

Nutmeg High School Football Weight Lifting Competition Records

<u>Weight Class</u>	<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Weight</u>	<u>Year</u>
160 lbs & Under (TIE)	Bench Press	Andrew Fiocco	Cheshire High School	300 lbs.	2015
160 lbs & Under (TIE)	Bench Press	Jack Miller	Newtown High School	300 lbs.	2017
161 lbs to 180 lbs	Bench Press	Mark Piccarillo	Shelton High School	330 lbs.	2014
181 lbs to 200 lbs (TIE)	Bench Press	Ryan Gavronski	Southington High School	320 lbs.	2018
181 lbs to 200 lbs (TIE)	Bench Press	Jake Bowen	Middletown High School	320 lbs.	2020
201 lbs to 220 lbs	Bench Press	Owen Bouchard	Southington High School	325 lbs.	2018
221 lbs & Over	Bench Press	Byron Dickens	West Haven High School	385 lbs.	2016
<u>Weight Class</u>	<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Weight</u>	<u>Year</u>
160 lbs & Under	Power Clean	Jack Miller	Newtown High School	270 lbs.	2017
161 lbs to 180 lbs	Power Clean	Dillon Kohl	Southington High School	280 lbs.	2019
181 lbs to 200 lbs (TIE)	Power Clean	Vance Upham	Southington High School	300 lbs.	2016
181 lbs to 200 lbs (TIE)	Power Clean	Ryan Gavronski	Southington High School	300 lbs.	2018
201 lbs to 220 lbs	Power Clean	Mike Lockavitch	Shelton High School	330 lbs.	2019
221 lbs & Over	Power Clean	Mike Lockavitch	Shelton High School	305 lbs.	2018
<u>Weight Class</u>	<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Weight</u>	<u>Year</u>
160 lbs & Under	Squat	Christian Russo	Cheshire High School	430 lbs.	2019
161 lbs to 180 lbs	Squat	Chad Lewin	Middletown High School	500 lbs.	2015
181 lbs to 200 lbs	Squat	Chisom Okoro	Cheshire High School	550 lbs.	2019
201 lbs to 220 lbs	Squat	Chisom Okoro	Cheshire High School	545 lbs.	2020
221 lbs & Over	Squat	Jason Shumpert	New Britain High School	625 lbs.	2019
<u>Weight Class</u>	<u>Event</u>	<u>Name</u>	<u>High School</u>	<u>Weight</u>	<u>Year</u>
160 lbs & Under	Overall Weight	Jack Miller	Newtown High School	975 lbs.	2017
161 lbs to 180 lbs	Overall Weight	Christian Russo	Cheshire High School	1,035 lbs.	2020
181 lbs to 200 lbs	Overall Weight	Chisom Okoro	Cheshire High School	1,045 lbs.	2019
201 lbs to 220 lbs	Overall Weight	Chisom Okoro	Cheshire High School	1,100 lbs.	2020
221 lbs & Over	Overall Weight	Jason Shumpert	New Britain High School	1,220 lbs.	2019
<u>High School</u>	<u>Weight</u>	<u>Year</u>			
Overall Team Placement	Southington High School	13,130 lbs			2019
Overall Team Placement	Newtown High School	12,955 lbs			2018
Overall Team Placement	South Windsor High School	12,850 lbs			2017
Overall Team Placement	Shelton High School	12,655 lbs			2016
Overall Team Placement	Cheshire High School	12,560 lbs			2015
Overall Team Placement	Cheshire High School	12,490 lbs			2014