

Full Power Updated 09/16/2017 (ng)

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							
63	Kaley Rice Norton Shores, MI 4/22/2017	80	Koley Hockeborn Walker, MI 1/26/2008	95			
70	Kristen Johnson Caledonia 9/16/2017	95.26	Michelle Rabedeau 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	Cady Holman West Olive, MI 9/16/2017	158.76	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
90+	Patricia Benson Muskegon, MI 4/22/2017	280	Patricia Benson Muskegon, MI 6/11/2016	85	Patricia Benson Muskegon, MI 6/11/2016	160	Patricia Benson Muskegon, MI 4/22/2017 360

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								
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								
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								
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

63								
70								
80								
90								

Master (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

Master (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

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

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							

53								
58.5								
90								

Teenage (16-17) Equipped

Weight	Squat		Bench Press		Deadlift		Total	
	Lauren Travis	115	Lauren Travis	60	Lauren Travis	142.5	Lauren Travis	317.5
53	Holland, MI		Holland, MI		Holland, MI		Holland, MI	
	4/22/2017		4/22/2017		4/22/2017		4/22/2017	
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	

Single Event Women's Michigan Records Updated 3/25/2018

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			Koley Hockeborn Walker, MI 1/26/2008	95	Sandra James Grand Junction, MI 4/22/2017	60
63			Koley Hockeborn Walker, MI 10/16/2010	105	Kelley James-Jura Benton Harbor, MI 4/22/2017	112.5
70			Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
80			Kateri Stachowicz Whitehall, MI 3/5/2011	75	Kateri Stachowicz Whitehall, MI 3/5/2011	145
90	Carol Chaney Muskegon, MI 7/15/2017	25	Andrea Fialek Twin Lake, MI 3/17/2018	70	Carol Chaney Muskegon, MI 7/15/2017	90
90+			Sherrie Margraves Buth, MI	80	Sherrie Margraves Buth, MI	150

7/15/2017

7/15/2017

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						
	Alicia Doyle		Jasmine Mendez			

58.5	Croswell, MI 6/24/2011	70	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		Kaitlynne Dempsey Spring Lake, MI 7/15/2017	52.5
			Kaitlynne Dempsey Spring Lake, MI 7/15/2017
70		Marian Bosma Hesperia, MI 3/9/2013	80
			Marian Bosma Hesperia, MI 3/9/2013

Master (40-44) Unequipped

Weight	Squat	Bench Press	Deadlift
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 (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+						
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Master (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 (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						
90+			Sherrie Margraves Buth, MI 7/15/2017	80	Sherrie Margraves Buth, MI 7/15/2017	150

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

70						
90						
90+						

Master (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 (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

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

Single Event Michigan Women's Updated Records 3/25/2018

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						
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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						