

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



UPDATED: 05 AUGUST 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 | 135 L. Hoyt | 210 L. Hoyt |
| 55-59 | 135 L. Hoyt | 210 L. Hoyt |

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