



REC CENTER RECORDS

29 years old & under

30-49 years old

50-69 years old

70 years old & over

Max. Squat X3

Male: Beau Evans
485lbs. 237%

Female: Jordan Plante
200lbs 148%

Male: Cameron Wood
405lbs. 196%

Female: Dixie Church
300lbs. 155%

Male: Dave Altdorfer
315lbs. 162%

Female: Laurie Plante
105lbs. 90%

Male:

Female:

Max. Deadlift X3

Male: Beau Evans
555lbs. 278%

Female: Randle Knapp
245 lbs. 196%

Male: Wade Paustian
445lbs. 257%

Female: Dixie Church
325lbs. 168%

Male: Dave Altdorfer
315lbs. 162%

Female:

Male:

Female: Carol Erickson
115lbs. 74%

Pull Ups

Male: Chris Schneider
21 reps

Female:

Male: Wade Buck
23 reps

Female: Dana Njenga
7 reps

Male: Mark Gruca
19 reps

Female:

Male: Frank Sherman
10 reps

Female:

Flexed Arm Hang

Male: Dillon Bean
1 minute 22 sec.

Female: Cherokee Heindseiman
57 sec.

Male: Wade Buck
1:33

Female: Dixie Church
46 sec.

Male: Mark Gruca
1:30

Female: Nancy Klema
29 sec.

Male: Frank Sherman
1:05

Female: Michelle Kelly
46 sec.

Push Ups

Male: Chris Schneider
98 reps

Female: Jordan Plante
42 reps

Male: Brady Smith
500 reps

Female: Dixie Church
42 reps

Male: Cal Hawkins
125 reps

Female: Margaret Nye
23 reps

Male: Duane Skidmore
40 reps

Female:

1000M Sprint Row

Male: Tyler Duncan
3:16

Female: Hayden May
4:24

Male: Wade Buck
3:12

Female: Dixie Church
3:50

Male: Bob Haag
3:40

Female: Ann Hammond
3:49

Male: Lyle Theisen
3:44

Female: Carol Erickson
5:27

1 Mile Track Run

Male: Jack Jordan
5:33

Female: Maddie Bro
6:49

Male: Mario Czarnomski
4:51

Female: Sara Flannagan
6:47

Male: Mark Heffernen
5:51

Female: Margaret Nye
9:39

Male: Frank Sherman
9:16

Female: Elaine Michaels
10:30

Plank Hold

Male: Tommy Esposito
7:37

Female: Jordan Plante
4:01

Male: Brady Smith
10:00

Female: Amy Vanderkamp
5:00

Male: Cal Hawkins
7:15

Female: Kristy Butterfield
6:03

Male: Duane Skidmore
6:32

Female: Carol Erickson
4:00