

| | | | | | | | |
|-------|--|--|--|--|--|--|--|
| 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 | Shellaine Frazier Columbia, MO 7/11/2009 | 55 | Shellaine Frazier Columbia, MO 7/11/2009 | 45 | Shellaine Frazier Columbia, MO 7/11/2009 | 85 | Shellaine Frazier Columbia, MO 7/11/2009 | 185 |
| 24-39 | | | | | | | | |
| M1 | | | | | | | | |
| 40-44 | | | | | | | | |
| M2 | | | | | | | | |
| 45-49 | | | | | | | | |
| M3 | | | | | | | | |
| 50-54 | | | | | | | | |
| M4 | | | | | | | | |

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|--------------|--|--|--|--|--|--|--|
| 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 | Juliet Fansler Macomb, IL 9/18/2021 | 65 | Juliet Fansler Macomb, IL 9/18/2021 | 32.5 | Juliet Fansler Macomb, IL 9/18/2021 | 92.5 | Juliet Fansler Macomb, IL 9/18/2021 190 |
| Junior 20-23 | | | | | | | |
| Open 24-39 | Linda LaFontaine Columbia, MO 8/17/2019 | 65 | Shellaine Frazier Columbia, MO 7/13/2013 | 65 | Shellaine Frazier Columbia, MO 7/13/2013 | 111 | Shellaine Frazier Columbia, MO 7/13/2013 235 |
| M1 40-44 | Shellaine Frazier Columbia, MO 7/13/2013 | 61 | Shellaine Frazier Columbia, MO 7/13/2013 | 65 | Shellaine Frazier Columbia, MO 7/13/2013 | 111 | Shellaine Frazier Columbia, MO 7/13/2013 235 |
| M2 45-49 | | | | | | | |

| | | | | | | | | |
|-----------------|---|-------|---|------|---|-------|---|-------|
| 14-15 | | | | | | | | |
| T2 | | | | | | | | |
| 16-17 | | | | | | | | |
| T3 18-19 | Kathleen Barclay MaComb, IL 7/8/2006 | 82.5 | Kathleen Barclay MaComb, IL 7/8/2006 | 52.5 | Kathleen Barclay MaComb, IL 7/8/2006 | 85 | Kathleen Barclay MaComb, IL 7/8/2006 | 220 |
| Junior 20-23 | Laura Baum Brookfield, MO 6/24/2017 | 107.5 | Juliet Fansler Macomb, IL 7/13/2024 | 68 | Whitney Piper Macomb, IL 9/18/2021 | 145 | Laura Baum Brookfield, MO 6/24/2017 | 307.5 |
| Open 24-39 | 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 7/27/2018 | 67.5 | Shellaine Frazier Columbia, MO 6/11/2016 | 72.5 | Shellaine Frazier Columbia, MO 6/11/2016 | 117.5 | Shellaine Frazier Columbia, MO 7/27/2018 | 255 |
| M3 50-54 | Pat Okker Columbia, MO 7/13/2013 | 65 | Pat Okker Columbia, MO 7/13/2013 | 50 | Pat Okker Columbia, MO 7/13/2013 | 97.5 | Pat Okker Columbia, MO 7/13/2013 | 212.5 |
| M4 55-59 | Pat Okker Columbia, MO 6/24/2017 | 75 | Pat Okker Columbia, MO 6/24/2017 | 50 | Pat Okker Columbia, MO 6/24/2017 | 110 | Pat Okker Columbia, MO 6/24/2017 | 235 |
| M5 60-64 | Linda LaFontaine Columbia, MO 7/13/2013 | 40 | Linda LaFontaine Columbia, MO 7/13/2013 | 40 | Linda LaFontaine Columbia, MO 7/13/2013 | 70 | Linda LaFontaine Columbia, MO 7/13/2013 | 150 |
| M6 65-69 | | | | | | | | |
| M7 70-74 | Anne Clark Columbia, MO 8/17/2019 | 27.5 | Anne Clark Columbia, MO 8/17/2019 | 32.5 | Anne Clark Columbia, MO 8/17/2019 | 70 | Anne Clark Columbia, MO 8/17/2019 | 130 |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |

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|-------|--|--|--|--|--|--|--|
| 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 | Emily Burchett Mayville, MO 6/26/2010 | 87.5 | Emily Burchett Mayville, MO 6/26/2010 | 45 | Emily Burchett Mayville, MO 6/26/2010 | 107.5 | Emily Burchett Mayville, MO 6/26/2010 240 |
| 18-19 | | | | | | | |
| Junior | Lauren Martin Muskegon, MI 10/10/2020 | 75 | Lauren Martin Muskegon, MI 10/10/2020 | 52.5 | Lauren Martin Muskegon, MI 10/10/2020 | 88 | Lauren Martin Muskegon, MI 10/10/2020 215.5 |
| 20-23 | | | | | | | |
| Open | Lisa Mangold Lakewood, WI 8/11/2007 | 122 | Amanda Smith Cynthiana, IN 6/11/2016 | 80 | Lisa Mangold Lakewood, WI 8/11/2007 | 140 | Lisa Mangold Lakewood, WI 8/11/2007 327.5 |
| 24-39 | | | | | | | |
| M1 | Tammy Browning Columbia, MO 6/24/2017 | 82.5 | Tammy Browning Columbia, MO 6/24/2017 | 45 | Tammy Browning Columbia, MO 6/24/2017 | 110 | Tammy Browning Columbia, MO 6/24/2017 237.5 |
| 40-44 | | | | | | | |
| M2 | 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 |
| 45-49 | | | | | | | |
| M3 | Dawn Piper | | Cheryl Kyle | | Dawn Piper | | Cheryl Kyle |

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|--------------|---|------|---|------|---|-------|---|-------|
| M4 50-54 | Macomb, IL 7/13/2024 | 81.5 | Columbia, MO 6/24/2017 | 48 | Macomb, IL 9/18/2021 | 106 | Columbia, MO 6/24/2017 | 226 |
| M5 55-59 | Catherine Morrison Portland, ME 6/24/2017 | 65 | Catherine Morrison Portland, ME 6/24/2017 | 50 | Catherine Morrison Portland, ME 6/24/2017 | 95 | Catherine Morrison Portland, ME 6/24/2017 | 210 |
| M6 60-64 | 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 65-69 | | | | | | | | |
| M8 70-74 | | | | | | | | |
| M9 75-79 | | | | | | | | |
| M10 80-84 | | | | | | | | |
| M10 85-89 | | | | | | | | |

| Women 70 kilograms | | | | | | | | |
|--------------------|---|------|---|------|---|-----|---|-----|
| Division | Squat | | Bench Press | | Deadlift | | Total | |
| T1 14-15 | | | | | | | | |
| T2 16-17 | | | | | | | | |
| T3 18-19 | Haley Shake Macomb, IL 7/13/2024 | 92.5 | Haley Shake Macomb, IL 7/13/2024 | 47.5 | Haley Shake Macomb, IL 7/13/2024 | 100 | Haley Shake Macomb, IL 7/13/2024 | 240 |
| Junior 20-23 | Kaitlyn Moon Macomb, IL 8/16/2025 | 42.5 | Kaitlyn Moon Macomb, IL 8/16/2025 | 37.5 | Kaitlyn Moon Macomb, IL 8/16/2025 | 80 | Kaitlyn Moon Macomb, IL 8/16/2025 | 160 |

| | | | | | | | | |
|-----------------|---|-----|---|------|---|-------|---|-------|
| 14-15 | | | | | | | | |
| T2 16-17 | Lauren McClure Macomb, IL 10/9/2020 | 90 | Lauren McClure Macomb, IL 10/9/2020 | 50 | Lauren McClure Macomb, IL 10/9/2020 | 110 | Lauren McClure Macomb, IL 10/9/2020 | 250 |
| T3 18-19 | Lauren McClure Macomb, IL 7/9/2022 | 125 | Lauren McClure Macomb, IL 7/9/2022 | 57.5 | 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 | Lauren McClure Macomb, IL 7/13/2024 | 60 | Lauren McClure Macomb, IL 7/13/2024 | 147.5 | Lauren McClure Macomb, IL 7/13/2024 | 337.5 |
| Open 24-39 | 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 6/24/2017 | 125 | Julie Krause Harrisburg, MO 6/24/2017 | 67.5 | Julie Krause Harrisburg, MO 6/24/2017 | 160 | Julie Krause Harrisburg, MO 6/24/2017 | 352.5 |
| M2 45-49 | Amy Kivett 7/9/2022 | 100 | Amy Kivett 7/9/2022 | 60 | Amy Kivett 7/9/2022 | 135 | Amy Kivett 7/9/2022 | 295 |
| M3 50-54 | | | | | | | | |
| 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 | Beth Perrin Columbia, MO 8/17/2019 | 95 | Carolyn Beck Evansville, IN 7/9/2022 | 65.5 | Beth Perrin Columbia, MO 8/17/2019 | 115 | Beth Perrin Columbia, MO 8/17/2019 | 262.5 |
| M6 65-69 | Gail Ludwig Columbia, MO 7/19/2014 | 45 | Gail Ludwig Columbia, MO 7/19/2014 | 40 | Gail Ludwig Columbia, MO 7/19/2014 | 77.5 | Gail Ludwig Columbia, MO 7/19/2014 | 162.5 |
| M7 70-74 | | | | | | | | |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |
| M10 | | | | | | | | |

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|--------------|---|----|---|----|---|-------|---|-------|
| M4 55-59 | | | | | | | | |
| M5 60-64 | Jayne Tang Evansville, IN 8/16/2025 | 75 | Jayne Tang Evansville, IN 8/16/2025 | 55 | Jayne Tang Evansville, IN 8/16/2025 | 102.5 | Jayne Tang Evansville, IN 8/16/2025 | 232.5 |
| 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 | Keri DeVolder Macomb, IL 6/24/2017 | 103 | Keri DeVolder Macomb, IL 6/24/2017 | 57.5 | Evie Delgado Quincy, IL 7/9/2022 | 137.5 | Evie Delgado Quincy, IL 7/9/2022 | 295 |
| T3 18-19 | Keri DeVolder Macomb, IL 8/17/2019 | 107.5 | Keri DeVolder Macomb, IL 8/17/2019 | 70 | Keri DeVolder Macomb, IL 8/17/2019 | 125 | Keri DeVolder Macomb, IL 8/17/2019 | 302.5 |
| Junior 20-23 | Jenna Winsett Evansville, IN 9/18/2021 | 120 | Ann Buren La Harpe, IL 7/8/2006 | 65 | Jenna Winsett Evansville, IN 9/18/2021 | 130 | Jenna Winsett Evansville, IN 9/18/2021 | 307.5 |
| Open 24-39 | Shelby Assmus South Dakota 6/11/2016 | 165 | Jodey Reisz Santa Claus, IN 6/11/2016 | 110 | Shelby Assmus South Dakota 6/11/2016 | 185 | Shelby Assmus South Dakota 6/11/2016 | 437.5 |

| | | | | | | | | |
|--------------|---|------|--|------|---|-------|--|-------|
| M1 40-44 | Jodey Reisz Santa Claus, IN 6/11/2016 | 130 | Jodey Reisz Santa Claus, IN 6/11/2016 | 110 | Jodey Reisz Santa Claus, IN 6/11/2016 | 175 | Jodey Reisz Santa Claus, IN 6/11/2016 | 415 |
| M2 45-49 | Sara Ringbauer Columbia, MO 6/24/2017 | 115 | Patricia Benson Muskegon, MI 6/11/2016 | 85 | Sara Ringbauer Columbia, MO 6/24/2017 | 170 | Patricia Benson Muskegon, MI 6/11/2016 | 352.5 |
| M3 50-54 | Charla Wrenn Good Hope, IL 7/27/2018 | 70 | Charla Wrenn Good Hope, IL 8/17/2019 | 67.5 | Charla Wrenn Good Hope, IL 7/27/2018 | 112.5 | Charla Wrenn Good Hope, IL 7/27/2018 | 247.5 |
| M4 55-59 | Charla Wrenn Macomb, IL 8/5/2023 | 55 | Charla Wrenn Macomb, IL 8/5/2023 | 65 | Charla Wrenn Macomb, IL 8/5/2023 | 105 | Charla Wrenn Macomb, IL 8/5/2023 | 225 |
| M5 60-64 | Rachel Mayes Evansville, IN 8/5/2023 | 47.5 | Rachel Mayes Evansville, IN 8/5/2023 | 45 | Mary Rapert Columbia, MO 7/19/2014 | 127.5 | Rachel Mayes Evansville, IN 8/5/2023 | 205 |
| 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 | Laura Waller Lake in the Hills, IL 8/11/2007 | 87.5 | Laura Waller Lake in the Hills, IL 8/11/2007 | 42.5 | Laura Waller Lake in the Hills, IL 8/11/2007 | 97.5 | Laura Waller Lake in the Hills, IL 8/11/2007 | 227.5 |

New Record

Women 44 kilograms

| Division | Squat | Knee Sleeves | 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 60-64 | | | | | |
| M6 65-69 | | | | | |
| M7 | | | | | |

Single Event Unequipped National Records Updated 4/11/2025

| 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 60-64 | | | | | | |
| M6 | | | | | | |

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|--------------|--|--|--|--|--|--|
| 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 | Kimberly Wathan Howell, MI 3/17/2018 | 60 | Kimberly Wathan Howell, MI 3/4/2017 | 40 | Kimberly Wathan Howell, MI 3/17/2018 | 87.5 |
| M1 | | | | | | |

| | | | | | | |
|-------|-------------------------------|----|-------------------------------|----|-------------------------------|------|
| 40-44 | | | | | | |
| M2 | | | | | | |
| 45-49 | | | | | | |
| M3 | | | Kimberly Wathan Howell, MI | 40 | | |
| 50-54 | | | 3/4/2017 | | | |
| M4 | Kimberly Wathan Howell, MI | 60 | | | Kimberly Wathan Howell, MI | 87.5 |
| 55-59 | 3/17/2018 | | | | 3/17/2018 | |
| M5 | | | | | | |
| 60-64 | | | | | | |
| M6 | | | | | | |
| 65-69 | | | | | | |
| M7 | | | | | | |
| 70-74 | | | | | | |
| M8 | | | | | | |
| 75-79 | | | | | | |
| M9 | | | | | | |
| 80-84 | | | | | | |

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|-------|--|--|--|--|--|--|
| 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 24-39 | Jaqueline Miller Columbia, MO 3/7/2015 | 61 | Kerin Anderson Columbia, MO 3/7/2015 | 47 | Jaqueline Miller Columbia, MO 3/7/2015 | 70 |
| M1 40-44 | | | | | | |
| 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 4/17/20521 | 50 | Amy Fansler-Midas Macomb, IL 4/17/20521 | 37.5 | Amy Fansler-Midas Macomb, IL 4/17/20521 | 75 |
| M4 55-59 | Kerin Anderson Columbia, MO 3/7/2015 | 55 | Kerin Anderson Columbia, MO 3/7/2015 | 47 | Kerin Anderson Columbia, MO 3/7/2015 | 67.5 |
| M5 | | | Patricia Kueneke | | | |

| | | | | | | |
|--------------|--|----|--|------|--|----|
| M6 60-64 | | | St. Louis, MO 2/4/2012 | 32.5 | | |
| M6 65-69 | Jaqueline Miller Columbia, MO 3/7/2015 | 61 | Jaqueline Miller Columbia, MO 3/7/2015 | 33 | Jaqueline Miller Columbia, MO 3/7/2015 | 70 |
| M7 70-74 | | | | | | |
| M8 75-79 | | | | | | |
| M9 80-84 | | | | | | |
| M10 85-89 | | | | | | |

| Women 53.0 kilograms | | | | | | |
|----------------------|---|----|---|------|---|-------|
| Division | Squat | | Bench Press | | Deadlift | |
| Open 24-39 | Hanna Krause Allegan, MI 3/5/2011 | 70 | Shellaine Frazier Columbia, MO 3/4/2017 | 72.5 | Shellaine Frazier Columbia, MO 3/5/2016 | 123 |
| T1 14-15 | Hanna Krause Allegan, MI 3/5/2011 | 70 | Hanna Krause Allegan, MI 3/5/2011 | 40 | Hanna Krause Allegan, MI 3/5/2011 | 90 |
| T2 16-17 | | | Jesse Fansler Macomb, IL 3/17/2018 | 52.5 | Jesse Fansler Macomb, IL 3/17/2018 | 105.5 |
| T3 18-19 | | | | | | |
| Junior | | | | | | |

| | | | | | | |
|--------------|---|------|---|------|---|------|
| 20-23 | | | | | | |
| M1 40-44 | | | Shellaine Frazier Columbia, MO 3/7/2015 | 71 | Shellaine Frazier Columbia, MO 3/7/2015 | 121 |
| M2 45-49 | Shellaine Frazier Columbia, MO 3/4/2017 | 65.5 | Shellaine Frazier Columbia, MO 3/4/2017 | 72.5 | Shellaine Frazier Columbia, MO 3/5/2016 | 123 |
| 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 3/4/2017 | 60 | Kerin Anderson Columbia, MO 3/4/2017 | 52.5 | Kerin Anderson Columbia, MO 3/4/2017 | 80 |
| M5 60-64 | | | | | | |
| M6 65-69 | Linda LaFontaine Columbia, MO 3/17/2018 | 65 | Linda LaFontaine Columbia, MO 3/17/2018 | 51 | Linda LaFontaine Columbia, MO 3/17/2018 | 92.5 |
| 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 | Leni Wuensch Macomb, IL 3/4/2023 | 85 | Whitney Piper Macomb, IL 3/17/2018 | 45 | Leni Wuensch Macomb, IL 3/4/2023 | 102.5 |
| T3 18-19 | | | Juliet Fansler Macomb, IL 3/4/2023 | 60 | Whitney Piper Macomb, IL 10/9/2020 | 120 |
| Junior 20-23 | Toni Lane Macomb, IL 3/7/2015 | 105 | Jessie Fansler Macomb, IL 10/9/2020 | 60 | Toni Lane Macomb, IL 3/7/2015 | 145 |
| Open 24-39 | Toni Lane Macomb, IL 3/7/2015 | 105 | Shellaine Frazier Columbia, MO 3/17/2018 | 70.5 | Toni Lane Macomb, IL 3/7/2015 | 145 |
| M1 40-44 | Lauren Poulin Whitman, MA 4/17/2021 | 80 | Shellaine Frazier Columbia, MO 2/4/2012 | 65 | 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 | | | | | | |
| M4 55-59 | Pat Okker Columbia, MO 3/7/2015 | 50 | Pat Okker Columbia, MO 3/7/2015 | 55 | Pat Okker Columbia, MO 3/7/2015 | 95 |
| M5 60-64 | | | | | | |
| M6 65-69 | | | | | | |
| M7 70-74 | | | | | | |
| MR | | | | | | |

| | | | | | |
|-------|--|--|--|--|--|
| 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 | Lillian Lambert Macomb, IL 3/4/2023 | 62.5 | Lillian Lambert Macomb, IL 3/4/2023 | 35 | Lillian Lambert Macomb, IL 3/4/2023 | 100 |
| Junior 20-23 | Sophie Simmons MaComb, IL 3/6/2010 | 80 | Jessica Fansler MaComb, IL 4/17/2021 | 62.5 | Whitney Piper Macomb, IL 3/4/2023 | 150 |
| Open 24-39 | Heidi Lowe New Harmony, IN 4/6/2024 | 110 | Koley Hockeborn Walker, MI 4/5/2008 | 95 | Emily Weber Muskegon, MI 4/5/2025 | 125.5 |
| M1 40-44 | | | | | | |
| M2 45-49 | | | Koley Hockeborn Walker, MI 4/5/2008 | 95 | | |
| M3 | | | | | | |

| | | | | | | |
|-------|----------------------------------|----|----------------------------------|------|----------------------------------|-----|
| 50-54 | | | | | | |
| M4 | | | | | | |
| 55-59 | | | | | | |
| M5 | Kim Morgan-Jones Columbia, MO | 91 | Kim Morgan-Jones Columbia, MO | 57.5 | Kim Morgan-Jones Columbia, MO | 119 |
| 60-64 | 3/17/2018 | | 3/17/2018 | | 3/17/2018 | |
| M6 | | | | | | |
| 65-69 | | | | | | |
| M7 | | | | | | |
| 70-74 | | | | | | |
| M8 | | | | | | |
| 75-79 | | | | | | |
| M9 | | | | | | |
| 80-84 | | | | | | |
| M10 | | | | | | |
| 85-89 | | | | | | |

| Women 63 kilograms | | | | | | |
|--------------------|----------------------------------|------|-------------------------------------|------|----------------------------------|-----|
| Division | Squat | | Bench Press | | Deadlift | |
| T1 | Claire Rittenhouse MaComb, IL | 90 | Claire Rittenhouse MaComb, IL | 57.5 | Claire Rittenhouse MaComb, IL | 95 |
| 14-15 | 3/6/2010 | | 3/6/2010 | | 3/6/2010 | |
| T2 | Naomi Seifert Mt. Vernon, IN | 87.5 | Morgan Thompson Fort Gratiot, MI | 57.5 | Alicia Doyle Croswell, MI | 130 |
| 16-17 | 3/7/2015 | | 3/5/2011 | | 3/5/2011 | |
| T3 | Haley Shake Macomb, IL | 86 | Haley Shake Macomb, IL | 47.5 | Ainsley Walter MaComb, IL | 85 |
| 18-19 | 4/6/2024 | | 4/6/2024 | | 10/9/2020 | |

| | | | | | | |
|-----------------|---|-------|---|-------|---|-------|
| 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 |
| Open 24-39 | Adriana Garcia Martin Macomb, IL 3/4/2023 | 127.5 | Koley Hockeborn Walker, MI 3/6/2010 | 102.5 | Amanda Smith Evansville, IN 3/7/2015 | 145 |
| M1 40-44 | Molly Angel Newburgh, IN 4/5/2025 | 67.5 | Angela Holloway Columbia, MO 3/7/2015 | 42.5 | Molly Angel Newburgh, IN 4/5/2025 | 100 |
| M2 45-49 | Angela Holloway Columbia, MO 3/4/2017 | 60 | Carol Burr Hersey, MI 2/25/2006 | 70 | Darlene Wallace Newburgh, IN 3/8/2014 | 102.5 |
| M3 50-54 | Dawn Piper Macomb, IL 3/4/2023 | 77.5 | Koley Hockeborn Walker, MI 3/6/2010 | 102.5 | Cheryl Kyle Columbia, MO 3/17/2018 | 115 |
| M4 55-59 | Cheryl Kyle Columbia, MO 3/16/2019 | 80 | Cheryl Kyle Columbia, MO 3/16/2019 | 55 | Cheryl Kyle Columbia, MO 3/16/2019 | 126 |
| M5 60-64 | Sandy Falloon Columbia, MO 3/7/2015 | 42.5 | Anne Clark Columbia, MO 3/8/2014 | 35 | Anne Clark Columbia, MO 3/8/2014 | 80 |
| M6 65-69 | Catherine Morrison Portland, ME 3/16/2019 | 75 | Catherine Morrison Portland, ME 3/16/2019 | 52.5 | Catherine Morrison Portland, ME 3/16/2019 | 117.5 |
| 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 | Emily Phillips Colchester, IL 3/7/2015 | 73.5 | | | | |
| T3 18-19 | | | | | Ainsley Walter Macomb, IL 4/17/2021 | 100 |
| Junior 20-23 | | | Marion Bosma Hesperia, MI 3/9/2013 | 80 | Marion Bosma Hesperia, MI 3/9/2013 | 172.5 |
| Open 24-39 | Katie Oursler Macomb, IL 4/17/2021 | 117.5 | Marion Bosma Hesperia, MI 3/9/2013 | 80 | Marion Bosma Hesperia, MI 3/9/2013 | 172.5 |
| M1 40-44 | Tara Helenthal Hamilton, IL 3/7/2015 | 80 | Tara Helenthal Hamilton, IL 3/7/2015 | 55 | Tara Helenthal Hamilton, IL 3/7/2015 | 115 |
| M2 45-49 | | | | | | |
| M3 50-54 | Carol Burr Hersey, MI 3/14/2009 | 105 | Carol Burr Hersey, MI 3/14/2009 | 77.5 | Carol Burr Hersey, MI 3/6/2010 | 157.5 |
| M4 55-59 | Susan Sanaghan Michigan City, IN 3/9/2013 | 97.5 | Cheryl Kyle Columbia, MO 10/10/2020 | 62.5 | Cheryl Kyle Columbia, MO 10/10/2020 | 137.5 |
| M5 60-64 | | | | | | |
| M6 | Kate Walker Columbia, MO | 72.5 | Catherine Morrison Portland, ME | 50.5 | Catherine Morrison Portland, ME | 120 |

| | | | | | | |
|-------|----------|--|-----------------------------|------|-----------------------------|----|
| 65-69 | 3/7/2015 | | 4/17/2021 | | 4/17/2021 | |
| M7 | | | Kate Walker Columbia, MO | 42.5 | Kate Walker Columbia, MO | 98 |
| 70-74 | | | 3/7/2015 | | 3/7/2015 | |
| M8 | | | | | | |
| 75-79 | | | | | | |
| M9 | | | | | | |
| 80-84 | | | | | | |
| M10 | | | | | | |
| 85-89 | | | | | | |

| Women 80 kilograms | | | | | | |
|--------------------|----------------------------------|-------|------------------------------------|------|------------------------------------|-------|
| Division | Squat | | Bench Press | | Deadlift | |
| T1 | | | | | | |
| 14-15 | | | | | | |
| T2 | Lauren McClure Macomb, IL | 110 | Kateri Stachowicz Whitehall, MI | 75 | Lauren McClure Macomb, IL | 148 |
| 16-17 | 4/17/2021 | | 3/5/2011 | | 4/17/2021 | |
| T3 | Lauren McClure Macomb, IL | 127.5 | Lauren McClure Macomb, IL | 57.5 | Lauren McClure Macomb, IL | 150 |
| 18-19 | 3/4/2023 | | 5/7/2022 | | 3/4/2023 | |
| Junior | Lauren McClure Macomb, IL | 125.5 | Lauren McClure Macomb, IL | 57.5 | Lauren McClure Macomb, IL | 140 |
| 20-23 | 4/6/2024 | | 4/6/2024 | | 4/6/2024 | |
| Open | Jennifer McClain Hannibal, MO | 105 | Kateri Stachowicz Whitehall, MI | 75 | Kateri Stachowicz Whitehall, MI | 145 |
| 24-39 | 3/7/2015 | | 3/5/2011 | | 3/5/2011 | |
| M1 | Tanya Schmidt Macomb, IL | 95 | Charla Wrenn Good Hope, IL | 57.5 | Tanya Schmidt Macomb, IL | 112.5 |
| 40-44 | 4/6/2024 | | 3/5/2016 | | 4/6/2024 | |

| | | | | | | |
|--------------|--|----|--|------|--|-------|
| M2 45-49 | Delsie Bonaparte Columbia, MO 3/4/2017 | 75 | Delsie Bonaparte Columbia, MO 3/4/2017 | 45 | Delsie Bonaparte Columbia, MO 3/4/2017 | 92.5 |
| M3 50-54 | | | | | Kimberly Livelay Newburgh, IN 3/8/2014 | 100 |
| M4 55-59 | Phyllis McLouth Bushnell, IL 4/6/2024 | 86 | Carolyn Beck Evansville, IN 4/17/2021 | 65 | Phyllis McLouth Bushnell, IL 4/6/2024 | 111 |
| M5 60-64 | Beth Perrin Columbia, MO 3/4/2017 | 95 | Bridget Bufford Columbia, MO 4/17/2021 | 65 | Bridget Bufford Columbia, MO 4/17/2021 | 117.5 |
| M6 65-69 | | | | | | |
| M7 70-74 | | | Sandra Ollar Columbia, MO 3/7/2015 | 27.5 | Sandra Ollar Columbia, MO 3/7/2015 | 77.5 |
| M8 75-79 | | | | | | |
| M9 80-84 | | | | | | |
| M10 85-89 | | | | | | |

| Women 90 kilograms | | | | | |
|--------------------|-------|--|-------------|--|----------------|
| Division | Squat | | Bench Press | | Deadlift |
| | | | | | |
| T1 14-15 | | | | | |
| T2 | | | | | Alyssa Beadles |

| | | | | | | |
|-----------------|--|-------|--|------|--|-------|
| 16-17 | | | | | Boonville, IN 4/17/2021 | 120 |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | Robin Rogan Evansville, IN 3/4/2023 | 102.5 | Kim Welcher Evansville, IN 3/8/2014 | 85 | Andrea Chappellear Columbia, MO 3/4/2017 | 160 |
| M1 40-44 | Robin Rogan Evansville, IN 4/6/2024 | 110 | Andrea Chappellear Columbia, MO 3/4/2017 | 52.5 | Andrea Chappellear Columbia, MO 3/4/2017 | 160 |
| M2 45-49 | Caroline Fardig Coonville, IN 4/6/2024 | 75 | Kim Welcher Evansville, IN 3/8/2014 | 85 | Charla Wrenn Good Hope, IL 3/4/2017 | 107.5 |
| M3 50-54 | 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 |
| M4 55-59 | Rachel Brown Columbia, MO 3/7/2015 | 65 | Rachel Brown Columbia, MO 3/7/2015 | 57.5 | Rachel Brown Columbia, MO 3/7/2015 | 123 |
| M5 60-64 | 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 |
| M6 65-69 | Maggy Danley Columbia, MO 3/7/2015 | 60 | Maggy Danley Columbia, MO 3/7/2015 | 48.5 | Maggy Danley Columbia, MO 3/7/2015 | 90 |
| 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 | Corinna Myers Evansville, IN 4/6/2024 | 145 | Corinna Myers Evansville, IN 4/6/2024 | 67.5 | Corinna Myers Evansville, IN 4/6/2024 | 182.5 |
| Junior 20-23 | | | | | | |
| Open 24-39 | Corinna Myers Evansville, IN 4/6/2024 | 145 | Corinna Myers Evansville, IN 4/6/2024 | 67.5 | Corinna Myers Evansville, IN 4/6/2024 | 182.5 |
| 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 110+ kilograms | | | | | | |
|----------------------|--|-------|--|----|--|-------|
| Division | Squat | | Bench Press | | Deadlift | |
| 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 | Evie Delgado Macomb, IL 5/7/2022 | 147.5 |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | Keri DeVolder Macomb, IL 3/4/2023 | 75 | | |
| Open 24-39 | Sharri Morgraves Bath, MI 3/5/2016 | 127.5 | Sharri Morgraves Bath, MI 3/5/2016 | 75 | Sara Ringbauer Columbia, MO 3/4/2017 | 172.5 |

| | | | | | | |
|--------------|--|-------|--|----|--|-------|
| M1 40-44 | | | | | | |
| 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 Morgraves Bath, MI 3/5/2016 | 127.5 | Sharri Morgraves Bath, MI 3/5/2016 | 75 | Sharri Morgraves Bath, MI 3/5/2016 | 160 |
| M4 55-59 | | | Judy Naeger Columbia, MO 3/17/2018 | 45 | Judy Naeger Columbia, MO 3/17/2018 | 130 |
| M5 60-64 | Rachel Mayes Evansville, IN 4/6/2024 | 90 | Rachel Mayes Evansville, IN 4/5/2025 | 60 | Rachel Mayes Evansville, IN 4/5/2025 | 132.5 |
| M6 65-69 | | | Mary Rapert Barnhart, MO 3/4/2017 | 60 | Mary Rapert Barnhart, MO 3/4/2017 | 141.5 |
| M7 70-74 | | | | | | |
| M8 75-79 | | | | | | |
| M9 80-84 | | | | | | |
| M10 85-89 | | | | | | |

Single Event Equipped National Records Updated 3/6/2017

New Record

| 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 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 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 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 | | | | | | |
| Ma | | | | | | |

| | | | | | |
|-------|--|--|--|--|--|
| 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 | | | Angela Hardy Mishawaka, IN 3/5/2011 | 42.5 | Angela Hardy Mishawaka, IN 3/5/2011 |
| 24-39 | | | | | 97.5 |
| M1 | | | | | |
| 40-44 | | | | | |
| M2 | | | Angela Hardy Mishawaka, IN 3/5/2011 | 42.5 | Angela Hardy Mishawaka, IN 3/5/2011 |
| 45-49 | | | | | 97.5 |
| 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 55.5 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 58.5 kilograms

| Division | Squat | | Bench Press | | Deadlift | |
|-----------------|---|-------|--|------|---|-------|
| T1 14-15 | | | | | | |
| T2 16-17 | | | Brianna Palleschi Applegate, MI 4/5/2008 | 72.5 | | |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | 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 |
| 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 | | | | | | |
|--------------------|---|-----|---|-----|---|-------|
| Division | Squat | | Bench Press | | Deadlift | |
| T1 | | | | | | |
| 14-15 | | | | | | |
| T2 | | | | | | |
| 16-17 | | | | | | |
| T3 | | | | | | |
| 18-19 | | | | | | |
| Junior | | | | | | |
| 20-23 | | | | | | |
| Open | Koley Hockeborn Walker, MI 3/5/2011 | 150 | Koley Hockeborn Walker, MI 3/5/2011 | 120 | Koley Hockeborn Walker, MI 3/5/2011 | 142.5 |
| 24-39 | | | | | | |
| 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 3/5/2011 | 142.5 |
| M4 55-59 | | | | | | |
| M5 60-64 | | | | | | |
| M6 65-69 | | | | | | |
| M7 70-74 | | | | | | |
| M8 75-79 | | | | | | |
| M9 80-84 | | | | | | |
| M10 85-89 | | | | | | |

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

| | | | | | | |
|-----------------|--|--|--|--|---|-----|
| 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | | | | | Susan Sanaghan Michigan City, IN 4/5/2008 | 130 |
| M1 40-44 | | | | | | |
| 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

| Women 80 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 | 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 | | | | | | |
|--------------------|-------|--|-------------|--|----------|--|
| Division | Squat | | Bench Press | | Deadlift | |
| T1 14-15 | | | | | | |
| T2 16-17 | | | | | | |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | | | | | | |
| 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 | | | | | | |
|---------------------|-------|--|-------------|--|----------|--|
| 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 110+ kilograms | | | | | | |
|----------------------|-------|--|----------------------------|------|----------------------------|-----|
| Division | Squat | | Bench Press | | Deadlift | |
| T1 14-15 | | | | | | |
| T2 16-17 | | | | | | |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | | | Denise Gilbert 3/7/2015 | 52.5 | Denise Gilbert 3/7/2015 | 125 |
| M1 40-44 | | | | | | |
| M2 45-49 | | | | | | |
| M3 50-54 | | | | | | |
| M4 | | | Denise Gilbert | | Denise Gilbert | |

| | | | | | | |
|-------|--|--|----------|------|----------|-----|
| MIT | | | | 52.5 | | 125 |
| 55-59 | | | 3/7/2015 | | 3/7/2015 | |
| M5 | | | | | | |
| 60-64 | | | | | | |
| M6 | | | | | | |
| 65-69 | | | | | | |
| M7 | | | | | | |
| 70-74 | | | | | | |
| M8 | | | | | | |
| 75-79 | | | | | | |
| M9 | | | | | | |
| 80-84 | | | | | | |
| M10 | | | | | | |
| 85-89 | | | | | | |

| Women 44 kilograms | | | | | | | | |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| 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 | | | | | | | | |
|----------------------|-------|--|-------------|--|----------|--|-------|--|
| Division | Squat | | Bench Press | | Deadlift | | Total | |
| Open | | | | | | | | |
| T1 14-15 | | | | | | | | |
| T2 | | | | | | | | |

| | | | | | | | | |
|--------------|--|--|--|--|--|--|--|--|
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |
| M10 85-89 | | | | | | | | |

| Women 55.5 kilograms | | | | | | | | |
|----------------------|-------|--|-------------|--|----------|--|-------|--|
| 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 | | | | | | | | |
|----------------------|-------|--|-------------|--|----------|--|-------|--|
| Division | Squat | | Bench Press | | Deadlift | | Total | |

