



***WOMENS  
SPECIAL OLYMPIC  
PROVINCIAL YOUTH RECORDS***

 Saskatchewan  
Powerlifting



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](mailto: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

<b>30 KG</b>	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	-	-	-
<b>35 KG</b>	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	-	-	-
<b>40 KG</b>	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	-	-	-
<b>43 KG</b>	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	-	-	-
<b>47 KG</b>	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	-	-	-
<b>52 KG</b>	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	-	-	-
<b>57 KG</b>	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	-	-	-

# YOUTH 1



## Youth 1 (Continued)

<b>63 KG</b>	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	-	-	-

<b>69 KG</b>	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	-	-	-

<b>76 KG</b>	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	-	-	-

<b>84 KG</b>	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	-	-	-

<b>+84 KG</b>	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	-	-	-

## Youth 2 Special Olympic Provincial Records

<b>30 KG</b>	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	-	-	-
<b>35 KG</b>	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	-	-	-
<b>40 KG</b>	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	-	-	-
<b>43 KG</b>	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	-	-	-
<b>47 KG</b>	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	-	-	-
<b>52 KG</b>	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	-	-	-
<b>57 KG</b>	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	-	-	-

## Youth 2 (Continued)

<b>63 KG</b>	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	-	-	-

<b>69 KG</b>	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	-	-	-

<b>76 KG</b>	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	-	-	-

<b>84 KG</b>	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	-	-	-

<b>+84 KG</b>	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	-	-	-

## Youth 3 Special Olympic Provincial Records

<b>30 KG</b>	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	-	-	-
<b>35 KG</b>	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	-	-	-
<b>40 KG</b>	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	-	-	-
<b>43 KG</b>	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	-	-	-
<b>47 KG</b>	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	-	-	-
<b>52 KG</b>	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	-	-	-
<b>57 KG</b>	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	-	-	-

# YOUTH 3



## Youth 3 (Continued)

<b>63 KG</b>	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	-	-	-

<b>69 KG</b>	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	-	-	-

<b>76 KG</b>	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	-	-	-

<b>84 KG</b>	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	-	-	-

<b>+84 KG</b>	SQUAT	60.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
	BENCH PRESS	31.0 kg	Elise Carroll	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-24
	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