



## MICHIGAN STATE POWERLIFTING RECORDS

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12/7/2024

### Weight Class: 60 / 132 Female / Powerlifting

| Division | Squat                                | Bench Press                          | Deadlift                              | Total                                  |
|----------|--------------------------------------|--------------------------------------|---------------------------------------|--|
| Open     | 24.9 kgs / 54.8 lbs<br>Josie Merrell | 22.6 kgs / 49.8 lbs<br>Josie Merrell | 54.4 kgs / 119.9 lbs<br>Josie Merrell | 102.0 kgs / 224.8 lbs<br>Josie Merrell |
| 75-79    | 24.9 kgs / 54.8 lbs<br>Josie Merrell | 22.6 kgs / 49.8 lbs<br>Josie Merrell | 54.4 kgs / 119.9 lbs<br>Josie Merrell | 102.0 kgs / 224.8 lbs<br>Josie Merrell |

### Weight Class: 67.5 / 148 Female / Powerlifting

| Division | Squat  | Bench Press                                  | Deadlift                                     | Total   |
|----------|--|--|--|---|
| Open     | 22.6 kgs / 49.8 lbs<br>Josie Merrell 12/2001 | 15.9 kgs / 35.0 lbs<br>Josie Merrell 12/2001 | 36.2 kgs / 79.8 lbs<br>Josie Merrell 12/2001 | 74.8 kgs / 164.9 lbs<br>Josie Merrell 12/2001 |
| 75-79    | 22.6 kgs / 49.8 lbs<br>Josie Merrell 12/2001 | 15.9 kgs / 35.0 lbs<br>Josie Merrell 12/2001 | 36.2 kgs / 79.8 lbs<br>Josie Merrell 12/2001 | 74.8 kgs / 164.9 lbs<br>Josie Merrell 12/2001 |

### Weight Class: 75 / 165 Female / Powerlifting

| Division | Squat  | Bench Press                                       | Deadlift   | Total  |
|----------|--|---|--|--|
| Open     | 80.0 kgs / 176.3 lbs<br>Jenelle Aspinwall<br>11/2024 | 50.0 kgs / 110.2 lbs<br>Jenelle Aspinwall 11/2024 | 152.1 kgs / 335.3 lbs<br>Katelyn Aseltine 7/2009   | 315.2 kgs / 694.8 lbs<br>Katelyn Aseltine 7/2009   |
| 18-19    |  |   | 152.1 kgs / 335.3 lbs<br>Katelyn Aseltine 7/2009   | 315.2 kgs / 694.8 lbs<br>Katelyn Aseltine 7/2009   |
| 40-44    | 80.0 kgs / 176.3 lbs<br>Jenelle Aspinwall<br>11/2024 | 50.0 kgs / 110.2 lbs<br>Jenelle Aspinwall 11/2024 | 127.5 kgs / 281.0 lbs<br>Jenelle Aspinwall 11/2024 | 257.5 kgs / 567.6 lbs<br>Jenelle Aspinwall 11/2024 |

### Weight Class: 90 / 198 Female / Powerlifting

| Division | Squat  | Bench Press                                      | Deadlift | Total   |
|----------|--|--|----------|---|
| Open     | 90.7 kgs / 199.9 lbs<br>Jennifer Seyfried 9/2001 | 59.0 kgs / 130.0 lbs<br>Jennifer Seyfried 9/2001 |          | 244.9 kgs / 539.9 lbs<br>Jennifer Seyfried 9/2001 |
| 18-19    | 90.7 kgs / 199.9 lbs<br>Jennifer Seyfried 9/2001 | 59.0 kgs / 130.0 lbs<br>Jennifer Seyfried 9/2001 |          | 244.9 kgs / 539.9 lbs<br>Jennifer Seyfried 9/2001 |

### Weight Class: 75 / 165 Male / Powerlifting

| Division | Squat   | Bench Press                                     | Deadlift  | Total  |
|----------|---|---|---|--|
| Open     | 192.5 kgs / 424.3 lbs<br>Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs<br>Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs<br>Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs<br>Brad Smallridge 2/2017 |

|       |   |   |   |  |
|-------|---|---|---|--|
| 20-24 | 192.5 kgs / 424.3 lbs<br>Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs<br>Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs<br>Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs<br>Brad Smallridge 2/2017 |
|-------|---|---|---|--|

**Weight Class: 82.5 / 181 Male / Powerlifting**

| Division        | Squat  | Bench Press                                    | Deadlift                                       | Total   |
|-----------------|--|--|--|---|
| Open            | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |
| 20-24           | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |
| Police/Fire/Mil | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |