

# MOST IMPROVED LIFTERS BY YEAR

## 2023

### Light Platform

Squat - Macoy Noack (+110.82)  
Bench - Macoy Noack (+77.95)  
Dead Lift - Macoy Noack (+125.86)  
Overall - Macoy Noack (+314.62)

### Heavy Platform

Squat - Levi Zaunbrecher (+85.63)  
Bench - Levi Zaunbrecher (+50.37)  
Dead Lift - Connor Moomaw (+69.77)  
Overall - Levi Zaunbrecher (+198.96)

## 2022

### Light Platform

Squat - Hank Hewgley (+69.24)  
Bench - Jerry Contreras (+43.76)  
Dead Lift - Jerry Contreras (+69.29)  
Overall - Hank Hewgley (+158.85)

### Heavy Platform

Squat - Jakob Handy (+91.49)  
Bench - Cayden Clayton (+50.15)  
Dead Lift - Jakob Handy (+66.54)  
Overall - Jakob Handy (+177.44)

## 2021

### Light Platform

Squat - Jerry Contreras (+58.93)  
Bench - Jerry Contreras (+38.04)  
Dead Lift - Tyler Higginbotham (+29.18)  
Overall - Jerry Contreras (+128.25)

### Heavy Platform

Squat - Zach Shilu (+72.45)  
Bench - Logan Ecuyer (+29.52)  
Dead Lift - Ethan Scott (+79.09)  
Overall - Ethan Scott (+164.36)

## 2020

### Light Platform

Squat - Bret Peterson (+76.54)  
Bench - Daniel Gil (+51.06)  
Dead Lift - Bret Peterson (+63.23)  
Overall - Bret Peterson (+169.73)

### Heavy Platform

Squat - Makiyah Gilford (+49.71)  
Bench - Alex Martin (+43.11)  
Dead Lift - Alex Martin (+38.37)  
Overall - Alex Martin (+120.80)

## 2019

### Light Platform

Squat - Jared Ali (+57.47)  
Bench - Kase Mitchell (+27.20)  
Dead Lift - Matt Provost (+48.31)  
Overall - Kase Mitchell (+112.80)

### Heavy Platform

Squat - Nick McBride (+58.22)  
Bench - Nathan Leone (+19.12)  
Dead Lift - Branden Clay (+33.69)  
Overall - Nathan Leone (+105.59)

## 2018

### Light Platform

Squat - AJ Ono (+60.37)  
Bench - Jacob Willard (+33.28)  
Dead Lift - AJ Ono (+43.76)  
Overall - AJ Ono (+143.07)

### Heavy Platform

Squat - Grant Mountain (+52.75)  
Bench - Nick McBride (+36.46)  
Dead Lift - Marko Milosavljevic (+46.83)  
Overall - Branden Clay (+121.17)

## 2017

### Light Platform

Squat - Michael Hushka (+83.44)  
Bench - Michael Hushka (+35.13)  
Dead Lift - Nick Provost (+65.00)  
Overall - Michael Hushka (+158.09)

### Heavy Platform

Squat - Harrison Sorenson (+65.18)  
Bench - Marko Milosavljevic (+28.20)  
Dead Lift - Grant Mountain (+97.66)  
Overall - Grant Mountain (+176.54)

## 2016

### Light Platform

Squat - Nick Provost (+58.98)  
Bench - Gavin Webster (+37.05)  
Dead Lift - Nick Provost (+43.58)  
Overall - Nick Provost (+119.35)

### Heavy Platform

Squat - Ali Jumili (+46.89)  
Bench - Ali Jumili (+38.10)  
Dead Lift - Ali Jumili (+ 46.89)  
Overall - Ali Jumili (+ 120.15)

## 2015

### Light Platform

Squat - Gavin Webster (+65.15)  
Bench - Zach Hawkins (+43.76)  
Dead Lift - Gavin Webster (+33.77)  
Overall - Gavin Webster (+127.55)

### Heavy Platform

Squat - Grant Farley (+46.23)  
Bench - Rene Troche-Baez (+44.36)  
Dead Lift - Rene Troche-Baez (+47.13)  
Overall - Rene Troche-Baez (+127.54)

## 2014

### Light Platform

Squat - Grayson Brown (+85.53)  
Bench - Grayson Danner (+33.52)  
Dead Lift - Zach Hawkins (+47.41)  
Overall - Grayson Brown (+148.46)

### Heavy Platform

Squat - Rene Troche-Baez (+50.57)  
Bench - Mitchell Fountain (+33.27)  
Dead Lift - Mitchell Fountain (+52.68)  
Overall - Ian Harris (+109.55)

## 2013

### Light Platform

Squat - Tristan Horton (+81.06)  
Bench - Craig Collins (+43.76)  
Dead Lift - Tristan Horton (+104.63)  
Overall - Tristan Horton (+182.93)

### Heavy Platform

Squat - Mitchell Fountain (+34.19)  
Bench - Kevin Butts (+71.84)  
Dead Lift - Kevin Butts (+62.79)  
Overall - Kevin Butts (+167.15)

## 2012

### Light Platform

Squat - Sterling Scott (+55.95)  
Bench - Akeem Green (+36.47)  
Dead Lift - Akeem Green (+58.35)  
Overall - Sterling Scott (+125.88)

### Heavy Platform

Squat - Mitchell Fountain (+84.00)  
Bench - Kevin Butts (+48.85)  
Dead Lift - Mitchell Fountain (+75.14)  
Overall - Mitchell Fountain (+199.25)

## 2011

### Light Platform

Squat - Kevin O'Neil (+57.09)  
Bench - Craig Collins (+32.58)  
Dead Lift - Craig Collins (+40.73)  
Overall - Craig Collins (+105.90)

### Heavy Platform

Squat - Mark Poteat (+48.23)  
Bench - Tim Silva (+26.07)  
Dead Lift - Colin Fuchigami (+39.93)  
Overall - Tim Silva (+96.46)

## 2010

### Light Platform

Squat - Ryan Sweat (+39.52)  
Bench - Dan London (+21.88)  
Dead Lift - Ryan Sweat (+39.52)  
Overall - Ryan Sweat (+92.22)

### Heavy Platform

Squat - Nick Sweetland (+62.14)  
Bench - Nick Sweetland (+62.14)  
Dead Lift - Zach Hohman (+63.77)  
Overall - Nick Sweetland (+133.60)

## 2009

### Light Platform

Squat - Zach Hohman (+59.90)  
Bench - Zach Hohman (+73.22)  
Dead Lift - Matt Lee (+62.26)  
Overall - Zach Hohman (+169.73)

### Heavy Platform

Squat - Adam Sibal (+39.87)  
Bench - Chad Lindsay (+48.23)  
Dead Lift - Andy Luke (+35.17)  
Overall - Adam Sibal (+22.38)

## 2008

### Light Platform

Squat - Tahseen Karim (+72.94)  
Bench - Nick Sweetland (+23.30)  
Dead Lift - Tahseen Karim (+54.71)  
Overall - Tahseen Karim - (+169.82)

### Heavy Platform

Squat - Charlie Guerra (+71.50)  
Bench - Charlie Guerra (+40.85)  
Dead Lift - Charlie Guerra (+63.36)  
Overall - Charlie Guerra (+169.82)

## 2007

### Light Platform

Squat - Ben Gross (+52.73)  
Bench - Ryan Demny (+12.91)  
Dead Lift - Drew Belcher (+37.09)  
Overall - Drew Belcher (+66.86)

### Heavy Platform

Squat - Matt Ray (+73.00)  
Bench - Matt Ray (+39.12)  
Dead Lift - Matt Ray (+62.57)  
Overall - Matt Ray (+174.67)

## 2006

### Light Platform

Squat - Mark Reis (+23.89)  
Bench - Mark Reis (+18.82)  
Dead Lift - Mark Reis (+24.56)  
Overall - Mark Reis (+50.64)

### Heavy Platform

Squat - Hardy Faison (+32.68)  
Bench - Hardy Faison (+24.85)  
Dead Lift - Alex Palmer (+24.95)  
Overall - Hardy Faison (+81.42)

## 2005

### Light Platform

Squat - Alex Baughman (+62.26)  
Bench - Dan Bundy (+23.95)  
Dead Lift - Alex Baughman (+47.89)  
Overall - Alex Baughman (+119.73)

### Heavy Platform

Squat - Tyle Johnson (+43.50)  
Bench - Chase Johnson (+29.52)  
Dead Lift - Tyle Johnson (+34.18)  
Overall - Tyle Johnson (+102.53)

## 2004

### Light Platform

Squat - Ryan Cappolino (+43.76)  
Bench - Ryan Cappolino (+21.88)  
Dead Lift - Ryan Cappolino (+25.53)  
Overall - Ryan Cappolino (+94.82)

### Heavy Platform

Squat - Matt Hernandez (+0.00)  
Bench - Matt Hernandez (+26.07)  
Dead Lift - Matt Hernandez (+18.25)  
Overall - Matt Hernandez (+44.32)