

CENTRAL DAUPHIN RAMS FOOTBALL

ALL-TIME TOP SQUATS

<u>NAME</u>	<u>LIFT</u>	<u>SENIOR YEAR</u>
CLAY TINKHAM	580	2016
CHIMDI OKPARA	570	2014
REID ALBRIGHT	555	2015
ADAM HOLLINGER	545	2011
ELIJAH ROBINSON	535	2014
SPENCER JOPPY	530	2013
SEIDU ISSAH	520	2010
MALACHI HOLMES	520	2013
ARTIE ROWELL	515	2010
BEN MOSEY	515	2012
TERRELL GABRIEL	515	2016
MIKE BETZ	505	2015
TERRELL GABRIEL	505	2016
ENRIQUE ARMAS	500	2014
NKEMJIKA RAJIS	500	2010
JESSE MYERS	500	2011
ERIC ANDERSON	500	2012
ZACH HOFFMAN	500	2015
ADAM THORNTON	500	2015
RASHAWN GABRIEL	500	2015

NATE DICKEY	490	2013
REID ALBRIGHT	485	2015
STEVEN MCNEIL	485	2014
MIKE BETZ	475	2015
DAYLIN RUSSO	475	2012
ZAYD ISSAH	475	2012
JAKE ROESCH	475	2012
CODIE ZIMMERMAN	475	2013
JP MARRERO	475	2015
NICK GILLICK	460	2011

SPENCER CHISHOLM	460	2012
JUSTIN SHIRK	455	2009
MATT KIRCHNER	455	2010
SCOTT BENKOVIC	455	2010
CHRIS GIGLIOTTI	450	2010
DAN JORDAN	450	2012