

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



**UPDATED: 08 OCT 2022**

# YOUTH SINGLE LIFT RECORDS, 13-Under

## Women's 66 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>OPEN</b>	

## Women's 77 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>OPEN</b>	

## Women's 88 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>55</b> <b>C. Bowen</b>	<b>70</b> <b>C. Bowen</b>

# WOMEN'S SINGLE LIFT RECORDS, ALL AGES

## Women's 97 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>55</b> <b>K. Palmer</b>	<b>135</b> <b>K. Palmer</b>
<b>OPN</b>	<b>55</b> <b>K. Palmer</b>	<b>135</b> <b>K. Palmer</b>

## Women's 105 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## Women's 114 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>60</b> <b>E. Riehle</b>	<b>145</b> <b>E. Riehle</b>
<b>OPN</b>	<b>60</b> <b>E. Riehle</b>	<b>145</b> <b>E. Riehle</b>

## Women's 123 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

**Women's 132 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>150</b> <b>K. Bowen</b>	<b>290</b> <b>K. Bowen</b>

**Women's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>165</b> <b>H. Moore</b>	<b>325.18</b> <b>H. Moore</b>

**Women's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>115</b> <b>S. Hobbs</b>	<b>225</b> <b>S. Hobbs</b>
<b>OPN</b>	<b>175</b> <b>R. Genthos</b>	<b>380</b> <b>R. Genthos</b>
<b>50-54</b>	<b>140</b> <b>H. Dorr</b>	<b>195</b> <b>H. Dorr</b>

**Women's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>150</b> <b>S. Almeida</b>	<b>270</b> <b>S. Almeida</b>
<b>40-44</b>	<b>135</b> <b>H. Simmons</b>	<b>225</b> <b>H. Simmons</b>
<b>50-54</b>	<b>140</b> <b>H. Dorr</b>	<b>OPEN</b>

**Women's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>95</b> <b>S. Martin</b>	<b>285</b> <b>S. Martin</b>

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>100</b> <b>S. Martin</b>	<b>230</b> <b>S. Martin</b>
<b>OPN</b>	<b>140</b> <b>S. McLaughlin</b>	<b>225</b> <b>S. McLaughlin</b>