

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN OPEN DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	SHIRLEY SCHEFFLER	347	157.5	11/13/1993
114LBS/52KG+	BETTY LEE	363.75	165	02/19/2000
123LBS/56KG	LEANNE ADAMS	402	182.5	04/11/1992
132LBS/60KG	CHRISTINA HENESIAN	369.25	167.5	11/12/2004
148LBS/67.5KG	VANESSA SYAS	374	170	03/25/1988
165LBS/75KG	ELIZABETH FREEL	429	195	08/13/2005
181LBS/82.5KG	GRETCHEN BURKE	413	1873.5	12/01/1990
198LBS/90KG	VICKY HEMBREE	402.25	182.5	11/02/2002
198LBS+/90KG+	VICKY HEMBREE	473.75	215	06/20/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (14 – 15) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	JENNIFER JAMES	154.3	70	04/24/1993
105LBS/48KG	JESSICA HOWARD	198.3	90	12/02/1989
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	NICHELLE WHITFIELD	341.5	155	11/02/2002
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	JUNE ANDREWS	220.25	100	04/08/2000
165LBS/75KG	PAULA WOLFE	104.5	47.5	04/13/1996
181LBS/82.5KG	M. LOTT	110	50	04/10/1999
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (16 – 17) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	V. HORTON	270	122.5	04/04/1998
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	CHLOE KIPNIS	259	117.5	02/06/2010
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	HEATHER KEOLA	308.5	140	11/07/2007
198LBS+/90KG+	K. FREBERG	424.25	192.5	11/14/1998

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (18 – 19) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	EMILY KUBIAK	231.25	105	12/29/2001
123LBS/56KG	KENDAL BUFFINGTON	286.5	130	04/17/2004
132LBS/60KG	DEENA CARBULLIDO	259	117.5	05/02/1992
148LBS/67.5KG	DEENA CARBULLIDO	259	117.5	05/02/1992
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN JUNIOR (20 – 23) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	CHRISTINA HENESIAN	369.25	167.5	11/13/2004
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	FAY SCHNEIDER	270	122.5	04/17/2004
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	JAHYLICA BLAND	347.5	157.5	08/26/2006
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (40-44) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	ALEXANDRA VALLEJO	270	122.5	01/13/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	BETTY LEE	358	162.5	01/14/2006
132LBS/60KG	ALISON BARNHILL	319.5	145	01/13/2007
148LBS/67.5KG	TAMMI CALLAHAN	319.5	145	04/27/2002
165LBS/75KG	LEA ANN ADAMS	380.25	172.5	11/05/2005
181LBS/82.5KG	BARBARA BEHM	308.6	140	02/17/2008
198LBS/90KG	VICKY HEMBREE	402.25	182.5	11/02/2002
198LBS+/90KG+	VICKY HEMBREE	473.75	215	06/02/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (45-49) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	P. EWING	270	122.5	05/16/1998
114LBS/52KG+	MARTHA THOMPSON	253.5	115	03/05/2010
123LBS/56KG	NELL MUCHA	231.25	105	04/08/2000
132LBS/60KG	GAYE LYNN McILWAINE	115.5	52.5	12/28/2002
148LBS/67.5KG	SASHA MESKOV	336	152.5	01/25/2003
165LBS/75KG	KAREN FLAKES	253.5	115	02/21/2009
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	THERESA MERENKOV	281	127.5	12/28/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (50-54) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	SUE SLATER	126.75	57.5	11/07/2007
114LBS/52KG+	GLENDA EGAN	259	117.5	04/27/2002
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	JONI RAGSDALE	231.25	105	11/07/2009
165LBS/75KG	KAREN PARNOW	231.75	105	02/06/2010
181LBS/82.5KG	KAREN POLANSKY	303	137.5	03/10/2001
198LBS/90KG	CINDY POND	214.75	97.5	11/15/2008
198LBS+/90KG+	MARY TAWZER	259	117.5	3/1/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (55-59) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	VALERIE WALTER	176	80	03/01/2008
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	D. SAMUELS	198.25	90	04/10/1999
165LBS/75KG	G. LAKE	132	60	04/04/1998
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	KAREN POLANSKY	400	N/A	06/20/2000
198LBS+/90KG+	SUSAN GILL	231.25	260	11/13/2004

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (60-64) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	PENNEY MARGANES	214	97.5	03/01/2008
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	JOYCE ALCOULOUMBRE	248	112.5	04/13/1996
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (65-69) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (70+) DEADLIFT (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	ELMA BECK	194	88	01/25/2003
132LBS/60KG	ELMA BECK	176.25	80	04/10/1999
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007