

Jon Krogman

Powerlifting National Championships

Year	Class	Organization	Location	Place
2004	110	USAPL Teenage	Lincoln, NE	1
2005	125	USAPL Collegiate	Baton Rouge, LA	3
2006	125	USAPL Junior	Racine, WI	2
2007	125	USAPL Junior	Kalamazoo, MI	1
2008	125	USAPL Junior	Killeen, TX	2
2009	110	USAPL Junior	Denver, Co	1
2010	110	USAPL	Palm Springs, CA	1
2011	110	USAPL	Bay St. Louis, MS	3

Powerlifting International Championships

Year	Class	Organization	Location	Place
2004	110	IPF Sub-Junior World	Pretoria, South Africa	1
2006	125	IPF Junior World	Sofia, Bulgaria	3
2007	125	IPF Junior World	La Garde, France	1
2009	125	Arnold Pro Dead	Columbus Ohio	5
2009	125	IPF Junior World	Ribeirao Preto, Brazil	2
2010	125	Arnold Pro Dead	Columbus Ohio	10
2010	110	IPF Worlds	Potchefstroom, South Africa	5
2011	110	Arnold Pro Dead	Columbus Ohio	9

Best Lifts

Squat	804	
Bench	529	
Deadlift	771	
Total	2050	
Squat	793	USAPL Junior American Record 242Class