

Female

Weight Class	Type of Lift	Lift	First name	surname	Year Record Set	High School
48	Squat	65	Angela	Goss	2007	London Catholic Central
48	Bench	42.5	Angela	Goss	2007	London Catholic Central
48	Deadlift	90	Angela	Goss	2007	London Catholic Central
48	Total	197.5	Angela	Goss	2007	London Catholic Central
52	Squat	70	Stephanie	Reischl	2010	Cayuga
52	Bench	40	Bonnie	Robson	2006	Erin
52	Deadlift	95	Ashely	Costa	2009	Cambridge Mons Doyle
52	Total	180	Stephanie	Reischl	2010	Cayuga
56	Squat	90	Emily	Kessler	2009	Essex
56	Bench	48	Emily	Kessler	2009	Essex
56	Deadlift	115	Emily	Kessler	2009	Essex
56	Total	253	Emily	Kessler	2009	Essex
60	Squat	95	Emily	Kessler	2010	Essex
60	Bench	50	Emily	Kessler	2010	Essex
60	Deadlift	122.5	Emily	Kessler	2010	Essex
60	Total	267.5	Emily	Kessler	2010	Essex
67.5	Squat	80	Natasha	Chang	2009	Cayuga
67.5	Bench	50	Natasha	Chang	2009	Cayuga
67.5	Deadlift	110	Lisa	Inthavong	2009	Kitchener Resurrection
67.5	Total	235	Natasha	Chang	2009	Cayuga
75	Squat	100	Samantha	Middleton	2009	Dunnville
75	Bench	65	Samantha	Middleton	2009	Dunnville
75	Deadlift	125	Careena	Browne	2010	Westdale
75	Total	287.5	Samantha	Middleton	2009	Dunnville
82.5	Squat	110	Natalie	Djurjivic	2008	Hamilton Westdale
82.5	Bench	62.5	Samantha	Middleton	2008	Dunnville
82.5	Deadlift	138	Carrisa	Browne	2010	Hamilton Westdale
82.5	Total	300	Natalie	Djurjivic	2008	Hamilton Westdale
90	Squat	87.5	Lindsay	Bartz	2010	Cambridge Glen Park
90	Bench	65	Lindsay	Bartz	2010	Cambridge Glen Park
90	Deadlift	108	Lindsay	Bartz	2010	Cambridge Glen Park
90	Total	260.5	Lindsay	Bartz	2010	Cambridge Glen Park
90+	Squat	92.5	Taylor	Thompson	2009	Belle River
90+	Bench	60	Rosie	Lang	2007	Kitchener Resurrection
90+	Deadlift	137.5	Taylor	Thompson	2009	Belle River
90+	Total	282.5	Taylor	Thompson	2009	Belle River

Male

Weight Class	Type of Lift	Lift	First name	surname	Year Record Set	High School
52	Squat	92.5	Phil	Reaume	2008	L'Essor, St. Clair Beach
52	Bench	55	Phil	Reaume	2008	L'Essor, St. Clair Beach
52	Deadlift	125	Phil	Reaume	2008	L'Essor, St. Clair Beach
52	Total	272.5	Phil	Reaume	2008	L'Essor, St. Clair Beach
56	Squat	100	Alex	Norgren	2009	Waterloo, Sir John A MacD.
56	Bench	87.5	Tarek	Attia	2010	Waterloo, Sir John A MacD.
56	Deadlift	140	Tarek	Attia	2010	Waterloo, Sir John A MacD.
56	Total	317.5	Alex	Norgren	2009	Waterloo, Sir John A MacD.
60	Squat	121	Chris	Demers	2010	Tilbury
60	Bench	97.5	Craig	Latendresse	2007	Hamilton Westdale
60	Deadlift	175	Chris	Demers	2010	Tilbury
60	Total	371	Chris	Demers	2010	Tilbury
67.5	Squat	165	Dalton	Major	2010	L'Essor, St. Clair Beach
67.5	Bench	112.5	Aaron	Rotondo	2010	St. Mary's, Kitchener
67.5	Deadlift	215	Aaron	Rotondo	2010	St. Mary's, Kitchener
67.5	Total	482.5	Dalton	Major	2010	L'Essor, St. Clair Beach
75	Squat	192.5	Andrew	Swatridge	2009	Waterloo Collegiate
75	Bench	120	Andrew	Swatridge	2010	Waterloo Collegiate
75	Deadlift	212.5	Andrew	Swatridge	2009	Waterloo Collegiate
75	Total	520	Andrew	Swatridge	2009	Waterloo Collegiate
82.5	Squat	182.5	Kurtis	Strong	2007	L'Essor, St. Clair Beach
82.5	Bench	127.5	Kurtis	Strong	2007	L'Essor, St. Clair Beach
82.5	Deadlift	227.5	Kurtis	Strong	2007	L'Essor, St. Clair Beach
82.5	Total	537.5	Kurtis	Strong	2007	L'Essor, St. Clair Beach
90	Squat	191	Cody	Dyson	2009	Essex
90	Bench	147.5	Drago	Ljubichkovic	2007	Ancaster
90	Deadlift	211	Cody	Dyson	2009	Essex
90	Total	547.5	Drago	Ljubichkovic	2007	Ancaster
100	Squat	227.5	Andrew	Cameron	2008	Hamilton St. Marys
100	Bench	145	Arthur	Kowaliek	2007	Ancaster
100	Deadlift	240	Andrew	Cameron	2008	Hamilton St. Marys
100	Total	607.5	Andrew	Cameron	2008	Hamilton St. Marys
110	Squat	170	Johnny	Wilson	2007	Hamilton Westdale
110	Bench	127.5	Anthony	Bak	2008	Hamilton Delta
110	Deadlift	215	Johnny	Wilson	2007	Hamilton Westdale
110	Total	495	Johnny	Wilson	2007	Hamilton Westdale
125	Squat	172.5	Gareth	Longley	2009	Cayuga
125	Bench	130	Chris	Slikboer	2010	Cardinal, Leamington
125	Deadlift	227.5	Gareth	Longley	2009	Cayuga
125	Total	515	Gareth	Longley	2009	Cayuga
125+	Squat	195	Addison	Marks	2010	Burlington MM Robinson
125+	Bench	147.5	Addison	Marks	2010	Burlington MM Robinson
125+	Deadlift	227.5	Addison	Marks	2010	Burlington MM Robinson
125+	Total	570	Addison	Marks	2010	Burlington MM Robinson