

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



UPDATED: 15 MARCH 2021

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	150 C. Middlekoop	290 C. Middlekoop
45-49	95 J. Melberg	175 J. Melberg

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 181 lb. class

Age	BENCH	DEADLIFT
20-24	95 T. Carter	175 T. Carter
OPEN	145 R. Jezerinac	375 R. Jezerinac

Women's 198 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 198+ lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	