

Full Power Unequipped National Records Updated 8/20/2025

Women 44 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19	Cherish Anderson Mt Vernon, IN 8/5/2023	60	Cherish Anderson Mt Vernon, IN 8/5/2023	30	Cherish Anderson Mt Vernon, IN 8/5/2023	100	Cherish Anderson Mt Vernon, IN 8/5/2023	190
Junior 20-23								
Open 24-39	Cherish Anderson Mt Vernon, IN 8/5/2023	60	Cherish Anderson Mt Vernon, IN 8/5/2023	30	Cherish Anderson Mt Vernon, IN 8/5/2023	100	Cherish Anderson Mt Vernon, IN 8/5/2023	190
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7								

70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 47.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open	Shellaine Frazier Columbia, MO	55	Shellaine Frazier Columbia, MO	45	Shellaine Frazier Columbia, MO	85	Shellaine Frazier Columbia, MO	185
24-39	7/11/2009		7/11/2009		7/11/2009		7/11/2009	
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								

M7								
55-59								
M5								
60-64								
M6								

M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19	Juliet Fansler Macomb, IL 9/18/2021	65	Juliet Fansler Macomb, IL 9/18/2021	32.5	Juliet Fansler Macomb, IL 9/18/2021	92.5	Juliet Fansler Macomb, IL 9/18/2021	190
Junior 20-23								
Open 24-39	Linda LaFontaine Columbia, MO 8/17/2019	65	Shellaine Frazier Columbia, MO 7/13/2013	65	Shellaine Frazier Columbia, MO 7/13/2013	111	Shellaine Frazier Columbia, MO 7/13/2013	235
M1 40-44	Shellaine Frazier Columbia, MO 7/13/2013	61	Shellaine Frazier Columbia, MO 7/13/2013	65	Shellaine Frazier Columbia, MO 7/13/2013	111	Shellaine Frazier Columbia, MO 7/13/2013	235
M2 45-49								

M3 50-54	Amy Fansler Macomb, IL 9/18/2021	57.5	Amy Fansler Macomb, IL 9/18/2021	32.5	Amy Fansler Macomb, IL 9/18/2021	82.5	Amy Fansler Macomb, IL 9/18/2021	172.5
M4 55-59								
M5 60-64	Jacqueline Miller Columbia, MO 7/13/2013	55	Jacqueline Miller Columbia, MO 7/13/2013	32.5	Jacqueline Miller Columbia, MO 7/13/2013	75	Jacqueline Miller Columbia, MO 7/13/2013	162.5
M6 65-69	Linda LaFontaine Columbia, MO 8/17/2019	65	Linda LaFontaine Columbia, MO 8/17/2019	50	Linda LaFontaine Columbia, MO 8/17/2019	100	Linda LaFontaine Columbia, MO 8/17/2019	215
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 53.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17	Jessica Fansler Macomb, IL 6/24/2017	77.5	Jessica Fansler Macomb, IL 6/24/2017	45	Jessica Fansler Macomb, IL 6/24/2017	100	Jessica Fansler Macomb, IL 6/24/2017	222.5
T3 18-19	Faith Wood Evansville, IN 7/27/20418	60	Faith Wood Evansville, IN 7/27/20418	32.5	Faith Wood Evansville, IN 7/27/20418	96	Faith Wood Evansville, IN 7/27/20418	185
Junior								

20-23								
Open	Jessica Fansler Macomb, IL 6/24/2017	77.5	Shellaine Frazier Columbia, MO 6/24/2017	75	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M1	Erin Vincent Evansville, IN 8/5/2023	65	Erin Vincent Evansville, IN 8/5/2023	45	Erin Vincent Evansville, IN 8/5/2023	82.5	Erin Vincent Evansville, IN 8/5/2023	192.5
M2	Shellaine Frazier Columbia, MO 6/24/2017	75	Shellaine Frazier Columbia, MO 6/24/2017	75	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M3	Amy Milas Macomb, IL 8/16/2025	65	Amy Fansler Milas Macomb, IL 7/13/2024	40	Amy Fansler Milas Macomb, IL 7/13/2024	77.5	Amy Fansler Milas Macomb, IL 8/5/2023	180
M4								
M5								
M6								
M7								
M8								
M9								
M10								

Women 55.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								

14-15								
T2								
16-17								
T3	Kathleen Barclay MaComb, IL 7/8/2006	82.5	Kathleen Barclay MaComb, IL 7/8/2006	52.5	Kathleen Barclay MaComb, IL 7/8/2006	85	Kathleen Barclay MaComb, IL 7/8/2006	220
18-19								
Junior	Laura Baum Brookfield, MO 6/24/2017	107.5	Juliet Fansler Macomb, IL 7/13/2024	68	Whitney Piper Macomb, IL 9/18/2021	145	Laura Baum Brookfield, MO 6/24/2017	307.5
20-23								
Open	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Whitney Piper Macomb, IL 9/18/2021	145	Carmella Mattingly Florissant, MO 7/13/2013	347.5
24-39								
M1	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Carmella Mattingly Florissant, MO 7/13/2013	142.5	Carmella Mattingly Florissant, MO 7/13/2013	347.5
40-44								
M2	Shellaine Frazier Columbia, MO 7/27/2018	67.5	Shellaine Frazier Columbia, MO 6/11/2016	72.5	Shellaine Frazier Columbia, MO 6/11/2016	117.5	Shellaine Frazier Columbia, MO 7/27/2018	255
45-49								
M3	Pat Okker Columbia, MO 7/13/2013	65	Pat Okker Columbia, MO 7/13/2013	50	Pat Okker Columbia, MO 7/13/2013	97.5	Pat Okker Columbia, MO 7/13/2013	212.5
50-54								
M4	Pat Okker Columbia, MO 6/24/2017	75	Pat Okker Columbia, MO 6/24/2017	50	Pat Okker Columbia, MO 6/24/2017	110	Pat Okker Columbia, MO 6/24/2017	235
55-59								
M5	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	70	Linda LaFontaine Columbia, MO 7/13/2013	150
60-64								
M6								
65-69								
M7	Anne Clark Columbia, MO 8/17/2019	27.5	Anne Clark Columbia, MO 8/17/2019	32.5	Anne Clark Columbia, MO 8/17/2019	70	Anne Clark Columbia, MO 8/17/2019	130
70-74								
M8								
75-79								
M9								
80-84								

M10								
85-89								

Women 58.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17	Heidi Lowe Macomb, IL 7/13/2024	115	Heidi Lowe Macomb, IL 7/13/2024	60	Heidi Lowe Macomb, IL 7/13/2024	127.5	Heidi Lowe Macomb, IL 7/13/2024	302.5
T3 18-19	Juliet Fansler Macomb, IL 8/5/2023	67.5	Juliet Fansler Macomb, IL 8/5/2023	55	Juliet Fansler Macomb, IL 8/5/2023	100	Juliet Fansler Macomb, IL 8/5/2023	222.5
Junior 20-23	Antoinette Lane Macomb, IL 7/19/2014	101	Sophie Simmons Macomb, IL 6/26/2010	60	Antoinette Lane Macomb, IL 7/19/2014	140	Antoinette Lane Macomb, IL 7/19/2014	285
Open 24-39	Carmella Mattingly St. Louis, MO 6/26/2010	100	Carmella Mattingly St. Louis, MO 6/26/2010	62.5	Emily Weber Muskegon, MI 8/5/2023	121	Carmella Mattingly St. Louis, MO 6/26/2010	282.5
M1 40-44								
M2 45-49								
M3 50-54	Alma Hopkins Columbia, MO 6/24/2017	75	Pat Okker Columbia, MO 7/19/2014	53.5	Alma Hopkins Columbia, MO 6/24/2017	112.5	Alma Hopkins Columbia, MO 6/24/2017	235
M4 55-59	Cheryl Kyle Columbia, MO 8/17/2019	85	Kim Morgan Columbia, MO 7/13/2013	57.5	Cheryl Kyle Columbia, MO 8/17/2019	128	Cheryl Kyle Columbia, MO 8/17/2019	265.5
M5 60-64	Kim Jones Columbia, MO 6/24/2017	87.5	Kim Jones Columbia, MO 6/24/2017	60	Kim Jones Columbia, MO 6/24/2017	105	Kim Jones Columbia, MO 6/24/2017	252.5
M6								

65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2								
16-17								
T3	Emily Burchett Mayville, MO 6/26/2010	87.5	Emily Burchett Mayville, MO 6/26/2010	45	Emily Burchett Mayville, MO 6/26/2010	107.5	Emily Burchett Mayville, MO 6/26/2010	240
18-19								
Junior	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
20-23								
Open	Lisa Mangold Lakewood, WI 8/11/2007	122	Amanda Smith Cynthiana, IN 6/11/2016	80	Lisa Mangold Lakewood, WI 8/11/2007	140	Lisa Mangold Lakewood, WI 8/11/2007	327.5
24-39								
M1	Tammy Browning Columbia, MO 6/24/2017	82.5	Tammy Browning Columbia, MO 6/24/2017	45	Tammy Browning Columbia, MO 6/24/2017	110	Tammy Browning Columbia, MO 6/24/2017	237.5
40-44								
M2	Ann Smith Evansville, IN 6/11/2016	47.5	Ann Smith Evansville, IN 6/11/2016	35	Ann Smith Evansville, IN 6/11/2016	70	Ann Smith Evansville, IN 6/11/2016	152.5
45-49								
M3	Dawn Piper		Cheryl Kyle		Dawn Piper		Cheryl Kyle	

M3 50-54	Macomb, IL 7/13/2024	81.5	Columbia, MO 6/24/2017	48	Macomb, IL 9/18/2021	106	Columbia, MO 6/24/2017	226
M4 55-59								
M5 60-64	Catherine Morrison Portland, ME 6/24/2017	65	Catherine Morrison Portland, ME 6/24/2017	50	Catherine Morrison Portland, ME 6/24/2017	95	Catherine Morrison Portland, ME 6/24/2017	210
M6 65-69	Catherine Morrison Portland, ME 8/17/2019	75	Linda Burnett Macomb, IL 7/13/2024	52.5	Catherine Morrison Portland, ME 8/17/2019	117.5	Catherine Morrison Portland, ME 8/17/2019	237.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 70 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19	Haley Shake Macomb, IL 7/13/2024	92.5	Haley Shake Macomb, IL 7/13/2024	47.5	Haley Shake Macomb, IL 7/13/2024	100	Haley Shake Macomb, IL 7/13/2024	240
Junior 20-23	Kaitlyn Moon Macomb, IL 8/16/2025	42.5	Kaitlyn Moon Macomb, IL 8/16/2025	37.5	Kaitlyn Moon Macomb, IL 8/16/2025	80	Kaitlyn Moon Macomb, IL 8/16/2025	160

Open 24-39	Carol Burr Hersey, MI 8/1/2007	115	Carol Burr Hersey, MI 8/1/2007	75	Carol Burr Hersey, MI 8/1/2007	147.5	Carol Burr Hersey, MI 8/1/2007	337.5
M1 40-44	Lisa Mangold Lakewood, WI 7/16/2011	102.5	Lisa Mangold Lakewood, WI 7/16/2011	55	Lisa Mangold Lakewood, WI 7/16/2011	125	Lisa Mangold Lakewood, WI 7/16/2011	282.5
M2 45-49	Carol Burr Hersey, MI 8/1/2007	115	Carol Burr Hersey, MI 8/1/2007	75	Carol Burr Hersey, MI 8/1/2007	147.5	Carol Burr Hersey, MI 8/1/2007	337.5
M3 50-54	Carol Burr Hersey, MI 6/21/2008	97.5	Carol Burr Hersey, MI 6/21/2008	70	Carol Burr Hersey, MI 6/21/2008	160	Carol Burr Hersey, MI 6/21/2008	327.5
M4 55-59	Susan Sanaghan Michigan City, IN 7/11/2009	92.5	Cheryl Kyle Columbia, MO 10/10/2020	62.5	Cheryl Kyle Columbia, MO 10/10/2020	132.5	Cheryl Kyle Columbia, MO 10/10/2020	287.5
M5 60-64	Kate Walker Columbia, MO 7/11/2009	72.5	Kate Walker Columbia, MO 6/26/2010	45	Kate Walker Columbia, MO 7/11/2009	105	Kate Walker Columbia, MO 7/11/2009	220
M6 65-69	Audrey Narned Columbia, MO 7/19/2014	40	Audrey Narned Columbia, MO 7/19/2014	37.5	Audrey Narned Columbia, MO 7/19/2014	82.5	Audrey Narned Columbia, MO 7/19/2014	160
M7 70-74	Kate Walker Columbia, MO 8/17/2019	60	Kate Walker Columbia, MO 8/17/2019	40	Kate Walker Columbia, MO 8/17/2019	85	Kate Walker Columbia, MO 8/17/2019	185
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								

14-15								
T2 16-17	Lauren McClure Macomb, IL 10/9/2020	90	Lauren McClure Macomb, IL 10/9/2020	50	Lauren McClure Macomb, IL 10/9/2020	110	Lauren McClure Macomb, IL 10/9/2020	250
T3 18-19	Lauren McClure Macomb, IL 7/9/2022	125	Lauren McClure Macomb, IL 7/9/2022	57.5	Lauren McClure Macomb, IL 8/5/2023	150	Lauren McClure Macomb, IL 8/5/2023	332.5
Junior 20-23	Lauren McClure Macomb, IL 7/13/2024	130	Lauren McClure Macomb, IL 7/13/2024	60	Lauren McClure Macomb, IL 7/13/2024	147.5	Lauren McClure Macomb, IL 7/13/2024	337.5
Open 24-39	Kyle Reel Evansville, IN 7/27/2018	150	Kyle Reel Evansville, IN 7/27/2018	85	Kyle Reel Evansville, IN 7/27/2018	170	Kyle Reel Evansville, IN 7/27/2018	405
M1 40-44	Julie Krause Harrisburg, MO 6/24/2017	125	Julie Krause Harrisburg, MO 6/24/2017	67.5	Julie Krause Harrisburg, MO 6/24/2017	160	Julie Krause Harrisburg, MO 6/24/2017	352.5
M2 45-49	Amy Kivett 7/9/2022	100	Amy Kivett 7/9/2022	60	Amy Kivett 7/9/2022	135	Amy Kivett 7/9/2022	295
M3 50-54								
M4 55-59	Carolyn Beck Evansville, IN 9/18/2021	85	Carolyn Beck Evansville, IN 9/18/2021	67.5	Carolyn Beck Evansville, IN 9/18/2021	110	Carolyn Beck Evansville, IN 9/18/2021	262.5
M5 60-64	Beth Perrin Columbia, MO 8/17/2019	95	Carolyn Beck Evansville, IN 7/9/2022	65.5	Beth Perrin Columbia, MO 8/17/2019	115	Beth Perrin Columbia, MO 8/17/2019	262.5
M6 65-69	Gail Ludwig Columbia, MO 7/19/2014	45	Gail Ludwig Columbia, MO 7/19/2014	40	Gail Ludwig Columbia, MO 7/19/2014	77.5	Gail Ludwig Columbia, MO 7/19/2014	162.5
M7 70-74								
M8 75-79								
M9 80-84								
M10								

85-89							
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Women 90 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Addalyn Fugate Newburgh, IN 8/16/2025	97.5	Addalyn Fugate Newburgh, IN 8/16/2025	50	Addalyn Fugate Newburgh, IN 8/16/2025	107.5	Addalyn Fugate Newburgh, IN 8/16/2025	255
T2 16-17								
T3 18-19	Macy Decker Evansville, IN 7/9/2022	70	Kaitlyn Kapka Saginaw, MI 6/2/2012	47.5	Macy Decker Evansville, IN 7/9/2022	130	Macy Decker Evansville, IN 7/9/2022	247.5
Junior 20-23								
Open 24-39	Megan Kuno St Louis, MO 6/24/2017	140	Megan Kuno St Louis, MO 6/24/2017	72.5	Megan Kuno St Louis, MO 6/24/2017	147.5	Megan Kuno St Louis, MO 6/24/2017	360
M1 40-44	Robin Rogan Evansville, IN 8/5/2023	120	Andrea Chappellear Columbia, MO 6/24/2017	57.5	Robin Rogan Evansville, IN 7/13/2024	160	Robin Rogan Evansville, IN 7/13/2024	332.5
M2 45-49	Charla Wrenn Good Hope, IL 6/24/2017	70	Charla Wrenn Good Hope, IL 6/24/2017	60	Charla Wrenn Good Hope, IL 6/24/2017	107.5	Charla Wrenn Good Hope, IL 6/24/2017	237.5
M3 50-54	Beth Van Hove Columbia, MO 6/24/2017	93	Beth Van Hove Columbia, MO 6/24/2017	60	Beth Van Hove Columbia, MO 7/19/2014	102.5	Beth Van Hove Columbia, MO 6/24/2017	250.45
M4 55-59	Judy Naeger Columbia, MO 8/17/2019	25	Judy Naeger Columbia, MO 8/17/2019	40	Judy Naeger Columbia, MO 8/17/2019	125	Judy Naeger Columbia, MO 8/17/2019	190
M5 60-64	Rachel Brown Columbia, MO 8/17/2019	95	Rachel Brown Columbia, MO 6/24/2017	61	Rachel Brown Columbia, MO 8/7/2019	140	Rachel Brown Columbia, MO 8/7/2019	285
M6 65-69								

M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 110 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23	Corinna Myers Evansville, IN 7/13/2024	150	Corinna Myers Evansville, IN 7/13/2024	72.5	Corinna Myers Evansville, IN 7/13/2024	187.5	Corinna Myers Evansville, IN 7/13/2024	410
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								

M4 55-59								
M5 60-64	Jayne Tang Evansville, IN 8/16/2025	75	Jayne Tang Evansville, IN 8/16/2025	55	Jayne Tang Evansville, IN 8/16/2025	102.5	Jayne Tang Evansville, IN 8/16/2025	232.5
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 110+ kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17	Keri DeVolder Macomb, IL 6/24/2017	103	Keri DeVolder Macomb, IL 6/24/2017	57.5	Evie Delgado Quincy, IL 7/9/2022	137.5	Evie Delgado Quincy, IL 7/9/2022	295
T3 18-19	Keri DeVolder Macomb, IL 8/17/2019	107.5	Keri DeVolder Macomb, IL 8/17/2019	70	Keri DeVolder Macomb, IL 8/17/2019	125	Keri DeVolder Macomb, IL 8/17/2019	302.5
Junior 20-23	Jenna Winsett Evansville, IN 9/18/2021	120	Ann Buren La Harpe, IL 7/8/2006	65	Jenna Winsett Evansville, IN 9/18/2021	130	Jenna Winsett Evansville, IN 9/18/2021	307.5
Open 24-39	Shelby Assmus South Dakota 6/11/2016	165	Jodey Reisz Santa Claus, IN 6/11/2016	110	Shelby Assmus South Dakota 6/11/2016	185	Shelby Assmus South Dakota 6/11/2016	437.5

M1 40-44	Jodey Reisz Santa Claus, IN 6/11/2016	130	Jodey Reisz Santa Claus, IN 6/11/2016	110	Jodey Reisz Santa Claus, IN 6/11/2016	175	Jodey Reisz Santa Claus, IN 6/11/2016	415
M2 45-49	Sara Ringbauer Columbia, MO 6/24/2017	115	Patricia Benson Muskegon, MI 6/11/2016	85	Sara Ringbauer Columbia, MO 6/24/2017	170	Patricia Benson Muskegon, MI 6/11/2016	352.5
M3 50-54	Charla Wrenn Good Hope, IL 7/27/2018	70	Charla Wrenn Good Hope, IL 8/17/2019	67.5	Charla Wrenn Good Hope, IL 7/27/2018	112.5	Charla Wrenn Good Hope, IL 7/27/2018	247.5
M4 55-59	Charla Wrenn Macomb, IL 8/5/2023	55	Charla Wrenn Macomb, IL 8/5/2023	65	Charla Wrenn Macomb, IL 8/5/2023	105	Charla Wrenn Macomb, IL 8/5/2023	225
M5 60-64	Rachel Mayes Evansville, IN 8/5/2023	47.5	Rachel Mayes Evansville, IN 8/5/2023	45	Mary Rapert Columbia, MO 7/19/2014	127.5	Rachel Mayes Evansville, IN 8/5/2023	205
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Police, Military, Fire Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
58.5	Laura Waller Lake in the Hills, IL 8/11/2007	87.5	Laura Waller Lake in the Hills, IL 8/11/2007	42.5	Laura Waller Lake in the Hills, IL 8/11/2007	97.5	Laura Waller Lake in the Hills, IL 8/11/2007	227.5

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Single Event Unequipped National Records Updated 4/11/2025

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Kimberly Wathan Howell, MI 3/17/2018	60	Kimberly Wathan Howell, MI 3/4/2017	40	Kimberly Wathan Howell, MI 3/17/2018	87.5
M1						

40-44						
M2						
45-49						
M3			Kimberly Wathan Howell, MI	40		
50-54			3/4/2017			
M4	Kimberly Wathan Howell, MI	60			Kimberly Wathan Howell, MI	87.5
55-59	3/17/2018				3/17/2018	
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						

M10						
85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Jaqueline Miller Columbia, MO 3/7/2015	61	Kerin Anderson Columbia, MO 3/7/2015	47	Jaqueline Miller Columbia, MO 3/7/2015	70
M1 40-44						
M2 45-49			Amy Fansler Macomb, IL 10/9/2020	30	Amy Fansler Macomb, IL 10/9/2020	70
M3 50-54	Amy Fansler-Midas Macomb, IL 4/17/20521	50	Amy Fansler-Midas Macomb, IL 4/17/20521	37.5	Amy Fansler-Midas Macomb, IL 4/17/20521	75
M4 55-59	Kerin Anderson Columbia, MO 3/7/2015	55	Kerin Anderson Columbia, MO 3/7/2015	47	Kerin Anderson Columbia, MO 3/7/2015	67.5
M5			Patricia Kuneke			

M6 60-64			St. Louis, MO 2/4/2012	32.5		
M6 65-69	Jaqueline Miller Columbia, MO 3/7/2015	61	Jaqueline Miller Columbia, MO 3/7/2015	33	Jaqueline Miller Columbia, MO 3/7/2015	70
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
Open 24-39	Hanna Krause Allegan, MI 3/5/2011	70	Shellaine Frazier Columbia, MO 3/4/2017	72.5	Shellaine Frazier Columbia, MO 3/5/2016	123
T1 14-15	Hanna Krause Allegan, MI 3/5/2011	70	Hanna Krause Allegan, MI 3/5/2011	40	Hanna Krause Allegan, MI 3/5/2011	90
T2 16-17			Jesse Fansler Macomb, IL 3/17/2018	52.5	Jesse Fansler Macomb, IL 3/17/2018	105.5
T3 18-19						
Junior						

20-23						
M1 40-44			Shellaine Frazier Columbia, MO 3/7/2015	71	Shellaine Frazier Columbia, MO 3/7/2015	121
M2 45-49	Shellaine Frazier Columbia, MO 3/4/2017	65.5	Shellaine Frazier Columbia, MO 3/4/2017	72.5	Shellaine Frazier Columbia, MO 3/5/2016	123
M3 50-54	Pat Okker Columbia, MO 3/8/2014	65	Pat Okker Columbia, MO 3/8/2014	50	Pat Okker Columbia, MO 3/8/2014	92.5
M4 55-59	Kerin Anderson Columbia, MO 3/4/2017	60	Kerin Anderson Columbia, MO 3/4/2017	52.5	Kerin Anderson Columbia, MO 3/4/2017	80
M5 60-64						
M6 65-69	Linda LaFontaine Columbia, MO 3/17/2018	65	Linda LaFontaine Columbia, MO 3/17/2018	51	Linda LaFontaine Columbia, MO 3/17/2018	92.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	

T1 14-15						
T2 16-17	Leni Wuensch Macomb, IL 3/4/2023	85	Whitney Piper Macomb, IL 3/17/2018	45	Leni Wuensch Macomb, IL 3/4/2023	102.5
T3 18-19			Juliet Fansler Macomb, IL 3/4/2023	60	Whitney Piper Macomb, IL 10/9/2020	120
Junior 20-23	Toni Lane Macomb, IL 3/7/2015	105	Jessie Fansler Macomb, IL 10/9/2020	60	Toni Lane Macomb, IL 3/7/2015	145
Open 24-39	Toni Lane Macomb, IL 3/7/2015	105	Shellaine Frazier Columbia, MO 3/17/2018	70.5	Toni Lane Macomb, IL 3/7/2015	145
M1 40-44	Lauren Poulin Whitman, MA 4/17/2021	80	Shellaine Frazier Columbia, MO 2/4/2012	65	Lauren Poulin Whitman, MA 4/17/2021	120
M2 45-49	Shellaine Frazier Columbia, MO 3/17/2018	70	Shellaine Frazier Columbia, MO 3/17/2018	70.5	Shellaine Frazier Columbia, MO 3/17/2018	121
M3 50-54						
M4 55-59	Pat Okker Columbia, MO 3/7/2015	50	Pat Okker Columbia, MO 3/7/2015	55	Pat Okker Columbia, MO 3/7/2015	95
M5 60-64						
M6 65-69						
M7 70-74						
MR						

M9						
75-79						
M9						
80-84						
M10						
85-89						

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15	Heidi Lowe New Harmony, IN 4/6/2024	110	Heidi Lowe New Harmony, IN 4/6/2024	52.5	Heidi Lowe New Harmony, IN 4/6/2024	115
T2 16-17						
T3 18-19	Lillian Lambert Macomb, IL 3/4/2023	62.5	Lillian Lambert Macomb, IL 3/4/2023	35	Lillian Lambert Macomb, IL 3/4/2023	100
Junior 20-23	Sophie Simmons MaComb, IL 3/6/2010	80	Jessica Fansler MaComb, IL 4/17/2021	62.5	Whitney Piper Macomb, IL 3/4/2023	150
Open 24-39	Heidi Lowe New Harmony, IN 4/6/2024	110	Koley Hockeborn Walker, MI 4/5/2008	95	Emily Weber Muskegon, MI 4/5/2025	125.5
M1 40-44						
M2 45-49			Koley Hockeborn Walker, MI 4/5/2008	95		
M3						

50-54						
M4						
55-59						
M5	Kim Morgan-Jones Columbia, MO	91	Kim Morgan-Jones Columbia, MO	57.5	Kim Morgan-Jones Columbia, MO	119
60-64	3/17/2018		3/17/2018		3/17/2018	
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1	Claire Rittenhouse MaComb, IL	90	Claire Rittenhouse MaComb, IL	57.5	Claire Rittenhouse MaComb, IL	95
14-15	3/6/2010		3/6/2010		3/6/2010	
T2	Naomi Seifert Mt. Vernon, IN	87.5	Morgan Thompson Fort Gratiot, MI	57.5	Alicia Doyle Croswell, MI	130
16-17	3/7/2015		3/5/2011		3/5/2011	
T3	Haley Shake Macomb, IL	86	Haley Shake Macomb, IL	47.5	Ainsley Walter MaComb, IL	85
18-19	4/6/2024		4/6/2024		10/9/2020	

Junior 20-23	Adriana Garcia Martin Macomb, IL 3/4/2023	127.5	Samantha Pauli Evansville, IN 4/17/2021	62.5	Adriana Garcia Martin Macomb, IL 3/4/2023	140
Open 24-39	Adriana Garcia Martin Macomb, IL 3/4/2023	127.5	Koley Hockeborn Walker, MI 3/6/2010	102.5	Amanda Smith Evansville, IN 3/7/2015	145
M1 40-44	Molly Angel Newburgh, IN 4/5/2025	67.5	Angela Holloway Columbia, MO 3/7/2015	42.5	Molly Angel Newburgh, IN 4/5/2025	100
M2 45-49	Angela Holloway Columbia, MO 3/4/2017	60	Carol Burr Hersey, MI 2/25/2006	70	Darlene Wallace Newburgh, IN 3/8/2014	102.5
M3 50-54	Dawn Piper Macomb, IL 3/4/2023	77.5	Koley Hockeborn Walker, MI 3/6/2010	102.5	Cheryl Kyle Columbia, MO 3/17/2018	115
M4 55-59	Cheryl Kyle Columbia, MO 3/16/2019	80	Cheryl Kyle Columbia, MO 3/16/2019	55	Cheryl Kyle Columbia, MO 3/16/2019	126
M5 60-64	Sandy Falloon Columbia, MO 3/7/2015	42.5	Anne Clark Columbia, MO 3/8/2014	35	Anne Clark Columbia, MO 3/8/2014	80
M6 65-69	Catherine Morrison Portland, ME 3/16/2019	75	Catherine Morrison Portland, ME 3/16/2019	52.5	Catherine Morrison Portland, ME 3/16/2019	117.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17	Emily Phillips Colchester, IL 3/7/2015	73.5				
T3 18-19					Ainsley Walter Macomb, IL 4/17/2021	100
Junior 20-23			Marion Bosma Hesperia, MI 3/9/2013	80	Marion Bosma Hesperia, MI 3/9/2013	172.5
Open 24-39	Katie Oursler Macomb, IL 4/17/2021	117.5	Marion Bosma Hesperia, MI 3/9/2013	80	Marion Bosma Hesperia, MI 3/9/2013	172.5
M1 40-44	Tara Helenthal Hamilton, IL 3/7/2015	80	Tara Helenthal Hamilton, IL 3/7/2015	55	Tara Helenthal Hamilton, IL 3/7/2015	115
M2 45-49						
M3 50-54	Carol Burr Hersey, MI 3/14/2009	105	Carol Burr Hersey, MI 3/14/2009	77.5	Carol Burr Hersey, MI 3/6/2010	157.5
M4 55-59	Susan Sanaghan Michigan City, IN 3/9/2013	97.5	Cheryl Kyle Columbia, MO 10/10/2020	62.5	Cheryl Kyle Columbia, MO 10/10/2020	137.5
M5 60-64						
M6	Kate Walker Columbia, MO	72.5	Catherine Morrison Portland, ME	50.5	Catherine Morrison Portland, ME	120

65-69	3/7/2015		4/17/2021		4/17/2021	
M7 70-74			Kate Walker Columbia, MO 3/7/2015	42.5	Kate Walker Columbia, MO 3/7/2015	98
M8 75-79						
M9 80-84						
M10 85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17	Lauren McClure Macomb, IL 4/17/2021	110	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Lauren McClure Macomb, IL 4/17/2021	148
T3 18-19	Lauren McClure Macomb, IL 3/4/2023	127.5	Lauren McClure Macomb, IL 5/7/2022	57.5	Lauren McClure Macomb, IL 3/4/2023	150
Junior 20-23	Lauren McClure Macomb, IL 4/6/2024	125.5	Lauren McClure Macomb, IL 4/6/2024	57.5	Lauren McClure Macomb, IL 4/6/2024	140
Open 24-39	Jennifer McClain Hannibal, MO 3/7/2015	105	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Kateri Stachowicz Whitehall, MI 3/5/2011	145
M1 40-44	Tanya Schmidt Macomb, IL 4/6/2024	95	Charla Wrenn Good Hope, IL 3/5/2016	57.5	Tanya Schmidt Macomb, IL 4/6/2024	112.5

M2 45-49	Delsie Bonaparte Columbia, MO 3/4/2017	75	Delsie Bonaparte Columbia, MO 3/4/2017	45	Delsie Bonaparte Columbia, MO 3/4/2017	92.5
M3 50-54					Kimberly Livelay Newburgh, IN 3/8/2014	100
M4 55-59	Phyllis McLouth Bushnell, IL 4/6/2024	86	Carolyn Beck Evansville, IN 4/17/2021	65	Phyllis McLouth Bushnell, IL 4/6/2024	111
M5 60-64	Beth Perrin Columbia, MO 3/4/2017	95	Bridget Bufford Columbia, MO 4/17/2021	65	Bridget Bufford Columbia, MO 4/17/2021	117.5
M6 65-69						
M7 70-74			Sandra Ollar Columbia, MO 3/7/2015	27.5	Sandra Ollar Columbia, MO 3/7/2015	77.5
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2					Alyssa Beadles	

12 16-17					Boonville, IN 4/17/2021	120
T3 18-19						
Junior 20-23						
Open 24-39	Robin Rogan Evansville, IN 3/4/2023	102.5	Kim Welcher Evansville, IN 3/8/2014	85	Andrea Chappellear Columbia, MO 3/4/2017	160
M1 40-44	Robin Rogan Evansville, IN 4/6/2024	110	Andrea Chappellear Columbia, MO 3/4/2017	52.5	Andrea Chappellear Columbia, MO 3/4/2017	160
M2 45-49	Caroline Fardig Coonville, IN 4/6/2024	75	Kim Welcher Evansville, IN 3/8/2014	85	Charla Wrenn Good Hope, IL 3/4/2017	107.5
M3 50-54	Beth Van Hove Columbia, MO 3/17/2018	92.5	Beth Van Hove Columbia, MO 3/17/2018	62.5	Beth Van Hove Columbia, MO 3/17/2018	116
M4 55-59	Rachel Brown Columbia, MO 3/7/2015	65	Rachel Brown Columbia, MO 3/7/2015	57.5	Rachel Brown Columbia, MO 3/7/2015	123
M5 60-64	Bridget Bufford Columbia, MO 5/7/2022	90	Bridget Bufford Columbia, MO 5/7/2022	66	Rachel Brown Columbia, MO 3/4/2017	130.5
M6 65-69	Maggy Danley Columbia, MO 3/7/2015	60	Maggy Danley Columbia, MO 3/7/2015	48.5	Maggy Danley Columbia, MO 3/7/2015	90
M7 70-74						
M8 75-79						
M9						

80-84						
M10						
85-89						

Women 110 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19	Corinna Myers Evansville, IN 4/6/2024	145	Corinna Myers Evansville, IN 4/6/2024	67.5	Corinna Myers Evansville, IN 4/6/2024	182.5
Junior 20-23						
Open 24-39	Corinna Myers Evansville, IN 4/6/2024	145	Corinna Myers Evansville, IN 4/6/2024	67.5	Corinna Myers Evansville, IN 4/6/2024	182.5
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5						

M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 110+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15	Keri DeVolder Macomb, IL 3/4/2017	87.5				
T2 16-17	Keri DeVolder Macomb, IL 3/17/2018	102.5	Keri DeVolder Macomb, IL 3/17/2018	70	Evie Delgado Macomb, IL 5/7/2022	147.5
T3 18-19						
Junior 20-23			Keri DeVolder Macomb, IL 3/4/2023	75		
Open 24-39	Sharri Morgraves Bath, MI 3/5/2016	127.5	Sharri Morgraves Bath, MI 3/5/2016	75	Sara Ringbauer Columbia, MO 3/4/2017	172.5

M1 40-44						
M2 45-49	Sara Ringbauer Columbia, MO 3/4/2017	135	Stephanie Wells Columbia, MO 3/17/2018	65	Sara Ringbauer Columbia, MO 3/4/2017	172.5
M3 50-54	Sharri Morgraves Bath, MI 3/5/2016	127.5	Sharri Morgraves Bath, MI 3/5/2016	75	Sharri Morgraves Bath, MI 3/5/2016	160
M4 55-59			Judy Naeger Columbia, MO 3/17/2018	45	Judy Naeger Columbia, MO 3/17/2018	130
M5 60-64	Rachel Mayes Evansville, IN 4/6/2024	90	Rachel Mayes Evansville, IN 4/5/2025	60	Rachel Mayes Evansville, IN 4/5/2025	132.5
M6 65-69			Mary Rapert Barnhart, MO 3/4/2017	60	Mary Rapert Barnhart, MO 3/4/2017	141.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Single Event Equipped National Records Updated 3/6/2017

New Record

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1						

40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						

T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Mo						

M9						
80-84						
M10						
85-89						

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Angela Hardy		Angela Hardy	
24-39			Mishawaka, IN	42.5	Mishawaka, IN	97.5
			3/5/2011		3/5/2011	
M1						
40-44						
M2			Angela Hardy		Angela Hardy	
45-49			Mishawaka, IN	42.5	Mishawaka, IN	97.5
			3/5/2011		3/5/2011	
M3						
50-54						
M4						

55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						

Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 58.5 kilograms

Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17			Brianna Palleschi Applegate, MI 4/5/2008	72.5		
T3 18-19						
Junior 20-23						
Open 24-39	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
M1 40-44						
M2 45-49						
M3 50-54	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
M4 55-59						
M5 60-64						
M6 65-69						
M7						

70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Koley Hockeborn Walker, MI	150	Koley Hockeborn Walker, MI	120	Koley Hockeborn Walker, MI	142.5
24-39	3/5/2011		3/5/2011		3/5/2011	
M1						
40-44						
M2						
45-49						

M3 50-54	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 3/5/2011	142.5
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3						

18-19						
Junior 20-23						
Open 24-39					Susan Sanaghan Michigan City, IN 4/5/2008	130
M1 40-44						
M2 45-49						
M3 50-54					Susan Sanaghan Michigan City, IN 4/5/2008	130
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10						

85-89						
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Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59	Carolyn Beck Evansville, IN 10/10/2020	92.5				
M5 60-64						

M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1						

M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 110 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						

M9 80-84						
M10 85-89						

Women 110+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Denise Gilbert 3/7/2015	52.5	Denise Gilbert 3/7/2015	125
M1 40-44						
M2 45-49						
M3 50-54						
M4			Denise Gilbert		Denise Gilbert	

MIT				52.5		125
55-59			3/7/2015		3/7/2015	
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 44 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 47.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2								

16-17								
T3								
18-19								
Junior								
20-23								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
M1								
40-44								
M2								
45-49								
M3								

M0 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 53.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								

M8 75-79								
M9 80-84								
M10 85-89								

Women 55.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 58.5 kilograms				
Division	Squat	Bench Press	Deadlift	Total

Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior								

Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 70 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								

M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9								

80-84								
M10								
85-89								

Women 90 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 110 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1								

14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 110+ kilograms								
Division	Squat		Bench Press		Deadlift		Total	
Open								
T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
M1								
40-44								
M2								

45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Police, Military, Fire Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
58.5								