

Unequipped Full Power Updated 11/24/2024
Corrected Record

Open Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
44								
47.5	Kim Walthen Howell, MI 10/29/2016	65	Kim Walthen Howell, MI 9/24/2016	42.5	Kim Walthen Howell, MI 10/29/2016	82.5	Kim Walthen Howell, MI 10/29/2016	182.5
50.5								
53								
55.5								
58.5	Emily Weber Muskegon, MI 8/5/2023	65	Emily Weber Muskegon, MI 8/5/2023	45	Emily Weber Muskegon, MI 8/5/2023	121	Emily Weber Muskegon, MI 8/5/2023	231
63	Gabrielle Jones Muskegon 11/4/2023	102.5	Koley Hockeborn Walker, MI 1/26/2008	95	Emily Weber Muskegon 8/24/2024	127.5	Gabrielle Jones Muskegon 11/4/2023	272.5
70	Kristen Johnson Caledonia 9/16/2017	95.26	Michelle Rebedeau Muskegon, MI 9/16/2017	63.5	Michelle Rabedeau Muskegon, MI 9/16/2017	136.08	Michelle Rabedeau Muskegon, MI 9/16/2017	283.5
80	Cady Homyen West Olive, MI 9/16/2017	129.28	Cady Holman West Olive, MI 9/16/2017	61.24	Toni Johnson Muskegon, MI 6/23/2018	167.5	Cady Holman West Olive, MI 9/16/2017	349.27
90	Jasmine Todd Ypsilani, MI 11/22/2008	115	Jasmine Todd Ypsilani, MI 11/22/2008	97.5	Jasmine Todd Ypsilani, MI 11/22/2008	182.5	Jasmine Todd Ypsilani, MI 11/22/2008	395
110	Suzy Lopez Muskegon, MI 8/24/2024	145	Suzy Lopez Muskegon, MI 11/2/2024	85	Suzy Lopez Muskegon, MI 11/2/2024	175	Suzy Lopez Muskegon, MI 11/2/2024	402.5
110+	Suzanne Lopez Muskegon, MI	130	Patricia Benson Muskegon, MI	85	Patricia Benson Muskegon, MI	160	Suzanne Lopez Muskegon, MI	365

11/4/2023	6/11/2016	6/11/2016	11/4/2023
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Teenage (14-15) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
47.5								
47.5								
50.5								
53	Hannah Krause Allegan, MI 10/16/2010	62.5	Hannah Krause Allegan, MI 10/16/2010	37.5	Hannah Krause Allegan, MI 10/16/2010	85	Hannah Krause Allegan, MI 10/16/2010	185
55.5								
58.5								
63	Gabrielle Jones Muskegon 11/4/2023	102.5	Gabrielle Jones Muskegon 11/4/2023	52.5	Gabrielle Jones Muskegon 11/4/2023	117.5	Gabrielle Jones Muskegon 11/4/2023	272.5
70								
80								
90	Megan Travis Holland, MI 4/22/2017	75	Megan Travis Holland, MI 4/22/2017	30	Megan Travis Holland, MI 4/22/2017	110	Megan Travis Holland, MI 4/22/2017	215
Teenage (16-17) Unequipped								

Weight	Squat		Bench Press		Deadlift		Total	
47.5								
47.5								
50.5								
53	Hannah Krause Allegan, MI 10/16/2010	62.5	Hannah Krause Allegan, MI 10/16/2010	37.5	Hannah Krause Allegan, MI 10/16/2010	85	Hannah Krause Allegan, MI 10/16/2010	185
55.5								
58.5								
63	Gabrielle Jones Muskegon 11/4/2023	102.5	Gabrielle Jones Muskegon 11/4/2023	52.5	Gabrielle Jones Muskegon 11/4/2023	117.5	Gabrielle Jones Muskegon 11/4/2023	272.5
70								
80								
90	Megan Travis Holland, MI 4/22/2017	75	Megan Travis Holland, MI 4/22/2017	30	Megan Travis Holland, MI 4/22/2017	110	Megan Travis Holland, MI 4/22/2017	215

Teenage (16-17) Unequipped

Weight	Squat		Bench Press		Deadlift		Total	
50.5								
55								
58.5								
63	Gabrielle Jones Muskegon, MI 11/2/2024	87.5	Gabrielle Jones Muskegon, MI 8/24/2024	52.5	Gabrielle Jones Muskegon, MI 8/24/2024	107.5	Gabrielle Jones Muskegon, MI 8/24/2024	245
70								
80								
90								
90+	Lauren Travis Holland, MI 4/22/2017	115	Lauren Travis Holland, MI 4/22/2017	60	Lauren Travis Holland, MI 4/22/2017	142.5	Lauren Travis Holland, MI 4/22/2017	317.5
Teenage (18-19) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5								
55.5								
63								

70								
80	Jazzy Hill Coopersville, MI 2/18/2023	85	Jazzy Hill Coopersville, MI 2/18/2023	37.5	Jazzy Hill Coopersville, MI 2/18/2023	105	Jazzy Hill Coopersville, MI 2/18/2023	227.5
90	Kaitlyn Kapka Saginaw, MI 4/21/2012	70	Kaitlyn Kapka Saginaw, MI 4/21/2012	47.5	Kaitlyn Kapka Saginaw, MI 6/2/2012	90	Kaitlyn Kapka Saginaw, MI 4/21/2012	285

Junior (20-23) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5								
55.5								
58.5								
63	Lauren Martin Muskegon, MI 10/10/2020	75	Lauren Martin Muskegon, MI 10/10/2020	52.5	Lauren Martin Muskegon, MI 10/10/2020	88	Lauren Martin Muskegon, MI 10/10/2020	215.5
70	Cady Homyen West Olive, MI 4/22/2017	122.5	Cady Homyen West Olive, MI 4/22/2017	67.5	Cady Homyen West Olive, MI 4/22/2017	142.5	Cady Homyen West Olive, MI 4/22/2017	332.5
80	Cady Homyen West Olive, MI 9/16/2017	129.28	Cady Homyen West Olive, MI 9/16/2017	61.24	Toni Johnson Muskegon, MI 6/23/2018	167.5	Cady Homyen West Olive, MI 9/16/2017	349.27
90+								

Master 1 (40-44) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5								

53								
55.5								
58.5								
63								
70								
80								
90								

Master 2 (45-49) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
44								
53								
63	Carol Burr Hersey, MI 2/25/2006	100	Koley Hockeborn Walker, MI 1/26/2008	95	Carol Burr Hersey, MI 2/25/2006	142.5	Carol Burr Hersey, MI 9/30/2006	315
70	Carol Burr Hersey, MI 8/11/2007	115	Carol Burr Hersey, MI 3/3/2007	75	Carol Burr Hersey, MI 1/26/2008	165	Carol Burr Hersey, MI 1/26/2008	345
80	Kimberly Whitfield Lansing, MI 4/22/2017	70	Kimberly Whitfield Lansing, MI 4/22/2017	47.5	Kimberly Whitfield Lansing, MI 4/22/2017	100	Kimberly Whitfield Lansing, MI 4/22/2017	217.5

90+	Patricia Benson Muskegon, MI 4/22/2017	125	Patricia Benson Muskegon, MI 6/11/2016	85	Patricia Benson Muskegon, MI 6/11/2016	160	Patricia Benson Muskegon, MI 4/22/2017	360
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Master 3 (50-54) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
47.5	Kim Walthen Howell, MI 10/29/2016	65	Kim Walthen Howell, MI 9/24/2016	42.5	Kim Walthen Howell, MI 10/29/2016	82.5	Kim Walthen Howell, MI 10/29/2016	182.5
50.5								
53								
55.5								
58.5								
63								
70	Carol Burr Hersey, MI 9/13/2008	105	Carol Burr Hersey, MI 9/13/2008	77.5	Carol Burr Hersey, MI 9/13/2008	165	Carol Burr Hersey, MI 9/13/2008	347.5
80								
90								
90+	Sharri Margraves Bath, MI 4/22/2017	115	Sharri Margraves Bath, MI 4/22/2017	77.5	Sharri Margraves Bath, MI 4/11/2015	160	Sharri Margraves Bath, MI 4/11/2015	345

Master 4 (55-59) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	

50.5								
53								
58.5								
63								
70	Carol Burr Hersey, MI 8/12/2017	77.5	Carol Burr Hersey, MI 8/12/2017	65	Carol Burr Hersey, MI 8/12/2017	130	Carol Burr Hersey, MI 8/12/2017	272.5
80								
90								
90+	Peggy Dutcher Hazlett, MI 4/26/2008	52.5	Peggy Dutcher Hazlett, MI 4/26/2008	40	Peggy Dutcher Hazlett, MI 4/26/2008	95	Peggy Dutcher Hazlett, MI 4/26/2008	187.5

Master 5 (60-64) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5								
53								
55.5								
63								

70								
80								
90								
90+	Sharri Margraves Bath, MI 11/2/2024	105	Sharri Margraves Bath, MI 11/2/2024	80	Sharri Margraves Bath, MI 11/2/2024	145	Sharri Margraves Bath, MI 11/2/2024	330

Master 6 (65-69) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
44								
47.5								
63								
70								
80								
90	Carol Chaney Muskegon, MI 9/26/2016	31.75	Carol Chaney Muskegon, MI 9/26/2016	36.3	Carol Chaney Muskegon, MI 9/26/2016	70.3	Carol Chaney Muskegon, MI 9/26/2016	138.3

Master 7 (70-74) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	

44								
Master 8 (75-79) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
80	Gretchen Page Muskegon, MI 8/25/2018	27.5	Gretchen Page Muskegon, MI 8/25/2018	25	Gretchen Page Muskegon, MI 8/25/2018	72.5	Gretchen Page Muskegon, MI 8/25/2018	125
Master (80-84) Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
63	Josie Merrel Michigan 8/13/2005	15	Josie Merrel Michigan 8/13/2005	20	Josie Merrel Michigan 8/13/2005	35	Josie Merrel Michigan 8/13/2005	70
90+	Dorris Meadows Michigan 8/13/2005	45	Dorris Meadows Michigan 8/13/2005	32.5	Dorris Meadows Michigan 8/13/2005	75	Dorris Meadows Michigan 8/13/2005	152.5
Police, Military, Fire Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
58.5								

Full Power Equipped Michigan Records Updated 4/22/2017

Open Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53	Lauren Travis Holland, MI 4/22/2017	115	Lauren Travis Holland, MI 4/22/2017	60	Lauren Travis Holland, MI 4/22/2017	142.5	Lauren Travis Holland, MI 4/22/2017	317.5
58.5								
63	Lisa Mangold Lakewood, WI 8/11/2007	140	Lisa Mangold Lakewood, WI 8/11/2007	67.5	Lisa Mangold Lakewood, WI 8/11/2007	142.5	Lisa Mangold Lakewood, WI 8/11/2007	350
70	Lisa Mangold Lakewood, WI 7/16/2011	115	Amber Holland Whitehall, MI 1/20/2007	90	Karen Veltema Hudsonville, MI 2/25/2006	192.5	Lisa Mangold Lakewood, WI 3/31/2007	335
80								
90								
90+								

Teenage (14-15) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	

50.5								
53								
58.5								
90								
Teenage (16-17) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
53	Lauren Travis Holland, MI 4/22/2017	115	Lauren Travis Holland, MI 4/22/2017	60	Lauren Travis Holland, MI 4/22/2017	142.5	Lauren Travis Holland, MI 4/22/2017	317.5
70	Amber Holland 1/20/2007	102.5	Amber Holland 1/20/2007	90	Amber Holland 1/20/2007	125	Amber Holland 1/20/2007	317.5
90+								
Teenage (18-19) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
70								
Junior (20-23) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
70								
Master (40-44) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	

63	Lisa Mangold Lakewood, WI 8/11/2007	140	Lisa Mangold Lakewood, WI 8/11/2007	67.5	Lisa Mangold Lakewood, WI 8/11/2007	142.5	Lisa Mangold Lakewood, WI 8/11/2007	350
70	Lisa Mangold Lakewood, WI 7/16/2011	115	Lisa Mangold Lakewood, WI 7/16/2011	57.5	Lisa Mangold Lakewood, WI 7/16/2011	137.5	Lisa Mangold Lakewood, WI 7/16/2011	310

Master (45-49) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5	Angela Hardy Misawake, MI 10/16/2010	57.5	Angela Hardy Misawake, MI 10/16/2010	40	Angela Hardy Misawake, MI 10/16/2010	92.5	Angela Hardy Misawake, MI 10/16/2010	190
Master (55-59) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
90								

Master (60-64) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
110	Sharri Margraves Bath, MI 8/24/2024	75	Sharri Margraves Bath, MI 8/24/2024	77.5	Sharri Margraves Bath, MI 8/24/2024	137.5	Sharri Margraves Bath, MI 8/24/2024	287.5

Master (65-69) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
44								
47.5								

Single Event Women's Michigan Records Updated 4/13/2025

Open Unequipped						
Weight	Squat		Bench Press		Deadlift	
44						
47.5	Kimberly Wathen Howell, MI 3/17/2018	60			Kimberly Wathen Howell, MI 3/17/2018	87.5
50.5						
53	Hanna Krause Allegan, MI 3/5/2011	70	Jessica Santellan Zeeland, MI 7/16/2016	42.5	Jessica Santellan Zeeland, MI 7/16/2016	92.5
55.5			Jessica Santellan Zeeland, MI 7/15/2017	37.5	Jessica Santellan Zeeland, MI 7/15/2017	105
58.5	Emily Weber Muskegon, MI 4/6/2024	67.5	Koley Hockeborn Walker, MI 1/26/2008	95	Emily Weber Muskegon, MI 4/5/2025	125.5
63	Emily Weber Muskegon, MI 6/11/2022	60	Koley Hockeborn Walker, MI 10/16/2010	105	Emily Weber Muskegon, MI 11/4/2023	117.5
70			Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
80	Toni Johnson Muskegon, MI 6/23/2018	117.5	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Toni Johnson Muskegon, MI 6/23/2018	167.5
90	Andrea Fialek Twin Lake, MI 6/23/2018	100	Andrea Fialek Twin Lake, MI 6/23/2018	80	Andrea Fialek Twin Lake, MI 6/23/2018	137.5
	Suzy Lopez		Suzy Lopez		Suzy Lopez	

110	Muskegon, MI 5/11/2024	135	Muskegon, MI 5/11/2024	72.5	Muskegon, MI 5/11/2024	155
110+	Suzanne Wassouf Grand Rapids, MI 6/23/2018	102.5	Sherrie Margraves Buth, MI 7/15/2017	80	Sherrie Margraves Buth, MI 7/15/2017	150

Teenage (14-15) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5						
53	Hanna Krause Allegan, MI 3/5/2011	70	Hanna Krause Allegan, MI 3/5/2011	40	Hanna Krause Allegan, MI 3/5/2011	90
55.5						
63						
70						
90						

Teenage (16-17) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5						
53						

55.5						
58.5	Alicia Doyle Croswell, MI 6/24/2011	70	Jasmine Mendez Grand Rapids, MI 3/3/2007	57.5		
63			Morgan Thompson Fort Gratiot, MI 3/5/2011	57.5	Alicia Doyle Croswell, MI 3/5/2011	130
70			Marian Bosma Hesperia, MI 10/16/2010	75	Marian Bosma Hesperia, MI 10/16/2010	160
80			Kateri Stachowicz Whitehall, MI 3/5/2011	75	Kateri Stachowicz Whitehall, MI 3/26/2011	147.5
90+			Lauren Travis Holland, MI 7/16/2016	47.5	Lauren Travis Holland, MI 7/16/2016	122.5

Teenage (18-19) Unequipped						
Weight	Squat		Bench Press		Deadlift	

63						
70			Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
80			Emma DeBoer Holland, MI 9/16/2017	56.7	Emma DeBoer Holland, MI 9/16/2017	102.06

Junior (20-23) Unequipped

Weight	Squat		Bench Press		Deadlift	
44						
53						
55.5						
58.5						
63	Lauren Martin Muskegon, MI 4/17/2021	90	Lauren Martin Muskegon, MI 4/17/2021	57.5	Kaitlynne Dempsey Spring Lake, MI 7/15/2017	112.5
70			Marian Bosma Hesperia, MI 3/9/2013	80	Marian Bosma Hesperia, MI 3/9/2013	172.5
80	Toni Johnson Muskegon, MI 6/23/2018	117.5	Toni Johnson Muskegon, MI 6/23/2018	57.5	Toni Johnson Muskegon, MI 6/23/2018	167.5

Master 1 (40-44) Unequipped

Weight	Squat		Bench Press		Deadlift	
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50.5						
53						
55.5						
58.5						
63			Rene Kerkstra Grand Rapids, MI 3/3/2007	52.5	Ann Marie Orr Ada, MI 8/14/2010	112.5
70						
90			Ann Kuipers 9/16/2017	79.38		

Master 2 (45-49) Unequipped						
Weight	Squat		Bench Press		Deadlift	
53						
58.5			Koley Hockeborn Walker, MI 1/26/2008	95		
63			Koley Hockeborn Walker, MI 9/13/2008	100	Koley Hockeborn Walker, MI 8/15/2009	120

80						
90						
90+						

Master 3 (50-54) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5	Kimberly Wathen Howell, MI 3/17/2018	60			Kimberly Wathen Howell, MI 3/17/2018	87.5
53						
55.5						
58.5						
63	Koley Hockeborn Walker, MI 6/24/2011	100	Koley Hockeborn Walker, MI 10/16/2010	105		
70	Carol Burr Hersey, MI 3/14/2009	105	Carol Burr Hersey, MI 3/14/2009	77.5	Carol Burr Hersey, MI 6/26/2011	167.5
80						
90+			Sharri Margraves Bath, MI 4/16/2016	75	Sharri Margraves Bath, MI 4/16/2016	147.5

Master 4 (55-59) Unequipped						
Weight	Squat		Bench Press		Deadlift	
50.5						
53						
55.5						
58.5						
63						
70			Carol Burr Hersey, MI 7/16/2016	67.5	Carol Burr Hersey, MI 7/16/2016	140
80						
90	Sharri Margraves Bath, MI 2/9/2019	87.5	Sharri Margraves Bath, MI 2/1/2020	80	Sharri Margraves Bath, MI 2/9/2019	110
90+			Sherrie Margraves Buth, MI 7/15/2017	80	Sherrie Margraves Buth, MI 7/15/2017	150

Master 5 (60-64) Unequipped						
Weight	Squat		Bench Press		Deadlift	

50.5						
55.5						
63						
70						
90						
90+			Sharri Margraves Bath, MI 11/4/2023	72.5		

Master 6 (65-69) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44						
47						
50.5						
55.5						
58.5			Sandra James Grand Junction, MI 4/22/2017	40	Sandra James Grand Junction, MI 4/22/2017	60

63						
70						
80						
90	Carol Chaney Muskegon, MI 11/5/2016	25	Carol Chaney Muskegon, MI 9/24/2016	36.3	Carol Chaney Muskegon, MI 7/16/2016	75
90+						

Master 7 (70-74) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44						
80						
90			Carol Chaney Muskegon. MI 7/15/2017	37.5	Carol Chaney Muskegon, MI 7/15/2017	90

Master 8 (75-79) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44						
	Gretchen Page		Gretchen Page		Gretchen Page	

80	Muskegon, MI 8/25/2018	27.5	Muskegon, MI 8/25/2018	25	Muskegon, MI 8/25/2018	72.5
90						

Police/Military/Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	
90						

Single Event Unequipped Michigan Records Updated 4/26/2017

Open Equipped						
Weight	Squat		Bench Press		Deadlift	
44						
47						
50.5						
53						
58.5	Koley Hockeborn Walker, MI 3/9/2013	142.5	Koley Hockeborn Walker, MI 3/9/2013	110	Koley Hockeborn Walker, MI 3/9/2013	142.5
63	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 6/26/2011	147.5
70						
80						
90			Stacie Downs Eaton Rapids, MI 2/25/2006	105		
90+			Samantha Baty Eaton Rapids, MI 3/3/2007	77.5		

Teenage (14-15) Equipped						
Weight	Squat		Bench Press		Deadlift	
53						
90						
90+			Samantha Baty Eaton Rapids, MI 3/3/2007	77.5		

Teenage (16-17) Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5			Brianna Palleschi Applegate, MI 4/5/2008	72.5		
80						
90						
90+						

Teenage (18-19) Equipped						
Weight	Squat		Bench Press		Deadlift	
70						

Master (40-44) Equipped						
Weight	Squat		Bench Press		Deadlift	
70						

Master (45-49) Equipped						
Weight	Squat		Bench Press		Deadlift	
50.5						
80						

Master (50-54) Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5	Koley Hockeborn Walker, MI 3/9/2013	142.5	Koley Hockeborn Walker, MI 3/9/2013	110	Koley Hockeborn Walker, MI 3/9/2013	142.5
63	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 6/26/2011	147.5
70						

Master (55-59) Equipped						
Weight	Squat		Bench Press		Deadlift	
90+						

Master (65-69) Equipped						
Weight	Squat		Bench Press		Deadlift	
44						
47						

Master (70-74) Equipped						
Weight	Squat		Bench Press		Deadlift	
44						