

ICG ALL-TIME POUND FOR POUND TOP 10

SQUAT

EQUIPPED								RAW							
#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE	#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE
1	JIMMY KOLB	3.864	903.7	233.9	242	NAPR/RPS	03/03/13	1	JED LEE	2.966	430.0	145.0	148	XPC	03/06/15
2	JED LEE	3.753	555.0	147.9	148	XPC	02/28/14	2	DAVID KEISER	2.792	765.0	274.0	275	RPS	04/19/15
3	JAY BEDNAR	3.540	850.0	240.1	242	IPA	10/27/07	3	WILLIS MCCOY	2.603	380.0	146.0	148	WNPF	02/12/12
4	NICK ROMAN	3.488	900.0	258.0	275	IPA	10/25/09	4	DEAN PAGONIS	2.360	465.0	197.0	198	RPS	10/06/13
5	WILLIS MCCOY	3.290	485.0	147.4	148	USPA	05/16/15	5	ZACH MILLER	2.337	462.7	198.0	198	USAPL	06/27/09
6	LOGAN DALLAS	3.223	525.0	162.9	165	APF	02/09/14	6	CLAUDIA MORALES	2.081	385.0	185.0	198	RPS	12/07/14
7	DEAN PAGONIS	3.173	625.0	197.0	198	WNPF	02/16/14	7	TIM BAKER	2.004	485.0	242.0	242	WNPF	02/20/11
8	BRUCE MASON	2.879	665.0	231.0	242	UPA	12/03/11	8	TONY LEWITZKE	1.917	525.0	273.9	275	RPS	08/23/14
9	DOUG NOEBE	2.730	535.0	196.0	198	WNPF	02/20/11	9	MIKE PFABE	1.914	555.0	290.0	308	RPS	12/07/14
10	MIKE PFABE	2.611	705.0	270	275	RPS	06/15/13	10	AUGIE MASTROINE	1.760	315.0	179.0	181	WNPF	07/18/10

BENCH PRESS

EQUIPPED								RAW							
#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE	#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE
1	JIMMY KOLB	4.043	950.0	235.0	242	XPC	02/28/14	1	MIKE MCHARGH	2.116	413.4	195.4	198	100% RAW	11/07/10
2	JED LEE	2.829	415.0	146.7	148	XPC	10/05/13	2	JED LEE	1.959	290.0	148.0	148	RPS	08/23/14
3	JEFFREY BEGUE	2.605	652.4	250.4	259	WABDL	05/12/12	3	ZACH MILLER	1.808	358.0	198.0	198	USAPL	06/27/10
4	JEFF PESHEK	2.500	755.0	301.9	308	NAPR/RPS	03/03/13	4	BRANDON BLOOD	1.724	363.7	211.0	220	WABDL	11/03/11
5	JIM SMITH	2.538	685.0	269.9	275	IPA	10/25/09	5	WILLIS MCCOY	1.723	255.0	148.0	148	WNPF	02/20/11
6	DOUG NOEBE	2.536	490.5	193.4	198	WABDL	11/19/10	6	DEAN PAGONIS	1.673	319.5	191.0	198	100% RAW	04/09/11
7	NEIL SAURERS	2.479	457.2	184.4	198	WABDL	04/16/11	7	JIM SMITH	1.639	450.0	274.5	275	IPA	10/24/10
8	NICK ROMAN	2.422	625.0	258.0	275	IPA	10/25/09	8	JEFFREY BEGUE	1.637	290.0	212.0	220	WABDL	11/02/11
9	JAY BEDNAR	2.374	570.0	240.1	242	IPA	10/27/07	9	NEIL SAURERS	1.621	290.0	178.9	181	100% RAW	04/10/10
10	WILLIS MCCOY	2.325	337.1	145.0	148	WABDL	05/11/13	10	MIKE PFABE	1.590	450.0	283.0	308	RPS	08/23/14

DEADLIFT

EQUIPPED								RAW							
#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE	#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE
1	WILLIS MCCOY	3.808	552.1	145.0	148	WABDL	05/11/13	1	JED LEE	3.588	523.5	145.9	148	100% RAW	04/07/12
2	JED LEE	3.701	541.1	146.2	148	WABDL	07/28/12	2	WILLIS MCCOY	3.288	480.0	146.0	148	WNPF	02/12/12
3	NICK ROMAN	3.306	800.0	242.0	242	IPA	10/27/07	3	ZACH MILLER	3.034	600.7	198.0	198	USAPL	06/27/09
4	AUGIE MASTROINE	3.053	502.6	164.6	165	WABDL	11/04/11	4	DAVID KEISER	2.737	750.0	274.0	275	RPS	04/19/15
5	NICK TSANGEOS	3.015	446.2	148.0	148	WABDL	05/07/11	5	DEAN PAGONIS	2.640	520.0	197.0	198	WNPF	02/20/11
6	LOGAN DALLAS	2.947	480.0	162.9	165	APF	02/09/14	6	NICK PINTO	2.615	512.5	196.0	198	WABDL	05/12/12
7	TRISTAN WOLFE	2.918	523.5	179.4	181	WABDL	05/11/13	7	JORDAN MCPEEK	2.563	451.0	176.0	181	WABDL	11/05/11
8	JAY BEDNAR	2.915	700.0	240.1	242	IPA	10/27/07	8	MIKE MCHARGH	2.468	540.0	218.8	220	USAPL	03/03/13
9	DOUG NOEBE	2.820	552.1	195.8	198	WABDL	11/04/11	9	NICK TSANGEOS	2.405	375.0	155.9	165	100% RAW	04/10/10
10	DEAN PAGONIS	2.806	550.0	196.0	198	WNPF	02/12/12	10	AUGIE MASTROINE	2.401	425.0	177.0	181	WNPF	02/20/11

FULL MEET

EQUIPPED								RAW							
#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE	#	NAME	SCORE	WEIGHT	BW	CLASS	FED	DATE
1	JIMMY KOLB	10.153	2374.9	233.9	242	NAPR/RPS	03/03/13	1	JED LEE	8.310	1205.0	145.0	148	XPC	03/06/15
2	JED LEE	10.040	1485.0	147.9	148	XPC	02/28/14	2	WILLIS MCCOY	7.568	1105.0	146.0	148	WNPF	02/12/12
3	WILLIS MCCOY	9.308	1372.0	147.4	148	USPA	05/16/15	3	ZACH MILLER	7.179	1421.4	198.0	198	USAPL	06/27/10
4	NICK ROMAN	8.915	2300.0	258.0	275	IPA	10/25/09	4	DAVID KEISER	7.099	1945.0	274.0	275	RPS	04/19/15
5	JAY BEDNAR	8.830	2120.0	240.1	242	IPA	10/27/07	5	DEAN PAGONIS	6.472	1275.0	197.0	198	RPS	10/06/13
6	LOGAN DALLAS	8.410	1370.0	162.9	165	APF	02/16/14	6	TIM BAKER	5.579	1350.0	242.0	242	WNPF	02/20/11
7	DEAN PAGONIS	7.868	1550.0	197.0	198	WNPF	02/16/14	7	CLAUDIA MORALES	5.405	1000.0	185.0	198	RPS	12/07/14
8	DOUG NOEBE	7.474	1465.0	196.0	198	WNPF	02/20/11	8	AUGIE MASTROINE	5.307	950.0	179.0	181	WNPF	07/18/10
9	AUGIE MASTROINE	7.407	1200.0	162.0	165	WNPF	07/31/11	9	TONY LEWITZKE	5.166	1415.0	273.9	275	RPS	08/23/14
10	BRUCE MASON	7.186	1660.0	231.0	242	UPA	12/03/11	10	MIKE PFABE	5.103	1480.0	290.0	308	RPS	12/07/14

ALL ICG TOP 10 LISTS ARE FOR SANCTIONED LIFTS ONLY