

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN OPEN POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | SHIRLEY GUTIERREZ | 277 | 125 | 04/15/1986 |
| BENCH | BETSY HUGGINS | 159 | 72.5 | 04/21/1985 |
| DEADLIFT | SHIRLEY SCHEFFLER | 347 | 157.5 | 11/13/1993 |
| TOTAL | SHIRLEY SCHEFFLER | 716 | 325 | 11/13/1993 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | SHIRLEY GUTIERREZ | 281 | 127.5 | 03/22/1986 |
| BENCH | BETTY LEE | 165.25 | 75 | 04/10/1999 |
| DEADLIFT | BETTY LEE | 363.75 | 165 | 04/10/1999 |
| TOTAL | BETTY LEE | 793.5 | 360 | 04/10/1999 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | KELLI DOE | 363 | 165 | 04/27/1994 |
| BENCH | KELII | 225.7 | 102.5 | 04/04/1998 |
| DEADLIFT | LEANNE ADAMS | 402 | 182.5 | 04/11/1992 |
| TOTAL | KELLI DOE | 953 | 432.5 | 04/27/1994 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | KELII | 380.3 | 172.5 | 02/01/1997 |
| BENCH | KELII | 220.4 | 100 | 02/01/1997 |
| DEADLIFT | CHRISTINA HENESIAN | 369.25 | 167.5 | 11/12/2004 |
| TOTAL | KELII | 964.5 | 437.5 | 02/01/1997 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | SASHA MESHKOV | 341.5 | 155 | 04/12/2003 |
| BENCH | TAMMI CALLAHAN | 231.25 | 105 | 03/17/2001 |
| DEADLIFT | VANESSA SYAS | 374 | 170 | 03/25/1988 |
| TOTAL | TAMMI CALLAHAN | 865.25 | 392.5 | 03/10/2001 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN OPEN POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | BRENDA YANCEY | 405 | 183.5 | 08/03/1991 |
| BENCH | ELIZABETH FREEL | 248 | 112.5 | 08/13/2005 |
| DEADLIFT | ELIZABETH FREEL | 429 | 195 | 08/13/2005 |
| TOTAL | ELIZABETH FREEL | 1030.5 | 467.5 | 08/13/2005 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | LISA BEAUDETTE | 380 | 172.5 | 02/14/1987 |
| BENCH | BARBARA BEHM | 231.5 | 105 | 02/17/2008 |
| DEADLIFT | GRETCHEN BUERKI | 413.25 | 187.5 | 12/01/1990 |
| TOTAL | GRETCHEN BUERKI | 947.75 | 430 | 12/01/1990 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | DISA HATIFELD | 468.25 | 212.5 | 04/27/2002 |
| BENCH | VICKY HEMBREE | 286.5 | 130 | 11/02/2002 |
| DEADLIFT | VICKY HEMBREE | 402.25 | 182.5 | 11/02/2002 |
| TOTAL | VICKY HEMBREE | 1091.25 | 495 | 11/02/2002 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | VICKY HEMBREE | 501 | 227.5 | 06/20/2002 |
| BENCH | VICKY HEMBREE | 330.5 | 150 | 06/20/2002 |
| DEADLIFT | VICKY HEMBREE | 473.75 | 215 | 06/20/2002 |
| TOTAL | VICKY HEMBREE | 1306 | 592.5 | 06/20/2002 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (14 – 15) POWERLIFTING**

| | | | | |
|-------------------------|----------------------|------------|------------|-----------------|
| 97LBS/44KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | JENNIFER JAMES | 143.3 | 65 | 04/24/1993 |
| BENCH | JENNIFER JAMES | 82.7 | 37.5 | 04/24/1993 |
| DEADLIFT | JENNIFER JAMES | 154.3 | 70 | 04/24/1993 |
| TOTAL | JENNIFER JAMES | 380.3 | 172.5 | 04/24/1993 |
| | | | | |
| 105.75LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | JESSICA HOWARD | 170.9 | 77.5 | 12/02/1989 |
| BENCH | JESSICA HOWARD | 88.3 | 40 | 12/02/1989 |
| DEADLIFT | JESSICA HOWARD | 198.3 | 90 | 12/02/1989 |
| TOTAL | JESSICA HOWARD | 457.3 | 207.5 | 12/02/1989 |
| | | | | |
| 114.5LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123.5LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | NICHELE WHITFIELD | 242.5 | 110 | 11/02/2002 |
| BENCH | NICHELE WHITFIELD | 159.5 | 72.5 | 11/02/2002 |
| DEADLIFT | NICHELE WHITFIELD | 341.5 | 155 | 11/02/2002 |
| TOTAL | NICHELE WHITFIELD | 744 | 337.5 | 11/02/2002 |
| | | | | |
| 132.25LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 148.75LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | JUNE ANDREWS | 187.25 | 85 | 04/08/2000 |
| BENCH | JUNE ANDREWS | 99 | 45 | 04/08/2000 |
| DEADLIFT | JUNE ANDREWS | 220.25 | 100 | 04/08/2000 |
| TOTAL | JUNE ANDREWS | 507 | 230 | 04/08/2000 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (14 – 15) POWERLIFTING**

| 165.25/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|-------------------------|----------------------|------------|------------|-----------------|
| SQUAT | PAULA WOLFE | 187.25 | 85 | 04/13/1996 |
| BENCH | PAULA WOLFE | 104.5 | 47.5 | 04/13/1996 |
| DEADLIFT | PAULA WOLFE | 248 | 112.5 | 04/13/1996 |
| TOTAL | PAULA WOLFE | 540 | 245 | 04/13/1996 |
| | | | | |
| 181.75LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | M. LOTT | 203.75 | 92.5 | 04/10/1999 |
| BENCH | M. LOTT | 110 | 50 | 04/10/1999 |
| DEADLIFT | M. LOTT | 253.5 | 115 | 04/10/1999 |
| TOTAL | M. LOTT | 567.5 | 257.5 | 04/10/1999 |
| | | | | |
| 198.25LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198+LBS/90+KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (16 – 17) POWERLIFTING**

| 97LBS/44KG | RECORD HOLDER | LBS | KGS | DATE SET |
|-------------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 105.75LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114.5LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123.5LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | V. HORTON | 231.2 | 105 | 04/04/1998 |
| BENCH | KENDAL BUFFINGTON | 115.5 | 52.5 | 01/10/2004 |
| DEADLIFT | V. HORTON | 270 | 122.5 | 04/04/1998 |
| TOTAL | V. HORTON | 595 | 270 | 04/04/1998 |
| | | | | |
| 132.25LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 148.75LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (16 – 17) POWERLIFTING**

| 165.25/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|-------------------------|----------------------|------------|------------|-----------------|
| SQUAT | CHLOE KIPNIS | 170.25 | 77.5 | 02/06/2010 |
| BENCH | S. TOBIN | 137.75 | 62.5 | 04/04/1998 |
| DEADLIFT | CHLOE KIPNIS | 259 | 117.5 | 02/06/2010 |
| TOTAL | CHLOE KIPNIS | 518 | 235 | 02/06/2010 |
| | | | | |
| 181.75LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198.25LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | HEATHER KEOLA | 319.5 | 145 | 11/07/2007 |
| BENCH | HEATHER KEOLA | 154.25 | 70 | 11/07/2007 |
| DEADLIFT | HEATHER KEOLA | 308.5 | 140 | 11/07/2007 |
| TOTAL | HEATHER KEOLA | 782.5 | 355 | 11/07/2007 |
| | | | | |
| 198+LBS/90+KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | K. FREBERG | 440.75 | 200 | 11/14/1998 |
| BENCH | K. FREBERG | 209.75 | 95 | 11/14/1998 |
| DEADLIFT | K. FREBERG | 424.25 | 192.5 | 11/14/1998 |
| TOTAL | K. FREBERG | 1074.5 | 487.5 | 11/14/1998 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (18 – 19) POWERLIFTING**

| | | | | |
|-------------------------|----------------------|------------|------------|-----------------|
| 97LBS/44KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 105.75LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114.5LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | EMILY KUBIAK | 176.25 | 80 | 12/29/2001 |
| BENCH | EMILY KUBIAK | 154.25 | 70 | 12/29/2001 |
| DEADLIFT | EMILY KUBIAK | 231.25 | 105 | 12/29/2001 |
| TOTAL | EMILY KUBIAK | 562 | 255 | 12/29/2001 |
| | | | | |
| 123.5LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | KENDAL BUFFINGTON | 225.75 | 102.5 | 04/17/2004 |
| BENCH | KENDAL BUFFINGTON | 143.25 | 65 | 04/17/2004 |
| DEADLIFT | KENDAL BUFFINGTON | 286.5 | 130 | 04/17/2004 |
| TOTAL | KENDAL BUFFINGTON | 655.75 | 297.5 | 04/17/2004 |
| | | | | |
| 132.25LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | DEENA CARBULLIDO | 225.6 | 102.5 | 05/02/1992 |
| BENCH | DEENA CARBULLIDO | 99 | 54 | 05/02/1992 |
| DEADLIFT | DEENA CARBULLIDO | 259 | 117.5 | 05/02/1992 |
| TOTAL | DEENA CARBULLIDO | 584 | 265 | 05/02/1992 |
| | | | | |
| 148.75LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (18 – 19) POWERLIFTING**

| | | | | |
|-------------------------|----------------------|------------|------------|-----------------|
| 165.25/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | MICHELLE SNIDER | 203.9 | 92.5 | 12/02/1989 |
| BENCH | MICHELLE SNIDER | 165.3 | 75 | 12/02/1989 |
| DEADLIFT | DEENA CARBULLIDO | 259 | 117.5 | 05/02/1992 |
| TOTAL | MICHELLE SNIDER | 655.9 | 297.5 | 12/02/1989 |
| | | | | |
| 181.75LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198.25LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198+LBS/90+KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN JUNIOR (20 – 23) POWERLIFTING**

| | | | | |
|-------------------------|----------------------|------------|------------|-----------------|
| 97LBS/44KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 105.75LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114.5LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123.5LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 132.25LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | CHRISTINA HENESIAN | 303 | 137.5 | 11/13/2004 |
| BENCH | CHRISTINA HENESIAN | 170.5 | 77.5 | 11/13/2004 |
| DEADLIFT | CHRISTINA HENESIAN | 369.25 | 167.5 | 11/13/2004 |
| TOTAL | CHRISTINA HENESIAN | 843.25 | 382.5 | 11/13/2004 |
| | | | | |
| 148.75LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN JUNIOR (20 – 23) POWERLIFTING**

| | | | | |
|-------------------------|----------------------|------------|------------|-----------------|
| 165.25/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | FAY SCHNEIDER | 270 | 122.5 | 04/17/2004 |
| BENCH | FAY SCHNEIDER | 132.25 | 60 | 04/17/2004 |
| DEADLIFT | FAY SCHNEIDER | 270 | 122.5 | 04/17/2004 |
| TOTAL | FAY SCHNEIDER | 672.25 | 305 | 04/17/2004 |
| | | | | |
| 181.75LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198.25LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | JAHYLICA BLAND | 330.5 | 150 | 08/26/2006 |
| BENCH | JAHYLICA BLAND | 170.75 | 77.5 | 08/26/2006 |
| DEADLIFT | JAHYLICA BLAND | 347.5 | 157.5 | 08/26/2006 |
| TOTAL | JAHYLICA BLAND | 848.75 | 385 | 08/26/2006 |
| | | | | |
| 198+LBS/90+KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (40 – 44) POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | ALEXANDRA VALLEJO | 165.25 | 75 | 01/13/2007 |
| BENCH | ALEXANDRA VALLEJO | 137.75 | 62.5 | 01/13/2007 |
| DEADLIFT | ALEXANDRA VALLEJO | 270 | 122.5 | 01/13/2007 |
| TOTAL | ALEXANDRA VALLEJO | 573 | 260 | 01/13/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | BETTY LEE | 275.5 | 125 | 01/14/2006 |
| BENCH | SUZANNE HEDMAN | 192.75 | 87.5 | 01/15/2005 |
| DEADLIFT | BETTY LEE | 358 | 162.5 | 01/14/2006 |
| TOTAL | BETTY LEE | 788 | 357.5 | 01/14/2006 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | ALISON BARNHILL | 214.75 | 97.5 | 01/13/2007 |
| BENCH | ALISON BARNHILL | 143.25 | 65 | 01/13/2007 |
| DEADLIFT | ALISON BARNHILL | 319.5 | 145 | 01/13/2007 |
| TOTAL | ALISON BARNHILL | 677.75 | 307.5 | 01/13/2007 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | TAMMI CALLAHAN | 275.5 | 125 | 04/27/2002 |
| BENCH | TAMMI CALLAHAN | 209.25 | 95 | 04/27/2002 |
| DEADLIFT | TAMMI CALLAHAN | 319.5 | 145 | 04/27/2002 |
| TOTAL | TAMMI CALLAHAN | 804.5 | 365 | 04/27/2002 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (40 – 44) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | LEA ANN ADAMS | 341.5 | 155 | 11/05/2005 |
| BENCH | LEA ANN ADAMS | 181.75 | 82.5 | 11/05/2005 |
| DEADLIFT | LEA ANN ADAMS | 380.25 | 172.5 | 11/05/2005 |
| TOTAL | LEA ANN ADAMS | 903.75 | 410 | 11/05/2005 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | BARBARA BEHM | 292.1 | 132.5 | 02/17/2008 |
| BENCH | BARBARA BEHM | 231.5 | 105 | 02/12/2008 |
| DEADLIFT | BARBARA BEHM | 308.6 | 140 | 02/17/2008 |
| TOTAL | BARBARA BEHM | 832.2 | 377.5 | 02/17/2008 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | VICKY HEMBREE | 402.25 | 182.5 | 11/02/2002 |
| BENCH | VICKY HEMBREE | 286.5 | 130 | 11/02/2002 |
| DEADLIFT | VICKY HEMBREE | 402.25 | 182.5 | 11/02/2002 |
| TOTAL | VICKY HEMBREE | 1091.25 | 495 | 11/02/2002 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | VICKY HEMBREE | 501.5 | 227.5 | 06/02/2002 |
| BENCH | VICKY HEMBREE | 330.5 | 150 | 06/02/2002 |
| DEADLIFT | VICKY HEMBREE | 473.75 | 215 | 06/02/2002 |
| TOTAL | VICKY HEMBREE | 1306 | 532.5 | 06/02/2002 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (45 – 49) POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | MARTHA THOMPSON | 220.25 | 100 | 05/22/2010 |
| BENCH | MARTHA THOMPSON | 121.25 | 55 | 05/22/2010 |
| DEADLIFT | MARTHA THOMPSON | 259 | 117.5 | 05/22/2010 |
| TOTAL | MARTHA THOMPSON | 600.75 | 272.5 | 05/22/2010 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | MARTHA THOMPSON | 187.25 | 85 | 03/05/2010 |
| BENCH | MARTHA THOMPSON | 126.75 | 57.5 | 12/05/2009 |
| DEADLIFT | MARTHA THOMPSON | 253.5 | 115 | 03/05/2010 |
| TOTAL | MARTHA THOMPSON | 568 | 257.5 | 03/05/2010 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | NELL MUCHA | 159.75 | 72.5 | 04/08/2000 |
| BENCH | NELL MUCHA | 99 | 45 | 04/08/2000 |
| DEADLIFT | NELL MUCHA | 231.25 | 105 | 04/08/2000 |
| TOTAL | NELL MUCHA | 490.5 | 222.5 | 04/08/2000 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | GAYE LYNN McILWAINE | 154.25 | 70 | 12/28/2002 |
| BENCH | GAYE LYNN McILWAINE | 115.5 | 52.5 | 12/28/2002 |
| DEADLIFT | GAYNE LYNN McILWAINE | 181.75 | 82.5 | 12/28/2002 |
| TOTAL | GAYNE LYNN McILWAINE | 451.75 | 205 | 12/28/2002 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | SASHA MESHKOV | 341.5 | 155 | 04/13/2003 |
| BENCH | SASHA MESHKOV | 154.25 | 70 | 04/13/2003 |
| DEADLIFT | SASHA MESHKOV | 336 | 152.5 | 01/25/2003 |
| TOTAL | SASHA MESHKOV | 832 | 377.5 | 04/13/2003 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (45 – 49) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | KAREN PARNOW | 181.75 | 82.5 | 03/01/2008 |
| BENCH | KAREN PARNOW | 121.25 | 55 | 03/01/2008 |
| DEADLIFT | KAREN FLAKES | 253.5 | 115 | 02/21/2009 |
| TOTAL | KAREN PARNOW | 527 | 240 | 03/01/2008 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | THERESA MERENKOV | 231.25 | 105 | 12/28/2002 |
| BENCH | THERESA MERENKOV | 192.75 | 87.5 | 11/15/2003 |
| DEADLIFT | THERESA MERENKOV | 281 | 127.5 | 12/28/2002 |
| TOTAL | THERESA MERENKOV | 644.785 | 292.5 | 12/28/2002 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (50 – 54) POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | SUE SLATER | 132.25 | 60 | 11/07/2007 |
| BENCH | SUE SLATER | 66 | 30 | 11/07/2007 |
| DEADLIFT | SUE SLATER | 126.75 | 57.5 | 11/07/2007 |
| TOTAL | SUE SLATER | 325 | 147.5 | 11/07/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | GLENDA EGAN | 170.75 | 77.5 | 04/27/2002 |
| BENCH | GLENDA EGAN | 94 | 42.5 | 04/27/2002 |
| DEADLIFT | GLENDA EGAN | 259 | 117.5 | 04/27/2002 |
| TOTAL | GLENDA EGAN | 523.5 | 237.5 | 04/27/2002 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | CLAIRE ERSKINE | 198 | 90 | 03/01/2008 |
| BENCH | CLAIRE ERSKINE | 115 | 52.5 | 03/01/2008 |
| DEADLIFT | JONI RAGSDALE | 231.25 | 105 | 11/07/2009 |
| TOTAL | CLAIRE ERSKINE | 527 | 254 | 03/01/2008 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (50 – 54) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | DANA MAURIELLO | 248 | 112.5 | 01/10/2004 |
| BENCH | DANA MAURIELLO | 132.25 | 60 | 01/10/2004 |
| DEADLIFT | KAREN PARNOW | 231.75 | 105 | 02/06/2010 |
| TOTAL | DANA MAURIELLO | 606.25 | 275 | 01/10/2004 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | KAREN POLANSKY | 270 | 122.5 | 03/10/2001 |
| BENCH | KAREN POLANSKY | 132.25 | 60 | 03/10/2001 |
| DEADLIFT | KAREN POLANSKY | 303 | 137.5 | 03/10/2001 |
| TOTAL | KAREN POLANSKY | 705.25 | 320 | 03/10/2001 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | CINDY POND | 148.75 | 67.5 | 11/15/2008 |
| BENCH | CINDY POND | 83 | 37.5 | 11/15/2008 |
| DEADLIFT | CINDY POND | 214.75 | 97.5 | 11/15/2008 |
| TOTAL | CINDY POND | 446.25 | 202.5 | 11/15/2008 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | DELIA CHILGREN | 170.75 | 77.5 | 12/28/2002 |
| BENCH | DELIA CHILGREN | 115.5 | 52.5 | 3/1/2008 |
| DEADLIFT | MARY TAWZER | 259 | 117.5 | 3/1/2008 |
| TOTAL | DELIA CHILGREN | 498 | 225 | 12/28/2002 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (55 – 59) POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | VALERIE WALTER | 148 | 67.5 | 03/01/2008 |
| BENCH | VALERIE WALTER | 83 | 37.5 | 03/01/2088 |
| DEADLIFT | VALERIE WALTER | 176 | 80 | 03/01/2008 |
| TOTAL | VALERIE WALTER | 407 | 185 | 03/01/2008 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | VALERIE WALTER | 121.25 | 55 | 02/06/2010 |
| BENCH | VALERIE WALTER | 77.5 | 35 | 02/06/2010 |
| DEADLIFT | VALERIE WALTER | 165.25 | 75 | 02/06/2010 |
| TOTAL | VALERIE WALTER | 363.75 | 165 | 02/06/2010 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | D. SAMUELS | 143.25 | 65 | 04/10/1999 |
| BENCH | D. SAMUELS | 77 | 35 | 04/10/1999 |
| DEADLIFT | D. SAMUELS | 198.25 | 90 | 04/10/1999 |
| TOTAL | D. SAMUELS | 418.75 | 190 | 04/10/1999 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (55 – 59) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | G. LAKE | 88 | 40 | 04/04/1998 |
| BENCH | G. LAKE | 66 | 30 | 04/04/1998 |
| DEADLIFT | G. LAKE | 132 | 60 | 04/04/1998 |
| TOTAL | G. LAKE | 286.5 | 130 | 04/04/1998 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | KAREN POLANSKY | 308.5 | 140 | 12/28/2002 |
| BENCH | KAREN POLANSKY | 154.25 | 70 | 12/28/2002 |
| DEADLIFT | KAREN POLANSKY | 352.5 | 160 | 12/28/2002 |
| TOTAL | KAREN POLANSKY | 815.5 | 370 | 12/28/2002 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | SUSAN GILL | 236.75 | 107.5 | 11/13/2004 |
| BENCH | SUSAN GILL | 104.5 | 47.5 | 11/13/2004 |
| DEADLIFT | SUSAN GILL | 231.25 | 260 | 11/13/2004 |
| TOTAL | SUSAN GILL | 573 | 260 | 11/13/2004 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (60 – 64) POWERLIFTING**

| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | PENNEY MAGRANE | 143.25 | 65 | 02/06/2010 |
| BENCH | PENNEY MAGRANE | 83 | 37.5 | 03/01/2008 |
| DEADLIFT | PENNEY MAGRANE | 214 | 97.5 | 03/01/2008 |
| TOTAL | PENNEY MAGRANE | 434 | 197.5 | 03/01/2008 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | JOYCE ALCOULOUMBRE | 165.3 | 75 | 04/13/1996 |
| BENCH | JOYCE ALCOULOUMBRE | 115.5 | 52.5 | 11/14/1998 |
| DEADLIFT | JOYCE ALCOULOUMBRE | 248 | 112.5 | 04/13/1996 |
| TOTAL | JOYCE ALCOULOUMBRE | 248 | 112.5 | 04/13/1996 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (60 – 64) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (65 – 69) POWERLIFTING**

| | | | | |
|----------------------|----------------------|------------|------------|-----------------|
| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (65 – 69) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (70+) POWERLIFTING**

| | | | | |
|----------------------|----------------------|------------|------------|-----------------|
| 105LBS/48KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 114LBS/52KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 123LBS/56KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | ELMA BECK | 144.4 | 65.5 | 01/25/2003 |
| BENCH | ELMA BECK | 77 | 35 | 02/09/2002 |
| DEADLIFT | ELMA BECK | 194 | 88 | 01/25/2003 |
| TOTAL | ELMA BECK | 408.9 | 185.5 | 01/25/2003 |
| | | | | |
| 132LBS/60KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | ELMA BECK | 148.75 | 67.5 | 04/10/1999 |
| BENCH | ELMA BECK | 77 | 35 | 04/10/1999 |
| DEADLIFT | ELMA BECK | 176.25 | 80 | 04/10/1999 |
| TOTAL | ELMA BECK | 402.25 | 182.5 | 04/10/1999 |
| | | | | |
| 148LBS/67.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (70+) POWERLIFTING**

| 165LBS/75KG | RECORD HOLDER | LBS | KGS | DATE SET |
|----------------------|----------------------|------------|------------|-----------------|
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 181LBS/82.5KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS/90KG | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |
| | | | | |
| 198LBS+/90KG+ | RECORD HOLDER | LBS | KGS | DATE SET |
| SQUAT | AVAILABLE | 000 | 000 | 00/00/2007 |
| BENCH | AVAILABLE | 000 | 000 | 00/00/2007 |
| DEADLIFT | AVAILABLE | 000 | 000 | 00/00/2007 |
| TOTAL | AVAILABLE | 000 | 000 | 00/00/2007 |