

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



UPDATED: 15 MARCH 2021

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	OPEN			

Women's 88 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

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	OPEN			

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			

Women's 114 lb. class

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

Women's 123 lb. class

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

Women's 132 lb. class

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

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	245 C. Middlekoop	150 C. Middlekoop	290 C. Middlekoop	685 C. Middleko

Women's 165 lb. class

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

Women's 181 lb. class

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

Women's 198 lb. class

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

Women's 198+ lb. class

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