



# ***WOMENS 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 Provincial Records

<b>30 KG</b>	SQUAT	17.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	12-Dec-22
	BENCH PRESS	11.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	12-Dec-22
	DEADLIFT	27.5 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	12-Dec-22
	TOTAL	55.5 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	12-Dec-22
	BENCH-ONLY	11.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	12-Dec-22
<b>35 KG</b>	SQUAT	15.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	9-Dec-23
	BENCH PRESS	10.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	9-Dec-23
	DEADLIFT	30.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	9-Dec-23
	TOTAL	55.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	9-Dec-23
	BENCH-ONLY	10.0 kg	Paige Wahl	Last Chance	Moose Jaw, SK. CAN	9-Dec-23
<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	47.5 kg	Jordyn Halladay	Olympia In Depth	Weyburn, SK. CAN	11-Feb-22
	BENCH PRESS	26.0 kg	Jordyn Halladay	Olympia In Depth	Weyburn, SK. CAN	11-Feb-22
	DEADLIFT	65.0 kg	Jordyn Halladay	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	TOTAL	136.0 kg	Jordyn Halladay	Olympia In Depth	Weyburn, SK. CAN	11-Feb-22
	BENCH-ONLY	26.0 kg	Jordyn Halladay	Olympia In Depth	Weyburn, SK. CAN	11-Feb-22
<b>47 KG</b>	SQUAT	50.0 kg	Jordyn Halladay	Foundation Open	Saskatoon, SK. CAN	7-Apr-22
	BENCH PRESS	27.0 kg	Jordyn Halladay	Foundation Open	Saskatoon, SK. CAN	7-Apr-22
	DEADLIFT	65.5 kg	Jordyn Halladay	Foundation Open	Saskatoon, SK. CAN	7-Apr-22
	TOTAL	142.5 kg	Jordyn Halladay	Foundation Open	Saskatoon, SK. CAN	7-Apr-22
	BENCH-ONLY	27.0 kg	Jordyn Halladay	Foundation Open	Saskatoon, SK. CAN	7-Apr-22
<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 (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 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	35.0 kg	Kalina Mckinna	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	BENCH PRESS	20.0 kg	Kalina Mckinna	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	DEADLIFT	60.0 kg	Kalina Mckinna	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	TOTAL	115.0 kg	Kalina Mckinna	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	BENCH-ONLY	20.0 kg	Kalina Mckinna	Last Chance	Moose Jaw, SK. CAN	11-Dec-21

<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	40.0 kg	Saige Perry	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	BENCH PRESS	26.0 kg	Saige Perry	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	DEADLIFT	65.0 kg	Saige Perry	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	TOTAL	131.0 kg	Saige Perry	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	BENCH-ONLY	26.0 kg	Saige Perry	Synergy Open	Saskatoon, SK. CAN	9-Apr-22

<b>47 KG</b>	SQUAT	60.0 kg	Jordyn Halladay	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	BENCH PRESS	33.0 kg	Jordyn Halladay	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	DEADLIFT	72.0 kg	Jordyn Halladay	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	TOTAL	165.0 kg	Jordyn Halladay	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	BENCH-ONLY	33.0 kg	Jordyn Halladay	Rise Open	Saskatoon, SK. CAN	8-Jul-23

<b>52 KG</b>	SQUAT	47.5 kg	Shayenna Lavallee	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH PRESS	22.5 kg	Shayenna Lavallee	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	DEADLIFT	63.0 kg	Shayenna Lavallee	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	TOTAL	133.0 kg	Shayenna Lavallee	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH-ONLY	22.5 kg	Shayenna Lavallee	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22

<b>57 KG</b>	SQUAT	47.5 kg	Shayenna Lavallee	Last Chance	Moose Jaw, SK. CAN	11-Dec-21
	BENCH PRESS	26.0 kg	Shayenna Lavallee	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	DEADLIFT	62.5 kg	Shayenna Lavallee	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	TOTAL	136.0 kg	Shayenna Lavallee	Synergy Open	Saskatoon, SK. CAN	9-Apr-22
	BENCH-ONLY	26.0 kg	Shayenna Lavallee	Synergy Open	Saskatoon, SK. CAN	9-Apr-22

## 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	62.5 kg	Taren Derksen	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH PRESS	32.5 kg	Taren Derksen	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	DEADLIFT	92.5 kg	Taren Derksen	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	TOTAL	187.5 kg	Taren Derksen	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH-ONLY	32.5 kg	Taren Derksen	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22

## Youth 3 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	45.0 kg	Kalina Mckinna	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH PRESS	22.5 kg	Kalina Mckinna	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	DEADLIFT	65.0 kg	Kalina Mckinna	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	TOTAL	132.5 kg	Kalina Mckinna	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH-ONLY	22.5 kg	Kalina Mckinna	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22

<b>40 KG</b>	SQUAT	45.0 kg	Kalina Mckinna	SPA Provincials	Weyburn, SK. CAN	22-Oct-23
	BENCH PRESS	30.5 kg	Kalina Mckinna	SPA Provincials	Weyburn, SK. CAN	22-Oct-23
	DEADLIFT	75.0 kg	Kalina Mckinna	SPA Provincials	Weyburn, SK. CAN	22-Oct-23
	TOTAL	150.5 kg	Kalina Mckinna	SPA Provincials	Weyburn, SK. CAN	22-Oct-23
	BENCH-ONLY	30.5 kg	Kalina Mckinna	SPA Provincials	Weyburn, SK. CAN	22-Oct-23

<b>43 KG</b>	SQUAT	42.5 kg	Saige Perry	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH PRESS	25.0 kg	Saige Perry	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	DEADLIFT	70.0 kg	Saige Perry	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	TOTAL	137.5 kg	Saige Perry	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22
	BENCH-ONLY	25.0 kg	Saige Perry	SPA Provincials	Saskatoon, SK. CAN	23-Oct-22

<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	60.0 kg	Taliyah Purcell	Foundation Open	Regina, SK. CAN	20-May-23
	BENCH PRESS	27.5 kg	Taliyah Purcell	Foundation Open	Regina, SK. CAN	20-May-23
	DEADLIFT	72.5 kg	Shayenna Lavallee	SPA Provincials	Weyburn, SK. CAN	22-Oct-23
	TOTAL	157.5 kg	Taliyah Purcell	Foundation Open	Regina, SK. CAN	20-May-23
	BENCH-ONLY	27.5 kg	Taliyah Purcell	Foundation Open	Regina, SK. CAN	20-May-23

<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 (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	57.5 kg	Taren Derksen	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-21
	BENCH PRESS	32.5 kg	Taren Derksen	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-21
	DEADLIFT	72.5 kg	Taren Derksen	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-21
	TOTAL	162.5 kg	Taren Derksen	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-21
	BENCH-ONLY	32.5 kg	Taren Derksen	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-21

<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	90.0 kg	Taren Derksen	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	BENCH PRESS	45.0 kg	Taren Derksen	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	DEADLIFT	112.0 kg	Taren Derksen	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	TOTAL	247.0 kg	Taren Derksen	Rise Open	Saskatoon, SK. CAN	8-Jul-23
	BENCH-ONLY	45.0 kg	Taren Derksen	Rise Open	Saskatoon, SK. CAN	8-Jul-23