

Single Event Unequipped National Records Updated 04/18/2026

Women 44 kilograms, Unequipped -Single Event -National Records						
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 47.5 kilograms, Unequipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	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
24-39						
M1						
40-44						
M2						

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

M10						
85-89						

Women 50.5 kilograms, Unequipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Jaqueline Miller Columbia, MO 3/7/2015	61	Kerin Anderson Columbia, MO 3/7/2015	47	Jaqueline Miller Columbia, MO 3/7/2015	70
24-39						
M1						
40-44						
M2			Amy Fansler Macomb, IL 10/9/2020	30	Amy Fansler Macomb, IL 10/9/2020	70
45-49						
M3	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
50-54						
M4	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
55-59						
M5			Patricia Kueneke St. Louis, MO	32.5		

60-64			2/4/2012			
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, Unequipped -Single Event -National Records						
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			Shellaine Frazier		Shellaine Frazier	

M1 40-44			Columbia, MO 3/7/2015	71	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, Unequipped -Single Event -National Records					
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						
M8 75-79						
MO						

80-84					
M10					
85-89					

Women 58.5 kilograms, Unequipped -Single Event -National Records						
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 60-64	Kim Morgan-Jones Columbia, MO 3/17/2018	91	Kim Morgan-Jones Columbia, MO 3/17/2018	57.5	Kim Morgan-Jones Columbia, MO 3/17/2018	119
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 63 kilograms, Unequipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1 14-15	Claire Rittenhouse Macomb, IL 3/6/2010	90	Claire Rittenhouse Macomb, IL 3/6/2010	57.5	Claire Rittenhouse Macomb, IL 3/6/2010	95
T2 16-17	Naomi Seifert Mt. Vernon, IN 3/7/2015	87.5	Morgan Thompson Fort Gratiot, MI 3/5/2011	57.5	Alicia Doyle Croswell, MI 3/5/2011	130
T3 18-19	Haley Shake Macomb, IL 4/6/2024	86	Haley Shake Macomb, IL 4/6/2024	47.5	Ainsley Walter MaComb, IL 10/9/2020	85
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	Adriana Garcia Martin Macomb, IL	127.5	Koley Hockeborn Walker, MI	102.5	Amanda Smith Evansville, IN	145

24-39	3/4/2023		3/6/2010		3/7/2015	
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	Phyllis McLouth Bushnell, IL 4/11/2026	81	Phyllis McLouth Bushnell, IL 4/11/2026	57.5	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, Unequipped -Single Event -National Records					
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 65-69	Kate Walker Columbia, MO 3/7/2015	72.5	Catherine Morrison Portland, ME 4/17/2021	50.5	Catherine Morrison Portland, ME 4/17/2021	120
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, Unequipped -Single Event -National Records						
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	Phyllis McLouth		Carolyn Beck		Phyllis McLouth	

M5 55-59	Bushnell, IL 4/6/2024	86	Evansville, IN 4/17/2021	65	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, Unequipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17					Alyssa Beadles 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, Unequipped -Single Event -National Records						
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 60-64						
M6 65-69						
M7 70-74						
MR						

75-79					
M9					
80-84					
M10					
85-89					

Women 110+ kilograms, Unequipped -Single Event -National Records						
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			Judy Naeger		Judy Naeger	

55-59			Columbia, MO 3/17/2018	45	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						