

WOMENS PROVINCIAL CLASSIC 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. Your feedback is invaluable in maintaining the integrity and accuracy of this document.

Divisions list below:

- Open
- Sub-Junior
- Junior
- Master 1
- Master 2
- Master 3
- Master 4

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/rzrGMSD9whwreqT7>

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



Open Provincial Records

47 KG	SQUAT	102.5 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH PRESS	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	DEADLIFT	120.0 kg	Kanako MacDonald	Last Chance	Moose Jaw, SK. CAN	19-Dec-2015
	TOTAL	267.5 kg	Kanako MacDonald	Last Chance	Moose Jaw, SK. CAN	19-Dec-2015
	BENCH-ONLY	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
52 KG	SQUAT	127.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	BENCH PRESS	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	DEADLIFT	139.5 kg	Elain Tan	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	TOTAL	327.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	BENCH-ONLY	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
57 KG	SQUAT	142.5 kg	Brittney Bergen	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
	BENCH PRESS	82.5 kg	Brittney Bergen	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
	DEADLIFT	162.5 kg	Carolyn Tran	War of the West	Regina, SK. CAN	20-May-2017
	TOTAL	385.0 kg	Brittney Bergen	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
	BENCH-ONLY	82.5 kg	Brittney Bergen	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
63 KG	SQUAT	165.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	BENCH PRESS	90.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	DEADLIFT	192.5 kg	Kelsey Gudmundson	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	TOTAL	427.5 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	BENCH-ONLY	90.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
69 KG	SQUAT	165.0 kg	Hayley Gibson	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH PRESS	97.5 kg	Hayley Gibson	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	DEADLIFT	190.0 kg	Brittany Brecht	Foundation Open	Regina, SK. CAN	21-May-2022
	TOTAL	440.0 kg	Hayley Gibson	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH-ONLY	97.5 kg	Hayley Gibson	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
76 KG	SQUAT	220.0 kg	Jessica Buettner	IPF Worlds	St. Juliens, Malta	17-Jun-2023
	BENCH PRESS	107.5 kg	Jessica Buettner	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	261.5 kg	Jessica Buettner	IPF Worlds	Sun City, South Africa	6-May-2022
	TOTAL	585.0 kg	Jessica Buettner	IPF Worlds	Sun City, South Africa	6-May-2022
	BENCH-ONLY	107.5 kg	Jessica Buettner	CPU Nationals	St. Johns, NL. CAN	9-May-2022
84 KG	SQUAT	216.0 kg	Jessica Buettner	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH PRESS	122.5 kg	Rhaea Stinn	CPU Easterns	Summerside, PEI. CAN	7-Sep-2023
	DEADLIFT	250.5 kg	Jessica Buettner	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	TOTAL	571.5 kg	Jessica Buettner	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	BENCH-ONLY	122.5 kg	Rhaea Stinn	CPU Easterns	Summerside, PEI. CAN	7-Sep-2023
+84 KG	SQUAT	237.5 kg	Michelle Rennick	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH PRESS	117.5 kg	Tammie-Lee Ballinger	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	DEADLIFT	202.5 kg	Jayde Watson	CPU Westerns	Moose Jaw, SK. CAN	10-Mar-2024
	TOTAL	540.0 kg	Michelle Rennick	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH-ONLY	117.5 kg	Tammie-Lee Ballinger	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020

Sub-Junior Provincial Records

43 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	-	-	-

47 KG	SQUAT	65.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	BENCH PRESS	33.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	DEADLIFT	95.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	TOTAL	193.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	BENCH-ONLY	33.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012

52 KG	SQUAT	109.0 kg	Tatiana Thompson	SPA Provincials	Saskatoon, SK. CAN	1-Oct-2016
	BENCH PRESS	52.5 kg	Mikayla Lohse	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015
	DEADLIFT	133.5 kg	Mikayla Lohse	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015
	TOTAL	291.0 kg	Mikayla Lohse	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015
	BENCH-ONLY	52.5 kg	Mikayla Lohse	SPA Provincials	Weyburn, SK. CAN	5-Sep-2015

57 KG	SQUAT	115.5 kg	Tatiana Thompson	Last Chance	Moose Jaw, SK. CAN	10-Dec-2016
	BENCH PRESS	53.5 kg	Chelsea MacNeill	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024
	DEADLIFT	126.0 kg	Mikayla Lohse	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	TOTAL	293.0 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	31-Mar-2014
	BENCH-ONLY	53.5 kg	Chelsea MacNeill	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024

63 KG	SQUAT	138.0 kg	Ayanna Kinar	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH PRESS	77.0 kg	Ayanna Kinar	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	DEADLIFT	143.0 kg	Ayanna Kinar	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	358.0 kg	Ayanna Kinar	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH-ONLY	77.0 kg	Ayanna Kinar	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023

69 KG	SQUAT	110.0 kg	Emma Fizzard	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH PRESS	57.5 kg	Emma Fizzard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	DEADLIFT	120.0 kg	Emma Fizzard	Foundation Open	Regina, SK. CAN	20-May-2023
	TOTAL	282.5 kg	Emma Fizzard	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH-ONLY	57.5 kg	Emma Fizzard	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024

76 KG	SQUAT	115.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH PRESS	60.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	DEADLIFT	125.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	TOTAL	300.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH-ONLY	60.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021

84 KG	SQUAT	100.0 kg	Brianna Swryda	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH PRESS	58.0 kg	Natalie Butz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	DEADLIFT	138.5 kg	Natalie Butz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	TOTAL	291.5 kg	Natalie Butz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023
	BENCH-ONLY	58.0 kg	Natalie Butz	Last Chance	Moose Jaw, SK. CAN	10-Dec-2023

+84 KG	SQUAT	150.0 kg	Brittany Rowland	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	BENCH PRESS	80.5 kg	Mykelle Doud	Foundation Open	Regina, SK. CAN	18-May-2024
	DEADLIFT	167.5 kg	Brittany Rowland	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	TOTAL	393.0 kg	Brittany Rowland	Last Chance	Moose Jaw, SK. CAN	20-Dec-2014
	BENCH-ONLY	80.5 kg	Mykelle Doud	Foundation Open	Regina, SK. CAN	18-May-2024

Junior Provincial Records

43 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	-	-	-

47 KG	SQUAT	102.5 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH PRESS	40.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	DEADLIFT	107.5 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	TOTAL	250.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH-ONLY	40.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017

52 KG	SQUAT	127.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	BENCH PRESS	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	DEADLIFT	134.0 kg	Mikayla Lohse	War of the West	Regina, SK. CAN	26-Aug-2017
	TOTAL	327.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	BENCH-ONLY	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016

57 KG	SQUAT	132.5 kg	Anna Schneider	IPF Worlds	Minsk, Belarus	19-Jun-2017
	BENCH PRESS	77.5 kg	Anna Schneider	IPF Worlds	Minsk, Belarus	19-Jun-2017
	DEADLIFT	158.0 kg	Anna Schneider	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	TOTAL	363.5 kg	Anna Schneider	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH-ONLY	77.5 kg	Anna Schneider	IPF Worlds	Minsk, Belarus	19-Jun-2017

63 KG	SQUAT	165.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	BENCH PRESS	90.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	DEADLIFT	172.5 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	TOTAL	427.5 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024
	BENCH-ONLY	90.0 kg	Ayanna Kinar	NAPFs	Scottsdale, AZ. USA	6-Aug-2024

69 KG	SQUAT	142.5 kg	Sarah Denis	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	BENCH PRESS	75.0 kg	Johanna Wiebe	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024
	DEADLIFT	160.0 kg	Sarah Denis	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	TOTAL	365.0 kg	Sarah Denis	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	BENCH-ONLY	75.0 kg	Johanna Wiebe	Bridge City Classic	Saskatoon, SK. CAN	13-Jul-2024

76 KG	SQUAT	165.0 kg	Hannah Rajput	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH PRESS	85.0 kg	Hannah Rajput	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	DEADLIFT	177.5 kg	Hannah Rajput	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	427.5 kg	Hannah Rajput	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH-ONLY	85.0 kg	Hannah Rajput	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023

84 KG	SQUAT	185.0 kg	Jessica Buettner	SPA Provincials	Saskatoon, SK. CAN	29-Sep-2018
	BENCH PRESS	100.0 kg	Rhaea Fowler	CPU Westerns	Edmonton, AB. CAN	26-Nov-2011
	DEADLIFT	228.0 kg	Jessica Buettner	CPU Westerns	Saskatoon, SK. CAN	29-Sep-2018
	TOTAL	503.0 kg	Jessica Buettner	CPU Westerns	Edmonton, AB. CAN	7-Sep-2018
	BENCH-ONLY	100.0 kg	Rhaea Fowler	CPU Westerns	Edmonton, AB. CAN	26-Nov-2011

+84 KG	SQUAT	185.0 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	31-Dec-2011
	BENCH PRESS	105.0 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	31-Dec-2011
	DEADLIFT	187.5 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	31-Dec-2011
	TOTAL	477.5 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	31-Dec-2011
	BENCH-ONLY	105.0 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	31-Dec-2011

M1 Provincial Records

47 KG	SQUAT	88.5 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH PRESS	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	DEADLIFT	118.5 kg	Marnel Spencer	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	257.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH-ONLY	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
52 KG	SQUAT	88.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	118.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	TOTAL	263.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH-ONLY	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
57 KG	SQUAT	122.5 kg	Tiffany Bolingbroke	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH PRESS	63.5 kg	Tiffany Bolingbroke	Foundation Open	Regina, SK. CAN	20-May-2023
	DEADLIFT	150.0 kg	Tiffany Bolingbroke	Foundation Open	Regina, SK. CAN	20-May-2023
	TOTAL	336.0 kg	Tiffany Bolingbroke	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH-ONLY	63.5 kg	Tiffany Bolingbroke	Foundation Open	Regina, SK. CAN	20-May-2023
63 KG	SQUAT	135.5 kg	Julie Mushynsky	Trench Open	Regina, SK. CAN	13-Apr-2024
	BENCH PRESS	67.5 kg	Shantelle Szuch	CPU Westerns	Moose Jaw, SK. CAN	8-Sep-2019
	DEADLIFT	150.5 kg	Julie Mushynsky	Trench Open	Regina, SK. CAN	13-Apr-2024
	TOTAL	357.5 kg	Julie Mushynsky	Trench Open	Regina, SK. CAN	13-Apr-2024
	BENCH-ONLY	67.5 kg	Shantelle Szuch	CPU Westerns	Moose Jaw, SK. CAN	8-Sep-2019
69 KG	SQUAT	142.5 kg	Emmanuelle Archambault	IPF Worlds	Sun City, South Africa	5-Oct-2024
	BENCH PRESS	95.0 kg	Emmanuelle Archambault	IPF Worlds	Sun City, South Africa	5-Oct-2024
	DEADLIFT	187.5 kg	Emmanuelle Archambault	IPF Worlds	Sun City, South Africa	5-Oct-2024
	TOTAL	425.0 kg	Emmanuelle Archambault	IPF Worlds	Sun City, South Africa	5-Oct-2024
	BENCH-ONLY	95.0 kg	Emmanuelle Archambault	IPF Worlds	Sun City, South Africa	5-Oct-2024
76 KG	SQUAT	140.0 kg	Emmanuelle Archambault	NAPFs	Cayman Islands	8-Aug-2023
	BENCH PRESS	96.5 kg	Emmanuelle Archambault	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	190.0 kg	Emmanuelle Archambault	NAPFs	Cayman Islands	8-Aug-2023
	TOTAL	425.0 kg	Emmanuelle Archambault	NAPFs	Cayman Islands	8-Aug-2023
	BENCH-ONLY	96.5 kg	Emmanuelle Archambault	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
84 KG	SQUAT	155.0 kg	Amber Amendt	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	BENCH PRESS	92.5 kg	Angela Desjarlais	Last Chance	Moose Jaw, SK. CAN	10-Dec-2016
	DEADLIFT	177.5 kg	Amber Amendt	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	TOTAL	407.5 kg	Amber Amendt	CPU Westerns	Moose Jaw, SK. CAN	9-Mar-2024
	BENCH-ONLY	92.5 kg	Angela Desjarlais	Last Chance	Moose Jaw, SK. CAN	10-Dec-2016
+84 KG	SQUAT	172.5 kg	Jennifer Wessner	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH PRESS	117.5 kg	Tammie-Lee Ballinger	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	DEADLIFT	187.5 kg	Jennifer Wessner	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	TOTAL	440.0 kg	Tammie Shawcross	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH-ONLY	117.5 kg	Tammie-Lee Ballinger	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020

M2 Provincial Records

47 KG	SQUAT	88.5 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH PRESS	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	DEADLIFT	118.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	5-Aug-2024
	TOTAL	257.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH-ONLY	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
52 KG	SQUAT	88.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	118.5 kg	Marnel Spencer	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	263.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH-ONLY	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
57 KG	SQUAT	112.5 kg	Shauna Hammer	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	BENCH PRESS	65.0 kg	Shauna Hammer	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	135.0 kg	Laura Logan	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	TOTAL	310.0 kg	Shauna Hammer	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	BENCH-ONLY	65.0 kg	Shauna Hammer	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
63 KG	SQUAT	105.0 kg	Shaunna Hammer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	62.5 kg	Shaunna Hammer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	132.5 kg	Laura Logan	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	300.0 kg	Laura Logan	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH-ONLY	65.0 kg	Shaunna Hammer	CPU Westerns	Brandon, MB. CAN	10-Aug-2023
69 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	-	-	-
76 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	-	-	-
84 KG	SQUAT	132.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	BENCH PRESS	82.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	DEADLIFT	173.0 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	TOTAL	382.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	BENCH-ONLY	82.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
+84 KG	SQUAT	155.0 kg	Sherry McEachern	NAPFs	Scottsdale, AZ. USA	8-Aug-2024
	BENCH PRESS	110.0 kg	Tammie-Lee Ballinger	Rise Open	Saskatoon, SK. CAN	22-Jan-2022
	DEADLIFT	182.5 kg	Donna Bodnar	CPU Nationals	Summerside, PEI. CAN	14-Sep-2024
	TOTAL	412.5 kg	Sherry McEachern	NAPFs	Scottsdale, AZ. USA	8-Aug-2024
	BENCH-ONLY	110.0 kg	Tammie-Lee Ballinger	Rise Open	Saskatoon, SK. CAN	22-Jan-2022

M3 Provincial Records

47 KG	SQUAT	88.5 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH PRESS	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022
	DEADLIFT	118.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	5-Aug-2024
	TOTAL	257.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH-ONLY	56.0 kg	Marnel Spencer	Olympia In Depth	Weyburn, SK. CAN	19-Feb-2022

52 KG	SQUAT	88.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	118.5 kg	Marnel Spencer	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	263.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH-ONLY	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023

57 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	-	-	-

63 KG	SQUAT	92.5 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH PRESS	60.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	DEADLIFT	130.0 kg	Tania Spak	IPF Worlds	Killeen, TX. USA	19-Jun-2017
	TOTAL	281.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH-ONLY	60.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017

69 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	-	-	-

76 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	-	-	-

84 KG	SQUAT	105.0 kg	Mava Brydges	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH PRESS	70.0 kg	Mava Brydges	Foundation Open	Regina, SK. CAN	20-May-2023
	DEADLIFT	132.5 kg	Mava Brydges	Foundation Open	Regina, SK. CAN	20-May-2023
	TOTAL	307.5 kg	Mava Brydges	Foundation Open	Regina, SK. CAN	20-May-2023
	BENCH-ONLY	70.0 kg	Mava Brydges	Foundation Open	Regina, SK. CAN	20-May-2023

+84 KG	SQUAT	117.5 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019
	BENCH PRESS	60.0 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019
	DEADLIFT	161.0 kg	Sandra Nase	CPU Westerns	Saskatoon, SK. CAN	30-Sep-2018
	TOTAL	333.0 kg	Sandra Nase	IPF Wrolds	Calgary, AB. CAN	6-Jun-2018
	BENCH-ONLY	60.0 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019

M4 Provincial Records

47 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	-	-	-

52 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	-	-	-

57 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	-	-	-

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	-	-	-

69 KG	SQUAT	58.0 kg	Joy Brown	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024
	BENCH PRESS	30.0 kg	Joy Brown	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024
	DEADLIFT	90.0 kg	Joy Brown	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024
	TOTAL	178.0 kg	Joy Brown	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024
	BENCH-ONLY	30.0 kg	Joy Brown	Olympia In Depth	Weyburn, SK. CAN	15-Sep-2024

76 KG	SQUAT	56.0 kg	Joy Brown	Trench Open	Regina, SK. CAN	13-Apr-2024
	BENCH PRESS	32.5 kg	Joy Brown	Trench Open	Regina, SK. CAN	13-Apr-2024
	DEADLIFT	93.5 kg	Joy Brown	Trench Open	Regina, SK. CAN	13-Apr-2024
	TOTAL	182.0 kg	Joy Brown	Trench Open	Regina, SK. CAN	13-Apr-2024
	BENCH-ONLY	32.5 kg	Joy Brown	Trench Open	Regina, SK. CAN	13-Apr-2024

84 KG	SQUAT	60.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019
	BENCH PRESS	35.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019
	DEADLIFT	102.5 kg	Joy Brown	Northern Sask Open	Martensville, SK. CAN	13-Jul-2019
	TOTAL	190.0 kg	Joy Brown	Northern Sask Open	Martensville, SK. CAN	13-Jul-2019
	BENCH-ONLY	35.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019

+84 KG	SQUAT	50.0 kg	Joy Brown	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	BENCH PRESS	32.5 kg	Joy Brown	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	DEADLIFT	95.0 kg	Joy Brown	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	TOTAL	177.5 kg	Joy Brown	Rise Open	Saskatoon, SK. CAN	8-Jul-2023
	BENCH-ONLY	32.5 kg	Joy Brown	Rise Open	Saskatoon, SK. CAN	8-Jul-2023