

**WOMEN'S FULL POWER
RECORDS:
R.A.W. UNITED POWERLIFTING
FEDERATION**



**UPDATED:
01 SEPTEMBER 2020**

YOUTH FULL POWER RECORDS, 13-Under

Women's 66 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Women's 77 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	87 N. Norcross	50 N. Norcross	125 N. Norcross	262 N. Norcross

Women's 88 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

WOMEN'S FULL POWER RECORDS, ALL AGES

Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	60 S. Bohling	45 S. Bohling	135 S. Bohling	235 S. Bohling
70-74	60 S. Bohling	40 S. Bohling	112 S. Bohling	212 S. Bohling
75-79	55 S. Bohling	47 S. Bohling	135 S. Bohling	237 S. Bohling

Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	OPEN			
40-44	OPEN			

Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	120 S. Pliego	60 S. Pliego	175 S. Pliego	355 S. Pliego
16-17	125 A. Johnson	72 A. Johnson	140 A. Johnson	337 A. Johnson
18-19	OPEN			
20-24	OPEN			
OPN	200 A. Sheehan	115 C. Sheehan	260 C. Sheehan	575 C. Sheehan
45-49	170 K. Roberts	100 K. Roberts	220 K. Roberts	490 K. Roberts

Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	150 D. Sobel	95 D. Sobel	245 D. Sobel	490 D. Sobel
18-19	OPEN			
20-24	170 K. Venhorst	145 K. Venhorst	240 K. Venhorst	555 K. Venhorst
OPN	255 T. Conyers	105 T. Conyers	325 T. Conyers	685 T. Conyers
60-64	150 D. Sobel	90 D. Sobel	240 D. Sobel	480 D. Sobel
65-69	145 D. Sobel	90 D. Sobel	240 D. Sobel	475 D. Sobel

Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	159.8 S. Heuett	88.2 S. Heuett	176.4 S. Heuett	424.4 S. Heuett
16-17	275 K. Akuna	140 K. Akuna	275 K. Akuna	690 K. Akuna
18-19	OPEN			
20-24	OPEN			
OPN	275 K. Akuna	145 V. Wolf	285 V. Wolf	690 K. Akuna
40-44	220 E. Puisseau	120 C. Woldridge	255 E. Puisseau	590 E. Puisseau
45-49	245 G. LaCagnina	165 G. LaCagnina	315 G. LaCagnina	725 G. LaCagni
50-54	140 L. Lockshin	90 L. Lockshin	150 L. Lockshin	380 L. Lockshin
60-64	90 R. Berger	77 R. Berger	160 R. Berger	327 R. Berger

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	132.3 C. Peterson	66.1 C. Peterson	192.9 C. Peterson	391.3 C. Peterson
16-17	215 C. Ingram	107 C. Ingram	225 C. Ingram	547 C. Ingram
18-19	180 V. Linkenhoker	115 G. Swingle	252 V. Linkenhoker	524 V. Linkenhoke
20-24	OPEN			
OPN	336.2 S. LaForge	209.4 N. Morrison	420 S. LaForge	920.4 S. LaForge
40-44	300 N. Hagstrom	190 N. Hagstrom	275 N. Hagstrom	765 N. Hagstro
50-54	264 M. Schlifke	152 E. Funchess	272 E. Funchess	666 M. Schlifke
55-59	336.2 S. LaForge	209.4 N. Morrison	420 S. LaForge	920.4 S. LaForge
65-59	203.9 S. Simmons	93.7 S. Simmons	237.0 S. Simmons	534.6 S. Simmons
75-79	125 J. Reynolds	100 J. Reynolds	205 J. Reynolds	430 J. Reynolds
80-84	105 B. Thurston	65 B. Thurston	190 B. Thurston	360 B. Thurston

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	180 M. Luu	72 M. Luu	215 M. Luu	467 M. Luu
16-17	OPEN			
18-19	140 D. Reddy	80 D. Reddy	215 D. Reddy	435 D. Reddy
20-24	OPEN			
OPN	353 T. HoSang	187 C. Muniz	380 M. Rochon	871 T. HoSang
40-44	264.6 P. Harary	154.3 P. Harary	341.7 P. Harary	760.6 P. Harary
45-49	353 T. HoSang	160 T. HoSang	358 T. HoSang	871 T. HoSang
50-54	165 M. Verardi	115 M. Verardi	225 M. Verardi	505 M. Verardi
55-59	85 A. Sonne	100 A. Sonne	175 A. Sonne	360 A. Sonne
70-74	125 K. Miller	80 K. Miller	185 K. Miller	390 K. Miller

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	175 E. Haner	110 E. Haner	190 E. Haner	475 E. Haner
14-15	OPEN			
16-17	200 C. Lawson	87 C. Lawson	225 C. Lawson	512 C. Lawson
18-19	OPEN			
20-24	205 K. Venhorst	116 J. Summerlin	275 J. Summerlin	573 J. Summerli
OPN	265 B. Bennett	165 B. Bennett	305 B. Bennett	735 B. Bennett
40-44	265 A. Bennett	165 B. Bennett	305 B. Bennett	735 B. Bennett
65-69	90 P. Winans	77 P. Winans	212 P. Winans	379 P. Winans

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	245 D. Yant	110 D. Yant	270 D. Yant	625 D. Yant
OPN	245 C. Glenn	165 C. Glenn	360 C. Glenn	770 C. Glenn
40-44	OPEN			

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	350 L. Buchanon	245 L. Buchanon	315 L. Buchanon	910 L. Buchano
16-17	OPEN			
18-19	OPEN			
JNR	180 C. Hankins	120 C. Hankins	260 C. Hankins	560 C. Hankins
OPN	292 S. Lowman	182 L. Abbott	370 L. Abbott	820 L. Abbott
40-44	203.9 P. Fuchs	132.3 P. Fuchs	303.1 P. Fuchs	693.3 P. Fuchs
45-49	240 N. Hernandez	155 M. Veerasawmy	300 N. Hernandez	665 M. Veerasa
55-59	175 S. Franklin	140 S. Franklin	285 S. Franklin	600 S. Franklin
65-69	75 L. Peterson	80 L. Peterson	150 L. Peterson	305 L. Peterson