

APL Australian Records (Tested)  
 RAW 3-LIFT COMPETITION  
 -JUNIOR MEN-



| J1 JUNIOR 15-19 |          |                 |                 |           |                 |         |      |
|-----------------|----------|-----------------|-----------------|-----------|-----------------|---------|------|
| Current Record  |          |                 |                 |           | Former Record   |         |      |
| BWT             | Lift     | WT Lifted (kgs) | Athlete         | Date      | WT Lifted (kgs) | Athlete | Date |
| 52 kg           | Squat    | 107.5           |                 |           |                 |         |      |
|                 | Bench    | 77.5            |                 |           |                 |         |      |
|                 | Deadlift | 125.0           |                 |           |                 |         |      |
|                 | Total    | 310.0           |                 |           |                 |         |      |
| 56 kg           | Squat    | 120.0           |                 |           |                 |         |      |
|                 | Bench    | 82.5            |                 |           |                 |         |      |
|                 | Deadlift | 132.5           |                 |           |                 |         |      |
|                 | Total    | 335.0           |                 |           |                 |         |      |
| 60 kg           | Squat    | 130.0           |                 |           |                 |         |      |
|                 | Bench    | 90.0            |                 |           |                 |         |      |
|                 | Deadlift | 140.0           |                 |           |                 |         |      |
|                 | Total    | 360.0           |                 |           |                 |         |      |
| 67.5 kg         | Squat    | 162.5           | James Norman    | 27-Apr-19 | 147.5           | Not Set |      |
|                 | Bench    | 102.5           | James Norman    | 27-Apr-19 | 100.0           | Not Set |      |
|                 | Deadlift | 185.0           | James Norman    | 27-Apr-19 | 155.0           | Not Set |      |
|                 | Total    | 450.0           | James Norman    | 27-Apr-19 | 405.0           | Not Set |      |
| 75 kg           | Squat    | 162.5           |                 |           |                 |         |      |
|                 | Bench    | 110.0           |                 |           |                 |         |      |
|                 | Deadlift | 167.5           |                 |           |                 |         |      |
|                 | Total    | 440.0           |                 |           |                 |         |      |
| 82.5 kg         | Squat    | 175.0           |                 |           |                 |         |      |
|                 | Bench    | 117.5           |                 |           |                 |         |      |
|                 | Deadlift | 185.0           | Thomas Fletcher | 04-Aug-18 | 180.0           | Not Set |      |
|                 | Total    | 475.0           |                 |           |                 |         |      |
| 90 kg           | Squat    | 187.5           |                 |           |                 |         |      |
|                 | Bench    | 125.0           |                 |           |                 |         |      |
|                 | Deadlift | 187.5           |                 |           |                 |         |      |
|                 | Total    | 500.0           |                 |           |                 |         |      |
| 100 kg          | Squat    | 197.5           |                 |           |                 |         |      |
|                 | Bench    | 132.5           |                 |           |                 |         |      |
|                 | Deadlift | 197.5           |                 |           |                 |         |      |
|                 | Total    | 527.5           |                 |           |                 |         |      |
| 110 kg          | Squat    | 207.5           |                 |           |                 |         |      |
|                 | Bench    | 137.5           |                 |           |                 |         |      |
|                 | Deadlift | 202.5           |                 |           |                 |         |      |
|                 | Total    | 545.0           |                 |           |                 |         |      |
| 125 kg          | Squat    | 215.0           |                 |           |                 |         |      |
|                 | Bench    | 140.0           |                 |           |                 |         |      |
|                 | Deadlift | 205.0           |                 |           |                 |         |      |
|                 | Total    | 560.0           |                 |           |                 |         |      |
| 140 kg          | Squat    | 227.5           |                 |           |                 |         |      |
|                 | Bench    | 147.5           |                 |           |                 |         |      |
|                 | Deadlift | 210.0           |                 |           |                 |         |      |
|                 | Total    | 587.5           |                 |           |                 |         |      |
| 140+ kg         | Squat    | 235.0           |                 |           |                 |         |      |
|                 | Bench    | 150.0           |                 |           |                 |         |      |
|                 | Deadlift | 217.5           |                 |           |                 |         |      |
|                 | Total    | 605.0           |                 |           |                 |         |      |

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| J2 JUNIOR 20-23 |          |                 |              |           |                 |         |      |
|-----------------|----------|-----------------|--------------|-----------|-----------------|---------|------|
| Current Record  |          |                 |              |           | Former Record   |         |      |
| BWT             | Lift     | WT Lifted (kgs) | Athlete      | Date      | WT Lifted (kgs) | Athlete | Date |
| 52 kg           | Squat    | 117.5           |              |           |                 |         |      |
|                 | Bench    | 85.0            |              |           |                 |         |      |
|                 | Deadlift | 135.0           |              |           |                 |         |      |
|                 | Total    | 337.5           |              |           |                 |         |      |
| 56 kg           | Squat    | 130.0           |              |           |                 |         |      |
|                 | Bench    | 92.5            |              |           |                 |         |      |
|                 | Deadlift | 145.0           |              |           |                 |         |      |
|                 | Total    | 365.0           |              |           |                 |         |      |
| 60 kg           | Squat    | 142.5           |              |           |                 |         |      |
|                 | Bench    | 97.5            |              |           |                 |         |      |
|                 | Deadlift | 152.5           |              |           |                 |         |      |
|                 | Total    | 392.5           |              |           |                 |         |      |
| 67.5 kg         | Squat    | 162.5           |              |           |                 |         |      |
|                 | Bench    | 110.0           |              |           |                 |         |      |
|                 | Deadlift | 170.0           |              |           |                 |         |      |
|                 | Total    | 442.5           |              |           |                 |         |      |
| 75 kg           | Squat    | 177.5           |              |           |                 |         |      |
|                 | Bench    | 120.0           |              |           |                 |         |      |
|                 | Deadlift | 200.0           | Jay Kim      | 04-Aug-18 | 182.5           | Not Set |      |
|                 | Total    | 482.5           |              |           |                 |         |      |
| 82.5 kg         | Squat    | 192.5           |              |           |                 |         |      |
|                 | Bench    | 130.0           |              |           |                 |         |      |
|                 | Deadlift | 197.5           |              |           |                 |         |      |
|                 | Total    | 517.5           |              |           |                 |         |      |
| 90 kg           | Squat    | 205.0           |              |           |                 |         |      |
|                 | Bench    | 137.5           |              |           |                 |         |      |
|                 | Deadlift | 210.0           | Janus Macuno | 04-Aug-18 | 205.0           | Not Set |      |
|                 | Total    | 545.0           |              |           |                 |         |      |
| 100 kg          | Squat    | 217.5           |              |           |                 |         |      |
|                 | Bench    | 145.0           |              |           |                 |         |      |
|                 | Deadlift | 217.5           |              |           |                 |         |      |
|                 | Total    | 577.5           |              |           |                 |         |      |
| 110 kg          | Squat    | 227.5           | Max Gray     | 27-Apr-19 | 227.5           | Not Set |      |
|                 | Bench    | 150.0           |              |           |                 |         |      |
|                 | Deadlift | 220.0           | Max Gray     | 27-Apr-19 | 220.0           | Not Set |      |
|                 | Total    | 597.5           | Max Gray     | 27-Apr-19 | 597.5           | Not Set |      |
| 125 kg          | Squat    | 235.0           |              |           |                 |         |      |
|                 | Bench    | 152.5           |              |           |                 |         |      |
|                 | Deadlift | 225.0           |              |           |                 |         |      |
|                 | Total    | 612.5           |              |           |                 |         |      |
| 140 kg          | Squat    | 250.0           |              |           |                 |         |      |
|                 | Bench    | 160.0           |              |           |                 |         |      |
|                 | Deadlift | 230.0           |              |           |                 |         |      |
|                 | Total    | 640.0           |              |           |                 |         |      |
| 140+ kg         | Squat    | 257.5           |              |           |                 |         |      |
|                 | Bench    | 165.0           |              |           |                 |         |      |
|                 | Deadlift | 237.5           |              |           |                 |         |      |
|                 | Total    | 660.0           |              |           |                 |         |      |