

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



UPDATED: 01 JAN 2022

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 |
|-------------|-------------------------------|--------------------------------|
| 13-U | 55 K. Palmer | 135 K. Palmer |
| OPN | 55 K. Palmer | 135 K. Palmer |

Women's 105 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Women's 114 lb. class

| Age | BENCH | DEADLIFT |
|-------------|-------------------------------|--------------------------------|
| 13-U | 60 E. Riehle | 145 E. Riehle |
| OPN | 60 E. Riehle | 145 E. Riehle |

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 |
|--------------|-------------------|-------------------|
| 16-17 | 115 | 225 |
| | S. Hobbs | S. Hobbs |
| OPN | 175 | 380 |
| | R. Genthos | R. Genthos |
| 50-54 | 140 | 195 |
| | H. Dorr | H. Dorr |

Women's 181 lb. class

| Age | BENCH | DEADLIFT |
|--------------|-------------------|-------------------|
| OPN | 140 | 225 |
| | H. Dorr | H. Simmons |
| 40-44 | 135 | 225 |
| | H. Simmons | H. Simmons |
| 50-54 | 140 | OPEN |
| | H. Dorr | |

Women's 198 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Women's 198+ lb. class

| Age | BENCH | DEADLIFT |
|--------------|--------------------------------|--------------------------------|
| 16-17 | 100 S. Martin | 230 S. Martin |
| OPN | 100 S. Martin | 230 S. Martin |