Full Power Unequipped American Records Updated 09/22/2026

Women 44 kilograms Unequipped - American Records								
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 Macomb, IL	70	Judith Gedney Macomb, IL	51	Judith Gedney Macomb, IL	115	Judith Gedney Macomb, IL	232.5

70-74	11/13/2010		11/12/2011		11/13/2010		11/13/2010	
M8 75-79								
M9 80-84								
M10 85-89								

Women 47.5 kilograms, Unequipped - American Records								
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 50-54	Kim Wathen Howell, MI 10/29/2016	65	Kim Wathen Howell, MI 9/24/2016	42.5	Kim Wathen Howell. MI 10/29/2016	82.5	Kim Wathen Howell, MI 10/29/2016	182.5
M4								

M4 55-59								
M5 60-64								
M6 65-69	Judith Gedney Macomb, IL 11/11/2006	85	Judith Gedney Macomb, IL 11/14/2009	49	Judith Gedney Macomb, IL 11/14/2009	113	Judith Gedney Macomb, IL 11/11/2006	242.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 50.5 kilograms, Unequipped - American Records

Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Whitney Fuller Macomb, IL 12/10/2022	72.5	Whitney Fuller Macomb, IL 12/10/2022	37.5	Whitney Fuller Macomb, IL 12/10/2022	87.5	Whitney Fuller Macomb, IL 12/10/2022	197.5
T2 16-17	Rachel Schwartz 11/6/2014	65	Rachel Schwartz 11/6/2014	45	Rachel Schwartz 11/6/2014	92.5	Rachel Schwartz 11/6/2014	202.5
T3 18-19	Kathleen Barclay Macomb, IL 11/4/2006	92.5	Kathleen Barclay Macomb, IL 11/4/2006	52.5	Faith Wood Evansville, IN 7/27/2018	96	Kathleen Barclay Macomb, IL 11/4/2006	232.5
Junior 20-23	Kathleen Barclay Macomb, IL 3/31/2007	87.5	Kathleen Barclay Macomb, IL 3/31/2007	50	Kathleen Barclay Macomb, IL 3/31/2007	90	Kathleen Barclay Macomb, IL 3/31/2007	227.5
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 - American Records								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Hannah Krause Allegan, MI 10/16/2010	62.5	Hannah Krause Allegan, MI 10/16/2010	37.5	Hannah Krause Allegan, MI 10/16/2010	85	Hannah Krause Allegan, MI 10/16/2010	185
T2	Jessica Fansler Macomb, IL	77.5	Jessica Fansler Macomb, IL	50	Jessica Fansler Macomb, IL	105	Jessica Fansler Macomb, IL	232.5

16-17	6/24/2017		11/4/2017		11/4/2017		11/4/2017	
T3 18-19								
Junior 20-23	Kara Downing Macomb, IL 3/2/2019	100	Kara Downing Macomb, IL 3/2/2019	45	Kara Downing Macomb, IL 3/2/2019	107.5	Kara Downing Macomb, IL 3/2/2019	252.5
Open	Kara Downing Macomb, IL 3/2/2019	100	Shellaine Frazier Columbia, MO 6/24/2017	76	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M1 40-44	Jennie Juhl Newburgh, IN 12/16/2019	92.5	Shellaine Frazier Columbia, MO 11/7/2015	73.5	Shellaine Frazier Columbia, MO 11/7/2015	123	Shellaine Frazier Columbia, MO 11/9/2013	267.5
M2 45-49	Shellaine Frazier Columbia, MO 6/24/2017	75	Shellaine Frazier Columbia, MO 6/24/2017	76	Shellaine Frazier Columbia, MO 6/24/2017	128	Shellaine Frazier Columbia, MO 6/24/2017	278
M3 50-54	Amy Milas Macomb, IL 8/16/2025	65	Alma Hopkins Columbia, MO 4/8/2017	47.5	Alma Hopkins Columbia, MO 4/8/2017	105	Alma Hopkins Columbia, MO 4/8/2017	226
M4 55-59	Pat Okker Columbia, MO 6/24/2017	75	Kerin Anderson Columbia, MO 12/3/2016	50	Pat Okker Columbia, MO 6/24/2017	110	Pat Okker Columbia, MO 6/24/2017	235
M5 60-64	Linda LaFontaine Columbia, MO 11/7/2015	45	Linda LaFontaine Columbia, MO 11/7/2015	40	Linda LaFontaine Columbia, MO 11/7/2015	75	Linda LaFontaine Columbia, MO 11/7/2015	160
M6 65-69	Linda LaFontaine Columbia, MO 11/4/2017	65	Linda LaFontaine Columbia, MO 11/4/2017	47.5	Linda LaFontaine Columbia, MO 11/4/2017	95	Linda LaFontaine Columbia, MO 11/4/2017	207.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 55.5 kilograms, Unequipped - American Records								
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 60-64	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 1/13/2012	72.5	Linda LaFontaine Columbia, MO 7/13/2013	150
M6 65-69								
M7	Anne Clark Columbia, MO	27.5	Anne Clark Columbia, MO	32.5	Anne Clark Columbia, MO	70	Anne Clark Columbia, MO	130

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

Women 58.5 kilograms, Unequipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Ashlyn Wal South Charleston, OH 2/22/2014	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 Evansville, IN 11/2/2024	122.5	Heidi Lowe Evansville, IN 11/2/2024	63	Heidi Lowe Evansville, IN 11/2/2024	128	Heidi Lowe Evansville, IN 11/2/2024	312.5
T3 18-19	Juliet Fansler Macomb, IL 8/5/2023	67.5	Juliet Fansler Macomb, IL 8/5/2023	55	Juliet Fansler Macomb, IL 8/5/2023	100	Juliet Fansler Macomb, IL 8/5/2023	222.5
Junior 20-23	Antoinette Lane Macomb, IL 7/19/2014	101	Sophie Simmons Macomb, IL 10/2/2010	65	Antoinette Lane Macomb, IL 7/19/2014	140	Antoinette Lane Macomb, IL 7/19/2014	285
Open	Carmella Mattingly Florissant, MO 2/7/2015	132.5	Cynthia Alog Skokie, IL 8/27/2011	67.5	Carmella Mattingly Florissant, MO 2/7/2015	147.5	Carmella Mattingly Florissant, MO 2/7/2015	345
M1 40-44	Carmella Mattingly Florissant, MO 2/7/2015	132.5	Carmella Mattingly Florissant, MO 2/7/2015	65	Carmella Mattingly Florissant, MO 2/7/2015	147.5	Carmella Mattingly Florissant, MO 2/7/2015	345
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	Cheryl Kyle		Kim Morgan		Cheryl Kyle		Cheryl Kyle	

M4 55-59	Columbia, MO 8/17/2019	85	Columbia, MO 2/9/2013	60	Columbia, MO 8/17/2019	128	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 - American Records								
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 18-19	Emily Burchett Mayville, MO 6/26/2010	87.5	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	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	Phyllis McLouth Bushnell, IL 9/22/2026	82.5	Phyllis McLouth Bushnell, IL 9/22/2026	58	Deb Hasten St Louis, MO 9/1/2018	115	Phyllis McLouth Bushnell, IL 9/22/2026	248
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 - American Records								
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	Caitlyn Hay South Charleston, OH	72.5	Taylor Manning Mechanicsburg, OH	45	Taylor Manning Mechanicsburg, OH	107.5	Taylor Manning Mechanicsburg, OH	220

16-17	2/22/2014		2/22/2014		3/22/2015		3/22/2015	
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	Carolyn Beck Evansville, IN 2/14/2026	85	Carolyn Beck Evansville, IN 6/20/2026	62.5	Phylllis McLouth Bushnel, IL 11/2/2024	115	Phylllis 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 70-74	Kate Walker Ashland, MO 8/17/2019	60	Kate Walker Ashland, MO 8/17/2019	40	Kate Walker Ashland, MO 8/17/2019	85	Kate Walker Ashland, MO 8/17/2019	185
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms, Unequipped - American Records								
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 Homyen 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	Myra Vebtus St Louis, MO	37.5	Myra Vebtus St Louis, MO	37.5	Myra Vebtus St Louis, MO	70	Myra Vebtus St Louis, MO	145

70-74	9/1/2018		9/1/2018		9/1/2018		9/1/2018	
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 - American Records								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Addalyn Fugate Evansville, IN 6/20/2026	110	Addalyn Fugate Evansville, IN 6/20/2026	70	Addalyn Fugate Evansville, IN 6/20/2026	147.5	Addalyn Fugate Evansville, IN 6/20/2026	325
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	Dora Zodrow Neenah, WI 2/21/2026	100	Dora Zodrow Neenah, WI 2/21/2026	70	Dora Zodrow Neenah, WI 2/21/20216	152.5	Dora Zodrow Neenah, WI 2/21/2026	322.5
Junior 20-23								
Open	Kyle Reel Evansville, IN 2/14/2026	150	Jasmine Todd Ypsilani, MI 11/22/2008	97.5	Jasmine Todd Ypsilani, MI 11/22/2008	182.5	Kyle Reel Evansville, IN 2/14/2026	407.5
M1 40-44	Kyle Reel Evansville, IN 2/14/2026	150	Kyle Reel Evansville, IN 2/14/2026	97.5	Robin Rogan Evansville, IN 7/13/2024	160	Kyle Reel Evansville, IN 2/14/2026	407.5
M2 45-49	Charla Wrenn Good Hope, IL 6/24/2017	70	Charla Wrenn Good Hope, IL 6/24/2017	60	Charla Wrenn Good Hope, IL 6/24/2017	107.5	Charla Wrenn Good Hope, IL 6/24/2017	237.5
M3 50-54	Beth Van Hove Columbia, MO 6/24/2017	93	Beth Van Hove Columbia, MO 12/3/2016	60	Beth Van Hove Columbia, MO 12/3/2016	105	Beth Van Hove Columbia, MO 6/24/2017	250.5
M4	Beth Van Hove		Rachel Brown		Rachel Brown		Beth Van Hove	

M4 55-59	Columbia, MO 3/2/2019	92.5	Columbia, MO 10/17/2015	61	Columbia, MO 10/17/2015	130	Columbia, MO 3/2/2019	277.5
M5 60-64	Rachel Brown Columbia, MO 8/17/2019	95	Rachel Brown Columbia, MO 11/4/2017	63	Rachel Brown Columbia, MO 8/17/2019	140	Rachel Brown Columbia, MO 11/4/2017	287.5
M6 65-69	Maggie Danley Columbia, MO 2/15/2014	45	Maggie Danley Columbia, MO 10/17/2015	45	Maggie Danley Columbia, MO 2/15/2014	85	Maggie Danley Columbia, MO 10/17/2015	175
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 110 kilograms, Unequipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
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 11/22/2025	157.5	Suzy Lopez Muskegon, MI 11/2/2024	85	Corinna Myers Evansville, IN 12/9/2023	185	Suzy Lopez Muskegon, MI 11/22/2025	412.5
M1								

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								
M10 85-89								

Women 110+ kilograms, Unequipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Erica Jones Springfield, OH 3/22/2015	105	Erica Jones Springfield, OH 3/22/2015	60	Madison Crawford Springfield, OH 2/22/2014	137.5	Erica Jones Springfield, OH 3/22/2015	302.5
T2 16-17	Keri DeVolder Macomb, IL 8/18/2018	115	Keri DeVolder Macomb, IL 3/2/2019	70	Justine Lewis Macomb, IL 10/5/2024	145	Justine Lewis Macomb, IL 10/5/2024	322.5
T3	Corinna Myers		Keri DeVolder		Corinna Myers		Corinna Myers	

18-19	Evansville, IN 10/21/2023	152.5	Macomb, IL 8/17/2019	70	Evansville, IN 10/21/2023	192.5	Evansville, IN 10/21/2023	415
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	Y'Deidre Greene Bridgewater, MA 11/4/2017	181	Y'Deidre Greene Bridgewater, MA 11/4/2017	117.5	Y'Deidre Greene Bridgewater, MA 11/4/2017	207.5	Y'Deidre Greene Bridgewater, MA 11/4/2017	505
M1 40-44	Jodey Reisz Santa Claus, IN 11/5/2016	137.5	Jodey Reisz Santa Claus, IN 11/5/2016	112.5	Jodey Reisz Santa Claus, IN 11/5/2016	185	Jodey Reisz Santa Claus, IN 11/5/2016	435
M2 45-49	Sara Ringbauer Columbia, MO 4/22/2017	130	Patricia Benson Muskegon, MI 6/11/2016	85	Sara Ringbauer Columbia, MO 11/4/2017	172.5	Sara Ringbauer Columbia, MO 11/4/2017	370
M3 50-54	Sharri Margraves Bath, MI 4/22/2017	115	Sharri Margraves Bath, MI 4/22/2017	77.5	Sharri Margraves Bath, MI 4/11/2015	160	Sharri Margraves Bath, MI 4/11/2015	345
M4 55-59	Sharri Margraves Bath, MI 11/4/2017	128	Sharri Margraves Bath, MI 11/4/2017	80.5	Sharri Margraves Bath, MI 11/4/2017	165	Sharri Margraves Bath, MI 11/4/2017	365
M5 60-64	Sharri Margraves Bath, MI 11/4/2023	80	Sharri Margraves Bath, MI 11/4/2023	72.5	Mary Rapert Columbia, MO 7/19/2014	127.5	Sharri Margraves Bath, MI 11/4/2023	267.5
M6 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 - American Records								
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 7/25/2026

Women 44 kilograms, Equipped - American Records								
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								
M6	Judith Gedney MaComb, IL	103.5	Judith Gedney MaComb, IL	53	Judith Gedney MaComb, IL	117.5	Judith Gedney MaComb, IL	275

65-69	11/23/2008		11/2007		2008		11/2007	
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

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

M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69	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 - American Records								
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								
M9 80-84								
M10								

M10 85-89								

Women 53.0 kilograms, Equipped - American Records								
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 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 - American Records								
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, Equipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Taylor Anderson Quincy, OH 12/11/2010	60	Taylor Anderson Quincy, OH 12/11/2010	27.5	Taylor Anderson Quincy, OH 12/11/2010	82.5	Taylor Anderson Quincy, OH 12/11/2010	170
T1	Taylor Anderson		Taylor Anderson		Taylor Anderson		Taylor Anderson	

14-15	Quincy, OH 12/11/2010	60	Quincy, OH 12/11/2010	27.5	Quincy, OH 12/11/2010	82.5	Quincy, OH 12/11/2010	170
T2 16-17								
T3 18-19								
Junior 20-23	Jess Fansler Macomb, IL 9/18/2021	100	Jess Fansler Macomb, IL 9/18/2021	70	Jess Fansler Macomb, IL 9/18/2021	70	Jess Fansler Macomb, IL 9/18/2021	240
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 - American Records								
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 40-44	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								

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

Women 70 kilograms, Equipped - American Records								
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 16-17	Amber Holland Whitehall, MI 1/20/2007	102.5	Amber Holland Whitehall, MI 1/20/2007	90	Amber Holland Whitehall, MI 1/20/2007	125	Amber Holland 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 85-89								

Women 80 kilograms, Equipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Maddie Herr Indianapolis, IN	135	Jennifer Frankic Evansville, IN	70	Maddie Herr Indianapolis, IN	145	Maddie Herr Indianapolis, IN	350

	4/8/2017		5/2/2015		4/8/2017		4/8/2017	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59	Carolyn Beck Evansville, IN 10/10/2020	92.5	Carolyn Beck Evansville, IN 10/10/2020	65	Carolyn Beck Evansville, IN 10/10/2020	107.5	Carolyn Beck Evansville, IN 10/10/2020	265
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								

M9 80-84								
M10 85-89								

Women 90 kilograms, Equipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Judy Naeger Columbia, MO 5/2/2015	130	Erin Krisher DeGraff, OH 12/12/2009	235
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	Erin Krisher DeGraff, OH 12/12/2009	235
T2 16-17								
T3 18-19								
Junior 20-23	Tegan Henne Evansville, IN 12/10/2022	157.5	Tegan Henne Evansville, IN 12/10/2022	77.5	Tegan Henne Evansville, IN 12/10/2022	165	Tegan Henne Evansville, IN 12/10/2022	400
M1 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 - American Records								
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								
M9 80-84								
M10 85-89								

Women 110+ kilograms, Equipped - American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Kami Gibson Evansville, IN	137.5	Amelia Carter Quincy, OH	60	Kami Gibson Evansville, IN	142.5	Kami Gibson Evansville, IN	337.5

	11/5/2016		12/12/2009		11/5/2016		11/5/2016	
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								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								

M9 80-84								
M10 85-89								

Police, Military, Fire, Equipped - American Records								
Weight	Squat		Bench Press		Deadlift		Total	
58.5								

Single Event Unequipped American Records Updated 9/22/2026

Women 44 kilograms,	Unequipped Single Event American Records					
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 Macomb, IL	87.5	Judith Gedney Macomb, IL	45	Judith Gedney Macomb, IL	117.5

65-69	10/20/2006		2007		10/22/2008	
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 Single Event American Records						
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						

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

85-89						

Women 50.5 kilograms, Unequipped Single Event American Records						
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	Jackie Miller		Linda LaFontaine		Linda LaFontaine	

M6 65-69	Columbia, MO 3/7/2015	61	Columbia, MO 5/7/2016	45	Columbia, MO 5/7/2016	92.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 53.0 kilograms, Unequipped Single Event American Records						
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	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	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 40-44	Jennie Juhl Newburgh, IN 12/16/2019	92.5	Shellaine Frazier Columbia, MO 2/9/2013	73.5	Shellaine Frazier 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 Single Event American Records						
Division	Squat		Bench Press		Deadlift	
Open	Toni Lane MaComb, IL 3/7/2015	105	Shellaine Frazier Columbia, MO 11/10/2012	72.5	Toni Lane MaComb, IL 3/7/2015	145
T1	Lena Angel Newburgh, IN	72.5	Cheyenne McNutt South Vienna, OH	42.5	Cheyenne McNutt South Vienna, OH	107.5

14-15	2/15/2025		2/22/2014		2/22/2014	
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 12/13/2025	70	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 Single Event American Records						
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 2/202/10	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 55-59	Kim Jones Columbia, MO 6/6/2016	86.5	Kim Jones Columbia, MO 6/7/2016	60.5	Kim Morgan Columbia, MO 4/27/2013	107.5
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			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 Single Event American Records						
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 18-19	Haley Shake Macomb, IL 4/6/2024	86	Haley Shake Macomb, IL 4/6/2024	47.5		
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	Molly Angel		Rene Kerkstra		Ann Marie Orr	

M1 40-44	Newburgh, IN 4/5/2025	67.5	Grand Rapids, MI 3/3/2007	52.5	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	Phyllis McLouth Bushnell, IL 4/11/2026	57.5	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 Single Event American Records						
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	Haley Shake Macomb, IL 10/31/2026	87.5	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	Carolyn Beck Evansville, IN 2/14/2026	85	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						

M9 80-84						
M10 85-89						

Women 80 kilograms, Unequipped Single Event American Records						
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 45-49	Delsie Bonaparte Columbia, MO 12/3/2016	82.5	Delsie Bonaparte Columbia, MO 3/4/2017	45	Delsie Bonaparte 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	Kelley Stanley Fairfield, IL 2/14/2026	60	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 Single Event American Records						
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 14-15			Jennifer Griffith Springfield, OH 2/22/2014	52.5	Victoria Thompson Quincy, OH 12/12/2009	105
T2 16-17						
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
Junior					Amanda Aders Evansville, IN	120

20-23					12/1/2018	
M1 40-44	Robin Rogan Evansville, IN 4/6/2024	110	Charla Wrenn Good Hope, IL 3/5/2016	57.5	Andrea Chappelear Columbia, MO 3/4/2017	160
M2 45-49	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
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	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
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 12/3/2016	95
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 110 kilograms, Unequipped Single Event American Records						
Division	Squat		Bench Press		Deadlift	
Open	Corinna Myers Evansville, IN	145	Suzy Lopez Muskegon, MI	72.5	Corinna Myers Evansville, IN	185

	4/6/2024		5/11/2024		12/9/2023	
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	Jayne Tang Evansville, IN 2/14/2026	67.5	Jayne Tang Evansville, IN 2/14/2026	57.5	Jayne Tang Evansville, IN 2/14/2026	95
M6 65-69						
M7 70-74						
M8 75-79						

M9 80-84						
M10 85-89						

Women 110+ kilograms, Unequipped Single Event American Records						
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 40-44			Ann Kuipers 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 Single Event American Records						
Weight	Squat		Bench Press		Deadlift	
90			Cathy Martin Quincy, IL 5/6/2006	77.5		

Single Event Equipped National Records Updated 7/25/2026

New Record

Women 44 kilograms,	Equipped - Single Event American Records					
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 MaComb, IL	107.5			Judith Gedney MaComb, IL	117.5

65-69	10/20/2006				10/22/2006	
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 - Single Event American Records**					
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						

M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69	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 - Single Event American Records**					
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						
M9 80-84						
M10						

M10						
85-89						

Women 53.0 kilograms, Equipped - Single Event American Records						
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 - Single Event American Records					
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 - Single Event American Records**					
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 - Single Event American Records					
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						

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

Women 70 kilograms ,	Equipped - Single Event American Records					
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						

Women 80 kilograms,	**Equipped - Single Event American Records**					
Division	Squat		Bench Press		Deadlift	
Open			Diane Shirley Evansville, IN	72.5	Diane Shirley Evansville, IN	137.5

			7/31/2010		7/31/2010	
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 - Single Event American Records					
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 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 American Records					
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,	**Equipped - Single Event American Records**					
Division	Squat		Bench Press		Deadlift	
Open	Amelia Carter Quincy, OH	127.5	Samantha Baty Eaton Rapids, MI	77.5	Amelia Carter Quincy, OH	140

	12/12/2009		3/3/2007		12/12/2009	
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 - Single Event American Records			
Weight	Squat		Bench Press		Deadlift	
58.5						

Modern Raw American Records | Updated 07/25/2026

New Record | Corrected Record

Women 44 kilograms Modern Raw -American Records								
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 -American Records								
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 -American Records								
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 -American Records								
Division	Squat		Bench Press		Deadlift		Total	
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 Modern Raw -American Records								
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 -American Records								
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 -American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Mady Fellers- Greenfield, IN 7/25/2026	95	Phyllis McLouth Bushnell, IL 10/31/2026	57.5	Phyllis McLouth Bushnell, IL 10/31/2026	110	Phyllis McLouth Bushnell, IL 10/31/2026	250
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								

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

Women 70 kilograms Modern Raw -American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Andrea Williams Macomb, IL 9/22/2026	72.5	Andrea Williams Macomb, IL 9/22/2026	40	Andrea Williams Macomb, IL 9/22/2026	95	Andrea Williams Macomb, IL 9/22/2026	207.5
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59	Andrea Williams Macomb, IL 9/22/2026	72.5	Andrea Williams Macomb, IL 9/22/2026	40	Andrea Williams Macomb, IL 9/22/2026	95	Andrea Williams Macomb, IL 9/22/2026	207.5
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10								

85-89								

Women 80 kilograms Modern Raw -American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Kylie Norris Bushnell, IL 9/22/2026	112.5	Kylie Norris Bushnell, IL 9/22/2026	62.5	Kylie Norris Bushnell, IL 9/22/2026	105	Kylie Norris Bushnell, IL 9/22/2026	280
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23	Kylie Norris Bushnell, IL 9/22/2026	112.5	Kylie Norris Bushnell, IL 9/22/2026	62.5	Kylie Norris Bushnell, IL 9/22/2026	105	Kylie Norris Bushnell, IL 9/22/2026	280
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 Modern Raw -American Records								
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 -American Records								
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 -American Records								
Division	Squat		Bench Press		Deadlift		Total	
Open	Rebecca Gregory Greenfield, IN 7/25/2026	100	Rebecca Gregory Greenfield, IN 7/25/2026	60	Rebecca Gregory Greenfield, IN 7/25/2026	120	Rebecca Gregory Greenfield, IN 7/25/2026	265
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
M1	Rebecca Gregory Greenfield, IN	100	Rebecca Gregory Greenfield, IN	60	Rebecca Gregory Greenfield, IN	120	Rebecca Gregory Greenfield, IN	265

40-44	7/25/2026		7/25/2026		7/25/2026		7/25/2026	
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 -American Records							
Weight	Squat		Bench Press		Deadlift		Total	
58.5								