

Year	Weight	Meet	Place	Place	Squat	Bench	Deadlift	Total
1989	242	ADFPFA Northwest Open	Fridley, MN	2	575	415	640	1630
	242	ADFPFA Central MN Open	Foley, MN	1	600	425	670	1695
1990	242	ADFPFA Senior State Meet	Minnesota	3	615	435	675	1725
	242	ADFPFA Northwest Open	Fridley, MN	1	635	445	685	1765
	242	ADFPFA MN State Bench	Minnesota	1		450		
	275	ADFPFA MN Record Breakers	Cannon Falls, MN	1	640	465	690	1795
1991	275	ADFPFA Senior State Meet	Minnesota	1	650	450	650	1750
	275	ADFPFA Star of the North	Blaine, MN	1		480	700	
	275	ADFPFA MN State Bench	Minnesota	2		485		
	275	ADFPFA Hawk Country Open	Hermantown, MN	1	660	480	700	1840
1992	275	ADFPFA Northwest Open	Fridley, MN	1	670	470	715	1855
	275	ADFPFA Men's Nationals	Minneapolis, MN	4	684	490	705	1879
	275	ADFPFA MN State Bench	Minnesota	2		500		
1993	275	ADFPFA Senior State Meet	Minnesota	1	650	500	700	1850
	275	ADFPFA GNC Bench Classic	Sioux Falls, SD	1		510		
	275	ADFPFA Northwest Open	Fridley, MN	1	705	515	705	1925
	275	ADFPFA Men's Nationals	Wilkes Barre, PA	3	733	512	705	1951
1994	275	ADFPFA Senior State Meet	Minnesota	1	745	520	720	1985
	275	ADFPFA GNC Bench Classic	Sioux Falls, SD	1		535		
	319	ADFPFA Men's Nationals	Chicago, IL	2	782.5	534.5	738.5	2055
1995	319	ADFPFA Senior State Meet	Minnesota	1	755	530	750	2035
	319	ADFPFA Northwest Open	Fridley, MN	1	600	545	755	1900
	319	ADFPFA Men's Nationals	Wilkes Barre, PA	5	788	551	749	2088
	319	ADFPFA Senior Regionals	Minnesota	1	750	560	800	2110
1996	319	ADFPFA State Meet	Faribault, MN	1	600	570	805	1975
	319	ADFPFA Men's Nationals	St. Louis, MO	2	782	567	815	2165
	125+	IPF Pan American Championships	Hamilton, Ontario, Canada	1	755	573	804	2132
1997	319	ADFPFA State Meet	Faribault, MN	1	805	560	825	2190
	125+	USPF Men's Nationals	Philadelphia, PA	1	777	573	810	2160
	125+	IPF World Championship	Prague, Czech Republic	2	788	573	804	2166
1998	319	Zumbro Valley Open	Kasson, MN	1	810	580	815	2205
	125+	USAPL Men's Nationals	Denver, CO	1	821	579	804	2204
	125+	IPF World Championships	Cherkasey, Ukraine	4	799	584	810	2193
1999	125+	USAPL State Meet	Faribault, MN	1	600	570	840	2010
	125+	USAPL Men's Nationals	St. Louis, MO	1	810	584	815	2210
	125+	IPF World Championships	Trento, Italy	2	826	589	832	2248
	125+	IPF Invitational	Orebro, Sweden	1	832	595	826	2254
2000	125+	IPF Pan American Championships	Chicago, IL	1	777	573	843	2193
	125+	USAPL Men's Nationals	Chicago, IL	1	821	611	826	2259

