

NORTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: BOYS

3/5/2025

Wt.Class	Event	Amt.	Name	BW	Year	School
114. LB. CLASS	SQUAT	375	Jeremy Scruggs		2002	North Crowley (TX)
	BENCH	230	Brandon Black	113.9	2025	Ruston
	DEAD	455	Brandon Green		1992	Winnfield
	TOTAL	1035	Jeremy Scruggs		2002	North Crowley (TX)
123 LB. CLASS	SQUAT	445	Christopher Strong	115.8	2021	Parkway
	BENCH	265	Christopher Strong	121.7	2022	Parkway
	DEAD	440	Chad Randow	122.0	2014	Pineville
	TOTAL	1050	Terrance Phillips	122.1	2015	Alexandria
132 LB. CLASS	SQUAT	465	Lushawn Ware	132.3	2014	West Monroe
	BENCH	270	Luke Rhodes	126.1	2022	Delhi Charter
	DEAD	470	Spencer Perry	130.1	2015	Alexandria
	TOTAL	1155	Lushawn Ware	132.3	2014	West Monroe
148 LB. CLASS	SQUAT	570	Calvin Dial		1990	Thomas Jefferson (TX)
	BENCH	385	Alex Folmar	147.0	2025	West Monroe
	DEAD	605	Fred Jackson		1996	Natchitoches Central
	TOTAL	1410	Fred Jackson		1996	Natchitoches Central
165 LB. CLASS	SQUAT	580	Christian Dunn	165.3	2014	Ouachita Christian
	BENCH	370	Noah Norman	163.8	2023	West Monroe
	DEAD	580	Noah Norman	163.8	2023	West Monroe
	TOTAL	1485	Noah Norman	163.8	2023	West Monroe
181 LB. CLASS	SQUAT	740	Christian Dunn	181.3	2017	West Monroe
	BENCH	460	Lawson Lillo	174.6	2024	Cedar Creek
	DEAD	625	Edward McCall	176.3	2002	Alexandria
	TOTAL	1750	Christian Dunn	181.3	2017	West Monroe
198 LB. CLASS	SQUAT	645	Z'Ryan Miles	194.7	2025	Calvary Baptist Academy
	BENCH	380	Carter Lewis	192.1	2024	Cedar Creek
	DEAD	630	Kenneth Ratliff		2001	Natchitoches Central
	TOTAL	1540	Jamarion Treadway	196.6	2023	Ouachita Parish High School
220 LB. CLASS	SQUAT	715	Christian Ponti	217.6	2025	West Monroe
	BENCH	440	J.D. Johnson	217.2	2022	West Monroe
	DEAD	630	Clint Brown		1989	Bolton
	TOTAL	1685	Christian Ponti	217.6	2025	West Monroe
242 LB. CLASS	SQUAT	655	Mase Many	237.5	2022	West Monroe
	BENCH	420	Charlie Harvin	242.4	2016	West Monroe
	DEAD	655	Jacob Tyson	223.7	2012	West Monroe
	TOTAL	1665	Jacob Tyson	223.7	2012	West Monroe
275 LB. CLASS	SQUAT	700	David Verzwylvelt	266.8	2015	Alexandria
	BENCH	545	Cody Kennedy	272.2	2013	Farmerville
	DEAD	645	Brian Alston	268.5	2025	Caldwell Parish
	TOTAL	1695	Tyler Holloway	271.8	2016	Union Parish
SUPER HEAVYWEIGHT	SQUAT	745	Brian Powell	275.8	2004	Natchitoches Central
	BENCH	500	Matt Harper	291.2	2014	Parkway
	DEAD	640	Austin Worley	304.6	2025	Caldwell Parish
	TOTAL	1825	Austin Worley	304.6	2025	Caldwell Parish