

# LHSPLA BOYS STATE RECORDS

REVISED: 3/19/2025

WT. CLASS	LIFT	AMOUNT	NAME	BW	YEAR	SCHOOL
114.5 LB. CLASS	SQUAT	475	TRAI CHATMAN	114.3	2018	COVINGTON
	BENCH	345	TRAI CHATMAN	114.3	2018	COVINGTON
	DEAD	500	BILLY NAQUIN	113.3	2008	ELLENDER
	TOTAL	1270	TRAI CHATMAN	114.3	2018	COVINGTON
123.5 LB. CLASS	SQUAT	505	TERRANCE PHILLIPS	122.6	2016	ALEXANDRIA
	BENCH	300	CHUCK SHUFORD	123.4	2019	ABBEVILLE
	DEAD	520	JT SILVERA	123.5	2024	COVINGTON
	TOTAL	1300	CHUCK SHUFORD	123.4	2019	ABBEVILLE
132.3 LB. CLASS	SQUAT	540	HUNTER HICKS	131.9	2016	ALEXANDRIA
	BENCH	340	CHUCK SHUFORD	131.5	2020	ABBEVILLE
	DEAD	575	JT SILVERA	131.2	2025	COVINGTON
	TOTAL	1420	CHUCK SHUFORD	131.5	2020	ABBEVILLE
148.8 LB. CLASS	SQUAT	575	JOSHUA KELLUM	140.8	2023	ST. PAULS
	BENCH	400	ALEX FOLMAR	147.0	2025	WEST MONROE
	DEAD	620	FRED JACKSON		1996	NATCHITOCHE CENTRAL
	TOTAL	1500	NATHAN LOVEMORE	147.2	2024	NATCHITOCHE CENTRAL
165.3 LB. CLASS	SQUAT	615	LONDON WILLIAMS	164.8	2022	MANY
	BENCH	430	ZAC RAMBEAU	153.7	2023	BROTHER MARTIN
	DEAD	660	DANERIAN ACTLIS	164.0	2024	ELTON
	TOTAL	1535	ERIC ARBOUR	163.7	2025	DUTCHTOWN
181.8 LB. CLASS	SQUAT	750	CHRISTIAN DUNN	180.8	2017	WEST MONROE
	BENCH	460	LAWSON LILLO	174.6	2024	CEDAR CREEK
	DEAD	630	ALEX DAVIS	177.7	2019	HOLY CROSS
	TOTAL	1810	CHRISTIAN DUNN	180.8	2017	WEST MONROE
198.3 LB. CLASS	SQUAT	705	WILLIAM REED	194.6	2018	ARCHBISHOP RUMMEL
	BENCH	450	JACK CAMINITA	195.8	2017	ST. PAUL'S
	DEAD	730	HAYDEN WILLIS	196.3	2019	DUTCHTOWN
	TOTAL	1780	JOSH BICKHAM	194.3	2014	COVINGTON
220.3 LB. CLASS	SQUAT	730	CHRISTIAN PONTI	217.6	2025	WEST MONROE
	BENCH	470	JOSH BICKHAM	199.6	2015	COVINGTON
	DEAD	715	JOSH BICKHAM	199.6	2015	COVINGTON
	TOTAL	1805	JOSH BICKHAM	199.6	2015	COVINGTON
242.5 LB. CLASS	SQUAT	800	DYLON COOK	235.7	2016	NORTHLAKE CHRISTIAN
	BENCH	555	CHANDLER LOESCHER	240.0	2023	ST. PAULS
	DEAD	670	XAVIER SMITH	237.9	2024	DUTCHTOWN
	TOTAL	1870	DYLON COOK	235.7	2016	NORTHLAKE CHRISTIAN
275.5 LB. CLASS	SQUAT	750	DAVID VERZWYVELT	267.0	2015	ALEXANDRIA
	BENCH	545	CODY KENNEDY	271.2	2013	FARMERVILLE
	DEAD	665	DYLAN ERICKSON	273.0	2016	NORTHSHORE
	TOTAL	1785	LUKE MILLER	246.4	2023	CENTRAL
SUPERHEAVYWEIGHT	SQUAT	900	DWAYNE COLEMAN	462.9	2024	SALMEN
	BENCH	515	CAZAVION JOINER	345.0	2014	UNION PARISH
	DEAD	700	MICHAEL HOWSE		1999	BROADMOOR
	TOTAL	2005	DWAYNE COLEMAN	442.0	2024	SALMEN