



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

Women 47.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39	Kayla Rice Mt. Vernon 12/9/2023	55	Sarah Gray Evansville, IN 12/6/2014	57.5	Sarah Gray Evansville, IN 12/6/2014	100	Sarah Gray Evansville, IN 12/6/2014 210
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							
Division	Squat	Bench Press	Deadlift	Total			
T1 14-15							
T2							

16-17								
T3 18-19	Faith Wood Evansville, IN 7/28/2018	60	Faith Wood Evansville, IN 7/28/2018	32.5	Faith Wood Evansville, IN 7/28/2018	96	Faith Wood Evansville, IN 7/28/2018	185
Junior 20-23								
Open 24-39	Faith Wood Evansville, IN 7/28/2018	60	Faith Wood Evansville, IN 7/28/2018	32.5	Faith Wood Evansville, IN 7/28/2018	96	Faith Wood Evansville, IN 7/28/2018	185
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							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17	Jamie Catt Evansville, IN 6/10/2006	25	Jamie Catt Evansville, IN 6/10/2006	27.5	Jamie Catt Evansville, IN 6/10/2006	70	Jamie Catt Evansville, IN 6/10/2006 132.5
T3 18-19							
Junior 20-23							
Open 24-39	Jennie Juhl Newburgh, IN 12/15/2019	92.5	Jennie Juhl Newburgh, IN 12/15/2019	47.5	Jennie Juhl Newburgh, IN 12/15/2019	105	Jennie Juhl Newburgh, IN 12/15/2019 245
M1 40-44	Jennie Juhl Newburgh, IN 12/15/2019	92.5	Jennie Juhl Newburgh, IN 12/15/2019	47.5	Jennie Juhl Newburgh, IN 12/15/2019	105	Jennie Juhl Newburgh, IN 12/15/2019 245
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								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Lena Angel Newburgh, IN 2/15/2025	72.5	Lena Angel Newburgh, IN 2/15/2025	37.5	Lena Angel Newburgh, IN 2/15/2025	90	Lena Angel Newburgh, IN 2/15/2025	200
T2 16-17	Mandy Cleveland Newburgh, IN 6/10/2006	80	Mandy Cleveland Newburgh, IN 6/10/2016	50	Mandy Cleveland Newburgh, IN 6/10/2006	102.5	Mandy Cleveland Newburgh, IN 6/10/2006	232.5
T3 18-19	Mandy Cleveland Newburgh, IN 7/7/2007	70	Mandy Cleveland Newburgh, IN 7/7/2007	50	Mandy Cleveland Newburgh, IN 7/7/2007	97.5	Mandy Cleveland Newburgh, IN 7/7/2007	217.5
Junior 20-23								
Open 24-39	Mandy Cleveland Newburgh, IN 6/10/2006	80	Mandy Cleveland Newburgh, IN 6/10/2006	50	Jessica Lord Evansville, IN 12/1/2018	102.5	Mandy Cleveland Newburgh, IN 6/10/2006	232.5
M1	Jenni Juhl		Erin Vincent		Jenni Juhl		Jenni Juhl	

M1 40-44	Newburgh, IN 12/1/2018	80	Evansville, IN 12/9/2023	50	Newburgh, IN 12/1/2018	95	Newburgh, IN 12/1/2018	220
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								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Bianca Baker Newburgh, IN 7/7/2007	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	Heidi Lowe New Harmony, IN 11/2/2024	122.5	Heidi Lowe New Harmony, IN 11/2/2024	63	Heidi Lowe New Harmony, IN 11/2/2024	128	Heidi Lowe New Harmony, IN 11/2/2024	312.5
T3 18-19								
Junior 20-23								
Open 24-39	Heidi Lowe New Harmony, IN 11/2/2024	122.5	Heidi Lowe New Harmony, IN 11/2/2024	63	Katherine Snethen Evansville, IN 11/7/2015	132.5	Heidi Lowe New Harmony, IN 11/2/2024	312.5
M1 40-44								
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								
M4 55-59								
M5 60-64								
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	Mae Emerson Evansville, IN 2/15/2025	45	Mae Emerson Evansville, IN 2/15/2025	55	Mae Emerson Evansville, IN 2/15/2025	72.5	Mae Emerson Evansville, IN 2/15/2025 172.5
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 18-19	Kenzie Wakefield Evansville, IN 12/10/2022	85	Kenzie Wakefield Evansville, IN 12/10/2022	55	Kenzie Wakefield Evansville, IN 12/10/2022	125	Kenzie Wakefield Evansville, IN 12/10/2022 265
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	Katherine Snethen Evansville, IN 12/6/2014 260
Open 24-39	Heidi Lowe New Harmony, IN 2/15/2025	130	Amanda Smith Cynthiana, IN 6/11/2016	80	Amanda Smith Cynthiana, IN 11/7/2015	142.5	Heidi Lowe New Harmony, IN 2/15/2025 322.5
M1 40-44	Molly Angel Newburgh, IN 2/15/2025	65	Molly Angel Newburgh, IN 2/15/2025	37.5	Molly Angel Newburgh, IN 2/15/2025	92.5	Molly Angel Newburgh, IN 2/15/2025 195
M2 45-49	Ann Smith Evansville, IN 6/11/2016	47.5	Ann Smith Evansville, IN 6/11/2016	35	Ann Smith Evansville, IN 6/11/2016	70	Ann Smith Evansville, IN 6/11/2016 152.5
M3 50-54							
M4 55-59	Lanea Stagg Evansville, IN 12/10/2022	62.5	Lanea Stagg Evansville, IN 2/15/2025	47.5	Lanea Stagg Evansville, IN 2/15/2025	107.5	Lanea Stagg Evansville, IN 12/10/2022 215

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

Women 70 kilograms								
Division	Squat	Bench Press	Deadlift	Total				
T1 14-15								
T2 16-17								
T3 18-19	Melissa Partridge Evansville, IN 2/26/2022	100	Melissa Partridge Evansville, IN 2/26/2022	55	Melissa Partridge Evansville, IN 2/26/2022	127.5	Melissa Partridge Evansville, IN 2/26/2022	282.5
Junior 20-23	Aleya Woodall Chandler, IN 12/10/2022	120	Aleya Woodall Chandler, IN 12/10/2022	72.5	Aleya Woodall Chandler, IN 12/10/2022	155	Aleya Woodall Chandler, IN 12/10/2022	347.5
Open	Aleya Woodall Chandler, IN	120	Aleya Woodall Chandler, IN	72.5	Aleya Woodall Chandler, IN	155	Aleya Woodall Chandler, IN	347.5

24-39	12/10/2022		12/10/2022		12/10/2022		12/10/2022	
M1 40-44	Jane Dick Evansville, IN 6/10/2006	107.5	Jane Dick Evansville, IN 6/10/2006	50	Jane Dick Evansville, IN 6/10/2006	117.5	Jane Dick Evansville, IN 6/10/2006	275
M2 45-49	Jennifer Toopes Evansville, IN 12/9/2023	50	Jennifer Toopes Evansville, IN 12/9/2023	45	Jennifer Toopes Evansville, IN 12/9/2023	100	Jennifer Toopes Evansville, IN 12/9/2023	195
M3 50-54	Susan Sanaghan Michigan City, IN 11/22/2008	87.5	Susan Sanaghan Michigan City, IN 9/13/2008	40	Susan Sanaghan Michigan City, IN 11/22/2008	132.5	Susan Sanaghan Michigan City, IN 7/11/2009	267.5
M4 55-59	Susan Sanaghan Michigan City, IN 7/11/2009	92.5	Susan Sanaghan Michigan City, IN 7/11/2009	50	Susan Sanaghan Michigan City, IN 7/11/2009	125	Susan Sanaghan Michigan City, IN 11/21/2009	280
M5 60-64	Carolyn Beck Evansville, IN 11/2/2024	80	Carolyn Beck Evansville, IN 11/2/2024	55	Carolyn Beck Evansville, IN 11/2/2024	95	Carolyn Beck Evansville, IN 11/2/2024	230
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

**Women 80 kilograms**

Division	Squat	Bench Press	Deadlift	Total
T1	Paris Sutton	Paris Sutton	Paris Sutton	Paris Sutton

14-15	Evansville, IN 11/22/2008	82.5	Evansville, IN 11/22/2008	42.5	Evansville, IN 11/22/2008	92.5	Evansville, IN 11/22/2008	217.5
T2 16-17	Mycha Sutton Evansville, IN 7/7/2007	70	Mycha Sutton Evansville, IN 7/7/2007	45	Mycha Sutton Evansville, IN 7/7/2007	102.5	Mycha Sutton Evansville, IN 7/7/2007	217.5
T3 18-19	Gina Ziebell Evansville, IN 2/26/2022	105	Gina Ziebell Evansville, IN 2/26/2022	65	Gina Ziebell Evansville, IN 2/26/2022	125	Gina Ziebell Evansville, IN 2/26/2022	295
Junior 20-23								
Open 24-39	Kyle Reel Evansville, IN 7/28/2018	150	Kyle Reel Evansville, IN 7/28/2018	85	Kyle Reel Evansville, IN 7/28/2018	170	Kyle Reel Evansville, IN 7/28/2018	405
M1 40-44								
M2 45-49	Amy Kivett Chandler, IN 7/9/2022	100	Amy Kivett Chandler, IN 7/9/2022	60	Amy Kivett Chandler, IN 7/9/2022	135	Amy Kivett Chandler, IN 7/9/2022	295
M3 50-54	Amy Kivett Chandler, IN 12/10/2022	112.5	Amy Kivett Chandler, IN 12/10/2022	62.5	Amy Kivett Chandler, IN 12/10/2022	142.5	Amy Kivett Chandler, IN 12/10/2022	317.5
M4 55-59	Carolyn Beck Evansville, IN 9/18/2021	85	Carolyn Beck Evansville, IN 9/18/2021	67.5	Carolyn Beck Evansville, IN 9/18/2021	110	Carolyn Beck Evansville, IN 9/18/2021	262.5
M5 60-64	Carolyn Beck Evansville, IN 8/5/2023	95	Carolyn Beck Evansville, IN 7/9/2022	62.5	Carolyn Beck Evansville, IN 7/9/2022	115	Carolyn Beck Evansville, IN 8/5/2023	267.5
M6 65-69								
M7 70-74								
M8								

75-79							
M9							
80-84							
M10							
85-89							

Women 90 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
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	Macy Decker Evansville, IN 2/26/2022 285
18-19							
Junior							
20-23							
Open	Robin Rogan Evansville, IN 8/5/2023	120	Robin Rogan Evansville, IN 7/15/2024	55	Robin Rogan Evansville, IN 7/15/2024	160	Robin Rogan Evansville, IN 7/15/2024 332.5
24-39							
M1	Robin Rogan Evansville, IN 8/5/2023	120	Robin Rogan Evansville, IN 7/15/2024	55	Robin Rogan Evansville, IN 7/15/2024	160	Robin Rogan Evansville, IN 7/15/2024 332.5
40-44							
M2	Caroline Fardig Boonville, IN 12/10/2022	72.5	Caroline Fardig Boonville, IN 12/10/2022	40	Caroline Fardig Boonville, IN 12/10/2022	92.5	Caroline Fardig Boonville, IN 12/10/2022 205
45-49							
M3							
50-54							
M4							

55-59								
M5 60-64	Jayne Tang Evansville, IN 2/15/2025	52.5	Jayne Tang Evansville, IN 2/15/2025	47.5	Jayne Tang Evansville, IN 2/15/2025	72.5	Jayne Tang Evansville, IN 2/15/2025	172.5
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 110 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19	Corrina Meyers Evansville, IN 12/9/2023	137.5	Corrina Meyers Evansville, IN 12/9/2023	62.5	Corrina Meyers Evansville, IN 12/9/2023	185	Corrina Meyers Evansville, IN 12/9/2023	385
Junior 20-23	Corrina Meyers Evansville, IN 11/2/2024	152.5	Corrina Meyers Evansville, IN 7/15/2024	72.5	Corrina Meyers Evansville, IN 7/15/2024	187.5	Corrina Meyers Evansville, IN 7/15/2024	410
Open	Corrina Meyers		Corrina Meyers		Corrina Meyers		Corrina Meyers	



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

Police, Military, Fire Unequipped							
Weight	Squat		Bench Press		Deadlift		Total
58.5							

Women 44 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5								





14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open								
24-39								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								



55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 55.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open							



T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8								

75-79							
M9 80-84							
M10 85-89							

Women 63 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39							
M1 40-44							
M2 45-49							
M3 50-54							



20-23								
Open								
24-39								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

**Women 80 kilograms**



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

Women 90 kilograms							
Division	Squat	Bench Press	Deadlift	Total			
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open	Kami Gibson Evansville, IN 11/5/2016	137.5		Kami Gibson Evansville, IN 11/5/2016	142.5	Kami Gibson Evansville, IN 11/5/2016	337.5
24-39							
M1							
40-44							
M2							
45-49							
M3							



Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								



ADFPF Single Unequipped Indiana Records Updated 2/16/25

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
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 12/9/2023	100
Junior 20-23						
Open 24-39	Cherish Anderson Mt. Vernon, IN 12/9/2023	65	Cherish Anderson Mt. Vernon, IN 12/9/2023	35	Cherish Anderson Mt. Vernon, IN 12/9/2023	100
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 47.5 kilograms					
Division	Squat		Bench Press		Deadlift
T1					
14-15					
T2					
16-17					
T3					
18-19					
Junior					
20-23					
Open			Sarah Gray Evansville, IN 5/2/2015	60	
24-39					
M1					
40-44					

M2 45-49					
M3 50-54					
M4 55-59					
M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
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						
Open 24-39			Faith Wood Evansville, IN 7/4/2018	32.5	Faith Wood Evansville, IN 7/4/2018	90
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					
Division	Squat		Bench Press		Deadlift
T1					
14-15					
T2					
16-17					
T3					
18-19					
Junior					
20-23					
Open			Erin Vincent Evansville, IN 6/3/2023	45	Erin Vincent Evansville, IN 6/3/2023
24-39					82.5
M1			Erin Vincent Evansville, IN 6/3/2023	45	Erin Vincent Evansville, IN 6/3/2023
40-44					82.5
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					
85-89					

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1	Lena Angel Newburgh, IN 2/15/2025	72.5	Lena Angel Newburgh, IN 2/15/2025	37.5	Lena Angel Newburgh, IN 2/15/2025	90
T2						
T3						
Junior	Jessica Lord Evansville, IN 3/17/2018	75	Lexie Heald Fortville, IN 6/27/2015	57.5	Jessica Lord Evansville, IN 3/17/2018	105
Open	Jessica Lord Evansville, IN 3/17/2018	75	Lexie Heald Fortville, IN 6/27/2015	57.5	Jessica Lord Evansville, IN 6/9/2019	120
M1	Erin Vincent		Erin Vincent		Erin Vincent	

M1 40-44	Evansville, IN 12/9/2023	75	Evansville, IN 12/9/2023	50	Evansville, IN 12/9/2023	85
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						
Division	Squat		Bench Press		Deadlift	
T1 14-15	Heidi Lowe New Harmony, IN 4/6/2024	110	Heidi Lowe New Harmony, IN 4/6/2024	52.5	Heidi Lowe New Harmony, IN 4/6/2024	115

T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Heidi Lowe New Harmony, IN 4/6/2024	110	Sienna Valdez South Bend, IN 6/27/2015	57.5	Sienna Valdez South Bend, IN 6/27/2015	132.5
M1 40-44	Heather Endres North Liberty, IN 4/11/2015	95	Jenni Casten-Juhl Newburgh, IN 6/8/2019	47.5	Heather Endres North Liberty, IN 4/22/2017	97.5
M2 45-49	Heather Endres North Liberty, IN 9/16/2017	104.33			Heather Endres North Liberty, IN 9/16/2017	102.06
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						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
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
T3 18-19	Samantha Fromelius Evansville, IN 3/8/2014	85	Kenzie Wakefield Evansville, IN 12/10/2022	55	Kenzie Wakefield Evansville, IN 12/10/2022	125
Junior 20-23	Samantha Pauli Evansville, IN 4/17/2021	90	Samantha Pauli Evansville, IN 4/17/2021	62.5	Samantha Pauli Evansville, IN 4/17/2021	117.5
Open 24-39	Heidi Lowe New Harmony, IN 2/15/2025	130	Samantha Pauli Evansville, IN 4/17/2021	62.5	Amanda Smith Evansville, IN 4/25/2015	150
M1 40-44	Molly Angel Newburgh, IN 2/15/2025	65	Molly Angel Newburgh, IN 2/15/2025	37.5	Molly Angel Newburgh, IN 2/15/2025	92.5
M2 45-49					Darlene Wallace Newburgh, IN 3/8/2014	102.5
M3 50-54						
M4 55-59	Lanea Stagg Evansville, IN 12/10/22	62.5	Lanea Stagg Evansville, IN 6/3/23	47.5	Lanea Stagg Evansville, IN 6/3/23	107.5

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

Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19	Melissa Partridge Evansville, IN 2/26/2022	100	Melissa Partridge Evansville, IN 2/26/2022	55	Melissa Partridge Evansville, IN 2/26/2022	127.5
Junior 20-23	Aleya Woodall Chandler, IN 12/10/2022	120	Aleya Woodall Chandler, IN 12/10/2022	72.5	Aleya Woodall Chandler, IN 12/10/2022	155
Open	Aleya Woodall Chandler, IN	120	Aleya Woodall Chandler, IN	72.5	Aleya Woodall Chandler, IN	155

24-39	12/10/2022		12/10/2022		12/10/2022	
M1 40-44						
M2 45-49	Jennifer Toopes Evansville, IN 12/9/2023	50	Jennifer Toopes Evansville, IN 12/9/2023	45	Jennifer Toopes Evansville, IN 12/9/2023	100
M3 50-54	Susan Sanaghan Michigan City, IN 3/14/2009	92.5	Susan Sanaghan Michigan City, IN 3/14/2009	47.5	Susan Sanaghan Michigan City, IN 3/14/2009	125
M4 55-59	Susan Sanaghan Michigan City, IN 3/9/2013	97.5	Susan Sanaghan Michigan City, IN 3/9/2013	55	Susan Sanaghan Michigan City, IN 3/5/2011	115
M5 60-64			Carolyn Beck Evansville, IN 2/16/2025	65		
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2						
16-17						
T3 18-19	Gina Ziebell Evansville, IN 2/26/2022	105	Gina Ziebell Evansville, IN 2/26/2022	65	Gina Ziebell Evansville, IN 2/26/2022	125
Junior 20-23						
Open 24-39	Kyle Reel Evansville, IN 6/8/2019	165	Kyle Reel Evansville, IN 6/8/2019	100	Kyle Reel Evansville, IN 9/8/2018	170
M1 40-44						
M2 45-49						
M3 50-54	Amy Kivett Chandler, IN 12/10/2022	112.5	Amy Kivett Chandler, IN 12/10/2022	62.5	Amy Kivett Chandler, IN 12/10/2022	142.5
M4 55-59			Carolyn Beck Evansville, IN 6/8/2019	67.5		
M5 60-64			Regina Smith Newburgh, IN 12/10/2022	37.5	Regina Smith Newburgh, IN 12/10/2022	75
M6 65-69						
M7 70-74						
M8						

75-79					
M9					
80-84					
M10					
85-89					

Women 90 kilograms					
Division	Squat		Bench Press		Deadlift
T1					
14-15					
T2					Alyssa Beadles Boonville, IN 4/17/2021
16-17					120
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
18-19					145
Junior					Amanda Aders Newburgh, IN 12/1/2018
20-23					120
Open	Robin Rogan Evansville, IN 3/4/2023	102.5	Kim Welcher Evansville, IN 3/8/2014	85	Robin Rogan Evansville, IN 6/3/2023
24-39					157.5
M1	Robin Rogan Evansville, IN 4/6/2024	110	Robin Rogan Evansville, IN 4/6/2024	50	Robin Rogan Evansville, IN 6/3/2023
40-44					157.5
M2	Caroline Fardig Boonville, IN 4/6/2024	75	Kim Welcher Evansville, IN 3/8/2014	85	Caroline Fardig Boonville, IN 4/6/2024
45-49					107.5
M3					
50-54					
M4					

55-59						
M5 60-64	Jayne Tang Evansville, IN 2/15/2025	52.5	Jayne Tang Evansville, IN 2/15/2025	47.5	Jayne Tang Evansville, IN 2/15/2025	72.5
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 110 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19	Corrina Meyers Evansville, IN 4/6/2024	145	Corrina Meyers Evansville, IN 4/6/2024	67.5	Corrina Meyers Evansville, IN 12/9/2023	185
Junior 20-23						
Open	Corrina Meyers		Corrina Meyers		Corrina Meyers	

Open	Evansville, IN	145	Evansville, IN	67.5	Evansville, IN	185
24-39	4/6/2024		4/6/2024		12/9/2023	

Women 110+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Sarah St. Clair Birdseye, IN 2/26/2022	125	Brandi Sneed Mishawaka, IN 6/27/2015	95	Brandi Sneed Mishawaka, IN 6/27/2015	182.5
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4			Mary Merrill Evansville, IN 6/3/2023	65	Rachel Mayes Evansville, IN 6/3/2023	107.5
55-59						
M5	Rachel Mayes Evansville, IN 4/6/2024	90	Rachel Mayes Evansville, IN 4/6/2024	55	Rachel Mayes Evansville, IN 4/6/2024	128
60-64						

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

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

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5						

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

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						

M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Angela Hardy	50	Angela Hardy	107.5
24-39			Mishawaka, IN 6/25/2011		Mishawaka, IN 6/25/2011	
M1						
40-44						
M2			Angela Hardy	50	Angela Hardy	107.5
45-49			Mishawaka, IN 6/25/2011		Mishawaka, IN 6/25/2011	
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						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4						

55-59					
M5					
60-64					
M6					
65-69					
M7					
70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						

Open					
24-39					
M1					
40-44					
M2					
45-49					
M3					
50-54					
M4					
55-59					
M5					
60-64					
M6					
65-69					
M7					
70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Women 58.5 kilograms					
Division	Squat		Bench Press		Deadlift

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8						

75-79						
M9						
80-84						
M10						
85-89						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						

M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior						

20-23						
Open					Susan Sanaghan Michigan City, IN 4/5/2008	130
24-39						
M1						
40-44						
M2						
45-49						
M3					Susan Sanaghan Michigan City, IN 4/5/2008	130
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**

Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evanvsille, IN 7/31/2010	137.5
M1 40-44						
M2 45-49			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evanvsille, IN 7/31/2010	137.5
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 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						

M0						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						

Junior 20-23						
Open 24-39			Kami Gibson Evansville, IN 9/8/2018	57.5	Kami Gibson Evansville, IN 9/8/2018	125
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 Unequipped**

Weight	Squat		Bench Press		Deadlift	
58.5						