

Women 44 kilograms Unequipped

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



T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open								
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 55.5 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19	Amanda Durrant Forest City, IA 10/12/2024	90	Amanda Durrant Forest City, IA 10/12/2024	50	Amanda Durrant Forest City, IA 10/12/2024	117.5	Amanda Durrant Forest City, IA 10/12/2024 257.5
Junior 20-23							
Open							
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 Unequipped							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior	Amanda Durrant Forest City, IA	87.5	Amanda Durrant Forest City, IA	52.5	Amanda Durrant Forest City, IA	130	Amanda Durrant Forest City, IA
20-23	4/12/2025		4/12/2025		4/12/2025		4/12/2025
Open							
M1							
40-44							



18-19								
Junior 20-23								
Open								
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								



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

Women 80 kilograms Unequipped							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open							
M1							
40-44							
M2							
45-49							
M3							
50-54							



Open							
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		Total
T1 14-15							

T2 16-17								
T3 18-19								
Junior 20-23								
Open								
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								



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							

Single Event Unequipped Iowa Records Updated 4/14/2025

New Record

Corrected record

Women 44 kilograms Unequipped						
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						

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

Women 47.5 kilograms Unequipped						
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 50.5 kilograms Unequipped						
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 53.0 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
T1 14-15						
T2 16-17						
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 55.5 kilograms Unequipped						
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 Unequipped						
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						

M1						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 63 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open			Elaine Bossard Garner, IA 4/12/2025	37.5	Elaine Bossard Garner, IA 4/12/2025	85
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 70 kilograms Unequipped**

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 80 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
M1 40-44						
M2						

M1 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 90 kilograms Unequipped						
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 110 kilograms Unequipped						
Division	Squat		Bench Press		Deadlift	
Open						
T1 14-15						
T2 16-17						
T3 18-19			Skyler Bruno Forest City, IA 4/12/2025	50	Skyler Bruno Forest City, IA 4/12/2025	132.5
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						
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior			Xena Hernandez			
20-23			Forest City, IA	90		
			10/12/2024			
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					

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



New Record

Women 44 kilograms Equipped							
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 47.5 kilograms Equipped							
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 Equipped							
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								
Ma								

80-84							
M10							
85-89							

Women 53.0 kilograms Equipped							
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							



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							
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 70 kilograms Equipped							
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 Equipped							
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							



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		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								
Ma								

80-84							
M10							
85-89							

Women 110+ kilograms Equipped							
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							



New Record

Women 44 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						

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

Women 47.5 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 50.5 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						
Ma						

80-84					
M10					
85-89					

Women 53.0 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 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						
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 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 70 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 80 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 90 kilograms Equipped						
Division	Squat		Bench Press		Deadlift	
Open						
T1 14-15						
T2 16-17						
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					
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 Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5						

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 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



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 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							





