

**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	ALYSSA ROSS	198.25	90	08/05/2011
BENCH	ALYSSA ROSS	115.5	52.5	02/19/2011
DEADLIFT	ALYSSA ROSS	303	137.5	08/05/2011
TOTAL	ALYSSA ROSS	595	270	08/05/2011

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

165.25/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	ALYSSA ROSS	187.25	85	04/23/2011
BENCH	S. TOBIN	137.75	62.5	04/04/1998
DEADLIFT	ALYSSA ROSS	281	127.5	04/23/2011
TOTAL	ALYSSA ROSS	589.5	267.5	04/23/2011
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	CHLOE KIPNIS	214.75	97.5	07/10/2010
BENCH	MICHELLE SNIDER	165.3	75	12/02/1989
DEADLIFT	CHLOE KIPNIS	286.5	130	07/10/2010
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	MIKKI MARTIN	165.25	75	02/19/2011
BENCH	GAYE LYNN McILWAINE	115.5	52.5	12/28/2002
DEADLIFT	MIKKI MARTIN	214.75	97.5	02/19/2011
TOTAL	MIKKI MARTIN	490.5	222.5	02/19/2011
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	JEANNINE CASCADDEN	176.25	80	08/05/2011
BENCH	JEANNINE CASCADDEN	126.75	57.5	08/05/2011
DEADLIFT	JEANNINE CASCADDEN	242.5	110	08/05/2011
TOTAL	JEANNINE CASCADDEN	545.5	247.5	08/05/2011
198LBS/90KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	JEANNINE CASCADDEN	143.25	65	02/19/2011
BENCH	JEANNINE CASCADDEN	121.25	55	02/19/2011
DEADLIFT	JEANNINE CASCADDEN	203.75	92.5	02/19/2011
TOTAL	JEANNINE CASCADDEN	468.25	212.5	02/19/2011
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	PAULA STEPHEN	132.25	60	08/05/2011
BENCH	PAULA STEPHEN	77	35	08/05/2011
DEADLIFT	PAULA STEPHEN	238	108	08/05/2011
TOTAL	PAULA STEPHEN	447.5	203	08/05/2011
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