The AMERICAN DRUG-FREE POWERLIFTING FEDERATION

WOMEN'S **EQUIPPED** Division SINGLE EVENT **NATIONAL** RECORDS (UPDATED 4-5-08)

WOMEN'S 44.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 47.5 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 50.5 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS::

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos
Open				**Open**				**Open**			

WOMEN'S 53.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 55.5 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 58.5 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 63.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 70.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos
OPEN				**OPEN**				**OPEN**	Susan Sanaghan Michigan City, MI	4-5-08	130.0
M 1 (40-44)				**M 1** (40-44)				**M 1** (40-44)			
M 2 (45-49)				**M 2** (45-49)				**M 2** (45-49)			
M 3 (50-54)				**M 3** (50-54)				**M 3** (50-54)	Susan Sanaghan Michigan City, MI	4-5-08	130.0

WOMEN'S 80.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS::

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S 90.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos

WOMEN'S +90.0 kg. Weight Class **EQUIPPED** NATIONAL SINGLE EVENT RECORDS:

Cate-gory	SQUAT Records Name & State	Meet Date	Record in Kilos	Cate-gory	BENCH PRESS Records Name & State	Meet Date	Record in Kilos	Cate-gory	DEADLIFT Records Name & State	Meet Date	Record in Kilos