

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



**UPDATED: 15 MAR 2022**

# YOUTH FULL POWER RECORDS, 13 - Under

## Women's 66 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
7-U	65 F. Caldwell	32 F. Caldwell	100 F. Caldwell	197 F. Caldwell
10-11	102 A. Polacek	65 A. Polacek	142 A. Polacek	309 A. Polacek

## Women's 77 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
8-9	97 A. Buitrago	52 A. Buitrago	127 A. Buitrago	276 A. Buitrago
10-11	105 A. Polacek	70 A. Polacek	157 A. Polacek	332 A. Polacek
12-13	120 A. Polacek	72 A. Polacek	172 A. Polacek	364 A. Polacek

## Women's 88 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
8-9	120 M. Spragis-McM	57 M. Spragis-McM	160 M. Spragis-McM	337 Mia Spragis
10-11	77 P. Myers	37 P. Myers	100 P. Myers	202 P. Myers
12-13	137 N. Norcross	72 N. Norcross	177 N. Norcross	386 N. Norcross

**Women's 97 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>8-9</b>	<b>135</b> <b>M. Spragis-McM</b>	<b>60</b> <b>M. Spragis-McM</b>	<b>170</b> <b>M. Spragis-McM</b>	<b>365</b> <b>M. Spragis-</b>
<b>12-13</b>	<b>155</b> <b>N. Norcross</b>	<b>77</b> <b>N. Norcross</b>	<b>195</b> <b>N. Norcross</b>	<b>427</b> <b>N. Norcross</b>

**Women's 105 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>8-9</b>	<b>77</b> <b>D. Christian</b>	<b>55</b> <b>D. Christian</b>	<b>142</b> <b>D. Christian</b>	<b>274</b> <b>D. Christian</b>
<b>12-13</b>	<b>135</b> <b>G. Stapleton</b>	<b>75</b> <b>G. Stapleton</b>	<b>205</b> <b>G. Stapleton</b>	<b>415</b> <b>G. Stapleto</b>

**Women's 114 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>12-13</b>	<b>135</b> <b>E. Burrs</b>	<b>75</b> <b>E. Burrs</b>	<b>180</b> <b>E. Burrs</b>	<b>390</b> <b>E. Burrs</b>

**Women's 123 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>12-13</b>	<b>150</b> <b>S. Bennett</b>	<b>60</b> <b>S. Bennett</b>	<b>215</b> <b>S. Bennett</b>	<b>425</b> <b>S. Bennett</b>

**Women's 132 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>12-13</b>	<b>135</b> <b>S. Bennett</b>	<b>70</b> <b>S. Librizzi</b>	<b>200</b> <b>S. Bennett</b>	<b>395</b> <b>S. Bennett</b>

**Women's 148 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 165 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 181 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 198 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 198+ lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>12-13</b>	<b>200</b> <b>M. Hirsche</b>	<b>75</b> <b>M. Hirsche</b>	<b>205</b> <b>M. Hirsche</b>	<b>480</b> <b>M. Hirsche</b>

# TEENAGE FULL POWER RECORDS, 14 - 19

## Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

## Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

## Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
16-17	180	115	200	495
	A. Thompson	A. Thompson	A. Thompson	A. Thomps

## Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

## Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

**Women's 148 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>16-17</b>	<b>185</b> <b>C. Elkhart</b>	<b>95</b> <b>C. Elkhart</b>	<b>225</b> <b>C. Elkhart</b>	<b>505</b> <b>C. Elkhart</b>
<b>18-19</b>	<b>280</b> <b>A. Mendes</b>	<b>180</b> <b>A. Mendes</b>	<b>305</b> <b>A. Mendes</b>	<b>765</b> <b>A. Mendes</b>

**Women's 165 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 181 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 198 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>16-17</b>	<b>270</b> <b>S. Martin</b>	<b>95</b> <b>S. Martin</b>	<b>285</b> <b>S. Martin</b>	<b>650</b> <b>S. Martin</b>

**Women's 198+ lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

# WOMEN'S FULL POWER RECORDS, OPEN

## Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	155 N. Norcross	77 N. Norcross	195 N. Norcross	427 N. Norcross

## Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	135 G. Stapleton	75 G. Stapleton	205 G. Stapleton	415 G. Stapleto

## Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	180 A. Thompson	115 A. Thompson	200 A. Thompson	495 A. Thomps

## Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	160 L. Hoyt	170 L. Hoyt	255 L. Hoyt	585 L. Hoyt



**Women's 132 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>255</b> <b>S. LaForge</b>	<b>150</b> <b>K. Bowen</b>	<b>355</b> <b>S. LaForge</b>	<b>755</b> <b>S. LaForge</b>

**Women's 148 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>280</b> <b>A. Mendes</b>	<b>180</b> <b>A. Mendes</b>	<b>350</b> <b>S. LaForge</b>	<b>765</b> <b>A. Mendes</b>

**Women's 165 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>275</b> <b>L. Smiley</b>	<b>170</b> <b>L. Smiley</b>	<b>340</b> <b>B. Pennington</b>	<b>765</b> <b>B. Penningt</b>

**Women's 181 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>310</b> <b>M. Fejeran</b>	<b>175</b> <b>R. Jezerinac</b>	<b>375</b> <b>R. Jezerinac</b>	<b>820</b> <b>R. Jezerina</b>

**Women's 198 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>365</b> <b>L. Ferguson</b>	<b>175</b> <b>L. Ferguson</b>	<b>365</b> <b>L. Ferguson</b>	<b>905</b> <b>L. Ferguson</b>

**Women's 198+ lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>255</b> <b>R. Bouie</b>	<b>155</b> <b>R. Bouie</b>	<b>300</b> <b>C. Hankins</b>	<b>680</b> <b>R. Bouie</b>

# **WOMEN'S FULL POWER RECORDS, MASTERS**

## **Women's 97 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>75-79</b>	<b>50</b> <b>S. Bohling</b>	<b>40</b> <b>S. Bohling</b>	<b>120</b> <b>S. Bohling</b>	<b>210</b> <b>S. Bohling</b>

## **Women's 105 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

## **Women's 114 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

## **Women's 123 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>55-59</b>	<b>160</b> <b>L. Hoyt</b>	<b>170</b> <b>L. Hoyt</b>	<b>255</b> <b>L. Hoyt</b>	<b>585</b> <b>L. Hoyt</b>

## **Women's 132 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>60-64</b>	<b>255</b> <b>S. LaForge</b>	<b>145</b> <b>S. LaForge</b>	<b>355</b> <b>S. LaForge</b>	<b>755</b> <b>S. LaForge</b>

**Women's 148 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>45-49</b>	<b>230</b> <b>C. Woldridge</b>	<b>140</b> <b>C. Woldridge</b>	<b>275</b> <b>C. Woldridge</b>	<b>645</b> <b>C. Woldridg</b>
<b>60-64</b>	<b>250</b> <b>S. LaForge</b>	<b>140</b> <b>S. LaForge</b>	<b>350</b> <b>S. LaForge</b>	<b>740</b> <b>S. LaForge</b>

**Women's 165 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPEN</b>				

**Women's 181 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>45-49</b>	<b>140</b> <b>K. McLaughlin</b>	<b>145</b> <b>K. McLaughlin</b>	<b>215</b> <b>K. McLaughlin</b>	<b>500</b> <b>K. McLaugh</b>
<b>50-54</b>	<b>310</b> <b>M. Fejeran</b>	<b>170</b> <b>M. Fejeran</b>	<b>330</b> <b>M. Fejeran</b>	<b>810</b> <b>M. Fejeran</b>

**Women's 198 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>40-44</b>	<b>365</b> <b>L. Ferguson</b>	<b>175</b> <b>L. Ferguson</b>	<b>365</b> <b>L. Ferguson</b>	<b>905</b> <b>L. Ferguson</b>
<b>65-69</b>	<b>120</b> <b>L. Petersen</b>	<b>92</b> <b>L. Petersen</b>	<b>205</b> <b>H. Omundson</b>	<b>404</b> <b>L. Petersen</b>



**Women's 198+ lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>50-54</b>	<b>255</b> <b>R. Bouie</b>	<b>155</b> <b>R. Bouie</b>	<b>270</b> <b>R. Bouie</b>	<b>680</b> <b>R. Bouie</b>
<b>65-69</b>	<b>160</b> <b>B. Temple</b>	<b>105</b> <b>B. Temple</b>	<b>280</b> <b>B. Temple</b>	<b>540</b> <b>B. Temple</b>