEBE	490.5	198	WABDL	11/19/11
10	MIKE PFABE	485.0	275	WABDL	05/07/11

RAW

#	NAME	LIFT	CLASS	FED	DATE
1	MARVIN BISHOP	545.0	SHW	USAPL	03/26/11
2	LONNIE ATKINS	485.0	SHW	WABDL	05/22/10
3	JIM SMITH	450.0	275	IPA	10/24/10
4	MIKE MCHARGH	425.0	220	USAPL	03/26/11
5	D.J. WILLAMAN	400.0	SHW	WNPf	02/20/11
6	JEFFREY BEGUE	375.0	242	WNPf	06/24/01
7	ZACH MILLER	358.0	198	USAPL	06/27/09
8	BRIAN MICHAELS	350.0	242	WNPf	02/13/05
9	TIM BAKER	336.0	242	100% RAW	04/09/11
10	DEAN PAGONIS	319.5	198	100% RAW	04/09/11

DEADLIFT

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1	NICK ROMAN	800.0	242	IPA	10/27/07
2	JAY BEDNAR	700.0	242	IPA	10/27/07
3	CHANE CLINE	661.2	SHW	WABDL	11/17/05
4	NICK BAKER	575.0	220	IPA	04/12/08
5	JIM SMITH	565.0	275	IPA	10/25/09
6	DOUG NOEBE	540.0	198	WABDL	11/19/10
7	TIM BAKER	534.5	242	WABDL	02/13/10
8	WILLIS McCOY	534.5	148	WABDL	04/16/11
9	JED LEE	518.0	165	WABDL	05/22/10
10	DOUG AMBURGEY	512.5	242	WABDL	05/07/11

RAW

#	NAME	LIFT	CLASS	FED	DATE
1	JIM SMITH	625.0	275	IPA	10/24/10
2	CHANE CLINE	610.0	SHW	WNPf	02/13/05
3	ZACH MILLER	600.7	198	USAPL	06/27/09
4	MARVIN BISHOP	555.0	SHW	IPA	03/05/11
5	NICK BAKER	551.0	242	WABDL	02/09/08
6	TIM BAKER	551.0	242	WABDL	06/05/10
7	MARVIN BISHOP	525.0	SHW	USAPL	03/26/11
8	JED LEE	523.5	181	WABDL	02/13/10
9	DEAN PAGONIS	520.0	198	WNPf	02/20/11
10	D.J. WILLAMAN	518.0	275	WABDL	11/19/06

FULL MEET

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1	NICK ROMAN	2300.0	275	IPA	10/25/09
2	JAY BEDNAR	2120.0	242	IPA	10/27/07
3	CHANE CLINE	1901.2	SHW	WNPf	10/17/09
4	JEFFREY BEGUE	1555.0	275	WNPf	07/18/10
5	NICK BAKER	1540.0	220	IPA	04/12/08
6	DOUG NOEBE	1465.0	198	WNPf	02/20/11
7	TIM BAKER	1450.0	242	WNPf	11/14/10
8	JED LEE	1395.0	165	WNPf	11/14/10
9	WILLIS McCOY	1240.0	148	WNPf	07/18/10
10	NICK TSANGEOS	1065.0	148	WNPf	07/18/10

RAW

#	NAME	LIFT	CLASS	FED	DATE
1	ZACH MILLER	1421.4	198	USAPL	06/27/09
2	TIM BAKER	1350.0	242	WNPf	02/20/11
3	DEAN PAGONIS	1250.0	198	WNPf	02/20/11
4	JEFFREY BEGUE	1200.0	242	WNPf	06/24/01
5	WILLIS McCOY	1080.0	148	WNPf	02/20/11
6	JIM SMITH	1075.0	275	IPA	10/24/10
7	AUGIE MASTROINE	950.0	181	WNPf	07/18/10
8	JOHN BEDNAR	800.0	198	WNPf	06/24/01
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0 TS ARE FOR SANCTIONED LIFTS ONLY *