

Full Power Unequipped American Records Updated 11/7/2017

New Record

Corrected Record

Women 44 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open	Judith Gedney MaComb, IL 2005	92.5	Judith Gedney MaComb, IL 11/12/2011	51	Judith Gedney MaComb, IL 11/13/2010	115	Judith Gedney MaComb, IL 2005	250
M1 40-44								
M2 45-49	Becky Steckler Evansville, IN 6/10/2006	30	Becky Steckler Evansville, IN 6/10/2006	32.5	Becky Steckler Evansville, IN 6/10/2006	72.5	Becky Steckler Evansville, IN 6/10/2006	135
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69	Judith Gedney MaComb, IL 2005	92.5	Judith Gedney MaComb, IL 2005	47.5	Judith Gedney MaComb, IL 11/22/2008	113.5	Judith Gedney MaComb, IL 2005	250
M7	Judith Gedney MaComb, IL	70	Judith Gedney MaComb, IL	51	Judith Gedney MaComb, IL	115	Judith Gedney MaComb, IL	232.5

55-59								
M5								
60-64								
M6 65-69	Judith Gedney MaComb, IL 11/11/2006	85	Judith Gedney MaComb, IL 11/14/2009	49	Judith Gedney MaComb, IL 11/14/2009	113	Judith Gedney MaComb, IL 11/11/2006	242.5
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	Sequoya Bacon Dunfermline, IL 11/10/2007	52.5	Sequoya Bacon Dunfermline, IL 11/10/2007	25	Sequoya Bacon Dunfermline, IL 11/10/2007	80	Sequoya Bacon Dunfermline, IL 11/10/2007	157.5
T2 16-17	Rachel Schwartz 11/6/2014	65	Rachel Schwartz 11/6/2014	45	Rachel Schwartz 11/6/2014	92.5	Rachel Schwartz 11/6/2014	202.5
T3 18-19	Kathleen Barclay MaComb, IL 11/4/2006	92.5	Kathleen Barclay MaComb, IL 11/4/2006	52.5	Kathleen Barclay MaComb, IL 11/4/2006	87.5	Kathleen Barclay MaComb, IL 11/4/2006	232.5
Junior 20-23	Kathleen Barclay MaComb, IL 3/31/2007	87.5	Kathleen Barclay MaComb, IL 3/31/2007	50	Kathleen Barclay MaComb, IL 3/31/2007	90	Kathleen Barclay MaComb, IL 3/31/2007	227.5
Open	Kathleen Barclay MaComb, IL 11/4/2006	92.5	Shellaine Frazier Columbia, MO 5/2/2015	66	Shellaine Frazier Columbia, MO 5/2/2015	111.5	Shellaine Frazier Columbia, MO 7/13/2013	235

M1 40-44	Shellaine Frazier Columbia, MO 7/13/2013	61	Shellaine Frazier Columbia, MO 5/12/2015	66	Shellaine Frazier Columbia, MO 5/2/2015	111.5	Shellaine Frazier Columbia, MO 7/13/2013	235
M2 45-49								
M3 50-54	Kerin Anderson Columbia, MO 11/6/2014	50	Kerin Anderson Columbia, MO 11/6/2014	41	Kerin Anderson Columbia, MO 11/6/2014	62.5	Kerin Anderson Columbia, MO 11/6/2014	152.5
M4 55-59	Kerin Anderson Columbia, MO 11/7/2015	60	Kerin Anderson Columbia, MO 11/7/2015	47.5	Kerin Anderson Columbia, MO 11/7/2015	70	Kerin Anderson Columbia, MO 11/7/2015	177.5
M5 60-64	Jacqueline Miller Columbia, MO 7/13/2013	55	Linda LaFontaine Columbia, MO 1/23/2016	42.5	Linda LaFontaine Columbia, MO 1/23/2016	80	Linda LaFontaine Columbia, MO 1/23/2016	177.5
M6 65-69	Linda LaFontaine Columbia, MO 6/24/2017	60	Linda LaFontaine Columbia, MO 6/24/2017	46	Linda LaFontaine Columbia, MO 6/24/2017	90	Linda LaFontaine Columbia, MO 6/24/2017	196
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	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
T2	Jessica Fansler Macomb, IL	77.5	Jessica Fansler Macomb, IL	50	Jessica Fansler Macomb, IL	105	Jessica Fansler Macomb, IL	232.5

16-17	6/24/2017		11/4/2017		11/4/2017		11/4/2017	
T3								
18-19								
Junior								
20-23								
Open	Jessica Fansler Macomb, IL 6/24/2017	77.5	Shellaine Frazier Columbia, MO 6/24/2017	76	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M1	Shellaine Frazier Columbia, MO 11/9/2013	72.5	Shellaine Frazier Columbia, MO 11/7/2015	73.5	Shellaine Frazier Columbia, MO 11/7/2015	123	Shellaine Frazier Columbia, MO 11/9/2013	267.5
M2	Shellaine Frazier Columbia, MO 6/24/2017	75	Shellaine Frazier Columbia, MO 6/24/2017	76	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M3	Kerin Anderson Columbia, MO 2/15/2014	47.5	Alma Hopkins Columbia, MO 4/8/2017	47.5	Alma Hopkins Columbia, MO 4/8/2017	105	Alma Hopkins Columbia, MO 4/8/2017	226
M4	Pat Okker Columbia, MO 6/24/2017	75	Kerin Anderson Columbia, MO 12/3/2016	50	Pat Okker Columbia, MO 6/24/2017	110	Pat Okker Columbia, MO 6/24/2017	235
M5	Linda LaFontaine Columbia, MO 11/7/2015	45	Linda LaFontaine Columbia, MO 11/7/2015	40	Linda LaFontaine Columbia, MO 11/7/2015	75	Linda LaFontaine Columbia, MO 11/7/2015	160
M6	Linda LaFontaine Columbia, MO 11/4/2017	65	Linda LaFontaine Columbia, MO 11/4/2017	47.5	Linda LaFontaine Columbia, MO 11/4/2017	95	Linda LaFontaine Columbia, MO 11/4/2017	207.5
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

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

Women 58.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Ashlyn Wal South Charleston, OH 2/22/2014	60	Bianca Baker Newburgh, IN 7/7/2007	50	Bianca Baker Newburgh, IN 7/7/2007	105	Bianca Baker Newburgh, IN 7/7/2007	215
T2 16-17	Ely King Mechanicsburg, OH 3/22/2015	75	Ely King Mechanicsburg, OH 3/22/2015	45	Ely King Mechanicsburg, OH 3/22/2015	82.5	Ely King Mechanicsburg, OH 3/22/2015	202.5
T3 18-19								
Junior 20-23	Antoinette Lane Macomb, IL 7/19/2014	101	Sophie Simmons Macomb, IL 10/2/2010	65	Antoinette Lane Macomb, IL 7/19/2014	140	Antoinette Lane Macomb, IL 7/19/2014	285
Open	Carmella Mattingly Florissant, MO 2/7/2015	132.5	Cynthia Alog Skokie, IL 8/27/2011	67.5	Carmella Mattingly Florissant, MO 2/7/2015	147.5	Carmella Mattingly Florissant, MO 2/7/2015	345
M1 40-44	Carmella Mattingly Florissant, MO 2/7/2015	132.5	Carmella Mattingly Florissant, MO 2/7/2015	65	Carmella Mattingly Florissant, MO 2/7/2015	147.5	Carmella Mattingly Florissant, MO 2/7/2015	345
M2 45-49	a North Liberty, IN 11/4/2017	105	Heather Endres North Liberty, IN 11/4/2017	50	Heather Endres North Liberty, IN 11/4/2017	102.5	Heather Endres North Liberty, IN 11/4/2017	257.5
M3 50-54	Pat Okker Columbia, MO 7/19/2014	70	Pat Okker Columbia, MO 7/19/2014	53.5	Alma Hopkins Columbia, MO 6/24/2017	112.5	Pat Okker Columbia, MO 7/19/2014	217.5
MM	Kim Morgan		Kim Morgan		Kim Morgan		Kim Morgan	

M5 55-59	Columbia, MO 4/27/2013	82.5	Columbia, MO 2/9/2013	60	Columbia, MO 4/27/2013	107.5	Columbia, MO 4/27/2013	247.5
M5 60-64	Kim Jones Columbia, MO 11/4/2017	88	Kim Jones Columbia, MO 8/20/2016	61	Kim Jones Columbia, MO 11/4/2017	115	Kim Jones Columbia, MO 11/4/2017	262.5
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	Claire Rittenhouse MaComb, IL 2/20/2010	77.5	Claire Rittenhouse MaComb, IL 2/20/2010	60	Claire Rittenhouse MaComb, IL 2/20/2010	92.5	Claire Rittenhouse MaComb, IL 2/20/2010	227.5
T2 16-17	Ashley Summerfield Mechanicsburg, OH 2/22/2014	70	Ashley Summerfield Mechanicsburg, OH 2/22/2014	40	Ashley Summerfield Mechanicsburg, OH 2/22/2014	112.5	Ashley Summerfield Mechanicsburg, OH 2/22/2014	222.5
T3 18-19	Emily Burchett Mayville, MO 6/26/2010	87.5	Emily Phillips Macomb, IL 8/12/2017	46	Emily Burchett Mayville, MO 6/26/2010	107.5	Emily Burchett Mayville, MO 6/26/2010	240
Junior 20-23	Lauren Blessinger Evansville, IN 6/10/2006	105	Gretchen Schnautz Evansville, IN 5/2/2015	55	Lauren Blessinger Evansville, IN 6/10/2006	120	Lauren Blessinger Evansville, IN 6/10/2006	270
Open	Lisa Mangold Lakewood, WI 11/10/2007	125	Koley Hockeborn Walker, MI 1/26/2008	95	Lisa Mangold Lakewood, WI 11/10/2007	147.5	Lisa Mangold Lakewood, WI 11/10/2007	340

M1 40-44	Lisa Mangold Lakewood, WI 11/22/2008	112.5	Lisa Mangold Lakewood, WI 11/22/2008	57.5	Lisa Mangold Lakewood, WI 11/22/2008	143	Lisa Mangold Lakewood, WI 11/22/2008	312.5
M2 45-49	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
M3 50-54	Cheryl Kyle Columbia, MO 11/4/2017	77.5	Cheryl Kyle Columbia, MO 4/8/2017	50	Cheryl Kyle Columbia, MO 11/4/2017	105	Cheryl Kyle Columbia, MO 11/4/2017	232.5
M4 55-59	Alice "Kim" Jones Columbia, MO 1/23/2016	75	Alice "Kim" Jones Columbia, MO 1/23/2016	57.5	Patricia L Urban Columbia, MO 4/8/2017	110	Alice "Kim" Jones Columbia, MO 1/23/2016	225
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	Louise Miller Columbia, MO 4/8/2017	65	Louise Miller Columbia, MO 6/24/2017	45	Louise Miller Columbia, MO 11/4/2017	102.5	Louise Miller Columbia, MO 11/4/2017	212.5
M7 70-74								
M8 75-79								
M9 80-84	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
M10 85-89								

Women 70 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Esther Duncan Mexico, MO 11/4/2017	105.5	Esther Duncan Mexico, MO 11/4/2017	52.5	Esther Duncan Mexico, MO 11/4/2017	117.5	Esther Duncan Mexico, MO 11/4/2017	267.5
T2	Caitlyn Hay South Charleston, OH	72.5	Taylor Manning Mechanicsburg, OH	45	Taylor Manning Mechanicsburg, OH	107.5	Taylor Manning Mechanicsburg, OH	220

16-17	2/22/2014		2/22/2014		3/22/2015		3/22/2015	
T3 18-19	Cayla Long South Charleston, OH 2/22/2014	90	Cayla Long South Charleston, OH 2/22/2014	55	Cayla Long South Charleston, OH 2/22/2014	127.5	Cayla Long South Charleston, OH 2/22/2014	272.5
Junior 20-23	Cady Homyen West Olive, MI 4/22/2017	122.5	Cara Forrester Keokuk, IA 11/7/2015	60	Cara Forrester Keokuk, IA 11/7/2015	115	Cady Homyen West Olive, MI 4/22/2017	332.5
Open	Cady Homyen West Olive, MI 4/22/2017	122.5	Carol Burr Hersey, MI 9/13/2008	77.5	Carol Burr Hersey, MI 1/26/2008	165	Carol Burr Hersey, MI 9/13/2008	347.5
M1 40-44	Lisa Mangold Lakewood, WI 10/18/2008	115	Lisa Mangold Lakewood, WI 10/18/2008	62.5	Lisa Mangold Lakewood, WI 10/18/2008	135	Lisa Mangold Lakewood, WI 10/18/2008	312.5
M2 45-49	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
M3 50-54	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
M4 55-59	Susan Sanaghan Michigan City, IN 4/21/2012	102.5	Carol Burr Hersey, MI 8/12/2017	65	Carol Burr Hersey, MI 8/12/2017	130	Susan Sanaghan Michigan City, IN 11/21/2009	280
M5 60-64	Kate Walker Ashland, MO 10/27/2012	82.5	Kate Walker Ashland, MO 10/27/2012	50	Kate Walker Ashland, MO 11/13/2010	110	Kate Walker Ashland, MO 10/27/2012	242.5
M6 65-69	Kate Walker Ashland, MO 10/17/2015	73.5	Kate Walker Ashland, MO 10/17/2015	47.5	Kate Walker Ashland, MO 10/17/2015	105	Kate Walker Ashland, MO 10/17/2015	225
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

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

Women 90 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15	Angie Distl Springfield, OH 2/22/2014	82.5	Angie Distl Springfield, OH 2/22/2014	45	Angie Distl Springfield, OH 2/22/2014	97.5	Angie Distl Springfield, OH 2/22/2014 225
T2 16-17	Madison Crawford Springfield, OH 3/22/2015	80	Haley Ballard Springfield, OH 2/22/2014	47.5	Madison Crawford Springfield, OH 3/22/2015	105.5	Madison Crawford Springfield, OH 3/22/2015 232.5
T3 18-19	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							
Open	Megan Kuno St Louis, MO 6/24/2017	140	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
M1 40-44	Shannon Borgmann Troy, MO 5/2/2015	100	Shannon Borgmann Troy, MO 5/2/2015	57.5	Andrea Chappelle Columbia, MO 4/22/2017	155	Shannon Borgmann Troy, MO 5/2/2015 305
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 12/3/2016	60	Beth Van Hove Columbia, MO 12/3/2016	105	Beth Van Hove Columbia, MO 6/24/2017 250.5
M4	Rachel Brown		Rachel Brown		Rachel Brown		Rachel Brown

M5 55-59	Columbia, MO 10/17/2015	80	Columbia, MO 10/17/2015	61	Columbia, MO 10/17/2015	130	Columbia, MO 10/17/2015	270
M5 60-64	Rachel Brown Columbia, MO 11/4/2017	92.5	Rachel Brown Columbia, MO 11/4/2017	63	Rachel Brown Columbia, MO 11/4/2017	135	Rachel Brown Columbia, MO 11/4/2017	287.5
M6 65-69	Maggie Danley Columbia, MO 2/15/2014	45	Maggie Danley Columbia, MO 10/17/2015	45	Maggie Danley Columbia, MO 2/15/2014	85	Maggie Danley Columbia, MO 10/17/2015	175
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 90+ kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Erica Jones Springfield, OH 3/22/2015	105	Erica Jones Springfield, OH 3/22/2015	60	Madison Crawford Springfield, OH 2/22/2014	137.5	Erica Jones Springfield, OH 3/22/2015	302.5
T2 16-17	Erica Summerfield Mechanicsburg, OH 12/11/2010	112.5	Keri DeVolder Macomb, IL 8/12/2017	60	Lauren Travis Holland, MI 9/24/2016	132.5	Erica Summerfield Mechanicsburg, OH 12/11/2010	290
T3 18-19								
Junior 20-23	Ann Buren La Harpe, IL 7/8/2006	105	Ann Buren La Harpe, IL 7/8/2006	65	Ann Buren La Harpe, IL 7/8/2006	110	Ann Buren La Harpe, IL 7/8/2006	280
Open	Y'Deidre Greene Bridgewater, MA 11/4/2017	181	Y'Deidre Greene Bridgewater, MA 11/4/2017	117.5	Y'Deidre Greene Bridgewater, MA 11/4/2017	207.5	Y'Deidre Greene Bridgewater, MA 11/4/2017	505

M1 40-44	Jodey Reisz Santa Claus, IN 11/5/2016	137.5	Jodey Reisz Santa Claus, IN 11/5/2016	112.5	Jodey Reisz Santa Claus, IN 11/5/2016	185	Jodey Reisz Santa Claus, IN 11/5/2016	435
M2 45-49	Sara Ringbauer Columbia, MO 4/22/2017	130	Patricia Benson Muskegon, MI 6/11/2016	85	Sara Ringbauer Columbia, MO 11/4/2017	172.5	Sara Ringbauer Columbia, MO 11/4/2017	370
M3 50-54	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
M4 55-59	Sharri Margraves Bath, MI 11/4/2017	128	Sharri Margraves Bath, MI 11/4/2017	80.5	Sharri Margraves Bath, MI 11/4/2017	165	Sharri Margraves Bath, MI 11/4/2017	365
M5 60-64	Carol Roush Michigan 8/13/2005	40	Mary Rapert Columbia, MO 7/19/2014	42.5	Mary Rapert Columbia, MO 7/19/2014	127.5	Mary Rapert Columbia, MO 7/19/2014	195
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84	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
M10 85-89								

Police, Military, Fire Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
58.5	Laura Waller Lake in the Hills, IL 3/31/2007	90	Laura Waller Lake in the Hills, IL 3/31/2007	47.5	Laura Waller Lake in the Hills, IL 8/11/2007	97.5	Laura Waller Lake in the Hills, IL 3/31/2007	232.5

Full Power Equipped American Records Updated 4/22/2017

New Record

Open Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
44	Judith Gedney MaComb, IL 11/23/2008	103.5	Judith Gedney MaComb, IL 11/2007	53	Judith Gedney MaComb, IL 2008	117.5	Judith Gedney MaComb, IL 11/2007	275
47.5	Judith Gedney MaComb, IL 11/12/2006	107.5	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 11/15/2009	120.5	Judith Gedney MaComb, IL 11/12/2006	275
50.5	Judith Gedney MaComb, IL 2003	107.5	Judith Gedney MaComb, IL 2003	50	Judith Gedney MaComb, IL 2003	120	Judith Gedney MaComb, IL 2003	277.5
53	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	47.5	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	257.5
58.5	Taylor Anderson Quincy, OH 12/11/2010	60	Taylor Anderson Quincy, OH 12/11/2010	27.5	Taylor Anderson Quincy, OH 12/11/2010	82.5	Taylor Anderson Quincy, OH 12/11/2010	170
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 3/31/2007	132.5	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	Maddie Herr Indianapolis, IN 4/8/2017	135	Jennifer Frankic Evansville, IN 5/2/2015	70	Maddie Herr Indianapolis, IN 4/8/2017	145	Maddie Herr Indianapolis, IN 4/8/2017	350
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Judy Naeger Columbia, MO 5/2/2015	130	Erin Krisher DeGraff, OH 12/12/2009	235
90+	Kami Gibson Evansville, IN 11/5/2016	137.5	Amelia Carter Quincy, OH 12/12/2009	60	Kami Gibson Evansville, IN 11/5/2016	142.5	Kami Gibson Evansville, IN 11/5/2016	337.5

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

50.5	DeGraff, OH 12/11/2010	65	DeGraff, OH 12/11/2010	32.5	DeGraff, OH 12/11/2010	77.5	DeGraff, OH 12/11/2010	175
53	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	47.5	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	257.5
58.5	Taylor Anderson Quincy, OH 12/11/2010	60	Taylor Anderson Quincy, OH 12/11/2010	27.5	Taylor Anderson Quincy, OH 12/11/2010	82.5	Taylor Anderson Quincy, OH 12/11/2010	170
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Erin Krisher DeGraff, OH 12/12/2009	102.5	Erin Krisher DeGraff, OH 12/12/2009	235

Teenage (16-17) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
70	Amber Holland Whitehall, MI 1/20/2007	102.5	Amber Holland Whitehall, MI 1/20/2007	90	Amber Holland Whitehall, MI 1/20/2007	125	Amber Holland Whitehall, MI 1/20/2007	317.5
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Amelia Carter Quincy, OH 12/12/2009	60	Lauren Travis Holland, MI 4/22/2017	142.5	Amelia Carter Quincy, OH 12/12/2009	327.5

Teenage (18-19) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
70	Dana Bell Bellfontaine, OH 10/28/2012	140	Dana Bell Bellfontaine, OH 10/28/2012	57.5	Dana Bell Bellfontaine, OH 10/28/2012	120	Dana Bell Bellfontaine, OH 10/28/2012	317.5

Junior (20-23) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
70	Cheritha Schaffer Quincy, OH 10/28/2012	97.5	Cheritha Schaffer Quincy, OH 10/28/2012	55	Cheritha Schaffer Quincy, OH 10/28/2012	127.5	Cheritha Schaffer Quincy, OH 10/28/2012	280

Master (40-44) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
	Lisa Mangold		Lisa Mangold		Lisa Mangold		Lisa Mangold	

63	Lakewood, WI 7/16/2011	115	Lakewood, WI 7/16/2011	57.5	Lakewood, WI 7/16/2011	137.5	Lakewood, WI 7/16/2011	310
70	Lisa Mangold Lakewood, WI 11/23/2008	130	Lisa Mangold Lakewood, WI 11/23/2008	62.5	Karen Veltema Hudsonville, MI 2/25/2006	192.5	Lisa Mangold Lakewood, WI 11/23/2008	327.5

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	Judy Nager Columbia, MO 5/2/2015	25	Judy Nager Columbia, MO 5/2/2015	40	Judy Nager Columbia, MO 5/2/2015	130	Judy Nager Columbia, MO 5/2/2015	195

Master (60-64) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
50.5	Judith Gedney MaComb, IL 2003	107.5	Judith Gedney MaComb, IL 2003	50	Judith Gedney MaComb, IL 2003	120	Judith Gedney MaComb, IL 2003	277.5

Master (65-69) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
44	Judith Gedney MaComb, IL 11/23/2008	103.5	Judith Gedney MaComb, IL 11/2007	53	Judith Gedney MaComb, IL 2008	117.5	Judith Gedney MaComb, IL 11/2007	275
47.5	Judith Gedney MaComb, IL 11/12/2006	107.5	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 11/15/2009	120.5	Judith Gedney MaComb, IL 11/12/2006	275

Single Event Unequipped American Records Updated 06/11/2018

New Record

Open Unequipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2009	90	Judith Gedney MaComb, IL 6/25/2011	50.5	Judith Gedney MaComb, IL 10/22/2008	117.5
47.5	Judith Gedney MaComb, IL 9/11/2009	86	Sarah Gray Evansville, IN 5/2/2015	60	Judith Gedney MaComb, IL 9/13/2009	113
50.5	Jaqueline Miller Columbia, MO 3/7/2015	61	Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110
53	Hanna Krause Allegan, MI 3/5/2011	70	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 10/20/2016	127.5
55.5	Toni Lane MaComb, IL 3/7/2015	105	Shellaine Frazier Columbia, MO 11/10/2012	72.5	Toni Lane MaComb, IL 3/7/2015	145
58.5	Heather Endres North Liberty, IN 9/16/2017	104.33	Koley Hockeborn Walker, MI 1/26/2008	95	Sienna Valdez South Bend, IN 6/27/2015	132.5
63	Lisa Mangold Lakewood, WI 6/23/2007	115	Koley Hockeborn Walker, MI 10/16/2010	105	Amanda Smith Evansville, IN 4/25/2015	150
70	Lisa Mangold Lakewood, WI 10/4/2008	117.5	Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
80	Jennifer McClain 3/7/2015	105	Emma DeBoer Holland, MI 9/16/2017	79.38	Michelle Engeberson Columbia, MO 11/10/2012	150
90	Jenna Nicola Heard Macomb, IL 12/5/2009	92.5	Kim Welcher Evansville, IN 3/8/2014	85	Andrea Chapplear Columbia, MO 3/4/2017	160
	Sharri Morgraves		Brandi Sneed		Brandi Sneed	

90+	Bath, MI 3/5/2016	127.5	Mishawaka, IN 6/27/2015	95	Mishawaka, IN 6/27/2015	182.5
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Teenage (14-15) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5			Shyla Burke South Charleston, OH 2/22/2014	32.5	Shyla Burke South Charleston, OH 2/22/2014	77.5
55.5			Cheyenne McNutt South Vienna, OH 2/22/2014	42.5	Cheyenne McNutt South Vienna, OH 2/22/2014	107.5
63	Claire Rittenhouse MaComb, IL 3/6/2010	90	Claire Rittenhouse MaComb, IL 2/20/2010	65	Claire Rittenhouse MaComb, IL 2/20/2010	97.5
70			Ashton Woodell Bellfontaine, OH 2/22/2014	42.5	Ashton Woodell Bellfontaine, OH 2/22/2014	105
90			Jennifer Griffith Springfield, OH 2/22/2014	52.5	Victoria Thompson Quincy, OH 12/12/2009	105
90+	Keri DeVolder Macomb, IL 3/4/2017	87.5				

Teenage (16-17) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5					Ashley Hughes Quincy, OH 12/11/2010	57.5
53			Jesse Fansler Mcomb, IL 3/17/2018	52.5	Jesse Fansler Mcomb, IL 3/17/2018	105.5
55.5			Whitney Piper Macomb, IL	45	Whitney Piper Macomb, IL	95

			3/17/2018		3/17/2018	
58.5	Kim Jones Columbia, MO 5/7/2016	86	Jasmine Mendez Grand Rapids, MI 3/3/2007	57.5	Deidre Connolly Cambridge, MA 2/22/2014	142.5
63	Naomi Seifert Mt. Vernon, IN 3/7/2015	87.5	Morgan Thompson Fort Gratiot, MI 3/5/2011	57.5	Alicia Doyle Crowell, MI 3/5/2011	130
70	Carla Newman Springfiled, OH 6/24/2011	82.5	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+	Keri DeVolder Macomb, IL 3/17/2018	102.5	Keri DeVolder Macomb, IL 3/17/2018	70	Keri DeVolder Macomb, IL 3/17/2018	135

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

63	Newburgh, IN 3/8/2014	85				
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	79.38	Emma DeBoer Holland, MI 9/16/2017	102.06
90+			Erica Ervin Quincy, OH 6/25/2011	65	Kira Lauth DeGraff, OH 12/11/2010	135

Junior (20-23) Unequipped

Weight	Squat	Bench Press	Deadlift
44	Tenille Sword Ottumwa, IA 12/5/2009	37.5	Tenille Sword Ottumwa, IA 12/5/2009
53			Megan Dyer 4/12/2014
55.5	Toni Lane Macomb, IL 3/7/2015	105	Lexie Heald Fortville, IN 6/27/2015
58.5	Sophie Simmons Macomb, IL 2/202/10	80	Sophie Simmons Macomb, IL 3/6/2010
63			Antionette Lane 11/9/2013
63			Cheritha Schaffer Anna, OH 2/22/2014
70			Cheritha Schaffer Anna, OH 2/22/2014
70			Marian Bosma Hesperia, MI 3/9/2013
			80
			Sarah Sawayanagi Columbia, MO 12/3/2016
			175

Master 1 (40-44) Unequipped

Weight	Squat	Bench Press	Deadlift
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50.5			Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110
53	Shellaine Frazier Columbia, MO 11/9/2013	72.5	Shellaine Frazier Columbia, MO 2/9/2013	73.5	Shellaine Frazier Columbia, MO 10/17/2015	123
55.5	Shellaine Frazier Columbia, MO 2/4/2012	60	Shellaine Frazier Columbia, MO 10/17/2015	72.5	Shellaine Frazier Columbia, MO 11/9/2013	100
58.5	Heather Endres North Liberty, IN 4/11/2015	95	Heather Endres North Liberty, IN 4/11/2015	45	Heather Endres North Liberty, IN 4/22/2017	97.5
63	Angela Holloway Columbia, MO 3/7/2015	52.5	Rene Kerkstra Grand Rapids, MI 3/3/2007	52.5	Ann Marie Orr Ada, MI 8/14/2010	112.5
70	Lisa Mangold Lakewood, WI 10/4/2008	117.5	Lisa Mangold Lakewood, WI 10/4/2008	62.5	Lisa Mangold Lakewood, WI 10/4/2008	140
80	Delsie Bonaparte Columbia, MO 5/7/2016	82.5	Delsie Bonaparte Columbia, MO 5/7/2016	50	Tracy Milarsky Columbia, MO 12/3/2016	117.5
90	Andrea Chappellear Columbia, MO 3/4/2017	75	Charla Wrenn Good Hope, IL 3/5/2016	57.5	Andrea Chappellear Columbia, MO 3/4/2017	160
90+			Ann Kuipers Grand Rapids, MI 9/16/2017	47.63		

Master 2 (45-49) Unequipped						
Weight	Squat		Bench Press		Deadlift	
53	Shaellaine Frazier Columbia, MO 4/22/2017	70	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 8/20/2016	127.5
	Shellaine Frazier		Shellaine Frazier		Shellaine Frazier	

55.5	Columbia, MO 3/17/2018	70	Columbia, MO 3/17/2018	70.5	Columbia, MO 3/17/2018	121
58.5	Heather Endres North Liberty, IN 9/16/2017	104.33	Koley Hockeborn Walker, MI 1/26/2008	95	Heather Endres North Liberty, IN 9/16/2017	102.06
63	Angela Holloway Columbia, MO 3/4/2017	60	Koley Hockeborn Walker, MI 9/13/2008	100	Koley Hockeborn Walker, MI 8/15/2009	120
70	Angela Holloway Columbia, MO 12/3/2016	57.5	Angela Holloway Columbia, MO 12/3/2016	42.5	Angela Holloway Columbia, MO 12/3/2016	90
80	Delsie Bonaparte Columbia, MO 12/3/2016	82.5	Delsie Bonaparte Columbia, MO 3/4/2017	45	Delsie Bonaparte Columbia, MO 7/15/2017	95
90	Delsie Bonaparte Columbia, MO 3/17/2018	72.5	Kim Welcher Evansville, IN 3/8/2014	85	Charla Wrenn Good Hope, IL 3/4/2017	107.5
90+	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

Master 3 (50-54) Unequipped						
Weight	Squat		Bench Press		Deadlift	
47.5			Kimberly Wathan Howell, MI 3/4/2017	40		
50.5					Rachel Steele Kingston, MA 4/14/2007	90.5
53	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
55.5	Alma Hopkins Columbia, MO 4/8/2017	73.5	Pat Okker Columbia, MO 11/9/2013	56	Pat Okker Columbia, MO 4/27/2013	112.5

58.5			Pat Okker Columbia, MO 11/10/2012	50	Pat Okker Columbia, MO 11/10/2012	97.5
63	Koley Hockeborn Walker, MI 6/24/2011	100	Koley Hockeborn Walker, MI 10/16/2010	105	Cheryl Kyle Columbia, MO 3/17/2018	115
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	Kimberly Lively Newburgh, IN 12/6/2014	70	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110
90	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
90+	Sharri Morgraves 3/5/2016	127.5	Sharri Morgraves 3/5/2016	75	Sharri Morgraves 3/5/2016	160

Master 4 (55-59) Unequipped

Weight	Squat		Bench Press		Deadlift	
47.5	Kimberly Wathan Howell, MI 3/17/2018	60			Kimberly Wathan Howell, MI 3/17/2018	87.5
50.5	Kerin Anderson Columbia, MO 6/6/2016	58.5	Kerin Anderson Columbia, MO 6/7/2016	53	Kerin Anderson Columbia, MO 5/7/2016	75
53	Kerin Anderson Columbia, MO 12/3/2016	62.5	Kerin Anderson Columbia, MO 3/4/2017	52.5	Kerin Anderson Columbia, MO 12/3/2016	80.5
55.5	Pat Okker Columbia, MO 10/17/2015	70	Pat Okker Columbia, MO 10/17/2015	55.5	Pat Okker Columbia, MO 10/17/2015	100
58.5	Kim Jones Columbia, MO	86.5	Kim Jones Columbia, MO	60.5	Kim Morgan Columbia, MO	107.5

	6/6/2016		6/7/2016		4/27/2013	
63	Patricia Urban Columbia, MO 12/3/2016	65	Patricia L Urban Columbia, MO 4/8/2017	45	Patrica Urban Columbia, MO 4/8/2017	110
70	Susan Sanaghan Michigan City, IN 4/21/2012	102.5	Carol Burr Hersey, MI 7/16/2016	67.5	Carol Burr Hersey, MI 7/16/2016	140
80	Beth Perrin Columbia, MO 10/17/2015	81	Beth Perrin Columbia, MO 3/7/2015	52.5	Mary Flanagan 8/20/2016	117.5
90	Rachel Brown Columbia, MO 12/3/2016	83	Rachel Brown Columbia, MO 10/17/2015	61	Rachel Brown Columbia, MO 5/7/2016	130.5
90+			Judy Naeger Columbia, MO 12/3/2016	47.5	Judy Naeger Columbia, MO 3/17/2018	130

Master 5 (60-64) Unequipped						
Weight	Squat		Bench Press		Deadlift	
50.5			Jackie Miller Columbia, MO 1/12/2013	35	Jackie Miller Columbia, MO 1/12/2013	72.5
55.5	Linda LaFontaine Columbia, MO 4/27/2013	42.5	Linda LaFontaine Columbia, MO 4/27/2013	41	Linda LaFontaine Columbia, MO 11/10/2012	70
58.5	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
63	Sandy Falloon Columbia, MO 10/17/2015	43	Anne Clark Columbia, MO 11/9/2013	35	Sandy Falloon Columbia, MO 10/17/2015	81
70	Kate Walker Ashland, MO 6/24/2011	77.5	Kate Walker Ashland, MO 6/23/2012	48	Kate Walker Ashland, MO 6/26/2011	112.5
	Beth Perrin		Beth Perrin		Beth Perrin	

80	Columbia, MO 3/4/2017	95	Columbia, MO 7/15/2017	52.5	Columbia, MO 3/4/2017	112.5
90	Rachel Brown Columbia, MO 3/4/2017	87.5	Rachel Brown Columbia, MO 3/4/2017	62.5	Rachel Brown Columbia, MO 3/4/2017	130.5
90+			Mary Rapert Columbia, MO 11/9/2013	50	Mary Rapert Columbia, MO 11/9/2013	120

Master 6 (65-69) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	87.5	Judith Gedney MaComb, IL 2007	45	Judith Gedney MaComb, IL 10/22/2008	117.5
47.5	Judith Gedney MaComb, IL 9/11/2009	86	Judith Gedney MaComb, IL 9/12/2009	51	Judith Gedney MaComb, IL 9/13/2009	113
50.5	Jackie Miller Columbia, MO 3/7/2015	61	Linda LaFontaine Columbia, MO 5/7/2016	45	Linda LaFontaine Columbia, MO 5/7/2016	92.5
53	Linda LaFontaine Columbia, MO 3/18/2018	65	Linda LaFontaine Columbia, MO 3/17/2018	51	Linda LaFontaine Columbia, MO 6/8/2016	97
55.5			Patricia Kueneke St. Louis, MO 2/15/2014	35	Patricia Kueneke St. Louis, MO 2/15/2014	67.5
58.5			Sandra James Grand Junction, MI 4/22/2017	40	Patricia Kueneke St. Louis, MO 2/15/2014	75
63	Kate Walker Columbia, MO 6/1/2018	65	Kate Walker Columbia, MO 12/3/2016	43	Kate Walker Columbia, MO 4/22/2017	97.5
70	Kate Walker Columbia, MO 10/17/2015	73.5	Kate Walker Columbia, MO 10/17/2015	47.5	Kate Walker Columbia, MO 3/7/2015	112.5

80	Maggy Danley Columbia, MO 11/9/2013	30	Maggy Danley Columbia, MO 11/9/2013	42.5	Maggy Danley Columbia, MO 11/9/2013	80
90	Maggy Danley Columbia, MO 3/7/2015	60	Maggy Danley Columbia, MO 3/7/2015	48.5	Maggy Danley Columbia, MO 12/3/2016	95
90+	Linda Struckhoff Columbia, MO 12/3/2016	52.5	Mary Rapert Barnhart, MO 6/2/2018	65	Mary Rapert Barnhart, MO 6/3/2018	143

Master 7 (70-74) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 6/24/2011	75	Judith Gedney MaComb, IL 6/25/2011	50.5	Judith Gedney MaComb, IL 6/26/2011	112.5
80			Sandra Ollar Columbia, MO 3/7/2015	27.5	Sandra Ollar Columbia, MO 3/7/2015	77.5

Police/Military/Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	
90			Cathy Martin Quincy, IL 5/6/2006	77.5		

Single Event Equipped National Records Updated 03/08/2017

New Record

Open Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	107.5	Judith Gedney MaComb, IL 6/25/2011	53	Judith Gedney MaComb, IL 10/22/2006	117.5
47	Judith Gedney MaComb, IL 9/11/2009	103	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 4/25/2010	116.5
50.5			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5
53			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
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	Lisa Mangold Lakewood, WI 3/31/2007	137.5	Lisa Mangold Lakewood, WI 3/31/2007	72.5	Lisa Mangold Lakewood, WI 10/4/2008	142.5
80			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Stacie Downs Eaton Rapids, MI 2/25/2006	105	Erin Krisher DeGraff, OH 12/12/2009	102.5
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Samantha Baty Eaton Rapids, MI 3/3/2007	77.5	Amelia Carter Quincy, OH 12/12/2009	140

Teenage (14-15) Equipped						
Weight	Squat		Bench Press		Deadlift	
53			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Erin Krisher DeGraff, OH 12/12/2009	102.5
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			Taylor Goings DeGraff, OH 12/11/2010	30	Taylor Goings DeGraff, OH 12/11/2010	70
90			Erica Ervin Quincy, OH 12/11/2010	55	Erica Ervin Quincy, OH 12/11/2010	90
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Amelia Carter Quincy, OH 12/12/2009	60	Amelia Carter Quincy, OH 12/12/2009	140

Teenage (18-19) Equipped						
Weight	Squat		Bench Press		Deadlift	
70			Cheritha Schaffer Quincy, OH 12/11/2010	47.5	Cheritha Schaffer Quincy, OH 12/11/2010	90

Master (40-44) Equipped						
Weight	Squat		Bench Press		Deadlift	
70	Lisa Mangold Lakewood, WI 10/4/2008	130	Lisa Mangold Lakewood, WI 10/4/2008	65	Lisa Mangold Lakewood, WI 10/4/2008	142.5

Master (45-49) Equipped						
Weight	Squat		Bench Press		Deadlift	
50.5			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5
80			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5

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					Susan Sanaghan Michigan City, IN 4/5/2008	130

Master (55-59) Equipped						
Weight	Squat		Bench Press		Deadlift	
90+			Denise Gilbert 3/7/2015	52.5	Denise Gilbert 3/7/2015	125

Master (65-69) Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	107.5			Judith Gedney MaComb, IL 10/22/2006	117.5
47	Judith Gedney MaComb, IL 9/11/2009	103	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 4/25/2010	116.5

Master (70-74) Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 6/24/2011	85	Judith Gedney MaComb, IL 6/25/2011	53	Judith Gedney MaComb, IL 6/26/2011	112.5