

**The AMERICAN DRUG-FREE POWERLIFTING FEDERATION**

**WOMEN'S EQUIPPED Division SINGLE EVENT MICHIGAN STATE RECORDS**

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

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>	Jasmine Mendez	5-5-07	67.5	<b>OPEN</b>			
					Grand Rapids, Michigan						
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)	Jasmine Mendez	5-5-07	67.5	<b>T-2</b> (16-17)			
					Grand Rapids, Michigan						
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			
<b>T-2</b> (16-17)				<b>T-2</b> (16-17)				<b>T-2</b> (16-17)			
<b>T 3</b> (18-19)				<b>T 3</b> (18-19)				<b>T 3</b> (18-19)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>				<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			

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

Category	SQUAT Records		Record in Kilos	Category	BENCH PRESS Records		Record in Kilos	Category	DEADLIFT Records		Record in Kilos
	Name & City	Meet Date			Name & City	Meet Date			Name & City	Meet Date	
<b>OPEN</b>				<b>OPEN</b>			72.5	<b>OPEN</b>			
<b>T 1</b> (14-15)				<b>T 1</b> (14-15)				<b>T 1</b> (14-15)			

