

Single Event Equipped National Records Updated 3/17/2026

New Record

Women 44 kilograms, Equipped -Single Event -National Records						
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 47.5 kilograms, Equipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						

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 -Single Event -National Records						
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						
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Women 53.0 kilograms, Equipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Angela Hardy Mishawaka, IN 3/5/2011	42.5	Angela Hardy Mishawaka, IN 3/5/2011	97.5
M1 40-44						
M2 45-49			Angela Hardy Mishawaka, IN 3/5/2011	42.5	Angela Hardy Mishawaka, IN 3/5/2011	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, Equipped -Single Event -National Records						
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, Equipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2			Brianna Palleschi			

12 16-17			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, Equipped -Single Event -National Records						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	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
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						

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

Women 70 kilograms, Equipped -Single Event -National Records						
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, Equipped -Single Event -National Records						
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	Carolyn Beck	92.5				
55-59	Evansville, IN 10/10/2020					
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						

M9 80-84						
M10 85-89						

Women 90 kilograms, Equipped -Single Event -National Records						
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, Equipped -Single Event -National Records						
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 110+ kilograms, Equipped -Single Event -National Records						
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 55-59			Denise Gilbert 3/7/2015	52.5	Denise Gilbert 3/7/2015	125
M5 60-64						
M6 65-69						
M7 70-74						
MR						

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