

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press	F	50 - 54		105							
State	Weight Lifting	Bench Press	F	50 - 54		105							
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	Dead Lift	F	50 - 54		105							
State	Weight Lifting	Dead Lift	F	50 - 54		105							
State	Weight Lifting	Bench Press	F	55 - 59		105							
Meet	Weight Lifting	Bench Press	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		105							
Meet	Weight Lifting	Dead Lift	F	55 - 59		105							
State	Weight Lifting	Dead Lift	F	55 - 59		105							
State	Weight Lifting	Bench Press	F	60 - 64		105							
Meet	Weight Lifting	Bench Press	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		105							
Meet	Weight Lifting	Dead Lift	F	60 - 64		105							
State	Weight Lifting	Dead Lift	F	60 - 64		105							
Meet	Weight Lifting	Bench Press	F	65 - 69	2009	105	Schmidt	Joan	FL	78			
State	Weight Lifting	Bench Press	F	65 - 69		105							
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	Dead Lift	F	65 - 69		105							
State	Weight Lifting	Dead Lift	F	65 - 69		105							
Meet	Weight Lifting	Bench Press	F	70 - 74		105							
State	Weight Lifting	Bench Press	F	70 - 74		105							
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		105							
State	Weight Lifting	Bench Press for Reps	F	70 - 74		105							
Meet	Weight Lifting	Dead Lift	F	70 - 74		105							

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State	Weight Lifting	Dead Lift	F	70 - 74		105							
Meet	Weight Lifting	Bench Press	F	75 - 79		105							
State	Weight Lifting	Bench Press	F	75 - 79		105							
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		105							
State	Weight Lifting	Bench Press for Reps	F	75 - 79		105							
Meet	Weight Lifting	Dead Lift	F	75 - 79		105							
State	Weight Lifting	Dead Lift	F	75 - 79		105							
Meet	Weight Lifting	Bench Press	F	80 - 84		105							
State	Weight Lifting	Bench Press	F	80 - 84		105							
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	Dead Lift	F	80 - 84		105							
State	Weight Lifting	Dead Lift	F	80 - 84		105							
Meet	Weight Lifting	Bench Press	F	85 - 89		105							
State	Weight Lifting	Bench Press	F	85 - 89		105							
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	Dead Lift	F	85 - 89		105							
State	Weight Lifting	Dead Lift	F	85 - 89		105							
Meet	Weight Lifting	Bench Press	F	90 - 94		105							
State	Weight Lifting	Bench Press	F	90 - 94		105							
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	Dead Lift	F	90 - 94		105							
State	Weight Lifting	Dead Lift	F	90 - 94		105							
Meet	Weight Lifting	Bench Press	F	95 - 99		105							
State	Weight Lifting	Bench Press	F	95 - 99		105							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		105							
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Meet	Weight Lifting	Dead Lift	F	95 - 99		105							
State	Weight Lifting	Dead Lift	F	95 - 99		105							
Meet	Weight Lifting	Bench Press	F	50 - 54		114							
State	Weight Lifting	Bench Press	F	50 - 54		114							
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	Dead Lift	F	50 - 54		114							
State	Weight Lifting	Dead Lift	F	50 - 54		114							
State	Weight Lifting	Bench Press	F	55 - 59	2003	114	Dische	Linda	DE	110			
Meet	Weight Lifting	Bench Press	F	55 - 59	2003	114	Dische	Linda	DE	110			
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	2002	114	Brown	Maureen	DE	43			
Meet	Weight Lifting	Dead Lift	F	55 - 59		114							
State	Weight Lifting	Dead Lift	F	55 - 59		114							
State	Weight Lifting	Bench Press	F	60 - 64	2003	114	Guliana	Barbara	DE	110			
Meet	Weight Lifting	Bench Press	F	60 - 64	2003	114	Guliana	Barbara	DE	110			
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	114	Brown	Maureen	DE	59			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	114	Brown	Maureen	DE	59			
Meet	Weight Lifting	Dead Lift	F	60 - 64		114							
State	Weight Lifting	Dead Lift	F	60 - 64		114							
Meet	Weight Lifting	Bench Press	F	65 - 69		114							
State	Weight Lifting	Bench Press	F	65 - 69		114							
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		114							
State	Weight Lifting	Bench Press for Reps	F	65 - 69		114							
Meet	Weight Lifting	Dead Lift	F	65 - 69		114							
State	Weight Lifting	Dead Lift	F	65 - 69		114							
Meet	Weight Lifting	Bench Press	F	70 - 74		114							
State	Weight Lifting	Bench Press	F	70 - 74		114							
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		114							

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State	Weight Lifting	Bench Press for Reps	F	70 - 74		114							
Meet	Weight Lifting	Dead Lift	F	70 - 74		114							
State	Weight Lifting	Dead Lift	F	70 - 74		114							
Meet	Weight Lifting	Bench Press	F	75 - 79		114							
State	Weight Lifting	Bench Press	F	75 - 79		114							
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	Dead Lift	F	75 - 79		114							
State	Weight Lifting	Dead Lift	F	75 - 79		114							
Meet	Weight Lifting	Bench Press	F	80 - 84		114							
State	Weight Lifting	Bench Press	F	80 - 84		114							
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	Dead Lift	F	80 - 84		114							
State	Weight Lifting	Dead Lift	F	80 - 84		114							
Meet	Weight Lifting	Bench Press	F	85 - 89		114							
State	Weight Lifting	Bench Press	F	85 - 89		114							
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	Dead Lift	F	85 - 89		114							
State	Weight Lifting	Dead Lift	F	85 - 89		114							
Meet	Weight Lifting	Bench Press	F	90 - 94		114							
State	Weight Lifting	Bench Press	F	90 - 94		114							
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	Dead Lift	F	90 - 94		114							
State	Weight Lifting	Dead Lift	F	90 - 94		114							
Meet	Weight Lifting	Bench Press	F	95 - 99		114							
State	Weight Lifting	Bench Press	F	95 - 99		114							

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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	Dead Lift	F	95 - 99		114							
State	Weight Lifting	Dead Lift	F	95 - 99		114							
State	Weight Lifting	Bench Press	F	50 - 54	2006	123	Clark	Janice	DE	90			
Meet	Weight Lifting	Bench Press	F	50 - 54	2006	123	Clark	Janice	DE	90			
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	2005	123	Clark	Janice	DE	59			
Meet	Weight Lifting	Dead Lift	F	50 - 54		123							
State	Weight Lifting	Dead Lift	F	50 - 54		123							
Meet	Weight Lifting	Bench Press	F	55 - 59		123							
State	Weight Lifting	Bench Press	F	55 - 59		123							
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	Dead Lift	F	55 - 59		123							
State	Weight Lifting	Dead Lift	F	55 - 59		123							
State	Weight Lifting	Bench Press	F	60 - 64	2005	123	Brown	Maureen	DE	110			
Meet	Weight Lifting	Bench Press	F	60 - 64	2005	123	Brown	Maureen	DE	110			
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2005	123	Brown	Maureen	DE	56			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2005	123	Brown	Maureen	DE	56			
Meet	Weight Lifting	Dead Lift	F	60 - 64		123							
State	Weight Lifting	Dead Lift	F	60 - 64		123							
Meet	Weight Lifting	Bench Press	F	65 - 69		123							
State	Weight Lifting	Bench Press	F	65 - 69		123							
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	Dead Lift	F	65 - 69		123							
State	Weight Lifting	Dead Lift	F	65 - 69		123							
Meet	Weight Lifting	Bench Press	F	70 - 74		123							

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State	Weight Lifting	Bench Press	F	70 - 74		123							
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	Dead Lift	F	70 - 74		123							
State	Weight Lifting	Dead Lift	F	70 - 74		123							
Meet	Weight Lifting	Bench Press	F	75 - 79		123							
State	Weight Lifting	Bench Press	F	75 - 79		123							
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		123							
State	Weight Lifting	Bench Press for Reps	F	75 - 79		123							
Meet	Weight Lifting	Dead Lift	F	75 - 79		123							
State	Weight Lifting	Dead Lift	F	75 - 79		123							
Meet	Weight Lifting	Bench Press	F	80 - 84		123							
State	Weight Lifting	Bench Press	F	80 - 84		123							
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	Dead Lift	F	80 - 84		123							
State	Weight Lifting	Dead Lift	F	80 - 84		123							
Meet	Weight Lifting	Bench Press	F	85 - 89		123							
State	Weight Lifting	Bench Press	F	85 - 89		123							
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	Dead Lift	F	85 - 89		123							
State	Weight Lifting	Dead Lift	F	85 - 89		123							
Meet	Weight Lifting	Bench Press	F	90 - 94		123							
State	Weight Lifting	Bench Press	F	90 - 94		123							
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	Dead Lift	F	90 - 94		123							
State	Weight Lifting	Dead Lift	F	90 - 94		123							

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Meet	Weight Lifting	Bench Press	F	95 - 99		123							
State	Weight Lifting	Bench Press	F	95 - 99		123							
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	Dead Lift	F	95 - 99		123							
State	Weight Lifting	Dead Lift	F	95 - 99		123							
Meet	Weight Lifting	Bench Press	F	50 - 54		132							
Meet	Weight Lifting	Bench Press	M	50 - 54		132							
State	Weight Lifting	Bench Press	F	50 - 54		132							
State	Weight Lifting	Bench Press	M	50 - 54		132							
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		132							
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54		132							
State	Weight Lifting	Bench Press for Reps	F	50 - 54		132							
State	Weight Lifting	Bench Press for Reps	M	50 - 54		132							
Meet	Weight Lifting	Dead Lift	F	50 - 54		132							
Meet	Weight Lifting	Dead Lift	M	50 - 54		132							
State	Weight Lifting	Dead Lift	F	50 - 54		132							
State	Weight Lifting	Dead Lift	M	50 - 54		132							
State	Weight Lifting	Bench Press	F	55 - 59	2004	132	Firko	Nancy Lee	DE	130			
Meet	Weight Lifting	Bench Press	F	55 - 59	2004	132	Firko	Nancy Lee	DE	130			
Meet	Weight Lifting	Bench Press	M	55 - 59		132							
State	Weight Lifting	Bench Press	M	55 - 59		132							
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	132	Firko	Nancy Lee	DE	70			
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2002	132	Firko	Nancy Lee	DE	70			
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59		132							
State	Weight Lifting	Bench Press for Reps	M	55 - 59		132							
Meet	Weight Lifting	Dead Lift	F	55 - 59		132							
Meet	Weight Lifting	Dead Lift	M	55 - 59		132							
State	Weight Lifting	Dead Lift	F	55 - 59		132							

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State	Weight Lifting	Dead Lift	M	55 - 59		132							
State	Weight Lifting	Bench Press	F	60 - 64	2006	132	Guliana	Barbara	DE	130			
Meet	Weight Lifting	Bench Press	F	60 - 64	2007	132	Jenke-McMahon	Diane	NJ	130			
Meet	Weight Lifting	Bench Press	M	60 - 64		132							
State	Weight Lifting	Bench Press	M	60 - 64		132							
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2007	132	Jenke-McMahon	Diane	NJ	54			
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64		132							
State	Weight Lifting	Bench Press for Reps	F	60 - 64		132							
State	Weight Lifting	Bench Press for Reps	M	60 - 64		132							
Meet	Weight Lifting	Dead Lift	F	60 - 64		132							
Meet	Weight Lifting	Dead Lift	M	60 - 64		132							
State	Weight Lifting	Dead Lift	F	60 - 64		132							
State	Weight Lifting	Dead Lift	M	60 - 64		132							
Meet	Weight Lifting	Bench Press	F	65 - 69		132							
Meet	Weight Lifting	Bench Press	M	65 - 69		132							
State	Weight Lifting	Bench Press	F	65 - 69		132							
State	Weight Lifting	Bench Press	M	65 - 69		132							
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2008	132	McCleary	Jayne	DE	32			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2008	132	McCleary	Jayne	DE	32			
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69		132							
State	Weight Lifting	Bench Press for Reps	M	65 - 69		132							
State	Weight Lifting	Dead Lift	F	65 - 69	2008	132	McCleary	Jayne	DE	160			
Meet	Weight Lifting	Dead Lift	F	65 - 69	2008	132	McCleary	Jayne	DE	160			
Meet	Weight Lifting	Dead Lift	M	65 - 69		132							
State	Weight Lifting	Dead Lift	M	65 - 69		132							
State	Weight Lifting	Bench Press	F	70 - 74	2009	132	McCleary	Jayne	DE	70			
Meet	Weight Lifting	Bench Press	F	70 - 74	2009	132	McCleary	Jayne	DE	70			
Meet	Weight Lifting	Bench Press	M	70 - 74		132							
State	Weight Lifting	Bench Press	M	70 - 74		132							

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Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2009	132	McCleary	Jayne	DE	35			
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		132							
State	Weight Lifting	Bench Press for Reps	M	70 - 74		132							
State	Weight Lifting	Dead Lift	F	70 - 74	2009	132	McCleary	Jayne	DE	160			
Meet	Weight Lifting	Dead Lift	F	70 - 74	2009	132	McCleary	Jayne	DE	160			
Meet	Weight Lifting	Dead Lift	M	70 - 74		132							
State	Weight Lifting	Dead Lift	M	70 - 74		132							
Meet	Weight Lifting	Bench Press	F	75 - 79		132							
Meet	Weight Lifting	Bench Press	M	75 - 79		132							
State	Weight Lifting	Bench Press	F	75 - 79		132							
State	Weight Lifting	Bench Press	M	75 - 79		132							
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Meet	Weight Lifting	Bench Press for Reps	M	75 - 79		132							
State	Weight Lifting	Bench Press for Reps	F	75 - 79		132							
State	Weight Lifting	Bench Press for Reps	M	75 - 79		132							
Meet	Weight Lifting	Dead Lift	F	75 - 79		132							
Meet	Weight Lifting	Dead Lift	M	75 - 79		132							
State	Weight Lifting	Dead Lift	F	75 - 79		132							
State	Weight Lifting	Dead Lift	M	75 - 79		132							
Meet	Weight Lifting	Bench Press	F	80 - 84		132							
Meet	Weight Lifting	Bench Press	M	80 - 84		132							
State	Weight Lifting	Bench Press	F	80 - 84		132							
State	Weight Lifting	Bench Press	M	80 - 84		132							
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		132							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		132							
State	Weight Lifting	Bench Press for Reps	F	80 - 84		132							
State	Weight Lifting	Bench Press for Reps	M	80 - 84		132							
Meet	Weight Lifting	Dead Lift	F	80 - 84		132							

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State	Weight Lifting	Dead Lift	M	80 - 84		132							
Meet	Weight Lifting	Bench Press	F	85 - 89		132							
Meet	Weight Lifting	Bench Press	M	85 - 89		132							
State	Weight Lifting	Bench Press	F	85 - 89		132							
State	Weight Lifting	Bench Press	M	85 - 89		132							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		132							
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		132							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		132							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		132							
Meet	Weight Lifting	Dead Lift	F	85 - 89		132							
Meet	Weight Lifting	Dead Lift	M	85 - 89		132							
State	Weight Lifting	Dead Lift	F	85 - 89		132							
State	Weight Lifting	Dead Lift	M	85 - 89		132							
Meet	Weight Lifting	Bench Press	F	90 - 94		132							
Meet	Weight Lifting	Bench Press	M	90 - 94		132							
State	Weight Lifting	Bench Press	F	90 - 94		132							
State	Weight Lifting	Bench Press	M	90 - 94		132							
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		132							
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		132							
State	Weight Lifting	Bench Press for Reps	F	90 - 94		132							
State	Weight Lifting	Bench Press for Reps	M	90 - 94		132							
Meet	Weight Lifting	Dead Lift	F	90 - 94		132							
Meet	Weight Lifting	Dead Lift	M	90 - 94		132							
State	Weight Lifting	Dead Lift	F	90 - 94		132							
State	Weight Lifting	Dead Lift	M	90 - 94		132							
Meet	Weight Lifting	Bench Press	F	95 - 99		132							
Meet	Weight Lifting	Bench Press	M	95 - 99		132							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseNIorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
State	Weight Lifting	Bench Press	F	95 - 99		132							
State	Weight Lifting	Bench Press	M	95 - 99		132							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		132							
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		132							
State	Weight Lifting	Bench Press for Reps	F	95 - 99		132							
State	Weight Lifting	Bench Press for Reps	M	95 - 99		132							
Meet	Weight Lifting	Dead Lift	F	95 - 99		132							
Meet	Weight Lifting	Dead Lift	M	95 - 99		132							
State	Weight Lifting	Dead Lift	F	95 - 99		132							
State	Weight Lifting	Dead Lift	M	95 - 99		132							
Meet	Weight Lifting	Bench Press	M	50 - 54		148							
State	Weight Lifting	Bench Press	M	50 - 54		148							
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	148	Smith-Jones	Kathleen	DE	96			
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54		148							
State	Weight Lifting	Bench Press for Reps	M	50 - 54		148							
State	Weight Lifting	Dead Lift	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	353			
Meet	Weight Lifting	Dead Lift	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	353			
State	Weight Lifting	Bench Press	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	170			
Meet	Weight Lifting	Bench Press	F	50 - 54	2008	148	Smith-Jones	Kathleen	DE	170			
State	Weight Lifting	Bench Press	F	55 - 59	2004	148	Dische	Linda	DE	110			
Meet	Weight Lifting	Bench Press	F	55 - 59	2004	148	Dische	Linda	DE	110			
Meet	Weight Lifting	Bench Press	M	55 - 59		148							
State	Weight Lifting	Bench Press	M	55 - 59		148							
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		148							
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59		148							
State	Weight Lifting	Bench Press for Reps	F	55 - 59		148							
State	Weight Lifting	Bench Press for Reps	M	55 - 59		148							
State	Weight Lifting	Dead Lift	F	55 - 59	2004	148	Dische	Linda	DE	170			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseiorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Dead Lift	F	55 - 59	2004	148	Dische	Linda	DE	170			
Meet	Weight Lifting	Dead Lift	M	55 - 59		148							
State	Weight Lifting	Dead Lift	M	55 - 59		148							
State	Weight Lifting	Bench Press	F	60 - 64	2003	148	Brown	Maureen	DE	110			
State	Weight Lifting	Bench Press	M	60 - 64	2002	148	Ferris	John	DE	203			
Meet	Weight Lifting	Bench Press	F	60 - 64	2003	148	Brown	Maureen	DE	110			
Meet	Weight Lifting	Bench Press	M	60 - 64	2002	148	Ferris	John	DE	203			
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2002	148	Black	Helen	DE	52			
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	148	Ferris	John	DE	37			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2002	148	Black	Helen	DE	52			
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	148	Ferris	John	DE	37			
State	Weight Lifting	Dead Lift	F	60 - 64	2002	148	Black	Helen	DE	195			
State	Weight Lifting	Dead Lift	M	60 - 64	2006	148	Ulmer	William	DE	260			
Meet	Weight Lifting	Dead Lift	F	60 - 64	2002	148	Black	Helen	DE	195			
Meet	Weight Lifting	Dead Lift	M	60 - 64	2006	148	Ulmer	William	DE	260			
State	Weight Lifting	Bench Press	M	65 - 69	2006	148	Ferris	John	DE	200			
Meet	Weight Lifting	Bench Press	M	65 - 69	2006	148	Ferris	John	DE	200			
Meet	Weight Lifting	Bench Press	F	65 - 69		148							
State	Weight Lifting	Bench Press	F	65 - 69		148							
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2004	148	Anderson	Ramona	DE	33			
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2006	148	Ferris	John	DE	34			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2004	148	Anderson	Ramona	DE	33			
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2006	148	Ferris	John	DE	34			
State	Weight Lifting	Dead Lift	M	65 - 69	2006	148	Ferris	John	DE	220			
Meet	Weight Lifting	Dead Lift	F	65 - 69		148							
Meet	Weight Lifting	Dead Lift	M	65 - 69	2006	148	Ferris	John	DE	220			
State	Weight Lifting	Dead Lift	F	65 - 69		148							
State	Weight Lifting	Bench Press	F	70 - 74	2006	148	Anderson	Ramona	DE	70			
State	Weight Lifting	Bench Press	M	70 - 74	2004	148	Hunt	John	DE	75			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Bench Press	F	70 - 74	2006	148	Anderson	Ramona	DE	70			
Meet	Weight Lifting	Bench Press	M	70 - 74	2004	148	Hunt	John	DE	75			
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	2006	148	Anderson	Ramona	DE	25			
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		148							
State	Weight Lifting	Bench Press for Reps	M	70 - 74		148							
State	Weight Lifting	Dead Lift	F	70 - 74	2006	148	Anderson	Ramona	DE	75			
Meet	Weight Lifting	Dead Lift	F	70 - 74	2006	148	Anderson	Ramona	DE	75			
Meet	Weight Lifting	Dead Lift	M	70 - 74		148							
State	Weight Lifting	Dead Lift	M	70 - 74		148							
State	Weight Lifting	Bench Press	M	75 - 79	2008	148	Wall	Robert	DE	145			
Meet	Weight Lifting	Bench Press	M	75 - 79	2008	148	Wall	Robert	DE	145			
Meet	Weight Lifting	Bench Press	F	75 - 79		148							
State	Weight Lifting	Bench Press	F	75 - 79		148							
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2008	148	Wall	Robert	DE	14			
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		148							
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2008	148	Wall	Robert	DE	14			
State	Weight Lifting	Bench Press for Reps	F	75 - 79		148							
State	Weight Lifting	Dead Lift	M	75 - 79	2008	148	Wall	Robert	DE	241			
Meet	Weight Lifting	Dead Lift	F	75 - 79		148							
Meet	Weight Lifting	Dead Lift	M	75 - 79	2008	148	Wall	Robert	DE	241			
State	Weight Lifting	Dead Lift	F	75 - 79		148							
Meet	Weight Lifting	Bench Press	F	80 - 84		148							
Meet	Weight Lifting	Bench Press	M	80 - 84		148							
State	Weight Lifting	Bench Press	F	80 - 84		148							
State	Weight Lifting	Bench Press	M	80 - 84		148							
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		148							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		148							
State	Weight Lifting	Bench Press for Reps	F	80 - 84		148							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
State	Weight Lifting	Bench Press for Reps	M	80 - 84		148							
Meet	Weight Lifting	Dead Lift	F	80 - 84		148							
Meet	Weight Lifting	Dead Lift	M	80 - 84		148							
State	Weight Lifting	Dead Lift	F	80 - 84		148							
State	Weight Lifting	Dead Lift	M	80 - 84		148							
Meet	Weight Lifting	Bench Press	F	85 - 89		148							
Meet	Weight Lifting	Bench Press	M	85 - 89		148							
State	Weight Lifting	Bench Press	F	85 - 89		148							
State	Weight Lifting	Bench Press	M	85 - 89		148							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		148							
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		148							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		148							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		148							
Meet	Weight Lifting	Dead Lift	F	85 - 89		148							
Meet	Weight Lifting	Dead Lift	M	85 - 89		148							
State	Weight Lifting	Dead Lift	F	85 - 89		148							
State	Weight Lifting	Dead Lift	M	85 - 89		148							
Meet	Weight Lifting	Bench Press	F	90 - 94		148							
Meet	Weight Lifting	Bench Press	M	90 - 94		148							
State	Weight Lifting	Bench Press	F	90 - 94		148							
State	Weight Lifting	Bench Press	M	90 - 94		148							
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		148							
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		148							
State	Weight Lifting	Bench Press for Reps	F	90 - 94		148							
State	Weight Lifting	Bench Press for Reps	M	90 - 94		148							
Meet	Weight Lifting	Dead Lift	F	90 - 94		148							
Meet	Weight Lifting	Dead Lift	M	90 - 94		148							
State	Weight Lifting	Dead Lift	F	90 - 94		148							
State	Weight Lifting	Dead Lift	M	90 - 94		148							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Bench Press	F	95 - 99		148							
Meet	Weight Lifting	Bench Press	M	95 - 99		148							
State	Weight Lifting	Bench Press	F	95 - 99		148							
State	Weight Lifting	Bench Press	M	95 - 99		148							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		148							
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		148							
State	Weight Lifting	Bench Press for Reps	F	95 - 99		148							
State	Weight Lifting	Bench Press for Reps	M	95 - 99		148							
Meet	Weight Lifting	Dead Lift	F	95 - 99		148							
Meet	Weight Lifting	Dead Lift	M	95 - 99		148							
State	Weight Lifting	Dead Lift	F	95 - 99		148							
State	Weight Lifting	Dead Lift	M	95 - 99		148							
State	Weight Lifting	Bench Press	M	50 - 54	2006	165	Lapointe	Richard	DE	275			
Meet	Weight Lifting	Bench Press	F	50 - 54	2003	165	Ruffin	Marcealea	DE	105			
Meet	Weight Lifting	Bench Press	M	50 - 54	2006	165	Lapointe	Richard	DE	275			
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2008	165	Smith-Jones	Teri	DE	53			
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	F	50 - 54	2008	165	Smith-Jones	Teri	DE	53			
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	Dead Lift	F	50 - 54	2008	165	Smith-Jones	Teri	DE	175			
State	Weight Lifting	Dead Lift	M	50 - 54	2005	165	Lapointe	Richard	DE	370			
Meet	Weight Lifting	Dead Lift	F	50 - 54	2008	165	Smith-Jones	Teri	DE	175			
Meet	Weight Lifting	Dead Lift	M	50 - 54	2005	165	Lapointe	Richard	DE	370			
State	Weight Lifting	Bench Press	F	55 - 59	2006	165	Dische	Linda	DE	150			
State	Weight Lifting	Bench Press	M	55 - 59	2009	165	Lapointe	Richard	DE	265			
Meet	Weight Lifting	Bench Press	F	55 - 59	2006	165	Dische	Linda	DE	150			
Meet	Weight Lifting	Bench Press	M	55 - 59	2009	165	Lapointe	Richard	DE	265			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseiniolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Rec-ord Feet .	Inches
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2004	165	Perkins	Mary	DE	29			
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2009	165	Lapointe	Richard	DE	51			
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2004	165	Perkins	Mary	DE	29			
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2009	165	Lapointe	Richard	DE	51			
State	Weight Lifting	Dead Lift	F	55 - 59	2003	165	Dische	Linda	DE	195			
State	Weight Lifting	Dead Lift	M	55 - 59	2003	165	Treppeda	Ronald	DE	385			
Meet	Weight Lifting	Dead Lift	F	55 - 59	2003	165	Dische	Linda	DE	195			
Meet	Weight Lifting	Dead Lift	M	55 - 59	2003	165	Treppeda	Ronald	DE	385			
State	Weight Lifting	Bench Press	F	60 - 64	2005	165	Guliana	Barbara	DE	90			
State	Weight Lifting	Bench Press	M	60 - 64	2005	165	Pickering	Charles	DE	225			
Meet	Weight Lifting	Bench Press	F	60 - 64	2005	165	Guliana	Barbara	DE	90			
Meet	Weight Lifting	Bench Press	M	60 - 64	2005	165	Pickering	Charles	DE	225			
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2003	165	Pickering	Kathy	DE	34			
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2005	165	Pickering	Charles	DE	30			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2003	165	Pickering	Kathy	DE	34			
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2005	165	Pickering	Charles	DE	30			
State	Weight Lifting	Dead Lift	M	60 - 64	2008	165	Lovelace	David	DE	275			
Meet	Weight Lifting	Dead Lift	F	60 - 64		165							
Meet	Weight Lifting	Dead Lift	M	60 - 64	2008	165	Lovelace	David	DE	275			
State	Weight Lifting	Dead Lift	F	60 - 64		165							
State	Weight Lifting	Bench Press	M	65 - 69	2005	165	Donaldson	Fred	DE	290			
Meet	Weight Lifting	Bench Press	M	65 - 69	2005	165	Donaldson	Fred	DE	290			
Meet	Weight Lifting	Bench Press	F	65 - 69		165							
State	Weight Lifting	Bench Press	F	65 - 69		165							
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	165	Fidler	Marty	DE	44			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		165							
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2005	165	Fidler	Marty	DE	44			
State	Weight Lifting	Bench Press for Reps	F	65 - 69		165							
State	Weight Lifting	Dead Lift	M	65 - 69	2005	165	Donaldson	Fred	DE	315			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Dead Lift	F	65 - 69		165							
Meet	Weight Lifting	Dead Lift	M	65 - 69	2005	165	Donaldson	Fred	DE	315			
State	Weight Lifting	Dead Lift	F	65 - 69		165							
State	Weight Lifting	Bench Press	M	70 - 74	2009	165	Larkin	Robert	DE	170			
Meet	Weight Lifting	Bench Press	F	70 - 74		165							
Meet	Weight Lifting	Bench Press	M	70 - 74	2009	165	Larkin	Robert	DE	170			
State	Weight Lifting	Bench Press	F	70 - 74		165							
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	165	Larkin	Robert	DE	8			
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2002	165	Kershaw	Frances	DE	36			
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	165	Fidance	Anthony	DE	8			
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	165	Larkin	Robert	DE	8			
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2002	165	Kershaw	Frances	DE	36			
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	165	Fidance	Anthony	DE	8			
State	Weight Lifting	Dead Lift	M	70 - 74	2009	165	Fidance	Anthony	DE	265			
Meet	Weight Lifting	Dead Lift	F	70 - 74		165							
Meet	Weight Lifting	Dead Lift	M	70 - 74	2009	165	Fidance	Anthony	DE	265			
State	Weight Lifting	Dead Lift	F	70 - 74		165							
State	Weight Lifting	Bench Press	M	75 - 79	2007	165	Andrews	Bill	DE	160			
Meet	Weight Lifting	Bench Press	M	75 - 79	2007	165	Andrews	Bill	DE	160			
Meet	Weight Lifting	Bench Press	F	75 - 79		165							
State	Weight Lifting	Bench Press	F	75 - 79		165							
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2007	165	Andrews	Bill	DE	15			
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		165							
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2007	165	Andrews	Bill	DE	15			
State	Weight Lifting	Bench Press for Reps	F	75 - 79		165							
Meet	Weight Lifting	Dead Lift	F	75 - 79		165							
Meet	Weight Lifting	Dead Lift	M	75 - 79		165							
State	Weight Lifting	Dead Lift	F	75 - 79		165							
State	Weight Lifting	Dead Lift	M	75 - 79		165							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
State	Weight Lifting	Bench Press	M	80 - 84	2004	165	Schlaupitz	Warner	DE	155			
Meet	Weight Lifting	Bench Press	M	80 - 84	2004	165	Schlaupitz	Warner	DE	155			
Meet	Weight Lifting	Bench Press	F	80 - 84		165							
State	Weight Lifting	Bench Press	F	80 - 84		165							
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2004	165	Schlaupitz	Warner	DE	15			
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		165							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2004	165	Schlaupitz	Warner	DE	15			
State	Weight Lifting	Bench Press for Reps	F	80 - 84		165							
State	Weight Lifting	Dead Lift	M	80 - 84	2005	165	Schlaupitz	Warner	DE	160			
Meet	Weight Lifting	Dead Lift	F	80 - 84		165							
Meet	Weight Lifting	Dead Lift	M	80 - 84	2005	165	Schlaupitz	Warner	DE	160			
State	Weight Lifting	Dead Lift	F	80 - 84		165							
Meet	Weight Lifting	Bench Press	F	85 - 89		165							
Meet	Weight Lifting	Bench Press	M	85 - 89		165							
State	Weight Lifting	Bench Press	F	85 - 89		165							
State	Weight Lifting	Bench Press	M	85 - 89		165							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		165							
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		165							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		165							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		165							
Meet	Weight Lifting	Dead Lift	F	85 - 89		165							
Meet	Weight Lifting	Dead Lift	M	85 - 89		165							
State	Weight Lifting	Dead Lift	F	85 - 89		165							
State	Weight Lifting	Dead Lift	M	85 - 89		165							
Meet	Weight Lifting	Bench Press	F	90 - 94		165							
Meet	Weight Lifting	Bench Press	M	90 - 94		165							
State	Weight Lifting	Bench Press	F	90 - 94		165							
State	Weight Lifting	Bench Press	M	90 - 94		165							
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		165							

Delaware Senior Olympics Records after 2009 Games

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Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		165							
State	Weight Lifting	Bench Press for Reps	F	90 - 94		165							
State	Weight Lifting	Bench Press for Reps	M	90 - 94		165							
Meet	Weight Lifting	Dead Lift	F	90 - 94		165							
Meet	Weight Lifting	Dead Lift	M	90 - 94		165							
State	Weight Lifting	Dead Lift	F	90 - 94		165							
State	Weight Lifting	Dead Lift	M	90 - 94		165							
Meet	Weight Lifting	Bench Press	F	95 - 99		165							
Meet	Weight Lifting	Bench Press	M	95 - 99		165							
State	Weight Lifting	Bench Press	F	95 - 99		165							
State	Weight Lifting	Bench Press	M	95 - 99		165							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		165							
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		165							
State	Weight Lifting	Bench Press for Reps	F	95 - 99		165							
State	Weight Lifting	Bench Press for Reps	M	95 - 99		165							
Meet	Weight Lifting	Dead Lift	F	95 - 99		165							
Meet	Weight Lifting	Dead Lift	M	95 - 99		165							
State	Weight Lifting	Dead Lift	F	95 - 99		165							
State	Weight Lifting	Dead Lift	M	95 - 99		165							
State	Weight Lifting	Bench Press	F	50 - 54	2005	181	Lawson	Pat	DE	125			
State	Weight Lifting	Bench Press	M	50 - 54	2002	181	Schifano	Lou	DE	266			
Meet	Weight Lifting	Bench Press	F	50 - 54	2005	181	Lawson	Pat	DE	125			
Meet	Weight Lifting	Bench Press	M	50 - 54	2002	181	Schifano	Lou	DE	266			
State	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	181	Lawson	Pat	DE	57			
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	181	Schifano	Lou	DE	36			
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54	2005	181	Lawson	Pat	DE	57			
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	181	Schifano	Lou	DE	36			
State	Weight Lifting	Dead Lift	F	50 - 54	2005	181	Lawson	Pat	DE	200			
Meet	Weight Lifting	Dead Lift	F	50 - 54	2005	181	Lawson	Pat	DE	200			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Dead Lift	M	50 - 54		181							
State	Weight Lifting	Dead Lift	M	50 - 54		181							
State	Weight Lifting	Bench Press	F	55 - 59	2006	181	Lawson	Pat	DE	130			
State	Weight Lifting	Bench Press	M	55 - 59	2008	181	Treppeda	Ronald	DE	315			
Meet	Weight Lifting	Bench Press	F	55 - 59	2006	181	Lawson	Pat	DE	130			
Meet	Weight Lifting	Bench Press	M	55 - 59	2008	181	Treppeda	Ronald	DE	315			
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2006	181	Lawson	Pat	DE	57			
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2008	181	Treppeda	Ronald	DE	41			
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59	2006	181	Lawson	Pat	DE	57			
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2008	181	Treppeda	Ronald	DE	41			
State	Weight Lifting	Dead Lift	F	55 - 59	2006	181	Lawson	Pat	DE	200			
State	Weight Lifting	Dead Lift	M	55 - 59	2005	181	Trosclair	Gary	DE	405			
Meet	Weight Lifting	Dead Lift	F	55 - 59	2006	181	Lawson	Pat	DE	200			
Meet	Weight Lifting	Dead Lift	M	55 - 59	2005	181	Trosclair	Gary	DE	405			
State	Weight Lifting	Bench Press	F	60 - 64	2004	181	Pickering	Kathy	DE	95			
State	Weight Lifting	Bench Press	M	60 - 64	2004	181	Pickering	Charles	DE	235			
Meet	Weight Lifting	Bench Press	F	60 - 64	2004	181	Pickering	Kathy	DE	95			
Meet	Weight Lifting	Bench Press	M	60 - 64	2004	181	Pickering	Charles	DE	235			
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2004	181	Pickering	Charles	DE	31			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64		181							
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2004	181	Pickering	Charles	DE	31			
State	Weight Lifting	Bench Press for Reps	F	60 - 64		181							
Meet	Weight Lifting	Dead Lift	F	60 - 64		181							
Meet	Weight Lifting	Dead Lift	M	60 - 64		181							
State	Weight Lifting	Dead Lift	F	60 - 64		181							
State	Weight Lifting	Dead Lift	M	60 - 64		181							
State	Weight Lifting	Bench Press	F	65 - 69	2005	181	Collins	Shirley	DE	80			
State	Weight Lifting	Bench Press	M	65 - 69	2004	181	Pruess	Donald	DE	235			
Meet	Weight Lifting	Bench Press	F	65 - 69	2005	181	Collins	Shirley	DE	80			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press	M	65 - 69	2004	181	Pruess	Donald	DE	235			
State	Weight Lifting	Bench Press for Reps	F	65 - 69	2005	181	Collins	Shirley	DE	23			
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2008	181	Ulp	David	DE	25			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69	2005	181	Collins	Shirley	DE	23			
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2008	181	Ulp	David	DE	25			
State	Weight Lifting	Dead Lift	M	65 - 69	2004	181	Overbeck	Lew	DE	370			
Meet	Weight Lifting	Dead Lift	F	65 - 69		181							
Meet	Weight Lifting	Dead Lift	M	65 - 69	2009	181	Innes	Alan	NJ	400			
State	Weight Lifting	Dead Lift	F	65 - 69		181							
State	Weight Lifting	Bench Press	F	70 - 74	2005	181	Wolfe	Esther	DE	105			
State	Weight Lifting	Bench Press	M	70 - 74	2002	181	DeRosa	Joe	DE	185			
Meet	Weight Lifting	Bench Press	F	70 - 74	2005	181	Wolfe	Esther	DE	105			
Meet	Weight Lifting	Bench Press	M	70 - 74	2002	181	DeRosa	Joe	DE	185			
State	Weight Lifting	Bench Press for Reps	F	70 - 74	2007	181	Wolfe	Esther	DE	37			
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2003	181	DeRosa	Joe	DE	19			
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74	2007	181	Wolfe	Esther	DE	37			
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2003	181	DeRosa	Joe	DE	19			
State	Weight Lifting	Dead Lift	M	70 - 74	2006	181	Overbeck	Lew	DE	405			
Meet	Weight Lifting	Dead Lift	F	70 - 74		181							
Meet	Weight Lifting	Dead Lift	M	70 - 74	2006	181	Overbeck	Lew	DE	405			
State	Weight Lifting	Dead Lift	F	70 - 74		181							
State	Weight Lifting	Bench Press	F	75 - 79	2008	181	Kent	Lorraine	DE	85			
State	Weight Lifting	Bench Press	M	75 - 79	2005	181	Daryman	William	DE	190			
Meet	Weight Lifting	Bench Press	F	75 - 79	2008	181	Kent	Lorraine	DE	85			
Meet	Weight Lifting	Bench Press	M	75 - 79	2005	181	Daryman	William	DE	190			
State	Weight Lifting	Bench Press for Reps	F	75 - 79	2008	181	Kent	Lorraine	DE	19			
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2005	181	DeRosa	Joe	DE	17			
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79	2008	181	Kent	Lorraine	DE	19			
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2005	181	DeRosa	Joe	DE	17			

Delaware Senior Olympics Records after 2009 Games

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Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Dead Lift	F	75 - 79		181							
Meet	Weight Lifting	Dead Lift	M	75 - 79		181							
State	Weight Lifting	Dead Lift	F	75 - 79		181							
State	Weight Lifting	Dead Lift	M	75 - 79		181							
Meet	Weight Lifting	Bench Press	F	80 - 84		181							
Meet	Weight Lifting	Bench Press	M	80 - 84		181							
State	Weight Lifting	Bench Press	F	80 - 84		181							
State	Weight Lifting	Bench Press	M	80 - 84		181							
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2007	181	Daryman	William	DE	15			
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		181							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2007	181	Daryman	William	DE	15			
State	Weight Lifting	Bench Press for Reps	F	80 - 84		181							
State	Weight Lifting	Dead Lift	M	80 - 84	2005	181	Wagner	Robert	DE	265			
Meet	Weight Lifting	Dead Lift	F	80 - 84		181							
Meet	Weight Lifting	Dead Lift	M	80 - 84	2005	181	Wagner	Robert	DE	265			
State	Weight Lifting	Dead Lift	F	80 - 84		181							
State	Weight Lifting	Bench Press	M	85 - 89	2006	181	Schlaupitz	Warner	DE	185			
Meet	Weight Lifting	Bench Press	M	85 - 89	2006	181	Schlaupitz	Warner	DE	185			
Meet	Weight Lifting	Bench Press	F	85 - 89		181							
State	Weight Lifting	Bench Press	F	85 - 89		181							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		181							
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		181							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		181							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		181							
State	Weight Lifting	Dead Lift	M	85 - 89	2009	181	Schlaupitz	Warner	DE	150			
Meet	Weight Lifting	Dead Lift	F	85 - 89		181							
Meet	Weight Lifting	Dead Lift	M	85 - 89	2009	181	Schlaupitz	Warner	DE	150			
State	Weight Lifting	Dead Lift	F	85 - 89		181							
Meet	Weight Lifting	Bench Press	F	90 - 94		181							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press	M	90 - 94		181							
State	Weight Lifting	Bench Press	F	90 - 94		181							
State	Weight Lifting	Bench Press	M	90 - 94		181							
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		181							
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		181							
State	Weight Lifting	Bench Press for Reps	F	90 - 94		181							
State	Weight Lifting	Bench Press for Reps	M	90 - 94		181							
Meet	Weight Lifting	Dead Lift	F	90 - 94		181							
Meet	Weight Lifting	Dead Lift	M	90 - 94		181							
State	Weight Lifting	Dead Lift	F	90 - 94		181							
State	Weight Lifting	Dead Lift	M	90 - 94		181							
Meet	Weight Lifting	Bench Press	F	95 - 99		181							
Meet	Weight Lifting	Bench Press	M	95 - 99		181							
State	Weight Lifting	Bench Press	F	95 - 99		181							
State	Weight Lifting	Bench Press	M	95 - 99		181							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		181							
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		181							
State	Weight Lifting	Bench Press for Reps	F	95 - 99		181							
State	Weight Lifting	Bench Press for Reps	M	95 - 99		181							
Meet	Weight Lifting	Dead Lift	F	95 - 99		181							
Meet	Weight Lifting	Dead Lift	M	95 - 99		181							
State	Weight Lifting	Dead Lift	F	95 - 99		181							
State	Weight Lifting	Dead Lift	M	95 - 99		181							
State	Weight Lifting	Bench Press	M	50 - 54	2004	198	Rawlins	Jay	DE	300			
Meet	Weight Lifting	Bench Press	M	50 - 54	2004	198	Rawlins	Jay	DE	300			
Meet	Weight Lifting	Bench Press	F	50 - 54		198							
State	Weight Lifting	Bench Press	F	50 - 54		198							
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	198	Spieker	John	DE	43			
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		198							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	198	Spieker	John	DE	43			
State	Weight Lifting	Bench Press for Reps	F	50 - 54		198							
Meet	Weight Lifting	Dead Lift	F	50 - 54		198							
Meet	Weight Lifting	Dead Lift	M	50 - 54		198							
State	Weight Lifting	Dead Lift	F	50 - 54		198							
State	Weight Lifting	Dead Lift	M	50 - 54		198							
State	Weight Lifting	Bench Press	M	55 - 59	2007	198	Treppeda	Ronald	DE	330			
Meet	Weight Lifting	Bench Press	M	55 - 59	2007	198	Treppeda	Ronald	DE	330			
Meet	Weight Lifting	Bench Press	F	55 - 59		198							
State	Weight Lifting	Bench Press	F	55 - 59		198							
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2007	198	Treppeda	Ronald	DE	49			
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		198							
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2007	198	Treppeda	Ronald	DE	49			
State	Weight Lifting	Bench Press for Reps	F	55 - 59		198							
State	Weight Lifting	Dead Lift	M	55 - 59	2007	198	Treppeda	Ronald	DE	400			
Meet	Weight Lifting	Dead Lift	F	55 - 59		198							
Meet	Weight Lifting	Dead Lift	M	55 - 59	2007	198	Treppeda	Ronald	DE	400			
State	Weight Lifting	Dead Lift	F	55 - 59		198							
State	Weight Lifting	Bench Press	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	105			
State	Weight Lifting	Bench Press	M	60 - 64	2009	198	McCallister	Gary	DE	260			
Meet	Weight Lifting	Bench Press	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	105			
Meet	Weight Lifting	Bench Press	M	60 - 64	2009	198	McCallister	Gary	DE	260			
State	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	35			
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2009	198	McCallister	Gary	DE	29			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64	2004	198	McGinnis	Betty Ann	DE	35			
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2009	198	McCallister	Gary	DE	29			
State	Weight Lifting	Dead Lift	M	60 - 64	2009	198	McCallister	Gary	DE	340			
Meet	Weight Lifting	Dead Lift	F	60 - 64		198							
Meet	Weight Lifting	Dead Lift	M	60 - 64	2009	198	McCallister	Gary	DE	340			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
State	Weight Lifting	Dead Lift	F	60 - 64		198							
State	Weight Lifting	Bench Press	M	65 - 69	2004	198	McCay	Jim	DE	180			
Meet	Weight Lifting	Bench Press	M	65 - 69	2004	198	McCay	Jim	DE	180			
Meet	Weight Lifting	Bench Press	F	65 - 69		198							
State	Weight Lifting	Bench Press	F	65 - 69		198							
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	198	McCay	Jim	DE	13			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		198							
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	198	McCay	Jim	DE	13			
State	Weight Lifting	Bench Press for Reps	F	65 - 69		198							
State	Weight Lifting	Dead Lift	M	65 - 69	2004	198	McCay	Jim	DE	300			
Meet	Weight Lifting	Dead Lift	F	65 - 69		198							
Meet	Weight Lifting	Dead Lift	M	65 - 69	2004	198	McCay	Jim	DE	300			
State	Weight Lifting	Dead Lift	F	65 - 69		198							
State	Weight Lifting	Bench Press	F	70 - 74	2003	198	Wolfe	Esther	DE	100			
Meet	Weight Lifting	Bench Press	F	70 - 74	2003	198	Wolfe	Esther	DE	100			
State	Weight Lifting	Bench Press	M	70 - 74	2009	198	Costello	Michael	DE	160			
Meet	Weight Lifting	Bench Press	M	70 - 74	2009	198	Carucci	Robert	PA	225			
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	198	Costello	Michael	DE	8			
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		198							
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2009	198	Costello	Michael	DE	8			
State	Weight Lifting	Bench Press for Reps	F	70 - 74		198							
State	Weight Lifting	Dead Lift	M	70 - 74	2005	198	Overbeck	Lew	DE	375			
Meet	Weight Lifting	Dead Lift	F	70 - 74		198							
Meet	Weight Lifting	Dead Lift	M	70 - 74	2005	198	Overbeck	Lew	DE	375			
State	Weight Lifting	Dead Lift	F	70 - 74		198							
State	Weight Lifting	Bench Press	M	75 - 79	2003	198	Daryman	William	DE	250			
Meet	Weight Lifting	Bench Press	M	75 - 79	2003	198	Daryman	William	DE	250			
Meet	Weight Lifting	Bench Press	F	75 - 79		198							
State	Weight Lifting	Bench Press	F	75 - 79		198							

Delaware Senior Olympics Records after 2009 Games

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Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	198	Daryman	William	DE	4			
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		198							
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	198	Daryman	William	DE	4			
State	Weight Lifting	Bench Press for Reps	F	75 - 79		198							
Meet	Weight Lifting	Dead Lift	F	75 - 79		198							
Meet	Weight Lifting	Dead Lift	M	75 - 79		198							
State	Weight Lifting	Dead Lift	F	75 - 79		198							
State	Weight Lifting	Dead Lift	M	75 - 79		198							
Meet	Weight Lifting	Bench Press	F	80 - 84		198							
Meet	Weight Lifting	Bench Press	M	80 - 84		198							
State	Weight Lifting	Bench Press	F	80 - 84		198							
State	Weight Lifting	Bench Press	M	80 - 84		198							
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		198							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84		198							
State	Weight Lifting	Bench Press for Reps	F	80 - 84		198							
State	Weight Lifting	Bench Press for Reps	M	80 - 84		198							
State	Weight Lifting	Dead Lift	M	80 - 84	2002	198	Wagner	Robert	DE	280			
Meet	Weight Lifting	Dead Lift	F	80 - 84		198							
Meet	Weight Lifting	Dead Lift	M	80 - 84	2002	198	Wagner	Robert	DE	280			
State	Weight Lifting	Dead Lift	F	80 - 84		198							
Meet	Weight Lifting	Bench Press	F	85 - 89		198							
Meet	Weight Lifting	Bench Press	M	85 - 89		198							
State	Weight Lifting	Bench Press	F	85 - 89		198							
State	Weight Lifting	Bench Press	M	85 - 89		198							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		198							
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		198							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		198							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		198							
Meet	Weight Lifting	Dead Lift	F	85 - 89		198							

Delaware Senior Olympics Records after 2009 Games

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Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet . Inches
Meet	Weight Lifting	Dead Lift	M	85 - 89		198						
State	Weight Lifting	Dead Lift	F	85 - 89		198						
State	Weight Lifting	Dead Lift	M	85 - 89		198						
Meet	Weight Lifting	Bench Press	F	90 - 94		198						
Meet	Weight Lifting	Bench Press	M	90 - 94		198						
State	Weight Lifting	Bench Press	F	90 - 94		198						
State	Weight Lifting	Bench Press	M	90 - 94		198						
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		198						
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		198						
State	Weight Lifting	Bench Press for Reps	F	90 - 94		198						
State	Weight Lifting	Bench Press for Reps	M	90 - 94		198						
Meet	Weight Lifting	Dead Lift	F	90 - 94		198						
Meet	Weight Lifting	Dead Lift	M	90 - 94		198						
State	Weight Lifting	Dead Lift	F	90 - 94		198						
State	Weight Lifting	Dead Lift	M	90 - 94		198						
Meet	Weight Lifting	Bench Press	F	95 - 99		198						
Meet	Weight Lifting	Bench Press	M	95 - 99		198						
State	Weight Lifting	Bench Press	F	95 - 99		198						
State	Weight Lifting	Bench Press	M	95 - 99		198						
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		198						
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		198						
State	Weight Lifting	Bench Press for Reps	F	95 - 99		198						
State	Weight Lifting	Bench Press for Reps	M	95 - 99		198						
Meet	Weight Lifting	Dead Lift	F	95 - 99		198						
Meet	Weight Lifting	Dead Lift	M	95 - 99		198						
State	Weight Lifting	Dead Lift	F	95 - 99		198						
State	Weight Lifting	Dead Lift	M	95 - 99		198						
State	Weight Lifting	Bench Press	F	50 - 54	2004	220	Ruffin	Marcealea	DE	100		
State	Weight Lifting	Bench Press	M	50 - 54	2005	220	Shaffer	Thomas	DE	345		

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
Meet	Weight Lifting	Bench Press	F	50 - 54	2004	220	Ruffin	Marcealea	DE	100			
Meet	Weight Lifting	Bench Press	M	50 - 54	2005	220	Shaffer	Thomas	DE	345			
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	220	Rawlins	Jay	DE	41			
Meet	Weight Lifting	Bench Press for Reps	F	50 - 54		220							
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2002	220	Rawlins	Jay	DE	41			
State	Weight Lifting	Bench Press for Reps	F	50 - 54		220							
State	Weight Lifting	Dead Lift	M	50 - 54	2005	220	Shaffer	Thomas	DE	390			
Meet	Weight Lifting	Dead Lift	F	50 - 54		220							
Meet	Weight Lifting	Dead Lift	M	50 - 54	2005	220	Shaffer	Thomas	DE	390			
State	Weight Lifting	Dead Lift	F	50 - 54		220							
State	Weight Lifting	Bench Press	F	55 - 59	2007	220	Cook	Terry	DE	100			
State	Weight Lifting	Bench Press	M	55 - 59	2005	220	Wilson	George	DE	405			
Meet	Weight Lifting	Bench Press	F	55 - 59	2007	220	Cook	Terry	DE	100			
Meet	Weight Lifting	Bench Press	M	55 - 59	2005	220	Wilson	George	DE	405			
State	Weight Lifting	Bench Press for Reps	F	55 - 59	2007	220	Cook	Terry	DE	20			
State	Weight Lifting	Bench Press for Reps	M	55 - 59	2003	220	Moore	Richard	DE	38			
Meet	Weight Lifting	Bench Press for Reps	F	55 - 59		220							
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59	2003	220	Moore	Richard	DE	38			
State	Weight Lifting	Dead Lift	F	55 - 59	2007	220	Cook	Terry	DE	205			
State	Weight Lifting	Dead Lift	M	55 - 59	2006	220	Wilson	George	DE	475			
Meet	Weight Lifting	Dead Lift	F	55 - 59		220							
Meet	Weight Lifting	Dead Lift	M	55 - 59	2006	220	Wilson	George	DE	475			
State	Weight Lifting	Bench Press	M	60 - 64	2002	220	Snow	William	DE	250			
Meet	Weight Lifting	Bench Press	M	60 - 64	2002	220	Snow	William	DE	250			
Meet	Weight Lifting	Bench Press	F	60 - 64		220							
State	Weight Lifting	Bench Press	F	60 - 64		220							
State	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	220	Snow	William	DE	18			
Meet	Weight Lifting	Bench Press for Reps	F	60 - 64		220							
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2002	220	Snow	William	DE	18			

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
State	Weight Lifting	Bench Press for Reps	F	60 - 64		220							
Meet	Weight Lifting	Dead Lift	F	60 - 64		220							
Meet	Weight Lifting	Dead Lift	M	60 - 64		220							
State	Weight Lifting	Dead Lift	F	60 - 64		220							
State	Weight Lifting	Dead Lift	M	60 - 64		220							
State	Weight Lifting	Bench Press	M	65 - 69	2004	220	Vastine	Bob	DE	310			
Meet	Weight Lifting	Bench Press	M	65 - 69	2004	220	Vastine	Bob	DE	310			
Meet	Weight Lifting	Bench Press	F	65 - 69		220							
State	Weight Lifting	Bench Press	F	65 - 69		220							
State	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	220	Vastine	Bob	DE	30			
Meet	Weight Lifting	Bench Press for Reps	F	65 - 69		220							
Meet	Weight Lifting	Bench Press for Reps	M	65 - 69	2004	220	Vastine	Bob	DE	30			
State	Weight Lifting	Bench Press for Reps	F	65 - 69		220							
Meet	Weight Lifting	Dead Lift	F	65 - 69		220							
Meet	Weight Lifting	Dead Lift	M	65 - 69		220							
State	Weight Lifting	Dead Lift	F	65 - 69		220							
State	Weight Lifting	Dead Lift	M	65 - 69		220							
State	Weight Lifting	Bench Press	F	70 - 74	2004	220	Murphy	Helen	DE	100			
State	Weight Lifting	Bench Press	M	70 - 74	2006	220	Ruff	John	DE	235			
Meet	Weight Lifting	Bench Press	F	70 - 74	2004	220	Murphy	Helen	DE	100			
Meet	Weight Lifting	Bench Press	M	70 - 74	2006	220	Ruff	John	DE	235			
State	Weight Lifting	Bench Press for Reps	M	70 - 74	2006	220	Ruff	John	DE	14			
Meet	Weight Lifting	Bench Press for Reps	F	70 - 74		220							
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74	2006	220	Ruff	John	DE	14			
State	Weight Lifting	Bench Press for Reps	F	70 - 74		220							
State	Weight Lifting	Dead Lift	M	70 - 74	2002	220	Dawkins	Bill	DE	280			
Meet	Weight Lifting	Dead Lift	F	70 - 74		220							
Meet	Weight Lifting	Dead Lift	M	70 - 74	2002	220	Dawkins	Bill	DE	280			
State	Weight Lifting	Dead Lift	F	70 - 74		220							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
State	Weight Lifting	Bench Press	M	75 - 79	2004	220	Raphael	Benjamin	DE	245			
Meet	Weight Lifting	Bench Press	M	75 - 79	2004	220	Raphael	Benjamin	DE	245			
Meet	Weight Lifting	Bench Press	F	75 - 79		220							
State	Weight Lifting	Bench Press	F	75 - 79		220							
State	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	220	Raphael	Benjamin	DE	21			
Meet	Weight Lifting	Bench Press for Reps	F	75 - 79		220							
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79	2004	220	Raphael	Benjamin	DE	21			
State	Weight Lifting	Bench Press for Reps	F	75 - 79		220							
Meet	Weight Lifting	Dead Lift	F	75 - 79		220							
Meet	Weight Lifting	Dead Lift	M	75 - 79		220							
State	Weight Lifting	Dead Lift	F	75 - 79		220							
State	Weight Lifting	Dead Lift	M	75 - 79		220							
State	Weight Lifting	Bench Press	M	80 - 84	2009	220	Raphael	Benjamin	DE	200			
Meet	Weight Lifting	Bench Press	F	80 - 84		220							
Meet	Weight Lifting	Bench Press	M	80 - 84	2009	220	Raphael	Benjamin	DE	200			
State	Weight Lifting	Bench Press	F	80 - 84		220							
State	Weight Lifting	Bench Press for Reps	M	80 - 84	2009	220	Raphael	Benjamin	DE	13			
Meet	Weight Lifting	Bench Press for Reps	F	80 - 84		220							
Meet	Weight Lifting	Bench Press for Reps	M	80 - 84	2009	220	Raphael	Benjamin	DE	13			
State	Weight Lifting	Bench Press for Reps	F	80 - 84		220							
Meet	Weight Lifting	Dead Lift	F	80 - 84		220							
Meet	Weight Lifting	Dead Lift	M	80 - 84		220							
State	Weight Lifting	Dead Lift	F	80 - 84		220							
State	Weight Lifting	Dead Lift	M	80 - 84		220							
Meet	Weight Lifting	Bench Press	F	85 - 89		220							
Meet	Weight Lifting	Bench Press	M	85 - 89		220							
State	Weight Lifting	Bench Press	F	85 - 89		220							
State	Weight Lifting	Bench Press	M	85 - 89		220							
Meet	Weight Lifting	Bench Press for Reps	F	85 - 89		220							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press for Reps	M	85 - 89		220							
State	Weight Lifting	Bench Press for Reps	F	85 - 89		220							
State	Weight Lifting	Bench Press for Reps	M	85 - 89		220							
Meet	Weight Lifting	Dead Lift	F	85 - 89		220							
Meet	Weight Lifting	Dead Lift	M	85 - 89		220							
State	Weight Lifting	Dead Lift	F	85 - 89		220							
State	Weight Lifting	Dead Lift	M	85 - 89		220							
Meet	Weight Lifting	Bench Press	F	90 - 94		220							
Meet	Weight Lifting	Bench Press	M	90 - 94		220							
State	Weight Lifting	Bench Press	F	90 - 94		220							
State	Weight Lifting	Bench Press	M	90 - 94		220							
Meet	Weight Lifting	Bench Press for Reps	F	90 - 94		220							
Meet	Weight Lifting	Bench Press for Reps	M	90 - 94		220							
State	Weight Lifting	Bench Press for Reps	F	90 - 94		220							
State	Weight Lifting	Bench Press for Reps	M	90 - 94		220							
Meet	Weight Lifting	Dead Lift	F	90 - 94		220							
Meet	Weight Lifting	Dead Lift	M	90 - 94		220							
State	Weight Lifting	Dead Lift	F	90 - 94		220							
State	Weight Lifting	Dead Lift	M	90 - 94		220							
Meet	Weight Lifting	Bench Press	F	95 - 99		220							
Meet	Weight Lifting	Bench Press	M	95 - 99		220							
State	Weight Lifting	Bench Press	F	95 - 99		220							
State	Weight Lifting	Bench Press	M	95 - 99		220							
Meet	Weight Lifting	Bench Press for Reps	F	95 - 99		220							
Meet	Weight Lifting	Bench Press for Reps	M	95 - 99		220							
State	Weight Lifting	Bench Press for Reps	F	95 - 99		220							
State	Weight Lifting	Bench Press for Reps	M	95 - 99		220							
Meet	Weight Lifting	Dead Lift	F	95 - 99		220							
Meet	Weight Lifting	Dead Lift	M	95 - 99		220							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet	Inches
State	Weight Lifting	Dead Lift	F	95 - 99		220							
State	Weight Lifting	Dead Lift	M	95 - 99		220							
State	Weight Lifting	Bench Press	M	50 - 54	2004	242	Morris	Wayne	DE	325			
Meet	Weight Lifting	Bench Press	M	50 - 54	2004	242	Morris	Wayne	DE	325			
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2003	242	Morris	Wayne	DE	25			
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2003	242	Morris	Wayne	DE	25			
State	Weight Lifting	Dead Lift	M	50 - 54	2002	242	Morris	Wayne	DE	375			
Meet	Weight Lifting	Dead Lift	M	50 - 54	2002	242	Morris	Wayne	DE	375			
State	Weight Lifting	Bench Press	M	55 - 59	2006	242	Shaffer	Thomas	DE	355			
Meet	Weight Lifting	Bench Press	M	55 - 59	2006	242	Shaffer	Thomas	DE	355			
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	2006	242	Shaffer	Thomas	DE	36			
State	Weight Lifting	Dead Lift	M	55 - 59	2006	242	Shaffer	Thomas	DE	435			
Meet	Weight Lifting	Dead Lift	M	55 - 59	2006	242	Shaffer	Thomas	DE	435			
Meet	Weight Lifting	Bench Press	M	60 - 64	2009	242	Ciamaga	Raymond	NJ	200			
State	Weight Lifting	Bench Press	M	60 - 64		242							
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64	2009	242	Ciamaga	Raymond	NJ	15			
State	Weight Lifting	Bench Press for Reps	M	60 - 64		242							
Meet	Weight Lifting	Dead Lift	M	60 - 64	2009	242	Ciamaga	Raymond	NJ	215			
State	Weight Lifting	Dead Lift	M	60 - 64		242							
State	Weight Lifting	Bench Press	M	65 - 69	2005	242	Vastine	Bob	DE	320			
Meet	Weight Lifting	Bench Press	M	65 - 69	2005	242	Vastine	Bob	DE	320			
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	2005	242	Vastine	Bob	DE	31			
Meet	Weight Lifting	Dead Lift	M	65 - 69		242							
State	Weight Lifting	Dead Lift	M	65 - 69		242							
Meet	Weight Lifting	Bench Press	M	70 - 74		242							
State	Weight Lifting	Bench Press	M	70 - 74		242							
Meet	Weight Lifting	Bench Press for Reps	M	70 - 74		242							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseiniolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
State	Weight Lifting	Bench Press for Reps	M	70 - 74		242							
State	Weight Lifting	Dead Lift	M	70 - 74	2007	242	Christ	John	DE	315			
Meet	Weight Lifting	Dead Lift	M	70 - 74	2007	242	Christ	John	DE	315			
Meet	Weight Lifting	Bench Press	M	75 - 79		242							
State	Weight Lifting	Bench Press	M	75 - 79		242							
Meet	Weight Lifting	Bench Press for Reps	M	75 - 79		242							
State	Weight Lifting	Bench Press for Reps	M	75 - 79		242							
Meet	Weight Lifting	Dead Lift	M	75 - 79		242							
State	Weight Lifting	Dead Lift	M	75 - 79		242							
Meet	Weight Lifting	Bench Press	M	80 - 84		242							
State	Weight Lifting	Bench Press	M	80 - 84		242							
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	Dead Lift	M	80 - 84		242							
State	Weight Lifting	Dead Lift	M	80 - 84		242							
Meet	Weight Lifting	Bench Press	M	85 - 89		242							
State	Weight Lifting	Bench Press	M	85 - 89		242							
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	Dead Lift	M	85 - 89		242							
State	Weight Lifting	Dead Lift	M	85 - 89		242							
Meet	Weight Lifting	Bench Press	M	90 - 94		242							
State	Weight Lifting	Bench Press	M	90 - 94		242							
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	Dead Lift	M	90 - 94		242							
State	Weight Lifting	Dead Lift	M	90 - 94		242							
Meet	Weight Lifting	Bench Press	M	95 - 99		242							
State	Weight Lifting	Bench Press	M	95 - 99		242							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
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	Dead Lift	M	95 - 99		242							
State	Weight Lifting	Dead Lift	M	95 - 99		242							
State	Weight Lifting	Bench Press	M	50 - 54	2008	275	Hanenfeld	John	DE	310			
Meet	Weight Lifting	Bench Press	M	50 - 54	2008	275	Hanenfeld	John	DE	310			
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54		275							
State	Weight Lifting	Bench Press for Reps	M	50 - 54		275							
Meet	Weight Lifting	Dead Lift	M	50 - 54		275							
State	Weight Lifting	Dead Lift	M	50 - 54		275							
Meet	Weight Lifting	Bench Press	M	55 - 59		275							
State	Weight Lifting	Bench Press	M	55 - 59		275							
Meet	Weight Lifting	Bench Press for Reps	M	55 - 59		275							
State	Weight Lifting	Bench Press for Reps	M	55 - 59		275							
Meet	Weight Lifting	Dead Lift	M	55 - 59		275							
State	Weight Lifting	Dead Lift	M	55 - 59		275							
Meet	Weight Lifting	Bench Press	M	60 - 64		275							
State	Weight Lifting	Bench Press	M	60 - 64		275							
Meet	Weight Lifting	Bench Press for Reps	M	60 - 64		275							
State	Weight Lifting	Bench Press for Reps	M	60 - 64		275							
Meet	Weight Lifting	Dead Lift	M	60 - 64		275							
State	Weight Lifting	Dead Lift	M	60 - 64		275							
Meet	Weight Lifting	Bench Press	M	65 - 69		275							
State	Weight Lifting	Bench Press	M	65 - 69		275							
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	Dead Lift	M	65 - 69		275							
State	Weight Lifting	Dead Lift	M	65 - 69		275							
Meet	Weight Lifting	Bench Press	M	70 - 74		275							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
State	Weight Lifting	Bench Press	M	70 - 74		275							
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	Dead Lift	M	70 - 74		275							
State	Weight Lifting	Dead Lift	M	70 - 74		275							
Meet	Weight Lifting	Bench Press	M	75 - 79		275							
State	Weight Lifting	Bench Press	M	75 - 79		275							
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	Dead Lift	M	75 - 79		275							
State	Weight Lifting	Dead Lift	M	75 - 79		275							
Meet	Weight Lifting	Bench Press	M	80 - 84		275							
State	Weight Lifting	Bench Press	M	80 - 84		275							
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	Dead Lift	M	80 - 84		275							
State	Weight Lifting	Dead Lift	M	80 - 84		275							
Meet	Weight Lifting	Bench Press	M	85 - 89		275							
State	Weight Lifting	Bench Press	M	85 - 89		275							
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	Dead Lift	M	85 - 89		275							
State	Weight Lifting	Dead Lift	M	85 - 89		275							
Meet	Weight Lifting	Bench Press	M	90 - 94		275							
State	Weight Lifting	Bench Press	M	90 - 94		275							
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	Dead Lift	M	90 - 94		275							
State	Weight Lifting	Dead Lift	M	90 - 94		275							

Delaware Senior Olympics Records after 2009 Games

File is complete for performance records in the following sports

Archery, Bowling, Cycling, Golf, Race Walk, Recreational Walk, Road Race Swimming, Track & Field, Triathlon, Weight Lifting

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Record Type	Category	Event	Sex	Age Gp	Year	Wt Class	Lname	Fname	State	Record: Pins, Pts, Lbs, Reps, Strokes	Record: Time	Record Feet .	Inches
Meet	Weight Lifting	Bench Press	M	95 - 99		275							
State	Weight Lifting	Bench Press	M	95 - 99		275							
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	95 - 99		275							
State	Weight Lifting	Dead Lift	M	95 - 99		275							
State	Weight Lifting	Bench Press	M	50 - 54	2004	243+	Moore	Richard	DE	425			
Meet	Weight Lifting	Bench Press	M	50 - 54	2004	243+	Moore	Richard	DE	425			
State	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	243+	Moore	Richard	DE	41			
Meet	Weight Lifting	Bench Press for Reps	M	50 - 54	2004	243+	Moore	Richard	DE	41			
State	Weight Lifting	Dead Lift	M	50 - 54	2004	243+	Moore	Richard	DE	405			
Meet	Weight Lifting	Dead Lift	M	50 - 54	2004	243+	Moore	Richard	DE	405			