

Records Canadian Weightlifting/ Haltérophilie canadienne

Senior Women / Femmes seniors

| Weight Category | | Name | | Prov. | Date |
|-----------------|-------|-----------------------------|-------|-------|------------|
| 45 | SN | entry level | | | |
| | C & J | entry level | | | |
| | TOTAL | entry level | 142 | | |
| 49 | SN | Marilou Dozois-Prévost | 80 | QC | 31.03.2012 |
| | C & J | Amanda Braddock | 101 | ON | 24.03.2018 |
| | TOTAL | Marilou Dozois-Prévost | 178 | QC | 31.03.2012 |
| 55 | SN | Rachel Leblanc-Bazinet | 91 | QC | 20.09.2019 |
| | C & J | Maryse Turcotte | 115 | QC | 19.05.2001 |
| | TOTAL | Rachel Leblanc-Bazinet | 201 | QC | 20.09.2019 |
| 59 | SN | Tali Darsigny | 94 | QC | 28.07.2019 |
| | C & J | Maryse Turcotte | 121 | QC | 17.05.2003 |
| | TOTAL | Maryse Turcotte | 210 | QC | 20.05.2000 |
| 64 | SN | Maude Charron | 107 | QC | 24.04.2021 |
| | C & J | Christine Girard | 134 | BC | 31.03.2012 |
| | TOTAL | Maude Charron | 240 | QC | 24.04.2021 |
| 71 | SN | Marie-Ève Beauchemin-Nadeau | 106 | QC | 31.03.2012 |
| | C & J | Marie-Ève Beauchemin-Nadeau | 137 | QC | 02.04.2016 |
| | TOTAL | Marie-Ève Beauchemin-Nadeau | 240 | QC | 31.03.2012 |
| 76 | SN | Jeane Lassen | 110 | QC | 18.05.2008 |
| | C & J | Marie-Ève Beauchemin-Nadeau | 141 | QC | 29.03.2014 |
| | TOTAL | Marie-Ève Beauchemin-Nadeau | 251 | QC | 29.03.2014 |
| 81 | SN | Johanie Filiatreault | 102 | QC | 27.10.2012 |
| | C & J | Johanie Filiatreault | 128 | QC | 27.10.2012 |
| | TOTAL | Johanie Filiatreault | 230 | QC | 27.10.2012 |
| 87 | SN | entry level | | | |
| | C & J | entry level | | | |
| | TOTAL | entry level | 217 | | |
| +87 kg | SN | Susanne Dandenault | 105 | MB | 18.12.2004 |
| | C & J | Susanne Dandenault | 136.5 | MB | 18.06.2004 |
| | TOTAL | Susanne Dandenault | 237.5 | MB | 13.06.2004 |

Last Updated: June 2021

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| Weight Category | | Name | | Prov. | Date |
|-----------------|-------|----------------------|-------|-------|------------|
| 55 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 226 | | |
| 61 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 255 | | |
| 67 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 276.0 | | |
| 73 kg | SN | Francis Luna-Grenier | 136 | QC | 24.03.2018 |
| | C & J | Francis Luna-Grenier | 171 | QC | 20.12.2014 |
| | TOTAL | Francis Luna-Grenier | 307 | QC | 20.12.2014 |
| 81 kg | SN | Alex Bellemarre | 154 | QC | 25.4.2019 |
| | C & J | Alex Bellemarre | 184 | QC | 25.04.2021 |
| | TOTAL | Alex Bellemarre | 337 | QC | 25.4.2019 |
| 89 kg | SN | Pascal Plamondon | 157 | QC | 13.07.2015 |
| | C & J | Pascal Plamondon | 190 | QC | 16.08.2016 |
| | TOTAL | Pascal Plamondon | 345 | QC | 16.08.2016 |
| 96 kg | SN | Boady Santavy | 181 | ON | 22.04.2021 |
| | C & J | Boady Santavy | 210 | ON | 24.09.2019 |
| | TOTAL | Boady Santavy | 389 | ON | 22.04.2021 |
| 102 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 331 | | |
| 109 kg | SN | Akos Sandor | 170 | ON | 16.04.2000 |
| | C & J | Akos Sandor | 207.5 | ON | 16.04.2000 |
| | TOTAL | Akos Sandor | 377.5 | ON | 16.04.2000 |
| +109 kg | SN | George Kobaladze | 175 | QC | 18.05.2014 |
| | C & J | George Kobaladze | 229 | QC | 03.08.2014 |
| | TOTAL | George Kobaladze | 402 | QC | 18.05.2014 |

Last Updated: June 2021

Records Canadian Weightlifting/ Haltérophilie canadienne Junior Women / Femmes juniors

| Weight Category | | Name | | Prov. | Date |
|-----------------|-------|-----------------------------|-----|-------|------------|
| 45 | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 136 | | |
| 49 | SN | Jessica Ruel | 75 | QC | 07.07.2011 |
| | C & J | Marilou Dozois-Prévost | 92 | QC | 26.03.2006 |
| | TOTAL | Marilou Dozois-Prévost | 165 | QC | 26.03.2006 |
| 55 | SN | Ann-Maxime Bouffard | 79 | QC | 20.05.2018 |
| | C & J | Marilou Dozois-Prévost | 97 | QC | |
| | TOTAL | Marilou Dozois-Prévost | 175 | QC | |
| 59 | SN | Tali Darsigny | 91 | QC | 4.11.2018 |
| | C & J | Tali Darsigny | 112 | QC | 09.04.2018 |
| | TOTAL | Tali Darsigny | 202 | QC | 4.11.2018 |
| 64 | SN | Christine Girard | 90 | QC | 17.12.2005 |
| | C & J | Christine Girard | 120 | QC | 17.12.2005 |
| | TOTAL | Christine Girard | 210 | QC | 17.12.2005 |
| 71 | SN | Marie-Ève Beauchemin-Nadeau | 97 | QC | 18.05.2008 |
| | C & J | Marie-Ève Beauchemin-Nadeau | 121 | QC | 28.11.2008 |
| | TOTAL | Marie-Ève Beauchemin-Nadeau | 214 | QC | 25.10.2008 |
| 76 | SN | Johanie Filiatreault | 98 | QC | 19.01.2013 |
| | C & J | Johanie Filiatreault | 128 | QC | 15.12.2012 |
| | TOTAL | Johanie Filiatreault | 223 | QC | 19.01.2013 |
| 81 | SN | Johanie Filiatreault | 102 | QC | 27.10.2012 |
| | C & J | Johanie Filiatreault | 128 | QC | 27.10.2012 |
| | TOTAL | Johanie Filiatreault | 230 | QC | 27.10.2012 |
| 87 | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 192 | | |
| +87 kg | SN | Emma Friesen | 100 | AB | 31.05.2021 |
| | C & J | Emma Friesen | 115 | AB | 31.05.2021 |
| | TOTAL | Emma Friesen | 215 | AB | 31.05.2021 |

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| Weight Category | | Name | | Prov. | Date |
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| 55 kg | SN | Youri Simard | 98 | QC | 18.05.2019 |
| | C & J | Youri Simard | 126 | QC | 18.05.2019 |
| | TOTAL | Youri Simard | 224 | QC | 18.05.2019 |
| 61 kg | SN | Youri Simard | 110 | QC | 24.05.2021 |
| | C & J | Youri Simard | 140 | QC | 24.05.2021 |
| | TOTAL | Youri Simard | 250 | QC | 24.05.2021 |
| 67 kg | SN | Matt Darsigny | 123 | QC | 19.05.2019 |
| | C & J | Matt Darsigny | 150 | QC | 19.05.2019 |
| | TOTAL | Matt Darsigny | 273 | QC | 19.05.2019 |
| 73 kg | SN | Nikolay Varbanov | 135 | ON | 24.03.2018 |
| | C & J | Nikolay Varbanov | 166 | ON | 22.01.2018 |
| | TOTAL | Francis Luna-Grenier | 299 | QC | |
| 81 kg | SN | Alex Bellemarre | 152 | QC | 11.05.2018 |
| | C & J | Alex Bellemarre | 178 | QC | 11.05.2018 |
| | TOTAL | Alex Bellemarre | 330 | QC | 11.05.2018 |
| 89 kg | SN | Alex Bellemarre | 156 | QC | 22.09.2018 |
| | C & J | Jean-Philippe Maranda | 183 | QC | |
| | TOTAL | Alex Bellemarre | 336 | QC | 17.05.2018 |
| 96 kg | SN | Boady Santavy | 165 | ON | 05.12.2017 |
| | C & J | Boady Santavy | 201 | ON | 05.12.2017 |
| | TOTAL | Boady Santavy | 366 | ON | 05.12.2017 |
| 102 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 300 | | |
| 109 kg | SN | | | | |
| | C & J | | | | |
| | TOTAL | Standard | 306 | | |
| +109 kg | SN | Alexandros Kouvakas | 155 | QC | 31.10.2009 |
| | C & J | Alexandros Kouvakas | 200 | QC | 31.10.2009 |
| | TOTAL | Alexandros Kouvakas | 355 | QC | 31.10.2009 |

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