

Gold Beach Camp Records

Backs & Receivers Records

<u>Event</u>	<u>Record</u>	<u>Date</u>	<u>Athlete</u>	<u>School</u>
Lightweight Bench	300 Lbs.	2007	Manwaring	Capital
Heavyweight Bench	335 Lbs.	2008	Powell	Hidden Valley H. S.
Lightweight Squat	500 Lbs.	2004	Tucker	Ashland H. S.
Heavyweight Squat	475 Lbs. 475 Lbs.	2005 2008	Allen Beckman	Brookings H. S. Tigard
Endurance Bench	33 x 185	2007	Rosato	California H. S.
40 Yard Sprint	4.44 Sec. (ET) 4.42 Sec. (HH)	2001 2008	Polan Hern	Lassen H. S. California H. S.
Pro Agility	3.90 Sec.	2005	Boucher	Lassen H. S.
Obstacle Course	7.62 Sec.	2007	Garrett	Yreka H. S.

Linemen Records

<u>Event</u>	<u>Record</u>	<u>Date</u>	<u>Athlete</u>	<u>School</u>
Lightweight Bench *	300 Lbs. 300 Lbs.	2008 2008	Ramando Kesler	California H. S. Meridian H. S.
Heavyweight Bench	415 Lbs.	2006	Bustamonte	Lassen H. S.
Lightweight Squat*	420 Lbs.	2008	Harrington	Capital H. S.
Heavyweight Squat*	545 Lbs.	2008	Jaramillo	Spanish Springs H. S.
Endurance Bench	24 x 225	2006	Bustamonte	Lassen H. S.
40 Yard Sprint	4.63 Sec. (ET)	2003	Weathers	Crater H. S.
Pro Agility	4.03 Sec.	2005	Thompson	So. Medford H. S.
Obstacle Course	8.06 Sec.	2007	Lord	Hidden Valley H. S.



The Annual Gold Beach Football Team Camp