

American Women

Powerlifting

Women's Open

Sunday, October 30, 2011

	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	117.5	Kg	259.0	lbs 9/24/2010
	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	Rheta West	145.0	Kg	319.7	lbs 12/11/2010
	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

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