

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name             | Date         | Location           |
|------------------|------------|------------------|--------------|--------------------|
| 47               | 100.0      | minimum standard |              |                    |
| 52               | 120.0      | Jacquie Sandu    | 2011 Sept 26 | St. Catharines, ON |
| 57               | 142.5      | Shauna Hammer    | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 197.5      | Diana Foxall     | 2025 Nov 10  | Cluj-Napoca, RO    |
| 69               | 125.0      | minimum standard |              |                    |
| 76               | 137.5      | minimum standard |              |                    |
| 84               | 160.0      | Morgan Haupt     | 2026 Mar 09  | St. John's, NL     |
| 84+              | 215.0      | Aimee Mergaert   | 2015 Sept 28 | Aurora, USA        |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location           |
|------------------|------------|------------------|-------------|--------------------|
| 47               | 60.0       | minimum standard |             |                    |
| 52               | 97.5       | Jacquie Sandu    | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer    | 2025 Nov 10 | Cluj-Napoca, RO    |
| 63               | 160.0      | Diana Foxall     | 2025 Nov 10 | Cluj-Napoca, RO    |
| 69               | 77.5       | minimum standard |             |                    |
| 76               | 85.0       | Sylvia Stockall  | 2023 Nov 18 | Victoria, BC       |
| 84               | 120.5      | Morgan Haupt     | 2026 Mar 09 | St. John's, NL     |
| 84+              | 140.0      | Aimee Mergaert   | 2017 Oct 6  | Sundsvall, SE      |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location          |
|------------------|------------|------------------|-------------|-------------------|
| 47               | 105.0      | minimum standard |             |                   |
| 52               | 155.0      | Jacquie Sandu    | 2012 Jun 14 | Stockholm, Sweden |
| 57               | 145.0      | Shauna Hammer    | 2025 Nov 10 | Cluj-Napoca, RO   |
| 63               | 210.0      | Diana Foxall     | 2026 Mar 09 | St. John's, NL    |
| 69               | 135.0      | minimum standard |             |                   |
| 76               | 142.5      | minimum standard |             |                   |
| 84               | 170.0      | Morgan Haupt     | 2026 Mar 09 | St. John's, NL    |
| 84+              | 175.0      | Aimee Mergaert   | 2017 Oct 6  | Sundsvall, SE     |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name             | Date         | Location           |
|------------------|------------|------------------|--------------|--------------------|
| 47               | 255.0      | minimum standard |              |                    |
| 52               | 335.0      | Jacquie Sandu    | 2011 Sept 26 | St. Catharines, ON |
| 57               | 375.0      | Shauna Hammer    | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 562.5      | Diana Foxall     | 2025 Nov 10  | Cluj-Napoca, RO    |
| 69               | 325.0      | minimum standard |              |                    |
| 76               | 355.0      | minimum standard |              |                    |
| 84               | 450.5      | Morgan Haupt     | 2026 Mar 09  | St. John's, NL     |
| 84+              | 530.0      | Aimee Mergaert   | 2017 Oct 6   | Sundsvall, SE      |

**BENCH PRESS ONLY**

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location           |
|------------------|------------|------------------|-------------|--------------------|
| 47               | 65.0       | minimum standard |             |                    |
| 52               | 97.5       | Jacquie Sandu    | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer    | 2025 Oct 02 | Nanaimo, BC        |
| 63               | 160.0      | Diana Foxall     | 2025 Nov 10 | Cluj-Napoca, RO    |
| 69               | 153.0      | Diana Foxall     | 2025 May 30 | Burnaby, BC        |
| 76               | 85.0       | Sylvia Stockall  | 2023 Nov 18 | Victoria, BC       |
| 84               | 120.5      | Morgan Haupt     | 2026 Mar 09 | St. John's, NL     |
| 84+              | 140.0      | Aimee Mergaert   | 2017 Oct 6  | Sundsvall, SE      |

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 43               | 47.5       | minimum standard |      |          |
| 47               | 50.0       | minimum standard |      |          |
| 52               | 55.0       | minimum standard |      |          |
| 57               | 57.5       | minimum standard |      |          |
| 63               | 65.0       | minimum standard |      |          |
| 69               | 67.5       | minimum standard |      |          |
| 76               | 72.5       | minimum standard |      |          |
| 84               | 75.0       | minimum standard |      |          |
| 84+              | 80.0       | minimum standard |      |          |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 43               | 27.5       | minimum standard |      |          |
| 47               | 30.0       | minimum standard |      |          |
| 52               | 32.5       | minimum standard |      |          |
| 57               | 35.0       | minimum standard |      |          |
| 63               | 37.5       | minimum standard |      |          |
| 69               | 40.0       | minimum standard |      |          |
| 76               | 42.5       | minimum standard |      |          |
| 84               | 45.0       | minimum standard |      |          |
| 84+              | 47.5       | minimum standard |      |          |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 43               | 55.0       | minimum standard |      |          |
| 47               | 57.5       | minimum standard |      |          |
| 52               | 62.5       | minimum standard |      |          |
| 57               | 65.0       | minimum standard |      |          |
| 63               | 72.5       | minimum standard |      |          |
| 69               | 75.0       | minimum standard |      |          |
| 76               | 82.5       | minimum standard |      |          |
| 84               | 85.0       | minimum standard |      |          |
| 84+              | 92.5       | minimum standard |      |          |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 43               | 127.5      | minimum standard |      |          |
| 47               | 135.0      | minimum standard |      |          |
| 52               | 147.5      | minimum standard |      |          |
| 57               | 157.5      | minimum standard |      |          |
| 63               | 172.5      | minimum standard |      |          |
| 69               | 180.0      | minimum standard |      |          |
| 76               | 190.0      | minimum standard |      |          |
| 84               | 205.0      | minimum standard |      |          |
| 84+              | 215.0      | minimum standard |      |          |

**BENCH PRESS ONLY**

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 43               | 30.0       | minimum standard |      |          |
| 47               | 32.5       | minimum standard |      |          |
| 52               | 35.0       | minimum standard |      |          |
| 57               | 37.5       | minimum standard |      |          |
| 63               | 40.0       | minimum standard |      |          |
| 69               | 42.5       | minimum standard |      |          |
| 76               | 45.0       | minimum standard |      |          |
| 84               | 47.5       | minimum standard |      |          |
| 84+              | 52.5       | minimum standard |      |          |

**SQUAT**

| Weight<br>Class(kg) | Weight(kg) | Name             | Date | Location |
|---------------------|------------|------------------|------|----------|
| 43                  | 77.5       | minimum standard |      |          |
| 47                  | 85.0       | minimum standard |      |          |
| 52                  | 90.0       | minimum standard |      |          |
| 57                  | 97.5       | minimum standard |      |          |
| 63                  | 105.0      | minimum standard |      |          |
| 69                  | 110.0      | minimum standard |      |          |
| 76                  | 117.5      | minimum standard |      |          |
| 84                  | 125.0      | minimum standard |      |          |
| 84+                 | 132.5      | minimum standard |      |          |

**BENCH PRESS**

| Weight<br>Class(kg) | Weight(kg) | Name             | Date | Location |
|---------------------|------------|------------------|------|----------|
| 43                  | 50.0       | minimum standard |      |          |
| 47                  | 52.5       | minimum standard |      |          |
| 52                  | 55.0       | minimum standard |      |          |
| 57                  | 60.0       | minimum standard |      |          |
| 63                  | 65.0       | minimum standard |      |          |
| 69                  | 70.0       | minimum standard |      |          |
| 76                  | 75.0       | minimum standard |      |          |
| 84                  | 77.5       | minimum standard |      |          |
| 84+                 | 82.5       | minimum standard |      |          |

**DEADLIFT**

| Weight<br>Class(kg) | Weight(kg) | Name             | Date | Location |
|---------------------|------------|------------------|------|----------|
| 43                  | 75.0       | minimum standard |      |          |
| 47                  | 82.5       | minimum standard |      |          |
| 52                  | 87.5       | minimum standard |      |          |
| 57                  | 95.0       | minimum standard |      |          |
| 63                  | 102.5      | minimum standard |      |          |
| 69                  | 110.0      | minimum standard |      |          |
| 76                  | 117.5      | minimum standard |      |          |
| 84                  | 122.5      | minimum standard |      |          |
| 84+                 | 127.5      | minimum standard |      |          |

**TOTAL**

| Weight<br>Class(kg) | Weight(kg) | Name             | Date | Location |
|---------------------|------------|------------------|------|----------|
| 43                  | 197.5      | minimum standard |      |          |
| 47                  | 210.0      | minimum standard |      |          |
| 52                  | 227.5      | minimum standard |      |          |
| 57                  | 245.0      | minimum standard |      |          |
| 63                  | 265.0      | minimum standard |      |          |
| 69                  | 285.0      | minimum standard |      |          |
| 76                  | 300.0      | minimum standard |      |          |
| 84                  | 317.5      | minimum standard |      |          |
| 84+                 | 335.0      | minimum standard |      |          |

**BENCH PRESS ONLY**

| Weight<br>Class(kg) | Weight(kg) | Name             | Date | Location |
|---------------------|------------|------------------|------|----------|
| 43                  | 50.0       | minimum standard |      |          |
| 47                  | 52.5       | minimum standard |      |          |
| 52                  | 57.5       | minimum standard |      |          |
| 57                  | 62.5       | minimum standard |      |          |
| 63                  | 65.0       | minimum standard |      |          |
| 69                  | 70.0       | minimum standard |      |          |
| 76                  | 75.0       | minimum standard |      |          |
| 84                  | 80.0       | minimum standard |      |          |
| 84+                 | 85.0       | minimum standard |      |          |

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name             | Date         | Location           |
|------------------|------------|------------------|--------------|--------------------|
| 47               | 75.0       | minimum standard |              |                    |
| 52               | 120.0      | Jacquie Sandu    | 2011 Sept 26 | St. Catharines, ON |
| 57               | 142.5      | Shauna Hammer    | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 150.0      | Shauna Hammer    | 2026 Mar 09  | St. John's, NL     |
| 69               | 102.5      | minimum standard |              |                    |
| 76               | 110.0      | minimum standard |              |                    |
| 84               | 160.0      | Morgan Haupt     | 2026 Mar 09  | St. John's, NL     |
| 84+              | 215.0      | Aimee Mergaert   | 2015 Sept 28 | Aurora, USA        |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location           |
|------------------|------------|-------------------------|-------------|--------------------|
| 47               | 45.0       | minimum standard        |             |                    |
| 52               | 62.5       | Jacquie Sandu           | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer           | 2025 Nov 10 | Cluj-Napoca, RO    |
| 63               | 105.0      | Rhonda Heaslip          | 2013 Mar 21 | Richmond, BC       |
| 69               | 60.0       | minimum standard        |             |                    |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC       |
| 84               | 120.5      | Morgan Haupt            | 2026 Mar 09 | St. John's, NL     |
| 84+              | 140.0      | Aimee Mergaert          | 2017 Oct 6  | Sundsvall, SE      |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name                    | Date         | Location           |
|------------------|------------|-------------------------|--------------|--------------------|
| 47               | 92.5       | minimum standard        |              |                    |
| 52               | 155.0      | Jacquie Sandu           | 2012 Jun 14  | Stockholm, Sweden  |
| 57               | 145.0      | Shauna Hammer           | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 162.5      | Rhonda Heaslip          | 2011 Sept 27 | St. Catharines, ON |
| 69               | 120.0      | minimum standard        |              |                    |
| 76               | 137.5      | Sylvia Stockall-Douglas | 2021 Sep 11  | Victoria, BC       |
| 84               | 170.0      | Morgan Haupt            | 2026 Mar 09  | St. John's, NL     |
| 84+              | 175.0      | Aimee Mergaert          | 2017 Oct 6   | Sundsvall, SE      |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name                    | Date         | Location           |
|------------------|------------|-------------------------|--------------|--------------------|
| 47               | 207.5      | minimum standard        |              |                    |
| 52               | 335.0      | Jacquie Sandu           | 2011 Sept 26 | St. Catharines, ON |
| 57               | 375.0      | Shauna Hammer           | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 410.0      | Rhonda Heaslip          | 2011 Sept 27 | St. Catharines, ON |
| 69               | 275.0      | minimum standard        |              |                    |
| 76               | 325.0      | Sylvia Stockall-Douglas | 2021 Sep 11  | Victoria, BC       |
| 84               | 450.5      | Morgan Haupt            | 2026 Mar 09  | St. John's, NL     |
| 84+              | 530.0      | Aimee Mergaert          | 2017 Oct 6   | Sundsvall, SE      |

**BENCH PRESS ONLY**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location           |
|------------------|------------|-------------------------|-------------|--------------------|
| 47               | 47.5       | minimum standard        |             |                    |
| 52               | 62.5       | Jacquie Sandu           | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer           | 2025 Oct 02 | Nanaimo, BC        |
| 63               | 105.0      | Rhonda Heaslip          | 2013 Mar 21 | Richmond, BC       |
| 69               | 75.0       | Sylvia Stockall-Douglas | 2021 Aug 28 | Langley, BC        |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC       |
| 84               | 120.5      | Morgan Haupt            | 2026 Mar 09 | St. John's, NL     |
| 84+              | 140.0      | Aimee Mergaert          | 2017 Oct 6  | Sundsvall, SE      |

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name                    | Date         | Location           |
|------------------|------------|-------------------------|--------------|--------------------|
| 47               | 0.0        | no minimum              |              |                    |
| 52               | 120.0      | Jacquie Sandu           | 2011 Sept 26 | St. Catharines, ON |
| 57               | 142.5      | Shauna Hammer           | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 150.0      | Shauna Hammer           | 2026 Mar 09  | St. John's, NL     |
| 69               | 0.0        | no minimum              |              |                    |
| 76               | 102.5      | Sylvia Stockall-Douglas | 2021 Sep 11  | Victoria, BC       |
| 84               | 0.0        | no minimum              |              |                    |
| 84+              | 0.0        | no minimum              |              |                    |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location           |
|------------------|------------|-------------------------|-------------|--------------------|
| 47               | 0.0        | no minimum              |             |                    |
| 52               | 62.5       | Jacquie Sandu           | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer           | 2025 Nov 10 | Cluj-Napoca, RO    |
| 63               | 105.0      | Rhonda Heaslip          | 2013 Mar 21 | Richmond, BC       |
| 69               | 0.0        | no minimum              |             |                    |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC       |
| 84               | 0.0        | no minimum              |             |                    |
| 84+              | 0.0        | no minimum              |             |                    |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name                    | Date         | Location           |
|------------------|------------|-------------------------|--------------|--------------------|
| 47               | 0.0        | no minimum              |              |                    |
| 52               | 155.0      | Jacquie Sandu           | 2012 Jun 14  | Stockholm, Sweden  |
| 57               | 145.0      | Shauna Hammer           | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 162.5      | Rhonda Heaslip          | 2011 Sept 27 | St. Catharines, ON |
| 69               | 0.0        | no minimum              |              |                    |
| 76               | 137.5      | Sylvia Stockall-Douglas | 2021 Sep 11  | Victoria, BC       |
| 84               | 0.0        | no minimum              |              |                    |
| 84+              | 0.0        | no minimum              |              |                    |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name                    | Date         | Location           |
|------------------|------------|-------------------------|--------------|--------------------|
| 47               | 0.0        | no minimum              |              |                    |
| 52               | 335.0      | Jacquie Sandu           | 2011 Sept 26 | St. Catharines, ON |
| 57               | 375.0      | Shauna Hammer           | 2025 Nov 10  | Cluj-Napoca, RO    |
| 63               | 410.0      | Rhonda Heaslip          | 2011 Sept 27 | St. Catharines, ON |
| 69               | 0.0        | no minimum              |              |                    |
| 76               | 325.0      | Sylvia Stockall-Douglas | 2021 Sep 11  | Victoria, BC       |
| 84               | 0.0        | no minimum              |              |                    |
| 84+              | 0.0        | no minimum              |              |                    |

**BENCH PRESS ONLY**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location           |
|------------------|------------|-------------------------|-------------|--------------------|
| 47               | 0.0        | no minimum              |             |                    |
| 52               | 62.5       | Jacquie Sandu           | 2011 Mar 31 | Charlottetown, PEI |
| 57               | 87.5       | Shauna Hammer           | 2025 Oct 02 | Nanaimo, BC        |
| 63               | 105.0      | Rhonda Heaslip          | 2013 Mar 21 | Richmond, BC       |
| 69               | 75.0       | Sylvia Stockall-Douglas | 2021 Aug 28 | Langley, BC        |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC       |
| 84               | 0.0        | no minimum              |             |                    |
| 84+              | 0.0        | no minimum              |             |                    |

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location     |
|------------------|------------|-------------------------|-------------|--------------|
| 47               | 0.0        | no minimum              |             |              |
| 52               | 0.0        | no minimum              |             |              |
| 57               | 82.5       | Charmaine Lovell        | 2016 Aug 7  | Victoria, BC |
| 63               | 120.0      | Patricia Kowal          | 2018 Feb 22 | Calgary, AB  |
| 69               | 0.0        | no minimum              |             |              |
| 76               | 102.5      | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC |
| 84               | 0.0        | no minimum              |             |              |
| 84+              | 0.0        | no minimum              |             |              |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location      |
|------------------|------------|-------------------------|-------------|---------------|
| 47               | 0.0        | no minimum              |             |               |
| 52               | 0.0        | no minimum              |             |               |
| 57               | 47.5       | Charmaine Lovell        | 2014 Jun 22 | Vancouver, BC |
| 63               | 73.0       | Patricia Kowal          | 2018 Feb 22 | Calgary, AB   |
| 69               | 0.0        | no minimum              |             |               |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC  |
| 84               | 0.0        | no minimum              |             |               |
| 84+              | 0.0        | no minimum              |             |               |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location     |
|------------------|------------|-------------------------|-------------|--------------|
| 47               | 0.0        | no minimum              |             |              |
| 52               | 0.0        | no minimum              |             |              |
| 57               | 100.0      | Charmaine Lovell        | 2016 Aug 7  | Victoria, BC |
| 63               | 137.5      | Patricia Kowal          | 2018 Feb 22 | Calgary, AB  |
| 69               | 0.0        | no minimum              |             |              |
| 76               | 137.5      | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC |
| 84               | 0.0        | no minimum              |             |              |
| 84+              | 0.0        | no minimum              |             |              |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location     |
|------------------|------------|-------------------------|-------------|--------------|
| 47               | 0.0        | no minimum              |             |              |
| 52               | 0.0        | no minimum              |             |              |
| 57               | 227.5      | Charmaine Lovell        | 2016 Aug 7  | Victoria, BC |
| 63               | 330.5      | Patricia Kowal          | 2018 Feb 22 | Calgary, AB  |
| 69               | 0.0        | no minimum              |             |              |
| 76               | 325.0      | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC |
| 84               | 0.0        | no minimum              |             |              |
| 84+              | 0.0        | no minimum              |             |              |

**BENCH PRESS ONLY**

| Weight Class(kg) | Weight(kg) | Name                    | Date        | Location      |
|------------------|------------|-------------------------|-------------|---------------|
| 47               | 0.0        | no minimum              |             |               |
| 52               | 0.0        | no minimum              |             |               |
| 57               | 47.5       | Charmaine Lovell        | 2014 Jun 22 | Vancouver, BC |
| 63               | 75.0       | Sylvia Stockall-Douglas | 2021 Nov 13 | Richmond, BC  |
| 69               | 75.0       | Sylvia Stockall-Douglas | 2021 Aug 28 | Langley, BC   |
| 76               | 85.0       | Sylvia Stockall-Douglas | 2021 Sep 11 | Victoria, BC  |
| 84               | 0.0        | no minimum              |             |               |
| 84+              | 0.0        | no minimum              |             |               |

**SQUAT**

| Weight Class(kg) | Weight(kg) | Name           | Date        | Location       |
|------------------|------------|----------------|-------------|----------------|
| 47               | 0.0        | no minimum     |             |                |
| 52               | 0.0        | no minimum     |             |                |
| 57               | 0.0        | no minimum     |             |                |
| 63               | 97.5       | Patricia Kowal | 2022 May 09 | St. John's, NL |
| 69               | 0.0        | no minimum     |             |                |
| 76               | 0.0        | no minimum     |             |                |
| 84               | 0.0        | no minimum     |             |                |
| 84+              | 0.0        | no minimum     |             |                |

**BENCH PRESS**

| Weight Class(kg) | Weight(kg) | Name           | Date        | Location       |
|------------------|------------|----------------|-------------|----------------|
| 47               | 0.0        | no minimum     |             |                |
| 52               | 0.0        | no minimum     |             |                |
| 57               | 0.0        | no minimum     |             |                |
| 63               | 67.5       | Patricia Kowal | 2022 May 09 | St. John's, NL |
| 69               | 0.0        | no minimum     |             |                |
| 76               | 0.0        | no minimum     |             |                |
| 84               | 0.0        | no minimum     |             |                |
| 84+              | 0.0        | no minimum     |             |                |

**DEADLIFT**

| Weight Class(kg) | Weight(kg) | Name           | Date        | Location     |
|------------------|------------|----------------|-------------|--------------|
| 47               | 0.0        | no minimum     |             |              |
| 52               | 0.0        | no minimum     |             |              |
| 57               | 0.0        | no minimum     |             |              |
| 63               | 115.5      | Patricia Kowal | 2023 Feb 13 | Richmond, BC |
| 69               | 0.0        | no minimum     |             |              |
| 76               | 0.0        | no minimum     |             |              |
| 84               | 0.0        | no minimum     |             |              |
| 84+              | 0.0        | no minimum     |             |              |

**TOTAL**

| Weight Class(kg) | Weight(kg) | Name           | Date        | Location       |
|------------------|------------|----------------|-------------|----------------|
| 47               | 0.0        | no minimum     |             |                |
| 52               | 0.0        | no minimum     |             |                |
| 57               | 0.0        | no minimum     |             |                |
| 63               | 280.0      | Patricia Kowal | 2022 May 09 | St. John's, NL |
| 69               | 0.0        | no minimum     |             |                |
| 76               | 0.0        | no minimum     |             |                |
| 84               | 0.0        | no minimum     |             |                |
| 84+              | 0.0        | no minimum     |             |                |

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| Weight Class(kg) | Weight(kg) | Name           | Date        | Location       |
|------------------|------------|----------------|-------------|----------------|
| 47               | 0.0        | no minimum     |             |                |
| 52               | 0.0        | no minimum     |             |                |
| 57               | 0.0        | no minimum     |             |                |
| 63               | 67.5       | Patricia Kowal | 2022 May 09 | St. John's, NL |
| 69               | 0.0        | no minimum     |             |                |
| 76               | 0.0        | no minimum     |             |                |
| 84               | 0.0        | no minimum     |             |                |
| 84+              | 0.0        | no minimum     |             |                |