

Womens 40-44

Womens USPF Oklahoma State Powerlifting Records-- AGES 40-44

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
52 kg/ 114.64 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.81 lb	Teresa Simpson	Midwest City	Jun-04	Squat	82.5	181.88
	Teresa Simpson	Midwest City	Jun-04	Bench Press	35	77.16
	Teresa Simpson	Midwest City	Jun-04	Deadlift	102.5	225.97
	Teresa Simpson	Midwest City	Jun-04	Total	220	485.01
75 kg / 165.35 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
82.5 kg / 181.88 lb	Cyndi Crossland	Tulsa	Jul-07	Squat	82.5	181.87
	Cyndi Crossland	Tulsa	Jul-07	Bench Press	147.5	325.17

	Cyndi Crossland	Tulsa	Jul-07	Deadlift	155	341.71
	Cyndi Crossland	Tulsa	Jul-07	Total	385	848.77
90 kg / 198.41 lb				Squat		
	Tammy Frizell	Stigler	Jan-05	Bench Press	88.45	195
				Deadlift		
				Total		
Heavyweight				Squat		
				Bench Press		
				Deadlift		
				Total		

Womens 45-49

Womens USPF Oklahoma State Powerlifting Records-- AGES 45-49

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB	Phyllis Moten	Midwest City	Jun-96	Squat	52.16	115
	Phyllis Moten	Midwest City	Jun-96	Bench Press	49.9	110
	Phyllis Moten	Midwest City	Jun-96	Deadlift	81.65	180
	Phyllis Moten	Midwest City	Jun-96	Total	183.71	405
52 kg/ 114.64 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		

67.5 kg / 148.81 lb

Cindy McClintock Oklahoma City Jul-07

Total
Squat
Bench Press
Deadlift 115 253.29

75 kg / 165.35 lb

Cindy McClintock Oklahoma City Oct-07

Total
Squat
Bench Press
Deadlift 117.93 260

82.5 kg / 181.88 lb

Total
Squat
Bench Press
Deadlift

90 kg / 198.41 lb

Total
Squat
Bench Press
Deadlift

Heavyweight

Total
Squat
Bench Press

Womens 50-54

Womens USPF Oklahoma State Powerlifting Records-- AGES 50-54

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat Bench Press Deadlift Total		
48 kg/ 105.82 LB				Squat Bench Press Deadlift Total		
52 kg/ 114.64 LB				Squat		

				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.81 lb	Althea Bittman	Oklahoma City	Nov-09	Squat	120.2	265
	Althea Bittman	Oklahoma City	Nov-09	Bench Press	88.45	195
	Althea Bittman	Oklahoma City	Feb-10	Deadlift	145.15	320
	Althea Bittman	Oklahoma City	Nov-09	Total	351.54	775
75 kg / 165.35 lb				Squat		
				Bench Press		
	Cindy McClintock	Oklahoma City	Feb-08	Deadlift	120.2	265
				Total		
82.5 kg / 181.88 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.41 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
Heavyweight				Squat		
				Bench Press		
				Deadlift		

Womens 55-59

Womens USPF Oklahoma State Powerlifting Records--
AGES 55-59

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
52 kg/ 114.64 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.81 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
75 kg / 165.35 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
82.5 kg / 181.88 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.41 lb				Squat		
				Bench Press		

	Sherry Maupin	Midwest City	Jun-08	Deadlift	124.73	275
Heavyweight				Total		
				Squat		
				Bench Press		
				Deadlift		

Womens 60-64

Womens USPF Oklahoma State Powerlifting Records-- AGES 60-64

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
52 kg/ 114.64 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.81 lb				Squat		
				Bench Press		
				Deadlift		

75 kg / 165.35 lb

Total
Squat
Bench Press
Deadlift

82.5 kg / 181.88 lb

Total
Squat
Bench Press
Deadlift

90 kg / 198.41 lb

Total
Squat
Bench Press

Sherry Maupin Oklahoma City Oct-2010

Deadlift 127 280

Heavyweight

Total
Squat
Bench Press
Deadlift
Total

Womens 65-69

Womens USPF Oklahoma State Powerlifting Records-- AGES 65-69

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat Bench Press Deadlift Total		
48 kg/ 105.82 LB				Squat Bench Press Deadlift Total		
52 kg/ 114.64 LB				Squat Bench Press Deadlift Total		

56 kg / 123.46 lb

Squat
Bench Press
Deadlift
Total

60 kg / 132.28 lb

Squat
Bench Press
Deadlift
Total

67.5 kg / 148.81 lb

Squat
Bench Press
Deadlift
Total

75 kg / 165.35 lb

Squat
Bench Press
Deadlift
Total

82.5 kg / 181.88 lb

Squat
Bench Press
Deadlift
Total

90 kg / 198.41 lb

Squat
Bench Press
Deadlift
Total

Heavyweight

Squat
Bench Press
Deadlift
Total

Womens 70-74

Womens USPF Oklahoma State Powerlifting Records--AGES 70-74

Class	Name	City	Date	Lift	Kilograms Pounds
44 kg/ 97.00 LB				Squat Bench Press	

Deadlift
Total

Womens 75-79

Womens USPF Oklahoma State Powerlifting Records--AGES 75-79

Class	Name	City	Date	Lift	Kilograms Pounds
44 kg/ 97.00 LB				Squat	
				Bench Press	
				Deadlift	
				Total	
48 kg/ 105.82 LB				Squat	
				Bench Press	
				Deadlift	
				Total	
52 kg/ 114.64 LB				Squat	
				Bench Press	
				Deadlift	
				Total	
56 kg / 123.46 lb				Squat	
				Bench Press	
				Deadlift	
				Total	
60 kg / 132.28 lb				Squat	
				Bench Press	
				Deadlift	
				Total	
67.5 kg / 148.81 lb				Squat	
				Bench Press	
				Deadlift	
				Total	
75 kg / 165.35 lb				Squat	
				Bench Press	
				Deadlift	
				Total	

82.5 kg / 181.88 lb

Squat
Bench Press
Deadlift
Total

90 kg / 198.41 lb

Squat
Bench Press
Deadlift
Total

Heavyweight

Squat
Bench Press
Deadlift
Total

Womens 80 and over

Womens USPF Oklahoma State Powerlifting Records--AGES 80 AND UP

Class	Name	City	Date	Lift	Kilograms Pounds
44 kg/ 97.00 LB				Squat Bench Press Deadlift Total	
48 kg/ 105.82 LB				Squat Bench Press Deadlift Total	
52 kg/ 114.64 LB				Squat Bench Press Deadlift Total	
56 kg / 123.46 lb				Squat Bench Press Deadlift Total	
60 kg / 132.28 lb				Squat	

67.5 kg / 148.81 lb

Bench Press
Deadlift
Total

Squat
Bench Press
Deadlift

Total

75 kg / 165.35 lb

Squat

Bench Press
Deadlift

Total

82.5 kg / 181.88 lb

Squat

Bench Press
Deadlift

Total

90 kg / 198.41 lb

Squat

Bench Press
Deadlift

Total

Heavyweight

Squat

Bench Press
Deadlift

Total