



Welcome to the Saskatchewan Powerlifting Association's provincial records document! This collection is a comprehensive compilation of the outstanding achievements of powerlifters in our province. It serves as a testament to the dedication, hard work, and exceptional strength of our athletes.

Within these pages, you will find records organized by weight class and lift category, highlighting the best performances in each division. This document is designed to be a reference for athletes, coaches, and fans who are passionate about the sport of powerlifting. Our aim is to celebrate the accomplishments of our community and inspire others to reach new heights.

We have made every effort to ensure the accuracy of the records listed here. However, if you notice any discrepancies or errors, we encourage you to reach out to us at **records@saskpowerlifting.ca**. Your feedback is invaluable in maintaining the integrity and accuracy of this document.

Divisions list below:

- Youth 1
- Youth 2
- Youth 3

If you would like to request a copy of your provincial record, please fill out this form with all the required information.

Request form - https://forms.gle/rzrGMSD9whwreqtT7

Thank you to all the lifters who contribute to the ever-evolving story of powerlifting in our province. Keep lifting, keep striving, and most importantly, keep inspiring!

Daniel Heintz Records Chair Saskatchewan Powerlifting Association August 1st, 2024



Youth 1 Special Olympic Provincial Records

		100111120	pecial Olympic i	TOTTII GIGI ITCO	<u> </u>		
	SQUAT	0.0 kg	NO RECORD SET	_	_	_	
	BENCH PRESS	0.0 kg	NO RECORD SET		_	_	
30 KG	DEADLIFT	0.0 kg	NO RECORD SET			_	
30 AG	TOTAL	0.0 kg	NO RECORD SET	_	_	_	
	BENCH-ONLY		NO RECORD SET	-	-	-	
	DENCH-UNLT	0.0 kg	NO RECORD SET	-	-	•	
	COLLAT	0.01	NO DECORD OF	_			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
25 KC	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
35 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
40.170	BENCH PRESS	0.0 kg	NO RECORD SET	-	-		
40 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-		
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
43 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-		-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
47 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	_	-	
	TOTAL	0.0 kg	NO RECORD SET	_	_	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	_	-	
		3					
	SQUAT	0.0 kg	NO RECORD SET	-			
	BENCH PRESS	0.0 kg	NO RECORD SET	_	_		
52 KG	DEADLIFT	0.0 kg	NO RECORD SET	_	_		
<i>32 1</i> 1 3	TOTAL	0.0 kg	NO RECORD SET	_	_		
	BENCH-ONLY	0.0 kg	NO RECORD SET	_	_	_	
	DENOIT-ONE!	o.o kg	HO KEOOKD GET	-			
	SQUAT	0.0 kg	NO RECORD SET	_			
		_		-	-		
57 KG	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-	
37 NG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-		
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-		

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Youth 1 (Continued)

	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
63 KG	DEADLIFT	0.0 kg	NO RECORD SET		-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET		-	-
		_				
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
69 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
76 KG	DEADLIFT	0.0 kg	NO RECORD SET		-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
0446	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
84 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
. 0 4 1/ 0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
+84 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-



Youth 2 Special Olympic Provincial Records

SQUAT 0.0 kg			TOUTH Z	Special Olympic I I	Ovinicial Need	<u> </u>	
30 KG							
30 KG		SOLIAT	0.0 ka	NO RECORD SET	_	_	_
30 KG			_		_	_	-
TOTAL BENCH-ONLY BENCH-ONLY 0.0 kg NO RECORD SET	30 KG				_		
SOUAT 0.0 kg NO RECORD SET	30 AG		_		-	•	
SQUAT			_			-	
STATE SOLIT SOLI		BENCH-UNLY	0.0 kg	NO RECORD SET	•	•	-
STATE SOLIT SOLI							
STATE SOLIT SOLI							
DEADLIFT			_		-	-	-
TOTAL 0.0 kg NO RECORD SET	0=1/0		_		-	-	
SQUAT	35 KG		_		-	-	-
### SQUAT		TOTAL	0.0 kg	NO RECORD SET	-	-	-
### ### ### ### ### ### ### ### ### ##		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
### ### ### ### ### ### ### ### ### ##							
### ### ### ### ### ### ### ### ### ##							
### ### ##############################		SQUAT	0.0 kg	NO RECORD SET	-	-	-
### ### ### ### ### ### ### ### ### ##		BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
SQUAT	40 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
### SQUAT 0.0 kg NO RECORD SET - - - - - - - - -		TOTAL	0.0 kg	NO RECORD SET	-	-	-
### A		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
### A C ### A							
### A C ### A							
### BENCH PRESS 0.0 kg NO RECORD SET - - - - - - - - -		SQUAT	0.0 kg	NO RECORD SET	-	-	
### DEADLIFT		BENCH PRESS	_	NO RECORD SET	-	-	-
TOTAL BENCH-ONLY 0.0 kg NO RECORD SET	43 KG		_		_	_	-
### SQUAT 0.0 kg NO RECORD SET - - - - ### SQUAT 0.0 kg NO RECORD SET - - - ### BENCH PRESS 0.0 kg NO RECORD SET - - - ### DEADLIFT 0.0 kg NO RECORD SET - - - ### TOTAL 0.0 kg NO RECORD SET - - - ### BENCH-ONLY 0.0 kg NO RECORD SET - - - ### SQUAT 0.0 kg NO RECORD SET - - - ### SQUAT 0.0 kg NO RECORD SET - - - ### DEADLIFT 0.0 kg NO RECORD SET - - - ### DEADLIFT 0.0 kg NO RECORD SET - - - ### BENCH-ONLY 0.0 kg NO RECORD SET - - - ### SQUAT 0.0 k		TOTAL	_	NO RECORD SET	-	-	-
SQUAT		BENCH-ONLY	_	NO RECORD SET	_	_	-
### A Company of the			3				
### A Company of the							
### A Company of the		SQUAT	0.0 ka	NO RECORD SET	_	_	-
### A Company of the			_		-	-	-
TOTAL	47 KG		_		-		
SQUAT	47 70				-		_
SQUAT 0.0 kg NO RECORD SET - - - -			_				
SQUAT 0.0 kg NO RECORD SET - - - - -			5.5 Ng				
SQUAT 0.0 kg NO RECORD SET - - - - -							
SQUAT 0.0 kg NO RECORD SET - - - - -		SQUAT	0.0 kg	NO RECORD SET	_	-	_
DEADLIFT					_	-	
TOTAL	52 KG					_	_
SQUAT 0.0 kg NO RECORD SET - - - -	32 / (0		_		_		
SQUAT 0.0 kg NO RECORD SET - - - BENCH PRESS 0.0 kg NO RECORD SET - - - DEADLIFT 0.0 kg NO RECORD SET - - - TOTAL 0.0 kg NO RECORD SET - - -			_		_	_	_
BENCH PRESS 0.0 kg NO RECORD SET -		BENCH-ONLI	0.0 kg	NO RECORD SET	-	-	-
BENCH PRESS 0.0 kg NO RECORD SET -							
BENCH PRESS 0.0 kg NO RECORD SET -							
BENCH PRESS 0.0 kg NO RECORD SET -		SOLIAT	0.0 %	NO DECORD SET			
57 KG DEADLIFT 0.0 kg NO RECORD SET - - - - - TOTAL 0.0 kg NO RECORD SET - - - - -			-		-	•	-
TOTAL 0.0 kg NO RECORD SET	E7 1/0		_		-	-	
, and the second	5/ KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
BENCH-ONLY 0.0 kg NO RECORD SET		TOTAL	0.0 kg	NO RECORD SET	-	-	-
		BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	
			Ü				



Youth 2 (Continued)

63 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
69 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
76 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
84 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
+84 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	_	-



Youth 3 Special Olympic Provincial Records

		1001110	Special Olympic i	O T III GIGI TICOC	100	
	SQUAT	0.0 kg	NO RECORD SET		_	
	BENCH PRESS	0.0 kg	NO RECORD SET		-	_
30 KG	DEADLIFT	0.0 kg	NO RECORD SET			_
30 AG	TOTAL	0.0 kg	NO RECORD SET		_	
	BENCH-ONLY		NO RECORD SET			
	DENCH-UNLT	0.0 kg	NO RECORD SET	-	-	
	COLLAT	0.01	NO DECODE OF			
25 KO	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
35 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
10 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	
40 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET		-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
43 KG	DEADLIFT	0.0 kg	NO RECORD SET		-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET		-	-
	SQUAT	0.0 kg	NO RECORD SET		-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	_	-	-
47 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET		-	-
		5.5.13				
	SQUAT	0.0 kg	NO RECORD SET		_	_
	BENCH PRESS	0.0 kg	NO RECORD SET		_	
52 KG	DEADLIFT	0.0 kg	NO RECORD SET		_	
JZ AG	TOTAL	0.0 kg	NO RECORD SET	-		
	BENCH-ONLY	_		-	-	-
	BENUT-UNLI	0.0 kg	NO RECORD SET	-	-	-
	COLLAT	0.01	NO DECORD SET			
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
ET MO	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
57 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	
	BENCH-ONLY	0.0 kg	NO RECORD SET	•	-	-



Youth 3 (Continued)

	SQUAT	0.0 kg	NO RECORD SET	_	_	
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
63 KG	DEADLIFT	0.0 kg	NO RECORD SET		-	
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET		-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	
69 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	_	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
70 1/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
76 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
	SQUAT	0.0 kg	NO RECORD SET	-	-	-
041/0	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
84 KG	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	•	-
	COLLAT	60.0 km	Fline Cornell	Dridge City Class:	Cookstoon CK CAN	42 Jul 24
	SQUAT	60.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
+84 KG	BENCH PRESS	31.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
TO4 NG	DEADLIFT	87.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
	TOTAL	178.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
	BENCH-ONLY	31.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24