Women – Seniors (24+)				
60kg				
Bench	25	C. Howey	6-Apr	Kitchener, ON
Deadlift	65	C. Howey	6-Apr	Kitchener, ON
Total	90	C. Howey	6-Apr	Kitchener, ON
67.5kg				
Bench	52.5	K. Fitzgerald	6-Apr	Kitchener, ON
Deadlift	92.5	K. Fitzgerald	6-Apr	Kitchener, ON
Total	145	K. Fitzgerald	6-Apr	Kitchener, ON
Men – Juniors (23 and under)				
60kg				
Bench	72.5	M. Arruda	6-Apr	Kitchener, ON
Deadlift	120	M. Arruda	6-Apr	Kitchener, ON
Total	192.5	M. Arruda	6-Apr	Kitchener, ON
Men – Seniors (24+)				
52.5kg				
Bench	27.5	S. Fitzgerald	6-Apr	Kitchener, ON
Deadlift	60	S. Fitzgerald	6-Apr	Kitchener, ON
Total	87.5	S. Fitzgerald	6-Apr	Kitchener, ON
60kg				
Bench	60	R. Lamey	6-Apr	Kitchener, ON
Deadlift	80	R. Lamey	6-Apr	Kitchener, ON
Total	140	R. Lamey	6-Apr	Kitchener, ON
67.5kg				
Bench	62.5	N. Wise	6-Apr	Kitchener, ON
Deadlift	95	N. Wise	6-Apr	Kitchener, ON
Total	157.5	N. Wise	6-Apr	Kitchener, ON
82.5kg				
Bench	70	J. Killins	6-Apr	Kitchener, ON
Deadlift	120	J. Killins	6-Apr	Kitchener, ON
Total	190	J. Killins	6-Apr	Kitchener, ON
110kg				
Bench	107.5	M. Smith	6-Apr	Kitchener, ON
Deadlift	175	M. Smith	6-Apr	Kitchener, ON
Total	282.5	M. Smith	6-Apr	Kitchener, ON
125kg				
Bench	80	C. Heath	6-Apr	Kitchener, ON
Deadlift	150	C. Heath	6-Apr	Kitchener, ON
Total	230	C. Heath	6-Apr	Kitchener, ON
Squat Records				
Women – Seniors (24+)				
60kg				
Squat	25	C. Howey	6-Apr	Kitchener, ON
Men – Seniors (24+)				
82.5kg				
Squat	75	R. Greig	6-Apr	Kitchener, ON
125kg				
Squat	112.5	C. Heath	6-Apr	Kitchener, ON