

Region IV Division III Powerlifting Records Thru 2010

Class	Lift	Weight	Name	School	Year
114	Squat	370	James Jones	Woodville	2006
		370	Marcus Rocha	Tidehaven	2008
	Bench	225	Tuff Shoenebery	Louise	2008
	Dead Lift	415	Michael Jacinto	Louise	2009
	Total	970	Michael Jacinto	Louise	2009
123	Squat	360	Nestor Delafuente	Hitchcock	2006
	Bench	190	Brice Lamach	Van Vleck	2010
	Dead Lift	385	Josh Guidry	Hardin	2006
	Total	870	Brice Lamach	Van Vleck	2010
132	Squat	430	Richard Reed	Hitchcock	2005
	Bench	270	Blain Rozner	Industrial	2009
	Dead Lift	425	Richard Reed	Hitchcock	2005
	Total	1045	Richard Reed	Hitchcock	2005
148	Squat	475	Jared Martin	Deweyville	2006
		475	Zanne Soliz	Louise	2009
	Bench	285	CJ Clements	Louise	2008
	Dead Lift	500	JoCorey Fisher	Tidehaven	2008
	Total	1190	Zanne Soliz	Louise	2009
165	Squat	575	Ricky Miller	Woodville	2008
	Bench	350	Blain Rozner	Vanderbilt	2010
	Dead Lift	540	Ricky Miller	Woodville	2008
	Total	1350	Ricky Miller	Woodville	2008
181	Squat	525	SK Burks	Corrigan Camden	2006
	Bench	340	Matt Glenn	Newton	2010
		340	Austin Matura	East Bernard	2010
	Dead Lift	595	AJ Mangum	Van Vleck	2006
	Total	1330	Ricky Miller	Woodville	2009
198	Squat	535	Brandon Ray	Newton	2006
	Bench	365	Gabe Segrest	East Bernard	2010
	Dead Lift	555	Gabe Segrest	East Bernard	2010
	Total	1435	Gabe Segrest	East Bernard	2010
220	Squat	705	Landra Lee	Woodville	2008
	Bench	420	Landra Lee	Woodville	2008
	Dead Lift	575	Landra Lee	Woodville	2008
	Total	1700	Landra Lee	Woodville	2008

242	Squat	605	Shaun Mitchell	Woodville	2009
	Bench	370	Dylan Kramer	East Chambers	2010
	Dead Lift	580	Michael Sam	Hitchcock	2008
	Total	1425	Mark Armstrong	Corrigan-Camden	2009
275	Squat	630	Michael Lara	Ganado	2005
	Bench	375	Dylan Kramer	East Chambers	2009
	Dead Lift	640	Michael Lara	Ganado	2005
	Total	1620	Michael Lara	Ganado	2005
SHW	Squat	750	Ryan Taylor	Ganado	2008
	Bench	450	Ethan Moss	Buna	2010
	Dead Lift	650	Ryan Taylor	Ganado	2008
	Total	1770	Ryan Taylor	Ganado	2008

Region IV Division III History

Past Regional Champions

2010 Corrigan-Camden	Coach Doug Casper
2009 Corrigan-Camden	Coach Doug Casper
2008 Woodville	Coach James Darby
2007 Woodville	Coach Robert Elliot
2006 Newton	Coach W.T. Johnston
2005 Tidehaven	Coach Peter Quinn

Past State Champions

2008 Woodville	Coach James Darby
2001 Hitchcock	Coach Craig Smith
1997 Buna	Coach Bradley Morgan
1996 Newton	Coach Lynn Hogg