



MICHIGAN STATE POWERLIFTING RECORDS

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3/22/2025

Weight Class: 60 / 132 Female / Powerlifting

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

Weight Class: 67.5 / 148 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Open | 87.5 kgs / 192.9 lbs Jenelle Aspinwall 3/2025 | 57.5 kgs / 126.7 lbs Jenelle Aspinwall 3/2025 | 127.5 kgs / 281.0 lbs Jenelle Aspinwall 3/2025 | 272.5 kgs / 600.7 lbs Jenelle Aspinwall 3/2025 |
| 40-44 | 87.5 kgs / 192.9 lbs Jenelle Aspinwall 3/2025 | 57.5 kgs / 126.7 lbs Jenelle Aspinwall 3/2025 | 127.5 kgs / 281.0 lbs Jenelle Aspinwall 3/2025 | 272.5 kgs / 600.7 lbs Jenelle Aspinwall 3/2025 |
| 75-79 | 22.6 kgs / 49.8 lbs Josie Merrell 12/2001 | 15.9 kgs / 35.0 lbs Josie Merrell 12/2001 | 36.2 kgs / 79.8 lbs Josie Merrell 12/2001 | 74.8 kgs / 164.9 lbs Josie Merrell 12/2001 |

Weight Class: 75 / 165 Female / Powerlifting

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

Weight Class: 90 / 198 Female / Powerlifting

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

Weight Class: 75 / 165 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------|
| Open | 192.5 kgs / 424.3 lbs Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs Brad Smallridge 2/2017 |
| 20-24 | 192.5 kgs / 424.3 lbs Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs Brad Smallridge 2/2017 |

Weight Class: 82.5 / 181 Male / Powerlifting

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