

Open Equipped Provincial Records

SQUAT

47.0	117.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	141.0 kg	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	180.0 kg	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	200.0 kg	Melanie Ziffle	18-Feb-16	Regina, SK
69.0	175.0 kg	Charlene Cossar	09-May-22	St. John's, NL
76.0	210.5 kg	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	257.5 kg	Rhaea Stinn	23-Nov-19	Dubai, UAE
84.0+	230.0 kg	Rhaea Fowler	03-Sept-11	Moose Jaw, SK

BENCH PRESS

47.0	69.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	72.5 kg	Samantha Solie	22-Jun-16	Killeen, Texas
57.0	105.0 kg	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	116.0 kg	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	110.0 kg	Charlene Cossar	09-May-22	St. John's, NL
76.0	122.5 kg	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	228.5 kg	Rhaea Stinn	09-May-22	St. John's, NL
84.0+	165.0 kg	Taunia Stevens	09-Jul-15	Moose Jaw, SK

DEADLIFT

47.0	126.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	156.5 kg	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	177.5 kg	Melanie Ziffle	08-Jul-15	Moose Jaw, SK
63.0	190.0 kg	Shantelle Szuch	16-Nov-16	Orlando, Florida, USA
69.0	187.5 kg	Charlene Cossar	09-May-22	St. John's, NL
76.0	247.5 kg	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	243.5 kg	Jessica Buettner	21-Sep-19	St. John's, NL
84.0+	200.0 kg	Bret Dundas	20-May-17	Regina, SK

TOTAL

47.0	312.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	360.0 kg	Mikayla Lohse	08-Sep-17	Winnipeg, MB
57.0	462.5 kg	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	478.5 kg	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	472.5 kg	Charlene Cossar	09-May-22	St. John's, NL
76.0	563.0 kg	Jessica Buettner	01-Oct-21	Halmstad, SWE
84.0	686.0 kg	Rhaea Stinn	09-May-22	St. John's, NL
84.0+	582.5 kg	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS ONLY

47.0	69.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	72.5 kg	Samantha Solie	22-June-16	Killeen, Texas
57.0	105.0 kg	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	116.0 kg	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
69.0	110.0 kg	Charlene Cossar	09-May-22	St. John's, NL
76.0	122.5 kg	Kaylee Maruska	21-Aug-21	Orlando, Florida
84.0	228.5 kg	Rhaea Stinn	09-May-22	St. John's, NL
84.0+	165.0 kg	Taunia Stevens	9-Jul-15	Moose Jaw, SK

Sub-Junior Equipped Provincial Records

SQUAT

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

BENCH PRESS

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

DEADLIFT

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

TOTAL

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

BENCH PRESS ONLY

43.0	-	No Record	-	-
47.0	35.0 kg	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	62.5 kg	Mikayla Lohse	08-Jul-15	Moose Jaw, SK
57.0	60.0 kg	Mikayla Lohse	03-Apr-14	St. Catharines, ON
63.0	75.0 kg	Calla Hrynewich	19-Feb-22	Weyburn, SK
69.0	45.0 kg	Calla Hrynewich	02-Oct-21	Moose Jaw, SK
76.0	75.0 kg	Bree Hagen	01-Oct-21	Moose Jaw, SK
84.0	85.0 kg	Brianna Swyryda	03-Mar-19	Ottawa, ON
84.0+	100.0 kg	Brittinay Rowland	28-Jun-14	Moose Jaw, SK

Junior Equipped Provincial Records

SQUAT

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

BENCH PRESS

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

DEADLIFT

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

TOTAL

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

BENCH PRESS ONLY

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

Master I Equipped Provincial Records

SQUAT

47.0	117.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	110.0 kg	Shauna Hammer	09-May-22	St. John's, NL
63.0	180.5 kg	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0	-	No Record	-	-
76.0	137.5 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	145.0 kg	Jennifer Wessner	30-Sep-18	Saskatoon, SK
84.0+	172.5 kg	Jennifer Wessner	03-Mar-20	Winnipeg, MB

BENCH PRESS

47.0	69.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	62.5 kg	Shauna Hammer	09-May-22	St. John's, NL
63.0	97.5 kg	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0	-	No Record	-	-
76.0	92.5 kg	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84.0	92.5 kg	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	127.5 kg	Heidi Fowler	09-May-22	St. John's, NL

DEADLIFT

47.0	126.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	125.0 kg	Shauna Hammer	09-May-22	St. John's, NL
63.0	186.0 kg	Shantelle Szuch	03-Mar-20	Winnipeg, MB
69.0	-	No Record	-	-
76.0	182.5 kg	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84.0	173.0 kg	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	175.0 kg	Jennifer Wessner	20-Feb-18	Calgary, AB

TOTAL

47.0	312.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	297.5 kg	Shauna Hammer	09-May-22	St. John's, NL
63.0	450.5 kg	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0	-	No Record	-	-
76.0	397.5 kg	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84.0	382.5 kg	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	445.0 kg	Heidi Fowler	09-May-22	St. John's, NL

BENCH PRESS ONLY

47.0	69.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	62.5 kg	Shauna Hammer	09-May-22	St. John's, NL
63.0	97.5 kg	Shantelle Szuch	03-Mar-19	Ottawa, ON
69.0	92.5 kg	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
76.0	86.5 kg	Mava Brydges	01-Oct-21	Moose Jaw, SK
84.0	120.0 kg	Heidi Fowler	03-Mar-20	Winnipeg, MB
84.0+	128.0 kg	Heidi Fowler	01-Oct-21	Moose Jaw, SK

Master II Equipped Provincial Records

SQUAT

47.0	117.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	92.5 kg	Tania Spak	26-Aug-17	Regina, SK
69.0	-	No Record	-	-
76.0	137.5 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	132.5 kg	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	160.0 kg	Gwendelyn Grasdall	02-Sep-19	St. John's, NL

BENCH PRESS

47.0	69.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	57.5 kg	Tania Spak	19-June-16	Killeen, Texas
69.0	-	No Record	-	-
76.0	87.5 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	82.5 kg	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	95.5 kg	Gwendelyn Grasdall	01-Oct-21	Moose Jaw, SK

DEADLIFT

47.0	126.0 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	130.0 kg	Tania Spak	19-June-16	Killeen, Texas
69.0	-	No Record	-	-
76.0	145.0 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	173.0 kg	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	165.5 kg	Sandra Nase	08-Apr-15	St. John's, NL

TOTAL

47.0	312.5 kg	Marnel Spencer	01-Oct-21	Moose Jaw, SK
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	281.0 kg	Tania Spak	26-Aug-17	Regina, SK
69.0	-	No Record	-	-
76.0	370.0 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	382.5 kg	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	397.5 kg	Gwendelyn Grasdall	22-Feb-18	Calgary, AB

BENCH PRESS ONLY

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

Master III Equipped Provincial Records

SQUAT

47.0	116.0 kg	Marnel Spencer	09-May-22	St. John's, NL
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	92.5 kg	Tania Spak	26-Aug-17	Regina, SK
69.0	-	No Record	-	-
76.0	137.5 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	90.5 kg	Mava Brydges	30-Sep-18	Saskatoon, SK
84.0+	117.5 kg	Sandra Nase	21-Sep-19	St. John's NL

BENCH PRESS

47.0	65.0 kg	Marnel Spencer	09-May-22	St. John's, NL
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	60.0 kg	Tania Spak	26-Aug-17	Regina, SK
69.0	-	No Record	-	-
76.0	87.5 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	61.0 kg	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	60.0 kg	Sandra Nase	21-Sep-19	St. John's NL

DEADLIFT

47.0	122.5 kg	Marnel Spencer	09-May-22	St. John's, NL
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	130.0 kg	Tania Spak	19-June-16	Killeen, Texas
69.0	-	No Record	-	-
76.0	145.0 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	107.5 kg	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	161.0 kg	Sandra Nase	30-Sep-18	Saskatoon, SK

TOTAL

47.0	303.5 kg	Marnel Spencer	09-May-22	St. John's, NL
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	281.0 kg	Tania Spak	26-Aug-17	Regina, SK
69.0	-	No Record	-	-
76.0	370.0 kg	Mava Brydges	09-May-22	St. John's, NL
84.0	252.5 kg	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	333.0 kg	Sandra Nase	06-Jun-18	Calgary, AB

BENCH PRESS ONLY

47.0	56.0 kg	Marnel Spencer	19-Feb-22	Weyburn, SK
52.0	-	No Record	-	-
57.0	-	No Record	-	-
63.0	61.0 kg	Tania Spak	30-Sep-18	Saskatoon, SK
69.0	-	No Record	-	-
76.0	86.5 kg	Mava Brydges	01-Oct-21	Moose Jaw, SK
84.0	63.5 kg	Mava Brydges	31-Dec-17	Moose Jaw, SK
84.0+	60.0 kg	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 kg	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 kg	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 kg	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 kg	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 kg	Joy Brown	08-Sep-19	Saskatoon, SK
84.0+	-	No Record	-	-