

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



UPDATED: 10 JUL 2022

YOUTH SINGLE LIFT RECORDS, 13 - Under

Women's 66 lb. class

Age	BENCH	DEADLIFT
7-U	32 F. Caldwell	100 F. Caldwell
8-9	42 F. Dill	120 F. Caldwell
10-11	65 A. Polacek	142 A. Polacek

Women's 77 lb. class

Age	BENCH	DEADLIFT
8-9	52 A. Buitrago	127 A. Buitrago
10-11	70 A. Polacek	157 A. Polacek
12-13	72 A. Polacek	175 A. Polacek

Women's 88 lb. class

Age	BENCH	DEADLIFT
8-9	57 M. Spragis-McM	160 M. Spragis-McM
10-11	37 P. Myers	100 P. Myers
12-13	72 N. Norcross	177 N. Norcross

Women's 97 lb. class

Age	BENCH	DEADLIFT
8-9	60 M. Spragis-McM	170 M. Spragis-McM
10-11	62 M. Spragis-McM	167 M. Spragis-McM
12-13	77 N. Norcross	195 N. Norcross

Women's 105 lb. class

Age	BENCH	DEADLIFT
8-9	55 D. Christian	142 D. Christian
12-13	77 N. Norcross	215 N. Norcross

Women's 114 lb. class

Age	BENCH	DEADLIFT
12-13	75 E. Burrs	190 M. Miyzed

Women's 123 lb. class

Age	BENCH	DEADLIFT
12-13	60 S. Bennett	215 S. Bennett

Women's 132 lb. class

Age	BENCH	DEADLIFT
12-13	70 S. Librizzi	200 S. Bennett

Women's 148 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 181 lb. class

Age **BENCH** **DEADLIFT**

OPEN

Women's 198 lb. class

Age **BENCH** **DEADLIFT**

OPEN

Women's 198+ lb. class

Age **BENCH** **DEADLIFT**

12-13 **75** **205**
M. Hirsche **M. Hirsche**

TEENAGE SINGLE LIFT RECORDS, 14 - 19

Women's 97 lb. class

Age	BENCH	DEADLIFT
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OPEN

Women's 105 lb. class

Age	BENCH	DEADLIFT
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OPEN

Women's 114 lb. class

Age	BENCH	DEADLIFT
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16-17	115 A. Thompson	200 A. Thompson
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Women's 123 lb. class

Age	BENCH	DEADLIFT
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14-15	80 A. Lorusso	180 A. Lorusso
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Women's 132 lb. class

Age	BENCH	DEADLIFT
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OPEN

Women's 148 lb. class

Age	BENCH	DEADLIFT
16-17	95 C. Elkhart	225 C. Elkhart
18-19	180 A. Mendes	305 A. Mendes

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 181 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 198 lb. class

Age	BENCH	DEADLIFT
16-17	95 S. Martin	285 S. Martin

Women's 198+ lb. class

Age	BENCH	DEADLIFT
OPEN		

WOMEN'S SINGLE LIFT RECORDS, OPEN

Women's 97 lb. class

Age	BENCH	DEADLIFT
OPN	120 E. Parker	195 N. Norcross

Women's 105 lb. class

Age	BENCH	DEADLIFT
OPN	77 N. Norcross	215 N. Norcross

Women's 114 lb. class

Age	BENCH	DEADLIFT
OPN	115 A. Thompson	200 A. Thompson

Women's 123 lb. class

Age	BENCH	DEADLIFT
OPN	170 L. Hoyt	260 L. Hoyt

Women's 132 lb. class

Age	BENCH	DEADLIFT
OPN	150 K. Bowen	355 S. LaForge

Women's 148 lb. class

Age	BENCH	DEADLIFT
OPN	180 A. Mendes	350 S. LaForge

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPN	170 L. Smiley	370 K. Wallace

Women's 181 lb. class

Age	BENCH	DEADLIFT
OPN	175 R. Jezerinac	375 R. Jezerinac

Women's 198 lb. class

Age	BENCH	DEADLIFT
OPN	190 L. Ferguson	380 L. Ferguson

Women's 198+ lb. class

Age	BENCH	DEADLIFT
OPN	190 T. Thompson	405 T. Thompson

WOMEN'S SINGLE LIFT RECORDS, MASTERS

Women's 97 lb. class

Age	BENCH	DEADLIFT
75-79	40 S. Bohling	125 S. Bohling

Women's 105 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 114 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 123 lb. class

Age	BENCH	DEADLIFT
55-59	170 L. Hoyt	260 L. Hoyt

Women's 132 lb. class

Age	BENCH	DEADLIFT
60-64	145 S. LaForge	355 S. LaForge

Women's 148 lb. class

Age	BENCH	DEADLIFT
45-49	140 C. Woldridge	280 C. Woldridge
60-64	145 S. LaForge	350 S. LaForge

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPEN		

Women's 181 lb. class

Age	BENCH	DEADLIFT
45-49	145 K. McLaughlin	225 K. McLaughlin
50-54	170 M. Fejeran	330 M. Fejeran

Women's 198 lb. class

Age	BENCH	DEADLIFT
40-44	190 L. Ferguson	380 L. Ferguson
65-69	92 L. Petersen	205 H. Omundson

Women's 198+ lb. class

Age	BENCH	DEADLIFT
50-54	160 R. Bouie	275 R. Bouie
65-69	120 B. Temple	300 B. Temple