

Women 44 kilograms Unequipped								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19	Cherish Anderson Mt Vernon, IN 12/9/2023	65	Cherish Anderson Mt Vernon, IN 12/9/2023	35	Cherish Anderson Mt Vernon, IN 8/5/2023	100	Cherish Anderson Mt Vernon, IN 12/9/2023	200
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		Judith Gedney		Judith Gedney		Judith Gedney	

M8 70-74	MaComb, IL 11/13/2010	70	MaComb, IL 11/12/2011	51	MaComb, IL 11/13/2010	115	MaComb, IL 11/13/2010	232.5
M9 75-79								
M10 80-84								
M10 85-89								

Women 47.5 kilograms Unequipped

Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Shyla Burke South Charleston, OH 3/22/2015	55	Shyla Burke South Charleston, OH 3/22/2015	32.5	Shyla Burke South Charleston, OH 3/22/2015	90	Shyla Burke South Charleston, OH 3/22/2015	180
T2 16-17								
T3 18-19								
Junior 20-23								
Open	Judith Gedney MaComb, IL 11/11/2006	85	Sarah Gray Evansville, IN 12/6/2014	57.5	Judith Gedney MaComb, IL 11/14/2009	113	Judith Gedney MaComb, IL 11/11/2006	242.5
M1 40-44								
M2 45-49								
M3	Kim Wathen Howell, MI	65	Kim Wathen Howell, MI	42.5	Kim Wathen Howell, MI	82.5	Kim Wathen Howell, MI	182.5

50-54	10/29/2016		9/24/2016		10/29/2016		10/29/2016	
M4								
55-59								
M5								
60-64								
M6	Judith Gedney MaComb, IL	85	Judith Gedney MaComb, IL	49	Judith Gedney MaComb, IL	113	Judith Gedney MaComb, IL	242.5
65-69	11/11/2006		11/14/2009		11/14/2009		11/11/2006	
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 50.5 kilograms Unequipped								
Division	Squat		Bench Press		Deadlift		Total	
T1	Whitney Fuller MaComb, IL	72.5	Whitney Fuller MaComb, IL	37.5	Whitney Fuller MaComb, IL	87.5	Whitney Fuller MaComb, IL	197.5
14-15	12/10/2022		12/10/2022		12/10/2022		12/10/2022	
T2	Rachel Schwartz	65	Rachel Schwartz	45	Rachel Schwartz	92.5	Rachel Schwartz	202.5
16-17	11/6/2014		11/6/2014		11/6/2014		11/6/2014	
T3	Kathleen Barclay MaComb, IL	92.5	Kathleen Barclay MaComb, IL	52.5	Faith Wood Evansville, IN	96	Kathleen Barclay MaComb, IL	232.5
18-19	11/4/2006		11/4/2006		7/27/2018		11/4/2006	
Junior	Kathleen Barclay MaComb, IL	87.5	Kathleen Barclay MaComb, IL	50	Kathleen Barclay MaComb, IL	90	Kathleen Barclay MaComb, IL	227.5
20-23	3/31/2007		3/31/2007		3/31/2007		3/31/2007	

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	Amy Fansler Macomb, IL 9/18/2021	57.5	Kerin Anderson Columbia, MO 11/6/2014	41	Amy Fansler Macomb, IL 9/18/2021	82.5	Amy Fansler Macomb, IL 9/18/2021	172.5
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 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 Unequipped

Division	Squat	Bench Press	Deadlift	Total
T1	Hannah Krause	Hannah Krause	Hannah Krause	Hannah Krause

'	Allegan, MI	62.5	Allegan, MI	37.5	Allegan, MI	85	Allegan, MI	185
14-15	10/16/2010		10/16/2010		10/16/2010		10/16/2010	
T2	Jessica Fansler	77.5	Jessica Fansler	50	Jessica Fansler	105	Jessica Fansler	232.5
16-17	Macomb, IL 6/24/2017		Macomb, IL 11/4/2017		Macomb, IL 11/4/2017		Macomb, IL 11/4/2017	
T3								
18-19								
Junior	Kara Downing	100	Kara Downing	45	Kara Downing	107.5	Kara Downing	252.5
20-23	Macomb, IL 3/2/2019		Macomb, IL 3/2/2019		Macomb, IL 3/2/2019		Macomb, IL 3/2/2019	
Open	Kara Downing	100	Shellaine Frazier	76	Shellaine Frazier	128	Shellaine Frazier	278
	Macomb, IL 3/2/2019		Columbia, MO 6/24/2017		Columbia, MO 6/24/2017		Columbia, MO 6/24/2017	
M1	Jennie Juhl	92.5	Shellaine Frazier	73.5	Shellaine Frazier	123	Shellaine Frazier	267.5
40-44	Newburgh, IN 12/16/2019		Columbia, MO 11/7/2015		Columbia, MO 11/7/2015		Columbia, MO 11/9/2013	
M2	Shellaine Frazier	75	Shellaine Frazier	76	Shellaine Frazier	128	Shellaine Frazier	278
45-49	Columbia, MO 6/24/2017		Columbia, MO 6/24/2017		Columbia, MO 6/24/2017		Columbia, MO 6/24/2017	
M3	Amy Milas	65	Alma Hopkins	47.5	Alma Hopkins	105	Alma Hopkins	226
50-54	Macomb, IL 8/16/2025		Columbia, MO 4/8/2017		Columbia, MO 4/8/2017		Columbia, MO 4/8/2017	
M4	Pat Okker	75	Kerin Anderson	50	Pat Okker	110	Pat Okker	235
55-59	Columbia, MO 6/24/2017		Columbia, MO 12/3/2016		Columbia, MO 6/24/2017		Columbia, MO 6/24/2017	
M5	Linda LaFontaine	45	Linda LaFontaine	40	Linda LaFontaine	75	Linda LaFontaine	160
60-64	Columbia, MO 11/7/2015		Columbia, MO 11/7/2015		Columbia, MO 11/7/2015		Columbia, MO 11/7/2015	
M6	Linda LaFontaine	65	Linda LaFontaine	47.5	Linda LaFontaine	95	Linda LaFontaine	207.5
65-69	Columbia, MO 11/4/2017		Columbia, MO 11/4/2017		Columbia, MO 11/4/2017		Columbia, MO 11/4/2017	
M7								
70-74								
M8								
75-79								
MQ								

80-84							
M10							
85-89							

Women 55.5 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15	Lena Angel Newburgh, IN 2/15/2025	72.5	Cheyenne McNutt South Vienna, OH 2/22/2014	42.5	Cheyenne McNutt South Vienna, OH 2/22/2014	107.5	Cheyenne McNutt South Vienna, OH 2/22/2014 217.5
T2 16-17	Mandy Cleveland Newburgh, IN 6/10/2006	80	Jesse Fansler Macomb, IL 8/18/2018	52.5	Jesse Fansler Macomb, IL 8/18/2018	110	Mandy Cleveland Newburgh, IN 6/10/2006 232.5
T3 18-19	Amanda Durrant Forest City, IA 10/12/2024	90	Whitney Piper MaComb, IL 11/2/2019	55	Whitney Piper MaComb, IL 11/2/2019	122.5	Whitney Piper MaComb, IL 11/2/2019 247.5
Junior 20-23	Madison Darrow Macomb, IL 10/21/2023	90	Juliet Fansler Macomb, IL 11/2/2024	68.5	Whitney Piper Macomb, IL 9/18/2021	145	Whitney Piper Macomb, IL 4/9/2022 277.5
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
M1 40-44	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
M2 45-49	Shellaine Frazier Columbia, MO 7/28/2018	67.5	Shellaine Frazier Columbia, MO 6/11/2016	72.5	Shellaine Frazier Columbia, MO 6/11/2016	117.5	Shellaine Frazier Columbia, MO 6/11/2016 235
M3 50-54	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	Pat Okker Columbia, MO 4/27/2013 230
M4 55-59	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	Pat Okker Columbia, MO 10/17/2015 225.5
M5	Linda LaFontaine Columbia, MO	40	Linda LaFontaine Columbia, MO	40	Linda LaFontaine Columbia, MO	72.5	Linda LaFontaine Columbia, MO 150

M2 45-49	Heather Endres 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	Dawn Piper Macomb, IL 8/16/2025	72.5	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
M4 55-59	Cheryl Kyle Columbia, MO 8/17/2019	85	Kim Morgan Columbia, MO 2/9/2013	60	Cheryl Kyle Columbia, MO 8/17/2019	128	Cheryl Kyle Columbia, MO 8/17/2019	265.5
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 Unequipped								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Gabrielle Jones Muskegon, MI 11/4/2023	102.5	Claire Rittenhouse MaComb, IL 2/20/2010	60	Gabrielle Jones Muskegon, MI 11/4/2023	117.5	Gabrielle Jones Muskegon, MI 11/4/2023	272.5
T2 16-17	Heidi Lowe New Harmony, IN 2/15/2025	130	Heidi Lowe New Harmony, IN 2/15/2025	62.5	Heidi Lowe New Harmony, IN 2/15/2025	130	Heidi Lowe New Harmony, IN 2/15/2025	322.5
T3	Emily Burchett		Kenzie Wakefield		Kenzie Wakefield		Kenzie Wakefield	

18-19	Mayville, MO 6/26/2010	87.5	Evansville, IN 12/10/2022	55	Evansville, IN 12/10/2022	125	Evansville, IN 12/10/2022	265
Junior 20-23	Lauren Blessinger Evansville, IN 6/10/2006	105	Whitney Piper Macomb, IL 4/1/2023	62.5	Whitney Piper Macomb, IL 4/1/2023	140	Whitney Piper Macomb, IL 4/1/2023	277.5
Open	Heidi Lowe New Harmony, IN 2/15/2025	130	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	Dawn Piper Macomb, IL 7/13/2024	81.5	Cheryl Kyle Columbia, MO 4/8/2017	50	Dawn Piper Macomb, IL 12/10/2022	107.5	Cheryl Kyle Columbia, MO 11/4/2017	232.5
M4 55-59	Cheryl Kyle Columbia, MO 11/2/2019	87.5	Alice "Kim" Jones Columbia, MO 1/23/2016	57.5	Cheryl Kyle Columbia, MO 11/2/2019	130	Cheryl Kyle Columbia, MO 11/2/2019	272.5
M5 60-64	Deb Hasten St Louis, MO 9/1/2018	72.5	Deb Hasten St Louis, MO 9/1/2018	57.5	Deb Hasten St Louis, MO 9/1/2018	115	Deb Hasten St Louis, MO 9/1/2018	245
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	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 Unequipped

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 16-17	Caitlyn Hay South Charleston, OH 2/22/2014	72.5	Taylor Manning Mechanicsburg, OH 2/22/2014	45	Taylor Manning Mechanicsburg, OH 3/22/2015	107.5	Taylor Manning Mechanicsburg, OH 3/22/2015	220
T3 18-19	Melissa Partridge Evansville, IN 2/26/2022	100	Cayla Long South Charleston, OH 2/22/2014	55	Cayla Long South Charleston, OH 2/22/2014	127.5	Melissa Partridge Evansville, IN 2/26/2022	282.5
Junior 20-23	Cady Homyen West Olive, MI 4/22/2017	122.5	Aleya Woodall Evansville, IN 12/10/2022	72.5	Aleya Woodall Evansville, IN 12/10/2022	155	Aleya Woodall Evansville, IN 12/10/2022	347.5
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	Cheryl Kyle Columbia, MO 10/10/2020	132.5	Cheryl Kyle Columbia, MO 10/10/2020	287.5
M5 60-64	Kate Walker Ashland, MO 10/27/2012	82.5	Phyllis McLouth Bushnel, IL 11/2/2024	62.5	Phyllis McLouth Bushnel, IL 11/2/2024	115	Phyllis McLouth Bushnel, IL 11/2/2024	260
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	Kate Walker Ashland, MO	60	Kate Walker Ashland, MO	40	Kate Walker Ashland, MO	85	Kate Walker Ashland, MO	185

70-74	8/17/2019		8/17/2019		8/17/2019		8/17/2019	
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 80 kilograms Unequipped								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Paris Sutton Evansville, IN 11/23/2008	82.5	Paris Sutton Evansville, IN 11/23/2008	42.5	Paris Sutton Evansville, IN 11/23/2008	92.5	Paris Sutton Evansville, IN 11/23/2008	217.5
T2 16-17	Lauren McClure Macomb, IL 10/9/2020	90	Marissa Remmeter Springfield, OH 2/22/2014	57.5	Marissa Remmeter Springfield, OH 2/22/2014	142.5	Marissa Remmeter Springfield, OH 2/22/2014	282.5
T3 18-19	Lauren McClure Macomb, IL 8/5/2023	125	Gina Ziebell Evansville, IN 2/26/2022	65	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	Mylan Hutcherson Columbia, MO 2/15/2014	67.5	Toni Johnson Muskegon, MI 6/23/2018	167.5	Cady Homynen West Olive, MI 9/16/2017	347.5
Open	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 9/1/2018	135	Julie Krause Harrisburg, MO 9/1/2018	72.5	Julie Krause Harrisburg, MO 9/1/2018	170	Julie Krause Harrisburg, MO 9/1/2018	380
M2 45-49	Amy Kivitt Evansville, IN 12/10/2022	100	Amy Kivitt Evansville, IN 12/10/2022	62.5	Amy Kivitt Evansville, IN 12/10/2022	142.5	Amy Kivitt Evansville, IN 12/10/2022	317.5
M3 50-54	Kimberly Lively Newburgh, IN 12/6/2014	112.5	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110	Kimberly Lively Newburgh, IN 12/6/2014	220

M4 55-59	Sharri Margraves Bth, MI 3/16/2019	90	Carol Burr Hersey, MI 11/4/2017	70	Carol Burr Hersey, MI 11/4/2017	140	Carol Burr Hersey, MI 11/4/2017	290
M5 60-64	Beth Perrin Columbia, MO 8/17/2019	95	Bridget Bufford Columbia, MO 11/2/2019	66	Bridget Bufford Columbia, MO 11/2/2019	120	Beth Perrin Columbia, MO 8/17/2019	262.5
M6 65-69	Gail Ludwig Columbia, MO 5/2/2015	47.5	Gail Ludwig Columbia, MO 5/2/2015	46	Gail Ludwig Columbia, MO 5/2/2015	81	Gail Ludwig Columbia, MO 5/2/2015	172.5
M7 70-74	Myra Vebtus St Louis, MO 9/1/2018	37.5	Myra Vebtus St Louis, MO 9/1/2018	37.5	Myra Vebtus St Louis, MO 9/1/2018	70	Myra Vebtus St Louis, MO 9/1/2018	145
M8 75-79	Gretchen Page Muskegon, MI 8/25/2048	27.5	Gretchen Page Muskegon, MI 8/25/2048	25	Gretchen Page Muskegon, MI 8/25/2048	72.5	Gretchen Page Muskegon, MI 8/25/2048	125
M9 80-84								
M10 85-89								

Women 90 kilograms Unequipped								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Addalyn Fugate Evansville, IN 8/16/2025	97.5	Addalyn Fugate Evansville, IN 8/16/2025	50	Addalyn Fugate Evansville, IN 8/16/2025	107.5	Addalyn Fugate Evansville, IN 8/16/2025	255
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	Macy Decker Evansville, IN 2/26/2022	87.5	Macy Decker Evansville, IN 2/26/2022	52.5	Macy Decker Evansville, IN 2/26/2022	145	Macy Decker Evansville, IN 2/26/2022	285
Junior 20-23								
	Megan Kuno		Jasmine Todd		Jasmine Todd		Jasmine Todd	

T2 16-17								
T3 18-19	Corinna Myers Evansville, IN 12/9/2023	137.5	Corinna Myers Evansville, IN 12/9/2023	55	Corinna Myers Evansville, IN 12/9/2023	185	Corinna Myers Evansville, IN 12/9/2023	385
Junior 20-23	Corinna Myers Evansville, IN 11/2/2024	152.5	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	Suzy Lopez Muskegon, MI 11/2/2024	142.5	Suzy Lopez Muskegon, MI 11/2/2024	85	Corinna Myers Evansville, IN 12/9/2023	185	Suzy Lopez Muskegon, MI 11/2/2024	402.5
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64	Sharri Margraves Bath, MI 11/2/2024	105	Sharri Margraves Bath, MI 11/2/2024	80	Sharri Margraves Bath, MI 11/2/2024	145	Sharri Margraves Bath, MI 11/2/2024	330
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								

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 8/24/2024

Women 44 kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open	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
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							
MR	Judith Gedney		Judith Gedney		Judith Gedney		Judith Gedney

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

Women 50.5 kilograms Equipped								
Division	Squat		Bench Press		Deadlift		Total	
Open	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

T1 14-15	Alexa Boling DeGraff, OH 12/11/2010	65	Alexa Boling DeGraff, OH 12/11/2010	32.5	Alexa Boling DeGraff, OH 12/11/2010	77.5	Alexa Boling DeGraff, OH 12/11/2010	175
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49	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
M3 50-54								
M4 55-59								
M5 60-64	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
M6 65-69								
M7 70-74								
M8 75-79								
MA								

80-84							
M10							
85-89							

Women 53.0 kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open	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
T1 14-15	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
T2 16-17							
T3 18-19							
Junior 20-23							
M1 40-44							
M2 45-49							
M3 50-54							
M4							

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 Equipped

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

Women 63 kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open	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
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
M1	Lisa Mangold Lakewood, WI 7/16/2011	115	Lisa Mangold Lakewood, WI 7/16/2011	57.5	Lisa Mangold Lakewood, WI 7/16/2011	137.5	Lisa Mangold Lakewood, WI 7/16/2011 310
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 Equipped								
Division	Squat		Bench Press		Deadlift		Total	
Open	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
T1 14-15								
T2	Amber Holland		Amber Holland		Amber Holland		Amber Holland	

16-17	Whitehall, MI 1/20/2007	102.5	Whitehall, MI 1/20/2007	90	Whitehall, MI 1/20/2007	125	Whitehall, MI 1/20/2007	317.5
T3 18-19	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	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
M1 40-44	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
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								

40-44								
M2								
45-49								
M3								
50-54								
M4	Judy Nager Columbia, MO	25	Judy Nager Columbia, MO	40	Judy Nager Columbia, MO	130	Judy Nager Columbia, MO	195
55-59	5/2/2015		5/2/2015		5/2/2015		5/2/2015	
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 110 kilograms Equipped								
Division	Squat		Bench Press		Deadlift		Total	
Open	Sharri Margraves Bath, MI 8/24/2024	75	Sharri Margraves Bath, MI 8/24/2024	80	Sharri Margraves Bath, MI 8/24/2024	137.5	Sharri Margraves Bath, MI 8/24/2024	287.5

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	Sharri Margraves Bath, MI 8/24/2024	75	Sharri Margraves Bath, MI 8/24/2024	80	Sharri Margraves Bath, MI 8/24/2024	137.5	Sharri Margraves Bath, MI 8/24/2024 287.5
M6 65-69							
M7 70-74							
M8 75-79							
Ma							

80-84							
M10							
85-89							

Women 110+ kilograms Equipped							
Division	Squat		Bench Press		Deadlift		Total
Open	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
T1 14-15							
T2 16-17	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
T3 18-19							
Junior 20-23							
M1 40-44							
M2 45-49							
M3 50-54							
M4 55-59							

Single Event Unequipped American Records Updated 4/13/2025

Women 44 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	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
T1 14-15						
T2 16-17						
T3 18-19	Cherish Anderson Mt Vernon, IN 12/9/2023	60	Cherish Anderson Mt Vernon, IN 12/9/2023	35	Cherish Anderson Mt Vernon, IN 12/9/2023	100
Junior 20-23	Tenille Sword Ottumwa, IA 12/5/2009	37.5	Tenille Sword Ottumwa, IA 12/5/2009	32.5		
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6	Judith Gedney		Judith Gedney		Judith Gedney	

M6 65-69	MaComb, IL 10/20/2006	87.5	MaComb, IL 2007	45	MaComb, IL 10/22/2008	117.5
M7 70-74	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
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Judith Gedney MaComb, IL 9/11/2009	86	Sarah Gray Evansville, IN 5/2/2015	60	Judith Gedney MaComb, IL 9/13/2009	113
T1 14-15			Shyla Burke South Charleston, OH 2/22/2014	32.5	Shyla Burke South Charleston, OH 2/22/2014	77.5
T2 16-17					Ashley Hughes Quincy, OH 12/11/2010	57.5
T3 18-19						
Junior 20-23						
M1						

40-44						
M2						
45-49						
M3			Kimberly Wathan Howell, MI 3/4/2017	40		
50-54						
M4	Kimberly Wathan Howell, MI 3/17/2018	60			Kimberly Wathan Howell, MI 3/17/2018	87.5
55-59						
M5						
60-64						
M6	Judith Gedney MaComb, IL 9/11/2009	86	Judith Gedney MaComb, IL 9/12/2009	51	Judith Gedney MaComb, IL 9/13/2009	113
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						

Women 50.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Jaqueline Miller Columbia, MO 3/7/2015	61	Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110
T1 14-15						
T2 16-17						
T3 18-19			Faith Wood Evansville, IN 7/4/2018	32.5	Faith Wood Evansville, IN 7/4/2018	90
Junior 20-23						
M1 40-44			Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110
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 4/17/2021	50	Amy Fansler-Midas Macomb, IL 4/17/2021	37.5	Rachel Steele Kingston, MA 4/14/2007	90.5
M4 55-59	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
M5 60-64			Jackie Miller Columbia, MO 1/12/2013	35	Jackie Miller Columbia, MO 1/12/2013	72.5

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

Women 53.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Kara Downing Macomb, IL 6/7/2019	102.5	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 10/20/2016	127.5
T1 14-15						
T2 16-17			Jesse Fansler Mcomb, IL 3/17/2018	52.5	Jesse Fansler Mcomb, IL 3/17/2018	105.5
T3 18-19						
Junior 20-23	Kara Downing Macomb, IL 6/7/2019	102.5	Kara Downing Macomb, IL 6/8/2019	47.5	Kara Downing Macomb, IL 6/8/2019	115
M1	Jennie Juhl		Shellaine Frazier		Shellaine Frazier	

M1 40-44	Newburgh, IN 12/16/2019	92.5	Columbia, MO 2/9/2013	73.5	Columbia, MO 10/17/2015	123
M2 45-49	Shaellaine Frazier Columbia, MO 4/22/2017	70	Shellaine Frazier Columbia, MO 6/8/2019	76.5	Shellaine Frazier Columbia, MO 8/20/2016	127.5
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 12/3/2016	62.5	Lisa Harris Newburgh, IN 12/16/2019	57.5	Lisa Harris Newburgh, IN 12/16/2019	107.5
M5 60-64						
M6 65-69	Linda LaFontaine Columbia, MO 3/18/2018	65	Linda LaFontaine Columbia, MO 3/17/2018	51	Linda LaFontaine Columbia, MO 6/8/2016	97
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 55.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Toni Lane MaComb, IL	105	Shellaine Frazier Columbia, MO	72.5	Toni Lane MaComb, IL	145

	3/7/2015		11/10/2012		3/7/2015	
T1 14-15	Lena Angel Newburgh, IN 2/15/2025	72.5	Cheyenne McNutt South Vienna, OH 2/22/2014	42.5	Cheyenne McNutt South Vienna, OH 2/22/2014	107.5
T2 16-17	Leni Wuensch Macomb, IL 3/4/2023	85	Whitney Piper Macomb, IL 3/17/2018	45	Whitney Piper Macomb, IL 3/17/2018	95
T3 18-19			Juliet Fansler Macomb, IL 3/4/2023	60	Whitney Piper Macomb, IL 6/9/2019	125
Junior 20-23	Toni Lane Macomb, IL 3/7/2015	105	Juliet Fansler Macomb, IL 1/13/2024	65	Toni Lane Macomb, IL 3/7/2015	145
M1 40-44	Lauren Poulin Whitman, MA 4/17/2021	80	Shellaine Frazier Columbia, MO 10/17/2015	72.5	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	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
M4 55-59	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
M5 60-64	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
M6 65-69			Patricia Kueneke St. Louis, MO 2/15/2014	35	Anne Clark Columbia, MO 3/2/2019	72.5
M7 70-74			Anne Clark Columbia, MO 6/8/2019	35	Anne Clark Columbia, MO 6/8/2019	75.5
M8 75-79						

M9 80-84						
M10 85-89						

Women 58.5 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Heidi Lowe New Harmony, IN 4/6/2024	110	Koley Hockeborn Walker, MI 1/26/2008	95	Whitney Piper Macomb, IL 3/4/2023	150
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	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
T3 18-19	Lillian Lambert Macomb, IL 3/4/2023	62.5	Whitney Piper Macomb, IL 11/2/2019	55	Amanda Durrant Forest City, IA 3/23/2024	110
Junior 20-23	Sophie Simmons Macomb, IL 2/2021/10	80	Jessica Fansler Macomb, IL 4/17/2021	62.5	Whitney Piper Macomb, IL 3/4/2023	150
M1 40-44	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
M2 45-49	Heather Endres North Liberty, IN 9/16/2017	102.5	Koley Hockeborn Walker, MI 1/26/2008	95	Heather Endres North Liberty, IN 9/16/2017	100
M3 50-54			Pat Okker Columbia, MO 11/10/2012	50	Pat Okker Columbia, MO 11/10/2012	97.5
M4	Kim Jones		Kim Jones		Kim Morgan	

M5 55-59	Columbia, MO 6/6/2016	86.5	Columbia, MO 6/7/2016	60.5	Columbia, MO 4/27/2013	107.5
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			Sandra James Grand Junction, MI 4/22/2017	40	Patricia Kueneke St. Louis, MO 2/15/2014	75
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 63 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Adriana Garcia Martin Macomb, IL 3/4/2023	127.5	Koley Hockeborn Walker, MI 10/16/2010	105	Amanda Smith Evansville, IN 4/25/2015	150
T1 14-15	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
T2 16-17	Heidi Lowe New Harmony, IN 2/15/2025	130	Heidi Lowe New Harmony, IN 2/15/2025	62.5	Alicia Doyle Croswell, MI 3/5/2011	130
T3	Haley Shake Macomb, IL	86	Haley Shake Macomb, IL	47.5		

18-19	4/6/2024		4/6/2024			
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
M1 40-44	Molly Angel Newburgh, IN 4/5/2025	67.5	Rene Kerkstra Grand Rapids, MI 3/3/2007	52.5	Ann Marie Orr Ada, MI 8/14/2010	112.5
M2 45-49	Dawn Piper Macomb, IL 3/4/2023	77.5	Koley Hockeborn Walker, MI 9/13/2008	100	Koley Hockeborn Walker, MI 8/15/2009	120
M3 50-54	Koley Hockeborn Walker, MI 6/24/2011	100	Koley Hockeborn Walker, MI 10/16/2010	105	Cheryl Kyle Columbia, MO 3/17/2018	115
M4 55-59	Cheryl Kyle Columbia, MO 11/2/2019	87.5	Cheryl Kyle Columbia, MO 3/16/2019	55	Cheryl Kyle Columbia, MO 11/2/2019	130
M5 60-64	Sandy Falloon Columbia, MO 10/17/2015	43	Anne Clark Columbia, MO 11/9/2013	35	Sandy Falloon Columbia, MO 10/17/2015	81
M6 65-69	Catherine Morrison Portland, ME 3/16/2019	75	Catherine Morrison Portland, ME 3/16/2019	52.5	Catherine Morrison Portland, ME 6/9/2019	120
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Lisa Mangold Lakewood, WI 10/4/2008	117.5	Katie Oursler Macomb, IL 4/17/2021	70	Marian Bosma Hesperia, MI 6/26/2011	172.5
T1 14-15			Ashton Woodell Bellfontaine, OH 2/22/2014	42.5	Ashton Woodell Bellfontaine, OH 2/22/2014	105
T2 16-17	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
T3 18-19	Melissa Partrige Evansville, IN 2/26/2022	100	Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
Junior 20-23			Marian Bosma Hesperia, MI 3/9/2013	80	Sarah Sawayanagi Columbia, MO 12/3/2016	175
M1 40-44	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
M2 45-49	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
M3 50-54	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
M4 55-59	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
M5 60-64	Kate Walker Ashland, MO 6/24/2011	77.5	Carolyn Beck Evansville, IN 2/15/2025	65	Kate Walker Ashland, MO 6/26/2011	112.5
M6 65-69	Kate Walker Columbia, MO 10/17/2015	73.5	Catherine Morrison Portland, ME 4/17/2021	50.5	Catherine Morrison Portland, ME 4/17/2021	120

M7 70-74			Kate Walker Columbia, MO 6/8/2019	42.5	Kate Walker Columbia, MO 4/17/2021	98
M8 75-79						
M9 80-84						
M10 85-89						

Women 80 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Kyle Reel Evansville, IN 6/7/2019	161	Kyle Reel Evansville, IN 6/8/2019	100	Kyle Reed Evansville, IN 9/8/2018	170
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	Emma DeBoer Holland, MI 9/16/2017	79.38	Lauren McClure Macomb, IL 3/4/2023	150
Junior 20-23	Lauren McClure Macomb, IL 4/6/2024	125.5	McKenzie Kidd Roscoe, IL 3/23/2024	62.5	Toni Johnson Muskegon, MI 6/23/2018	167.5
M1 40-44	Tanya Schmidt Macomb, IL 4/6/2024	95	Tanya Schmidt Macomb, IL 4/6/2024	57.5	Tracy Milarsky Columbia, MO 12/3/2016	117.5
M2	Delsie Bonaparte		Delsie Bonaparte		Delsie Bonaparte	

M2 45-49	Columbia, MO 12/3/2016	82.5	Columbia, MO 3/4/2017	45	Columbia, MO 7/15/2017	95
M3 50-54	Kimberly Lively Newburgh, IN 12/6/2014	70	Debbie Rossian Columbia, MO 3/2/2019	55	Debbie Rossian Columbia, MO 3/2/2019	130
M4 55-59	Sharri Margraves Bath, MI 3/16/2019	90	Sharri Margraves Bath, MI 6/8/2019	72.5	Sharri Margraves Bath, MI 6/9/2019	130
M5 60-64	Beth Perrin Columbia, MO 3/4/2017	95	Beth Perrin Columbia, MO 7/15/2017	52.5	Bridget Bufford Columbia, MO 4/17/2021	117.5
M6 65-69	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
M7 70-74			Carol Chaney Muskegon, MI 11/9/2019	32.5	Sandra Ollar Columbia, MO 3/7/2015	77.5
M8 75-79	Gretchen Page Muskegon, MI 8/25/2018	27.5	Gretchen Page Muskegon, MI 8/25/2018	25	Gretchen Page Muskegon, MI 8/25/2018	72.5
M9 80-84						
M10 85-89						

Women 90 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Andrea Fialek Twin Lake, MI 6/23/2018	100	Kim Welcher Evansville, IN 3/8/2014	85	Andrea Chapplear Columbia, MO 3/4/2017	160
T1			Jennifer Griffith Springfield, OH	52.5	Victoria Thompson Quincy, OH	105

14-15			2/22/2014		12/12/2009	
T2						
16-17						
T3	Macy Decker Evansville, IN 2/26/2022	87.5	Macy Decker Evansville, IN 2/26/2022	52.5	Macy Decker Evansville, IN 2/26/2022	145
18-19						
Junior					Amanda Aders Evansville, IN 12/1/2018	120
20-23						
M1	Robin Rogan Evansville, IN 4/6/2024	110	Charla Wrenn Good Hope, IL 3/5/2016	57.5	Andrea Chappellear Columbia, MO 3/4/2017	160
40-44						
M2	Caroline Fardig Boonville, IN 4/6/2024	75	Kim Welcher Evansville, IN 3/8/2014	85	Charla Wrenn Good Hope, IL 3/4/2017	107.5
45-49						
M3	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
50-54						
M4	Sharri Margraves Bath, MI 2/9/2019	87.5	Sharri Margraves Bath, MI 2/1/2020	80	Rachel Brown Columbia, MO 5/7/2016	130.5
55-59						
M5	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
60-64						
M6	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
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						

M10						
85-89						

Women 110 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Corinna Myers Evansville, IN 4/6/2024	145	Suzy Lopez Muskegon, MI 5/11/2024	72.5	Corinna Myers Evansville, IN 12/9/2023	185
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 12/9/2023	185
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 Unequipped						
Division	Squat		Bench Press		Deadlift	
Open	Ashley Peck Sedalia, MO 6/7/2019	140	Brandi Sneed Mishawaka, IN 6/27/2015	95	Brandi Sneed Mishawaka, IN 6/27/2015	182.5
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	Keri DeVolder Macomb, IL 3/17/2018	135
T3 18-19	Keri DeVolder Macomb, IL 6/07/20919	110	Keri DeVolder Macomb, IL 6/07/20919	75	Kira Lauth DeGraff, OH 12/11/2010	135
Junior 20-23			Xena Hernandez Firect City, IA 10/12/2024	90		
M1			Ann Kuipers			

40-44			Grand Rapids, MI 9/16/2017	47.5		
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 Margraves Bath, MI 3/5/2016	127.5	Sharri Margraves Bath, MI 3/5/2016	75	Sharri Margraves Bath, MI 3/5/2016	160
M4 55-59			Mary Merrill Evansville, IN 6/3/2023	65	Judy Naeger Columbia, MO 3/17/2018	130
M5 60-64	Rachel Mayes Evansville, IN 4/6/2024	90	Sharri Margraves Bath, MI 11/4/2023	72.5	Rachel Mayes Evansville, IN 4/5/2025	132.5
M6 65-69	Linda Struckhoff Columbia, MO 12/3/2016	52.5	Mary Rapert Barnhart, MO 6/8/2019	68.5	Mary Rapert Barnhart, MO 6/9/2019	157.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

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



Single Event Equipped National Records Updated 10/12/2020

New Record

Women 44 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
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	Judith Gedney				Judith Gedney	

65-69	MaComb, IL 10/20/2006	107.5			MaComb, IL 10/22/2006	117.5
M7 70-74	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
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
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	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
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 50.5 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Ma						

80-84					
M10					
85-89					

Women 53.0 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
T1 14-15			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
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 Equipped						
Division	Squat		Bench Press		Deadlift	
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 Equipped

Division	Squat		Bench Press		Deadlift	
Open	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
T1 14-15						
T2 16-17	Jessie Fansler Macomb, IL 11/2/2019	100	Brianna Palleschi Applegate, MI 4/5/2008	72.5		
T3 18-19						
Junior 20-23						
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 Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
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 6/26/2011	147.5
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
T1 14-15						
T2						

16-17						
T3 18-19			Cheritha Schaffer Quincy, OH 12/11/2010	47.5	Cheritha Schaffer Quincy, OH 12/11/2010	90
Junior 20-23						
M1 40-44	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
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 Equipped						
Division	Squat		Bench Press		Deadlift	
Open			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5
T1 14-15						
T2 16-17			Taylor Goings DeGraff, OH 12/11/2010	30	Taylor Goings DeGraff, OH 12/11/2010	70
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5
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 Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
T1 14-15	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
T2 16-17			Erica Ervin Quincy, OH 12/11/2010	55	Erica Ervin Quincy, OH 12/11/2010	90
T3 18-19						
Junior 20-23						
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 Equipped						
Division	Squat		Bench Press		Deadlift	
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						
Ma						

80-84					
M10					
85-89					

Women 110+ kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open	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
T1 14-15			Samantha Baty Eaton Rapids, MI 3/3/2007	77.5		
T2 16-17	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
T3 18-19						
Junior 20-23						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59			Denise Gilbert 3/7/2015	52.5	Denise Gilbert 3/7/2015	125

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

Police, Military, Fire Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5						

New Record

Corrected Record

Women 44 kilograms Modern Raw								
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 Modern Raw								
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 Modern Raw							
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 53.0 kilograms Modern Raw							
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 55.5 kilograms Modern Raw							
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 Modern Raw							
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 Modern Raw							
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							

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

Women 70 kilograms Modern Raw							
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 Modern Raw							
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							
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Women 90 kilograms Modern Raw

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 Modern Raw

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 Modern Raw							
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 Modern Raw							
Weight	Squat		Bench Press		Deadlift		Total
58.5							