

## REGION III, DIV. II REGIONAL RECORDS

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Lift	Lifter	School	Record	Year
Squat	Agren Payne	Pittsburg	400	1998
Bench	Terrance Hunt	Diboll	245	2003
Deadlift	Mark Lloyd	Pittsburg	410	2001
<b>Total</b>	Mark Lloyd	Pittsburg	980	2001

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Lift	Lifter	School	Record	Year
Squat	Daniel Medina	Union Hill	450	2004
Bench	Alex Silva	Mildred	260	1993
	Rone Ramirez	Carthage		2010
Deadlift	Jonathan Yarbrough	Center	460	2002
<b>Total</b>	Daniel Medina	Union Hill	1100	2004

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Lift	Lifter	School	Record	Year
Squat	Willie Willis	Huntington	500	2007
Bench	Willie Willis	Huntington	285	2007
Deadlift	Brian Dews	Arp	470	1998
Total	Willie Willis	Huntington	1150	2007
	Kyle Bawcum	Paris		2010

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Lift	Lifter	School	Record	Year
Squat	Willie Willis	Huntington	635	2010
Bench	Willie Willis	Huntington	355	2010
Deadlift	Howard Taylor	Lindale	535	2005
<b>Total</b>	Kyle Bawcum	Paris	1410	2011

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Lift	Lifter	School	Record	Year
Squat	Jeremy Small	Center	560	2010
Bench	Billy Majors	Scurry	375	1992
Deadlift	Billy Majors	Scurry	600	1992
<b>Total</b>	Billy Majors	Scurry	1465	1992

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Lift	Lifter	School	Record	Year
Squat	Clayton Kendrick	Van	580	2009
Bench	Clayton Kendrick	Van	380	2009
	Billy Majors	Scurry		1993
Deadlift	E. Williams	Newton	600	1992
	Billy Majors	Scurry		1993
<b>Total</b>	Billy Majors	Scurry	1550	1993

## 198

Lift	Lifter	School	Record	Year
<b>Squat</b>	Mike Davidson	Paris North Lamar	645	2011
<b>Bench</b>	Kennard Henderson	Pleasant Grove	365	2008
<b>Deadlift</b>	Karlidas Beechum	Carthage	645	2005
<b>Total</b>	Karlidas Beechum	Carthage	1570	2005

## 220

Lift	Lifter	School	Record	Year
<b>Squat</b>	Quinton Thomas	Gladewater	680	2010
<b>Bench</b>	Quinton Thomas	Gladewater	420	2010
<b>Deadlift</b>	C. Brooks	Newton	700	1992
<b>Total</b>	Quinton Thomas	Gladewater	1700	2010

## 242

Lift	Lifter	School	Record	Year
<b>Squat</b>	Terrell Henson	Winnsboro	725	2005
<b>Bench</b>	John Paul Martine	Palestine	415	2010
<b>Deadlift</b>	TJ Jones	Pleasant Grove	665	2007
<b>Total</b>	Terrell Henson	Winnsboro	1690	2005

## 275

Lift	Lifter	School	Record	Year
<b>Squat</b>	Montaine Harrison	Queen City	705	1998
<b>Bench</b>	Reginald Promise	Fairfield	435	2000
<b>Deadlift</b>	Robert Richards	Center	675	2002
<b>Total</b>	Robert Richards	Center	1725	2002

## SHW

Lift	Lifter	School	Record	Year
<b>Squat</b>	Aaron Gonzales	Palestine Westwood	820	2009
<b>Bench</b>	Vance Thurston	New Boston	470	2004
<b>Deadlift</b>	Yewerist Deramus	Carthage	650	2004
<b>Total</b>	Oran Lewis	Brownsboro	1850	2006