

## Ontario Powerlifting Association Collegiate Records

Women				
Weight	Name	School		Year
<b>47 KG</b>				
Squat				
Bench Press				
Deadlift				
Total				
<b>52 KG</b>				
Squat	97.5	Leandra Parker	Brock University	2016
Bench Press	57.5	Leandra Parker	Brock University	2016
Deadlift	130	Nicola Paviglianti	Western University	2015
Total	282.5	Leandra Parker	Brock University	2016
<b>57 KG</b>				
Squat	107.5	Jazmin Maranda	Carleton University	2016
Bench Press	77.5	Kelly Lien	University of Waterloo	2015
Deadlift	152.5	Jazmin Maranda	Carleton University	2016
Total	295.0	Kelly Lien	University of Waterloo	2015
<b>63 KG</b>				
Squat	110.0	Lucia Geurrero	Queen's University	2016
Bench Press	72.5	Phoebe Mannell	Carleton University	2016
Deadlift	152.5	Caitlin Scott	University of Waterloo	2016
Total	315.0	Caitlin Scott	University of Waterloo	2016
<b>72 KG</b>				
Squat	140.0	Marcia Costa Fonseca	Ryerson University	2016
Bench Press	67.5	Stephanie Assad	University of Waterloo	2016
Deadlift	157.5	Stephanie Assad	University of Waterloo	2016
Total	347.5	Stephanie Assad	University of Waterloo	2016
<b>84 KG</b>				
Squat	137.5	Stephanie Bothwell	University of Waterloo	2016
Bench Press	65.0	Stephanie Bothwell	University of Waterloo	2016
Deadlift	150	Stephanie Bothwell	University of Waterloo	2016
Total	352.5	Stephanie Bothwell	University of Waterloo	2016
<b>84+ KG</b>				
Squat				
Bench Press				
Deadlift				
Total				

Men				
Weight	Name	School	Year	
<b>59 KG</b>				
Squat	117.5	Derek Ng	Carleton University	2016
Bench Press	72.5	Derek Ng	Carleton University	2016
Deadlift	185.0	Derek Ng	Carleton University	2016
Total	375.0	Derek Ng	Carleton University	2016
<b>66 KG</b>				
Squat	215.0	Luke Homer	Canadore College	2016
Bench Press	140.0	Stephen Cascioli	Brock University	2014
Deadlift	220.0	Stephen Cascioli	Brock University	2014
Total	562.5	Stephen Cascioli	Brock University	2014
<b>74 KG</b>				
Squat	187.5	Tyler Neeb	Brock University	2015
Bench Press	132.5	Alex Wiseman	Carleton	2015
Deadlift	235.0	Daniel Nouri Nejad	University of Western Ontario	2016
Total	532.5	Daniel Nouri Nejad	University of Western Ontario	2016
<b>83 KG</b>				
Squat	232.5	Bilal Elbarrani	Carleton	2015
Bench Press	175.0	Khashayar Farzam	University of Ontario (Insititute of Technology)	2015
Deadlift	277.5	Bilal Elbarrani	Carleton	2015
Total	650.0	Khashayar Farzam	University of Ontario (Insititute of Technology)	2015
<b>93 KG</b>				
Squat	252.5	Ivan Kan	U of T Scarborough	2016
Bench Press	147.5	Nathan Van Noy	Carleton	2015
Deadlift	275.0	Isaac Wade	McMaster University	2016
Total	650.0	Isaac Wade	McMaster University	2016
<b>105 KG</b>				
Squat	265.0	Nol Vermeltfoort	Georgian College	2016
Bench Press	165.0	Adam Silvestro	Universtiy of Waterloo	2016
Deadlift	295.0	Justin Alfante	Wilfrid Laurier University	2015
Total	707.5	Justin Alfante	Wilfrid Laurier University	2015
<b>120 KG</b>				
Squat	285.0	Erik Willis	Carleton	2015
Bench Press	190.0	Erik Willis	Carleton	2015
Deadlift	320.0	Erik Willis	Carleton	2015
Total	795.0	Erik Willis	Carleton	2015
<b>120+ KG</b>				
Squat	247.5	Yaroslav Mormil	McMaster University	2016
Bench Press	142.5	Chad Farquhar	Mohawk College	2012
Deadlift	235.0	Chad Farquhar	Mohawk College	2012
Total	617.5	Yaroslav Mormil	McMaster University	2016