

**UNITED STATES POWERLIFTING FEDERATION  
American Records - Women**

**Category: Open**

<b>WEIGHT</b>	<b>LIFT</b>	<b>KGS</b>	<b>LBS</b>	<b>NAME</b>	<b>DATE</b>
44kg/97lb	Squat	137.2	303.0	Cheryl Jones	05/19/84
	Bench	81.0	178.5	Ann Leverett	07/26/91
	Deadlift	165.0	363.7	Nancy Belliveau	06/01/85
	TOTAL	355.0	782.5	Ann Leverett	12/07/91
48kg/105.7lb	Squat	150.0	330.5	Peggy Box	07/16/88
	Bench	96.5	212.7	April Delmore	07/12/97
	Deadlift	182.5	402.2	Majik Jones	01/28/84
	TOTAL	390.0	859.7	Majik Jones	05/19/84
52kg/114.5lb	Squat	182.5	402.2	Mary Jeffrey	07/31/92
	Bench	112.5	248.0	Mary Jeffrey	04/02/89
	Deadlift	197.5	435.2	Diana Rowell	01/28/84
	TOTAL	457.5	1008.5	Mary Jeffrey	07/31/92
56kg/123.5lb	Squat	191.5	422.0	Carrie Boudreau	07/27/95
	Bench	115.0	253.5	Mary Jeffrey	01/30/88
	Deadlift	220.0	485.0	Carrie Boudreau	07/29/94
	TOTAL	522.5	1151.7	Carrie Boudreau	07/21/95
60kg/132.2lb	Squat	207.2	457.2	Ruthi Shafer	01/30/83
	Bench	132.5	292.0	Rachel Mathias	11/21/92
	Deadlift	217.5	479.5	Ruthi Shafer	01/30/83
	TOTAL	520.0	1146.2	Ruthi Shafer	01/30/83
67.5kg/148.7lb	Squat	230.7	508.5	Ruthi Shafer	01/29/84
	Bench	137.5	303.1	Leonetta Richardson	01/24/09
	Deadlift	244.4	538.7	Ruthi Shafer	05/20/84
	TOTAL	565.0	1245.5	Ruthi Shafer	01/29/84
75kg/165.2lb	Squat	255.0	562.0	Jill Mills	11/19/05
	Bench	170.0	374.7	Jill Mills	11/19/05
	Deadlift	250.8	552.7	Terri Rohal	01/27/85
	TOTAL	655.0	1444.0	Jill Mills	11/19/05
82.5kg/181.7	Squat	250.0	551.0	Terri Rohal	11/10/85
	Bench	160.0	352.7	Bonny Priest	06/03/00
	Deadlift	235.0	518.0	Terri Rohal	11/10/85
	TOTAL	612.5	1350.2	Terri Rohal	11/10/85
90kg/198.2lb	Squat	253.0	557.7	Shelby Corson	06/19/93
	Bench	165.0	363.7	Jan Harrell	11/15/87
	Deadlift	227.5	501.5	Lorraine Costanzo	01/31/88
	TOTAL	607.5	1339.2	Lorraine Costanzo	01/31/88
90+kg/UNL	Squat	277.5	611.7	Juanita Trujillo	07/30/94
	Bench	157.5	347.2	Janet Loveall	12/13/08
	Deadlift	237.5	523.5	Lorraine Costanzo	06/01/87
	TOTAL	640.0	1409.7	Juanita Trujillo	07/30/94