

REGION 13 WOMEN'S MASTERS POWERLIFT RECORDS
AS OF ~~APRIL~~ APRIL 15, 1987

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

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	418.9/100		

(WOMEN'S MASTERS' RECORDS)

148 lb(67.5 kilo) Class

40-44 Age Group

Squat	396.8/180	* Danette Hartmann	6/8/85
Bench Press	248.0/112.5	* Danette Hartmann	5/11/85
Deadlift	440.9/200	* Danette Hartmann	6/8/85
TOTAL	1069.2/485	* Danette Hartmann	6/8/85

45-49 Age Group

Squat	391.3/177.5	* Danette Hartmann	402 3/22/87
Bench Press	253.5/115	* Danette Hartmann	3/22/87
Deadlift	446.4/202.5	* Danette Hartmann	3/22/87
TOTAL	1091.2/495	* Danette Hartmann	1102 3/22/87

75-79 Age Group

Squat	137.8/62.5	Helen Zechmeister	5/5/84
Bench Press	93.7/42.5	Helen Zechmeister	5/5/84
Deadlift	220.5/100	Helen Zechmeister	4/24/83
TOTAL	440.9/200	Helen Zechmeister	5/5/84

165 lb(75 kilo) Class

40-44 Age Group

Squat	347.2/157.5	* Danette Hartmann	8/10/86
Bench Press	248.0/112.5	* Danette Hartmann	8/10/86
Deadlift	440.9/200	* Danette Hartmann	8/10/86
TOTAL	1036.2/470	* Danette Hartmann	8/10/86

45-49 Age Group

Squat	341.7/155	* Danette Hartmann	12/13/86
Bench Press	226.0/102.5	* Danette Hartmann	12/13/86
Deadlift	407.8/185	* Danette Hartmann	12/13/86
TOTAL	975.5/442.5	* Danette Hartmann	12/13/86

75-79 Age Group

Squat	286.6/130	Karin Reagan	5/4/86
Bench Press	181.9/82.5	Karin Reagan	6/26/86
Deadlift	352.7/160	Karin Reagan	5/4/86
TOTAL	815.7/370	Karin Reagan	5/4/86

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	407.8/185	Evangeline Kizer	10/5/85
TOTAL	964.5/437.5	* Danette Hartmann	11/20/82

60-64 Age Group

Squat	66.1/30	Fran Haley	4/5/86
Bench Press	55.1/25	Fran Haley	4/5/86
Deadlift	99.2/45	Fran Haley	4/5/86
TOTAL	220.0/100	Fran Haley	4/5/86