

REGION 13 WOMEN'S MASTERS RECORDS
As of March 1, 1983

NOTE: No records exist in those weight classes and age groups not listed.

		pounds/kilos		
97 lb(44 kilo class)				
(45-49 Age Group)				
Squat	143.3/65	Sally Jarvis	7/	/82
Bench Press	77/35	Sally Jarvis	7/	/82
Deadlift	198.3/90	Sally Jarvis	7/	/82
TOTAL	418.8/190	Sally Jarvis	7/	/82
105 lb(48 kilo class)				
(45-49 Age Group)				
Squat	170.8/77.5	Sally Jarvis	11/	/81
Bench Press	88/40	Sally Jarvis	11/	/81
Deadlift	220.3/100	Sally Jarvis	11/	/81
TOTAL	479.5/217.5	Sally Jarvis	11/	/81
114 lb(52 kilo class)				
(40-44 Age Group)				
Squat	214.9/97.5	Evangeline Kizer	12/4/	82
Bench Press	94/42.5	Alice Eguchi	5/3/	80
Deadlift	319.7/145	Evangeline Kizer	12/4/	82
TOTAL	628.3/285	Evangeline Kizer	12/4/	82
(45-49 Age Group)				
Squat	171/77.5	Sally Jarvis	9/	/81
Bench Press	94/42.5	Sally Jarvis	9/	/81
Deadlift	220.3/100	Sally Jarvis	9/	/81
TOTAL	479.5/217.5	Sally Jarvis	9/	/81
123 lb(56 kilo class)				
(40-44 Age Group)				
Squat	203.9/92.5	Evangeline Kizer	2/13/	83
Bench Press	104.7/47.5	Evangeline Kizer	2/13/	83
Deadlift	292.1/132.5	Evangeline Kizer	2/13/	83
TOTAL	600.8/272.5	Evangeline Kizer	2/13/	83
132 lb(60 kilo class)				
(40-44 Age Group)				
Squat	352.5/160	* Danette Hartmann	11/20/	82
Bench Press	209.3/95	* Danette Hartmann	7/7/	82
Deadlift	402.5/182.5	* Danette Hartmann	11/20/	82
TOTAL	964.5/437.5	* Danette Hartmann	11/20/	82
148 lb(67.5 kilo class)				
(40-44 Age Group)				
Squat	231.3/105	Sue Cox	11/20/	82
Bench Press	110/50	Sue Cox	11/20/	82
Deadlift	314/142.5	Sue Cox	11/20/	82
TOTAL	655.8/297.5	Sue Cox	11/20/	82
(75-79 Age Group)				
Squat	115.7/52.5	Helen Zechmeister	11/6/	82
Bench Press	88.2/40	Helen Zechmeister	11/6/	82
Deadlift	209.4/95	Helen Zechmeister	11/6/	82
TOTAL	413.4/187.5	Helen Zechmeister	11/6/	82
165 lb(75 kilo class)				
(40-44 Age Group)				
Squat	303/137.5	Linda Rodriguez	3/	/82
Bench Press	176.3/80	Linda Rodriguez	12/18/	82
Deadlift	413.3/187.5	Linda Rodriguez	12/18/	82
TOTAL	876.3/397.5	Linda Rodriguez	3/	/82
(45-49 Age Group)				