

CENTRAL DAUPHIN RAMS FOOTBALL

ALL-TIME TOP SQUATS

<u>NAME</u>	<u>LIFT</u>	<u>YEAR</u>
ADAM HOLLINGER	545	2011
SEIDU ISSAH	520	2010
ARTIE ROWELL	515	2010
NKEMJIKA RAJIS	500	2010
JESSE MYERS	500	2011
JA'KYE HOLMES	495	2010
NICK GILLICK	460	2011
JUSTIN SHIRK	455	2009
MATT KIRCHNER	455	2010
SCOTT BENKOVIC	455	2010
MIKE FERSTER	455	2011
ZAYD ISSAH	455	2011
CHRIS GIGLIOTTI	450	2010