

| 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 Rebedeau Muskegon, MI 9/16/2017 | 63.5 | Michelle Rabedeau Muskegon, MI 9/16/2017 | 136.08 | Michelle Rabedeau Muskegon, MI 9/16/2017 | 283.5 |
| 80 | Cady Homyen West Olive, MI 9/16/2017 | 129.28 | Cady Holman West Olive, MI 9/16/2017 | 61.24 | Toni Johnson Muskegon, MI 6/23/2018 | 167.5 | Cady Holman West Olive, MI 9/16/2017 | 349.27 |
| 90 | Jasmine Todd Ypsilani, MI 11/22/2008 | 115 | Jasmine Todd Ypsilani, MI 11/22/2008 | 97.5 | Jasmine Todd Ypsilani, MI 11/22/2008 | 182.5 | Jasmine Todd Ypsilani, MI 11/22/2008 | 395 |
| 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 |

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|

| 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 |

| | | | | | | | | |
|------|--|--|--|--|--|--|--|--|
| 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 6/24/2018

| 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 | Toni Johnson Muskegon, MI 6/23/2018 | 117.5 | Kateri Stachowicz Whitehall, MI 3/5/2011 | 75 | Toni Johnson Muskegon, MI 6/23/2018 | 167.5 |
| 90 | Andrea Fialek Twin Lake, MI 6/23/2018 | 100 | Andrea Fialek Twin Lake, MI 6/23/2018 | 80 | Andrea Fialek Twin Lake, MI 6/23/2018 | 137.5 |
| 90+ | Suzanne Wassouf Grand Rapids, MI | 102.5 | Sherrie Margraves Buth, MI | 80 | Sherrie Margraves Buth, MI | 150 |

| | | | | | |
|-----------|--|-----------|--|-----------|--|
| 6/23/2018 | | 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 | 112.5 |
| 70 | | | Marian Bosma Hesperia, MI 3/9/2013 | 80 | Marian Bosma Hesperia, MI 3/9/2013 | 172.5 |
| 80 | Toni Johnson Muskegon, MI 6/23/2018 | 117.5 | Toni Johnson Muskegon, MI 6/23/2018 | 57.5 | Toni Johnson Muskegon, MI 6/23/2018 | 167.5 |

Master (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+ | | | | | | |

| 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 Unequipped Michigan Records Updated 4/26/2017

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

Teenage (14-15) Equipped

| Weight | Squat | | Bench Press | | Deadlift | |
|--------|-------|--|---|------|----------|--|
| | | | | | | |
| 53 | | | | | | |
| 90 | | | | | | |
| 90+ | | | Samantha Baty Eaton Rapids, MI 3/3/2007 | 77.5 | | |

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

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

| Master (40-44) Equipped | | | | | | |
|-------------------------|--|--|--|--|--|--|
|-------------------------|--|--|--|--|--|--|

| Weight | Squat | | Bench Press | | Deadlift | |
|--------|-------|--|-------------|--|----------|--|
| 70 | | | | | | |

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

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

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

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

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