

## Open Powerlifting Classic Provincial Records

### SQUAT

47.0	102.5	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	127.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	142.5	Brittney Bergen	15-Aug-16	Saint Croix, U.S. Virgin Island
63.0	153.0	Amy Smith	16-Feb-16	Regina, SK
72.0	192.5	Rhaea Stinn	21-Feb-18	Calgary, AB
84.0	185.0	Jessica Buettner	29-Sept-18	Saskatoon, Sk
84.0+	200.0	Bret Dundas	20-May-17	Regina, SK

### BENCH PRESS

47.0	55.0	Kanako MacDonald	19-Dec-15	Moose Jaw, SK
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	82.5	Brittney Bergen	15-Aug-16	Saint Croix, U.S. Virgin Island
63.0	87.5	Amy Smith	19-Dec-15	Moose Jaw, SK
72.0	120.0	Rhaea Stinn	15-Jun-18	Calgary, AB
84.0	105.0	Rhaea Fowler	10-Apr-12	Calgary, AB
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

### DEADLIFT

47.0	120.0	Kanako MacDonald	19-Dec-15	Moose Jaw, SK
52.0	135.0	Carissa Sideroff	08-Sept-17	Winnipeg, MB
57.0	162.5	Carolyn Tran	20-May-17	Regina, SK
63.0	172.5	Milayna Goruick	18-May-19	Regina, SK
72.0	231.5	Jessica Buettner	03-Mar-19	Ottawa, ON
84.0	228.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	200.0	Bret Dundas	20-May-17	Regina, SK

### TOTAL

47.0	267.5	Kanako MacDonald	19-Dec-15	Moose Jaw, SK
52.0	327.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	385.0	Brittney Bergen	15-Aug-16	Saint Croix, U.S. Virgin Island
63.0	394.0	Kristie Armstead	22-Dec-18	Moose Jaw, SK
72.0	519.0	Jessica Buettner	03-Mar-19	Ottawa, ON
84.0	503.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	495.0	Bret Dundas	20-May-17	Regina, SK

### BENCH PRESS ONLY

47.0	55.0	Kanako MacDonald	19-Dec-15	Moose Jaw, SK
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	82.5	Brittney Bergen	15-Aug-16	Saint Croix, U.S. Virgin Island
63.0	87.5	Amy Smith	19-Dec-15	Moose Jaw, SK
72.0	120.5	Rhaea Stinn	3-Mar-19	Ottawa, ON
84.0	115.0	Rhaea Stinn	13-Mar-17	Saguenay, QU
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

## Sub-Junior Powerlifting Classic Provincial Records

### SQUAT

43.0				
47.0	65.0	Mikayla Lohse	10-Apr-12	Calgary, AB
52.0	109.0	Tatiana Thompson	1-Oct-16	Saskatoon, SK
57.0	115.5	Tatiana Thompson	10-Dec-16	Moose Jaw, SK
63.0	102.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
72.0	115.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	100.0	Brianna Swyryda	3-Mar-19	Ottawa, ON
84.0+	150.0	Brittinay Rowland	20-Dec-14	Moose Jaw, SK

### BENCH PRESS

43.0				
47.0	33.0	Mikayla Lohse	10-Apr-12	Calgary, AB
52.0	52.5	Mikayla Lohse	5-Sept-15	Weyburn, SK
57.0	53.0	Mikayla Lohse	28-Jun-14	Moose Jaw, SK
63.0	60.0	Amanda Wall	20-Dec-14	Moose Jaw, SK
72.0	73.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	55.0	Alyssa Hein	5-Sept-15	Weyburn, SK
84.0+	75.5	Brittinay Rowland	20-Dec-14	Moose Jaw, SK

### DEADLIFT

43.0				
47.0	95.0	Mikayla Lohse	10-Apr-12	Calgary, AB
52.0	133.5	Mikayla Lohse	5-Sept-15	Weyburn, SK
57.0	126.0	Mikayla Lohse	28-Jun-14	Moose Jaw, SK
63.0	137.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
72.0	140.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	138.0	Alyssa Hein	5-Sept-15	Weyburn, SK
84.0+	167.5	Brittinay Rowland	20-Dec-14	Moose Jaw, SK

### TOTAL

43.0				
47.0	193.0	Mikayla Lohse	10-Apr-12	Calgary, AB
52.0	291.0	Mikayla Lohse	5-Sept-15	Weyburn, SK
57.0	293.0	Mikayla Lohse	31-Mar-14	St. Catharines, ON
63.0	297.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
72.0	328.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	288.0	Alyssa Hein	5-Sept-15	Weyburn, SK
84.0+	393.0	Brittinay Rowland	20-Dec-14	Moose Jaw, SK

### BENCH PRESS ONLY

43.0				
47.0	33.0	Mikayla Lohse	10-Apr-12	Calgary, AB
52.0	52.5	Mikayla Lohse	5-Sept-15	Weyburn, SK
57.0	53.0	Mikayla Lohse	28-Jun-14	Moose Jaw, SK
63.0	60.0	Amanda Wall	20-Dec-14	Moose Jaw, SK
72.0	73.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	55.0	Alyssa Hein	5-Sept-15	Weyburn, SK
84.0+	75.5	Brittinay Rowland	20-Dec-14	Moose Jaw, SK

## Junior Powerlifting Classic Provincial Records

### SQUAT

43.0				
47.0	102.5	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	127.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	132.5	Anna Schneider	19-Jun-17	Minsk, Belarus
63.0	145.0	Kristie Armstead	3-Mar-19	Ottawa, ON
72.0	181.5	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	185.0	Jessica Buettner	29-Sept-18	Saskatoon, Sk
84.0+	185.0	Rhaea Fowler	31-Dec-11	Moose Jaw, SK

### BENCH PRESS

43.0				
47.0	40.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	77.5	Anna Schneider	19-Jun-17	Minsk, Belarus
63.0	80.0	Kirstie Armstead	3-Mar-19	Ottawa, ON
72.0	95.0	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	100.0	Rhaea Fowler	26-Nov-11	Edmonton, AB
84.0+	105.0	Rhaea Fowler	31-Dec-11	Moose Jaw, SK

### DEADLIFT

43.0				
47.0	107.5	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	134.0	Mikayla Lohse	26-Aug-17	Regina, SK
57.0	158.0	Anna Schneider	26-Aug-17	Regina, SK
63.0	171.5	Kristie Armstead	22-Dec-18	Moose Jaw, SK
72.0	227.5	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	228.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	187.5	Rhaea Fowler	31-Dec-11	Moose Jaw, SK

### TOTAL

43.0				
47.0	250.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	327.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	363.5	Anna Schneider	26-Aug-17	Regina, SK
63.0	394.0	Kristie Armstead	22-Dec-18	Moose Jaw, SK
72.0	504.0	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	503.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	477.5	Rhaea Fowler	31-Dec-11	Moose Jaw, SK

### BENCH PRESS ONLY

43.0				
47.0	40.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	75.0	Anna Schneider	14-Mar-17	Saguenay, QU
63.0	80.0	Kirstie Armstead	3-Mar-19	Ottawa, ON
72.0	95.0	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	100.0	Rhaea Fowler	26-Nov-11	Edmonton, AB
84.0+	105.0	Rhaea Fowler	31-Dec-11	Moose Jaw, SK

## Master I Powerlifting Classic Provincial Records

### SQUAT

47.0	85.0	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0	100.0	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	102.5	Kenzie Jamieson	28-Jan-17	Saskatoon, SK
72.0	140.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	140.0	Jennifer Wessner	30-Sept-18	Saskatoon, Sk
84.0+	165.0	Tammie Ballinger	3-Mar-19	Ottawa, ON

### BENCH PRESS

47.0	55.0	Marnel Spencer	6-Jun-18	Calgary, AB
52.0				
57.0	57.5	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	92.5	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	92.5	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

### DEADLIFT

47.0	112.5	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0	115.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	143.0	Erin Decterow	31-Dec-18	Moose Jaw, SK
84.0	173.0	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	175.0	Jennifer Wessner	20-Feb-18	Calgary, AB

### TOTAL

47.0	250.0	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0	267.5	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
72.0	370.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	440.0	Tammie Ballinger	3-Mar-19	Ottawa, ON

### BENCH PRESS ONLY

47.0	55.0	Marnel Spencer	6-Jun-18	Calgary, AB
52.0				
57.0	53.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	92.5	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	92.5	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

## Master II Powerlifting Classic Provincial Records

### SQUAT

47.0	85.0	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0				
63.0	92.5	Tania Spak	26-Aug-17	Regina, SK
72.0	116.5	Melissa McPherson	20-Feb-18	Calgary, AB
84.0	132.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	117.5	Gwendelyn Grasdal	08-Sept-17	Winnipeg, MB

### BENCH PRESS

47.0	55.0	Marnel Spencer	6-Jun-18	Calgary, AB
52.0				
57.0				
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	65.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	67.5	Gwendelyn Grasdal	15-Feb-16	Regina, SK

### DEADLIFT

47.0	112.5	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0				
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	135.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	173.0	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	165.5	Sandra Nase	8-Apr-15	St. John's, NL

### TOTAL

47.0	250.0	Marnel Spencer	20-Feb-18	Calgary, AB
52.0				
57.0				
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
72.0	305.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	340.0	Gwendelyn Grasdal	15-Feb-16	Regina, SK

### BENCH PRESS ONLY

47.0	55.0	Marnel Spencer	6-Jun-18	Calgary, AB
52.0				
57.0				
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	65.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	67.5	Gwendelyn Grasdal	15-Feb-16	Regina, SK

## Master III Powerlifting Classic Provincial Records

### SQUAT

47.0	65.0	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	92.5	Tania Spak	26-Aug-17	Regina, SK
72.0	97.5	Mava Brydges	6-Jun-18	Calgary, AB
84.0	90.5	Mava Brydges	30-Sept-18	Saskatoon, Sk
84.0+	115.5	Sandra Nase	3-Mar-19	Ottawa, ON

### BENCH PRESS

47.0	42.5	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	63.0	Mava Brydges	3-Mar-19	Ottawa, ON
84.0	61.0	Mava Brydges	30-Sept-18	Saskatoon, Sk
84.0+	59.0	Sandra Nase	3-Mar-19	Ottawa, ON

### DEADLIFT

47.0	87.5	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	112.5	Mava Brydges	3-Mar-19	Ottawa, ON
84.0	107.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	161.0	Sandra Nase	30-Sept-18	Saskatoon, SK

### TOTAL

47.0	195.0	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
72.0	273.0	Mava Brydges	3-Mar-19	Ottawa, ON
84.0	252.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	333.0	Sandra Nase	6-Jun-18	Calgary, AB

### BENCH PRESS ONLY

47.0	43.0	Janet Hills	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	61.0	Tania Spak	30-Sept-18	Saskatoon, Sk
72.0	63.0	Mava Brydges	3-Mar-19	Ottawa, ON
84.0	63.5	Mava Brydges	31-Dec-17	Moose Jaw, SK
84.0+	58.0	Sandra Nase	13-Mar-17	Saguenay, QU

**Master IV Powerlifting Provincial Records**

**SQUAT**

47.0

52.0

57.0

63.0

72.0

84.0

40.0

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

**BENCH PRESS**

47.0

52.0

57.0

63.0

72.0

84.0

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0

**DEADLIFT**

47.0

52.0

57.0

63.0

72.0

84.0

85.0

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

**TOTAL**

47.0

52.0

57.0

63.0

72.0

84.0

157.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

**BENCH PRESS ONLY**

47.0

52.0

57.0

63.0

72.0

84.0

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+