

**IDAHO:  
WOMEN'S SINGLE LIFT STATE  
RECORDS  
R.A.W. UNITED POWERLIFTING  
FEDERATION**



**UPDATED: 01 OCTOBER 2020**

# **YOUTH SINGLE LIFT RECORDS, 13-Under**

## **Women's 66 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>OPEN</b>	

## **Women's 77 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>OPEN</b>	

## **Women's 88 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>OPEN</b>	

# **WOMEN'S SINGLE LIFT RECORDS, ALL AGES**

## **Women's 97 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## **Women's 105 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## **Women's 114 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## **Women's 123 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## **Women's 132 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Women's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>150</b>	<b>315</b>
	<b>A. Klempel</b>	<b>C. Paul</b>

**Women's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Women's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Women's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Women's 198+ lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	