

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN OPEN RAW 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	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	BECKY RICH	275.5	125	03/05/2010
BENCH	BECKY RICH	203.75	92.5	03/05/2010
DEADLIFT	BECKY RICH	330.5	150	03/05/2010
TOTAL	BECKY RICH	810	367.5	03/05/2010
132LBS/60KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	BECKY RICH	281	127.5	07/24/2009
BENCH	BECKY RICH	198.25	90	07/24/2009
DEADLIFT	BECKY RICH	319.5	145	07/24/2009
TOTAL	BECKY RICH	799	362.5	07/24/2009
148LBS/67.5KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	SANJUANA (JANIE) RAMIREZ	187.25	85	02/06/2010
BENCH	SANJUANA (JANIE) RAMIREZ	126.75	57.5	02/06/2010
DEADLIFT	SANJUANA (JANIE) RAMIREZ	286.5	130	02/06/2010
TOTAL	SANJUANA (JANIE) RAMIREZ	600.75	272.5	02/06/2010

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

165LBS/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	CHLOE KIPNIS	170.25	77.5	02/06/2010
BENCH	KAREN PARNOW	115.5	52.5	02/06/2010
DEADLIFT	JANELLE MAULT	303	137.5	11/07/2009
TOTAL	KAREN FLAKES	523.5	237.5	02/21/2009
181LBS/82.5KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	TRACEE PATTERSON	236.5	107.5	02/06/2010
BENCH	TRACEE PATTERSON	165.25	75	02/06/2010
DEADLIFT	TRACEE PATTERSON	363.75	165	02/06/2010
TOTAL	TRACEE PATTERSON	766	347.5	02/06/2010
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	HEATHER KEOLA	314	142.5	11/15/2008
BENCH	HEATHER KEOLA	132	60	11/15/2008
DEADLIFT	HEATHER KEOLA	319.5	145	11/15/2008
TOTAL	HEATHER KEOLA	766	347.5	11/15/2008

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

165.25/75KG	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
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 TEEN (16 – 17) RAW 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	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) RAW POWERLIFTING**

165.25/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	CHLOE KIPNIS	170.25	77.5	02/06/2010
BENCH	CHLOE KIPNIS	88	40	02/06/2010
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	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	HEATHER KEOLA	314	142.5	11/15/2008
BENCH	HEATHER KEOLA	132	60	11/15/2008
DEADLIFT	HEATHER KEOLA	319.5	145	11/15/2008
TOTAL	HEATHER KEOLA	766	347.5	11/15/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN TEEN (18 – 19) RAW 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	THI TRUONG	121.25	55	07/18/2009
BENCH	THI TRUONG	71.5	32.5	07/18/2009
DEADLIFT	THI TRUONG	187.25	85	07/18/2009
TOTAL	THI TRUONG	380.25	172.5	07/18/2009
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	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 (18 – 19) RAW POWERLIFTING**

165.25/75KG	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
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) RAW 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	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 JUNIOR (20 – 23) RAW POWERLIFTING**

165.25/75KG	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
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 MASTER (40 – 44) RAW 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 (40 – 44) RAW POWERLIFTING**

165LBS/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	JANELLE MAULT	126.75	57.5	11/07/2009
BENCH	JANELLE MAULT	99	45	02/21/2009
DEADLIFT	JANELLE MAULT	303	137.5	11/07/2009
TOTAL	JANELLE MAULT	529	240	11/07/2009
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	CHERYL CRAWFORD	105	231.25	02/06/2010
BENCH	TRACIE MARQUEZ	137.75	62.5	3/1/2008
DEADLIFT	CHERYL CRAWFORD	135	297.5	02/06/2010
TOTAL	CHERYL CRAWFORD	300	661.25	02/06/2010
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 (45 – 49) RAW 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	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	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	GAYLE ARROWOOD	154.25	70	02/06/2010
BENCH	KAREN FLAKES	104.5	47.5	11/15/2008
DEADLIFT	KAREN FLAKES	242.5	110	11/15/2008
TOTAL	KAREN FLAKES	473.75	215	11/15/2008

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

165LBS/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	KAREN FLAKES	165.25	75	02/21/2209
BENCH	KAREN FLAKES	104.5	47.5	02/21/2009
DEADLIFT	KAREN FLAKES	253.5	115	02/21/2009
TOTAL	KAREN FLAKES	523.5	237.5	02/21/2009
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 (50 – 54) RAW 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	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	JONI RAGSDALE	148.75	67.5	2/21/2009
BENCH	JONI RAGSDALE	93.5	42.5	11/07/2009
DEADLIFT	JONI RAGSDALE	231.25	105	11/07/2009
TOTAL	JONI RAGSDALE	468.25	212.5	11/07/2009

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

165LBS/75KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	KAREN PARNOW	170.75	77.5	02/06/2010
BENCH	KAREN PARNOW	115.5	52.5	02/06/2010
DEADLIFT	KAREN PARNOW	231.75	105	02/06/2010
TOTAL	KAREN PARNOW	518	235	02/06/2010
181LBS/82.5KG	RECORD HOLDER	LBS	KGS	DATE SET
SQUAT	KAREN PARNOW	165.25	75	2/21/2009
BENCH	KAREN PARNOW	126.75	57.5	2/21/2009
DEADLIFT	KAREN PARNOW	231.25	105	2/21/2009
TOTAL	KAREN PARNOW	523.5	237.5	2/21/2009
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	MARY TAWZER	115.5	52.5	3/1/2008
BENCH	MARY TAWZER	115.5	52.5	3/1/2008
DEADLIFT	MARY TAWZER	259	117.5	3/1/2008
TOTAL	MARY TAWZER	496	225	3/1/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS
WOMEN MASTER (55 – 59) RAW 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	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	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 (55 – 59) RAW 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 (60 – 64) RAW 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	71.5	32.5	02/06/2010
DEADLIFT	PENNEY MAGRANE	198.25	90	02/06/2010
TOTAL	PENNEY MAGRANE	413.25	187.5	02/06/2010
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 (60 – 64) RAW 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) RAW 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) RAW 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+) RAW 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 (70+) RAW 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