

Open Equipped Provincial Records

SQUAT

47.0	117.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	141.0	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	180.0	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	200.0	Melanie Ziffle	18-Feb-16	Regina, SK
69.0	170.0	Charlene Cossar	02-Oct-21	Moose Jaw, SK
76.0	210.5	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	257.5	Rhaea Stinn	23-Nov-19	Dubai, UAE
84.0+	230.0	Rhaea Fowler	03-Sept-11	Moose Jaw, SK

BENCH PRESS

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	72.5	Samantha Solie	22-Jun-16	Killeen, Texas
57.0	105.0	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	116.0	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	105.5	Charlene Cossar	02-Oct-21	Moose Jaw, SK
76.0	122.5	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	225.0	Rhaea Stinn	06-Mar-20	Winnipeg, MB
84.0+	165.0	Taunia Stevens	09-Jul-15	Moose Jaw, SK

DEADLIFT

47.0	126.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	156.5	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	177.5	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	190.0	Shantelle Szuch	16-Nov-16	Orlando, Florida, USA
69.0	180.0	Charlene Cossar	02-Oct-21	Moose Jaw, SK
76.0	247.5	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	243.5	Jessica Buettner	21-Sep-19	St. John's, NL
84.0+	200.0	Bret Dundas	20-May-17	Regina, SK

TOTAL

47.0	312.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	360.0	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	462.5	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	478.5	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	455.5	Charlene Cossar	02-Oct-21	Moose Jaw, SK
76.0	563.0	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	685.0	Rhaea Stinn	23-Nov-19	Dubai, UAE
84.0+	582.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS ONLY

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	105.0	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	116.0	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	105.5	Charlene Cossar	02-Oct-21	Moose Jaw, SK
76.0	122.5	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	225.0	Rhaea Stinn	23-Nov-19	Dubai, UAE
84.0+	165.0	Taunia Stevens	9-Jul-15	Moose Jaw, SK

Sub-Junior Equipped Provincial Records

SQUAT

43.0		No Record		
47.0	75.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	127.5	Mikayla Lohse	04-Oct-14	Calgary, AB
57.0	132.5	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	110.0	Natalie Hastings	28-Aug-19	Regina, SK
69.0	82.5	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	140.0	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	150.0	Brianna Swryda	28-Aug-19	Regina, SK
84.0+	190.0	Brittinay Rowland	04-Oct-14	Calgary, AB

BENCH PRESS

43.0		No Record		
47.0	35.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	62.5	Mikayla Lohse	08-Jul-15	Moose Jaw, SK
57.0	60.0	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	65.0	Natalie Hastings	28-Aug-19	Regina, SK
69.0	45.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	75.0	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	85.0	Brianna Swryda	03-Mar-19	Ottawa, ON
84.0+	100.0	Brittinay Rowland	28-Jun-14	Moose Jaw, SK

DEADLIFT

43.0		No Record		
47.0	102.5	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	156.0	Mikayla Lohse	10-Apr-15	St. John's, NL
57.0	144.5	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	137.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
69.0	95.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	140.0	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	138.0	Alyssa Hein	05-Sep-15	Weyburn, SK
84.0+	175.5	Brittinay Rowland	04-Oct-14	Calgary, AB

TOTAL

43.0		No Record		
47.0	212.5	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	331.5	Mikayla Lohse	10-Apr-15	St. John's, NL
57.0	337.0	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	297.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
69.0	222.5	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	355.0	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	362.5	Brianna Swryda	28-Aug-19	Regina, SK
84.0+	460.5	Brittinay Rowland	04-Oct-14	Calgary, AB

BENCH PRESS ONLY

43.0		No Record		
47.0	35.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	62.5	Mikayla Lohse	08-Jul-15	Moose Jaw, SK
57.0	60.0	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	65.0	Natalie Hastings	28-Aug-19	Regina, SK
69.0	45.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	75.0	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	85.0	Brianna Swryda	03-Mar-19	Ottawa, ON
84.0+	100.0	Brittinay Rowland	28-Jun-14	Moose Jaw, SK

Junior Equipped Provincial Records

SQUAT

43.0		No Record		
47.0	102.5	Tatiana Thompson	08-Sep-17	Winnipeg, MB
52.0	141.0	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	157.5	Mikayla Lohse	03-Mar-19	Ottawa, ON
63.0	170.0	Mikayla Lohse	28-Aug-19	Regina, SK
69.0	82.5	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	185.0	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	235.0	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	230.0	Rhaea Fowler	03-Sep-11	Moose Jaw, SK

BENCH PRESS

43.0		No Record		
47.0	40.0	Tatiana Thompson	08-Sep-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-Jun-16	Killeen, Texas
57.0	82.5	Mikayla Lohse	03-Mar-19	Ottawa, ON
63.0	95.0	Mikayla Lohse	28-Aug-19	Regina, SK
69.0	45.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	122.5	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	152.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	157.5	Rhaea Fowler	03-Sep-11	Moose Jaw, SK

DEADLIFT

43.0		No Record		
47.0	107.5	Tatiana Thompson	08-Sep-17	Winnipeg, MB
52.0	156.5	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	171.0	Mikayla Lohse	03-Mar-19	Ottawa, ON
63.0	171.5	Kirstie Armstead	22-Dec-18	Moose Jaw, SK
69.0	95.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	185.0	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	228.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	195.0	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

TOTAL

43.0		No Record		
47.0	250.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	360.0	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	411.0	Mikayla Lohse	03-Mar-19	Ottawa, ON
63.0	427.5	Mikayla Lohse	28-Aug-19	Regina, SK
69.0	222.5	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	492.5	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	577.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	587.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS ONLY

43.0		No Record		
47.0	40.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	82.5	Mikayla Lohse	03-Mar-19	Ottawa, ON
63.0	85.0	Cydney Arnold	10-Apr-15	St. John's, NL
69.0	45.0	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	122.5	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	152.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	157.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

Master I Equipped Provincial Records

SQUAT

47.0	117.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0	102.5	Shauna Hammer	03-Mar-20	Winnipeg, MB
63.0	180.5	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0		No Record		
76.0	132.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	145.0	Jennifer Wessner	30-Sep-18	Saskatoon, SK
84.0+	172.5	Jennifer Wessner	03-Mar-20	Winnipeg, MB

BENCH PRESS

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0	57.5	Shauna Hammer	03-Mar-19	Ottawa, ON
63.0	97.5	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0		No Record		
76.0	92.5	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84.0	92.5	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	125.5	Heidi Fowler	11-Dec-21	Moose Jaw, SK

DEADLIFT

47.0	126.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0	115.0	Shauna Hammer	30-Sep-18	Saskatoon, SK
63.0	186.0	Shantelle Szuch	03-Mar-20	Winnipeg, MB
69.0		No Record		
76.0	182.5	Emmanuelle Archambault	11-Dec-21	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	312.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0	270.0	Shauna Hammer	03-Mar-20	Winnipeg, MB
63.0	450.5	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0		No Record		
76.0	397.5	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	440.5	Heidi Fowler	11-Dec-21	Moose Jaw, SK

BENCH PRESS ONLY

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0				
57.0	57.5	Shauna Hammer	03-Mar-19	Ottawa, ON
63.0	97.5	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0	92.5	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
76.0	86.5	Mava Brydges	01-Oct-21	Moose Jaw, SK
84.0	120.0	Heidi Fowler	03-Mar-20	Winnipeg, MB
84.0+	128.0	Heidi Fowler	01-Oct-21	Moose Jaw, SK

Master II Equipped Provincial Records

SQUAT

47.0	117.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0		No Record		
63.0	92.5	Tania Spak	26-Aug-17	Regina, SK
69.0		No Record		
76.0	132.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	132.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	160.0	Gwendelyn Grasdal	02-Sep-19	St. John's, NL

BENCH PRESS

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0		No Record		
63.0	57.5	Tania Spak	19-June-16	Killeen, Texas
69.0		No Record		
76.0	82.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	95.5	Gwendelyn Grasdal	01-Oct-21	Moose Jaw, SK

DEADLIFT

47.0	126.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0		No Record		
57.0		No Record		
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
69.0		No Record		
76.0	137.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	173.0	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	165.5	Sandra Nase	08-Apr-15	St. John's, NL

TOTAL

47.0	312.5	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0				
57.0				
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
69.0		No Record		
76.0	352.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	397.5	Gwendelyn Grasdal	22-Feb-18	Calgary, AB

BENCH PRESS ONLY

47.0	69.0	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0				
57.0				
63.0	57.5	Tania Spak	19-Jun-16	Killeen, Texas
69.0		No Record		
76.0	86.5	Mava Brydges	01-Oct-21	Moose Jaw, SK
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	97.5	Gwendelyn Grasdal	03-Mar-20	Winnipeg, B

Master III Equipped Provincial Records

SQUAT

47.0	77.5	Janet Hills	08-Sep-19	Saskatoon, SK
52.0		No Record		
57.0		No Record		
63.0	92.5	Tania Spak	26-Aug-17	Regina, SK
69.0		No Record		
76.0	132.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	90.5	Mava Brydges	30-Sep-18	Saskatoon, SK
84.0+	117.5	Sandra Nase	21-Sep-19	St. John's NL

BENCH PRESS

47.0	45.5	Janet Hills	08-Sep-19	Saskatoon, SK
52.0		No Record		
57.0		No Record		
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
69.0		No Record		
76.0	82.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	61.0	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	60.0	Sandra Nase	21-Sep-19	St. John's NL

DEADLIFT

47.0	93.0	Janet Hills	31-Jul-19	Martensville, SK
52.0		No Record		
57.0		No Record		
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
69.0		No Record		
76.0	137.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	107.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	161.0	Sandra Nase	30-Sep-18	Saskatoon, SK

TOTAL

47.0	216.0	Janet Hills	08-Sep-19	Saskatoon, SK
52.0				
57.0				
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
69.0		No Record		
76.0	352.5	Mava Brydges	21-Aug-21	Orlando, Florida
84.0	252.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	333.0	Sandra Nase	06-Jun-18	Calgary, AB

BENCH PRESS ONLY

47.0	45.5	Janet Hills	08-Sep-19	Saskatoon, SK
52.0				
57.0				
63.0	61.0	Tania Spak	30-Sep-18	Saskatoon, SK
69.0		No Record		
76.0	86.5	Mava Brydges	01-Oct-21	Moose Jaw, SK
84.0	63.5	Mava Brydges	31-Dec-17	Moose Jaw, SK
84.0+	60.0	Sandra Nase	21-Sep-19	St. John's NL

Master IV Equipped Classic Provincial Records

SQUAT

47.0		No Record		
52.0		No Record		
57.0		No Record		
63.0		No Record		
69.0		No Record		
76.0		No Record		
84.0	60.0	Joy Brown	08-Sep-19	Saskatoon, SK
84.0+		No Record		

BENCH PRESS

47.0		No Record		
52.0		No Record		
57.0		No Record		
63.0		No Record		
69.0		No Record		
76.0		No Record		
84.0	35.0	Joy Brown	08-Sep-19	Saskatoon, SK
84.0+		No Record		

DEADLIFT

47.0		No Record		
52.0		No Record		
57.0		No Record		
63.0		No Record		
69.0		No Record		
76.0		No Record		
84.0	102.5	Joy Brown	13-Jul-19	Martensville, SK
84.0+		No Record		

TOTAL

47.0		No Record		
52.0		No Record		
57.0		No Record		
63.0		No Record		
69.0		No Record		
76.0		No Record		
84.0	190.0	Joy Brown	13-Jul-19	Martensville, SK
84.0+		No Record		

BENCH PRESS ONLY

47.0		No Record		
52.0		No Record		
57.0		No Record		
63.0		No Record		
69.0		No Record		
76.0		No Record		
84.0	35.0	Joy Brown	08-Sep-19	Saskatoon, SK
84.0+		No Record		