

China Spring Off-Season Records

(UPDATED 6/8/10)

VARSIY RECORDS

BENCH

P.MARTIN 380 (2010)
SUAREZ 375 (2008)
BOUTWELL 355 (2008)

VERTICAL JUMP

TA. HOLCOMB 37.8 (2003)
C. BARLOW 35.6 (2000)
WEST 35.2 (2007)
MACGIBBON (2001)

INCLINE BENCH

BOUTWELL 325 (2008)
SUAREZ (2008)
LUEDEKER 320 (2002)
P.MARTIN 305 (2010)

40 YARD SPRINT

TA. HOLCOMB 4.44 (2003)
HICKS 4.46 (2008)
LLOYD 4.50 (2008)
MACGIBBON (2001)

SQUAT

HUNT 605 (2002)
BRUCE 520 (2010)
SUAREZ 505 (2008)

DEAD LIFT

CATES 585 (2002)
HUNT 555 (2002)
GILLIAM 535 (2004)

POWER CLEAN

BARRETT 315 (2010)
BOUTWELL 310 (2008)
SHAW 300 (1999)

20 YARD SPRINT

MACGIBBON 2.50 (2001)
BELL (2001)
HICKS 2.54 (2008)
SMITH (2004)
CARROLL 2.55 (2003)

PRO AGILITY

HICKS 4.10 (2008)
FULLER 4.20 (2010)
BARRETT 4.28 (2010)