

American Women

Powerlifting

Women's Open

97lbs/44Kgs

Squat	Cheryl Jones	137.5	Kg	303.0	lbs	5/19/1984
Bench	Ann Leverett	81.0	Kg	178.6	lbs	7/26/1981
Deadlift	Nancy Belliveau	165.0	Kg	363.8	lbs	6/1/1985
Total	Ann Leverett	355.0	Kg	782.6	lbs	12/7/1991

105lbs/48Kgs

Squat	Peggy Box	150.0	Kg	330.7	lbs	7/16/1988
Bench	April Shumaker	112.5	Kg	248.0	lbs	1/23/2010
Deadlift	Majik Jones	182.5	Kg	402.3	lbs	1/28/1984
Total	April Shumaker	410.0	Kg	903.9	lbs	1/23/2010

114lbs/52Kgs

Squat	Mary Jeffrey	182.5	Kg	402.3	lbs	7/31/1992
Bench	Mary Jeffrey	112.5	Kg	248.0	lbs	4/2/1989
Deadlift	Diana Rowell	197.5	Kg	435.4	lbs	1/28/1984
Total	Mary Jeffrey	457.5	Kg	1008.6	lbs	7/31/1992

123lbs/56Kgs

Squat	Carrie Boudreau	191.5	Kg	422.2	lbs	7/27/1995
Bench	Mary Jeffrey	115.0	Kg	253.5	lbs	1/30/1988
Deadlift	Carrie Boudreau	220.0	Kg	485.0	lbs	7/29/1994
Total	Carrie Boudreau	522.5	Kg	1151.9	lbs	7/21/1995

132lbs/60Kgs

Squat	Ruthi Shafer	207.2	Kg	456.8	lbs	1/30/1983
Bench	Rachel Mathias	132.5	Kg	292.1	lbs	11/21/1992
Deadlift	Ruthi Shafer	217.5	Kg	479.5	lbs	1/30/1983
Total	Ruthi Shafer	520.0	Kg	1146.4	lbs	1/30/1983

148lbs/67.5Kgs

Squat	Ruthi Shafer	230.7	Kg	508.6	lbs	1/29/1984
Bench	Leonetta Richardson	137.5	Kg	303.1	lbs	1/24/2009
Deadlift	Ruthi Shafer	244.4	Kg	538.8	lbs	5/20/1984
Total	Ruthi Shafer	565.0	Kg	1245.6	lbs	1/29/1984

165lbs/75Kgs

Squat	Jill Mills	255.0	Kg	562.2	lbs	11/19/2005
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Bench	Jill Mills	170.0	Kg	374.8	lbs	11/19/2005
Deadlift	Terri Rohal	250.8	Kg	552.8	lbs	1/27/1985
Total	Jill Mills	655.0	Kg	1444.0	lbs	11/19/2005

181lbs/82.5Kgs

Squat	Terri Rohal	250.0	Kg	551.2	lbs	11/10/1985
Bench	Bonny Priest	160.0	Kg	352.7	lbs	6/3/2000
Deadlift	Terri Rohal	235.0	Kg	518.1	lbs	11/10/1985
Total	Terri Rohal	612.5	Kg	1350.3	lbs	11/10/1985

198lbs/90Kgs

Squat	Shelby Corson	253.0	Kg	557.8	lbs	6/19/1993
Bench	Jan Harrell	165.0	Kg	363.8	lbs	11/15/1987
Deadlift	Lorraine Costanzo	227.5	Kg	501.5	lbs	1/31/1988
Total	Lorraine Costanzo	607.5	Kg	1339.3	lbs	1/31/1988

SHW/90+Kgs

Squat	Juanita Trujillo	277.5	Kg	611.8	lbs	7/30/1994
Bench	Janet Loveall	157.5	Kg	347.2	lbs	12/13/2008
Deadlift	Lorraine Costanzo	237.5	Kg	523.6	lbs	6/1/1987
Total	Juanita Trujillo	640.0	Kg	1410.9	lbs	7/30/1994