

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



UPDATED: 21 DECEMBER 2020

YOUTH SINGLE LIFT RECORDS, 13-Under

Women's 66 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Women's 77 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Women's 88 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

WOMEN'S SINGLE LIFT RECORDS, ALL AGES

Women's 97 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 105 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 114 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 123 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 132 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 148 lb. class

Age	BENCH	DEADLIFT
OPN	155	315
	M. Miller	C. Paul

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 181 lb. class

Age	BENCH	DEADLIFT
OPN	140	
	H. Dorr	
50-54	140	OPEN
	H. Dorr	

Women's 198 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 198+ lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	