

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



UPDATED: 23 NOV 2022

YOUTH SINGLE LIFT RECORDS, 13-Under

Women's 66 lb. class

Age	BENCH	DEADLIFT
7-U	32 E. Johnson	100 F. Caldwell
8-9	47 A. Buitrago	125 A. Buitrago
10-11	65 A. Polacek	142 A. Polacek
12-13	OPEN	

Women's 77 lb. class

Age	BENCH	DEADLIFT
7-U	40 E. Johnson	100 E. Johnson
8-9	52 A. Buitrago	135 M. Spragis-McM
10-11	70 A. Polacek	157 A. Polacek
12-13	72 A. Polacek	172 A. Polacek

Women's 88 lb. class

Age	BENCH	DEADLIFT
7-U	30 A. White	65 A. White
8-9	57 M. Spragis-McMu	160 M. Spragis-McMullen
10-11	49.59 A. Buitrago	148.81 A. Buitrago
12-13	72 N. Norcross	177 N. Norcross

WOMEN'S SINGLE LIFT RECORDS, ALL AGES

Women's 97 lb. class

Age	BENCH	DEADLIFT
10-11	49.59 M. Welton	137.79 M. Welton
12-13	77 N. Norcross	209.44 N. Norcross
14-15	OPEN	
16-17	OPEN	
18-19	OPEN	
20-24	125 E. Parker	
OPN	125 E. Parker	195 N. Norcross
70-74	45 S. Bohling	115 S. Bohling
75-79	45 S. Bohling	137 S. Bohling
85-89	42 S. Bohling	127 S. Bohling

Women's 105 lb. class

Age	BENCH	DEADLIFT
12-13	77 N. Norross	220 L. Panchame
14-15	100 K. Ratliff	205 K. Ratliff
16-17	OPEN	
18-19	OPEM	
20-24	OPEN	
OPN	75 G. Stapleton	202 G. Stapleton
40-44	OPEN	

Women's 114 lb. class

Age	BENCH	DEADLIFT
10-11	75 K. Green	165.36 L. Hirsche
12-13	80 E. Burrs	180 E. Burrs
14-15	OPEN	
16-17	115 A. Thompson	200 A. Thompson
18-19	85 A. Rowley	200 A. Rowley
20-24	OPEN	
OPN	210 L. Frumer	250 L. Frumer
45-49	110 K. Roberts	245 K. Roberts
55-59	OPEN	165 K. O'Neill

Women's 123 lb. class

Age	BENCH	DEADLIFT
13-U	60 S. Bennett	215 S. Bennett
14-15	80 A. Lorusso	180 A. Lorusso
16-17	95 D. Sobel	245 D. Sobel
18-19	OPEN	
20-24	145 K. Venhorst	240 K. Venhorst
OPN	155 D. Lewis	255 D. Lewis
45-49	155 D. Lewis	255 D. Lewis
55-59	120 P. Jagar	240 P. Jagar
60-64	90 D. Sobel	240 D. Sobel
65-69	95 D. Sobel	250 D. Sobel

Women's 132 lb. class

Age	BENCH	DEADLIFT
13-U	70 S. Librizzi	185 S. Bennett
14-15	140 S. Heuett	275 S. Heuett
16-17	140 K. Akuna	275 K. Akuna
18-19	OPEN	300 M. Espina
20-24	OPEN	
OPN	150 L. Burgess-Smith	355 S. LaForge
40-44	150 L. Burgess-Smith	290 L. Burgess Smith
45-49	175 T. Gold	190 T. Gold
50-54	OPEN	250 J. Davis
55-59	OPEN	180 L. Vickory
60-64	145 S. LaForge	355 S. LaForge

Women's 148 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	66 C. Peterson	132 C. Peterson
16-17	180 A. Mendes	245 A. Mendes
18-19	180 A. Mendes	305 A. Mendes
20-24	OPEN	
OPN	209 N. Morrison	430 S. LaForge
40-44	190 N. Hagstrom	275 N. Hagstrom
45-49	165 D. Lewis	280 C. Woldridge
50-54	152 E. Funchess	272 E. Funchess
55-59	176 S. LaForge	430 S. LaForge
60-64	145 S. LaForge	360 S. LaForge
70-74	65 C. Gutwirth	175 C. Gutwirth
75-79	107 J. Reynolds	205 J. Reynolds

Women's 148 lb. class (continued)

Age	BENCH	DEADLIFT
80-84	92 J. Reynolds	207 J. Reynolds
85-89	37 T. Daxon	140 T. Daxon
95-99	65 E. Traina	135 E. Traina

Women's 165 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	72 M. Luu	215 M. Luu
16-17	150 A. McElroy	265 A. McElroy
18-19	80 D. Reddy	215 D. Reddy
20-24	125 N. Warden	260 E. Petersen
OPN	187 C. Muniz	360 M. Kithcart
40-44	154 P. Harary	342 P. Harary
45-49	115 J. Bourgelais	245 J. Bourgelias
50-54	157 E. Funches	285 E. Funches
55-59	100 C. Sonne	175 C. Sonne
60-64	130 J. Montgomery	235 J. Montgomery
65-69	72 P. Winans	185 P. Winans
85-89	52 T. Daxon	152 T. Daxon

Women's 165 lb. class (continued)

Age	BENCH	DEADLIFT
90-94	32 T. Daxon	115 T. Daxon
95-99	65 E. Traina	145 E. Traina
100+	45 E. Traina	OPEN

Women's 181 lb. class

Age	BENCH	DEADLIFT
13-U	110 E. Haner	190 E. Haner
14-15	110 E. Haner	230 E. Haner
16-17	87 C. Lawson	225 C. Lawson
18-19	OPEN	
20-24	85 M. Garcia	260 M. Garcia
OPN	175 B. Bennett	500 T. Stallings
40-44	165 B. Bennett	315 B. Bennett
45-49	175 B. Bennett	315 B. Bennett
50-54	170 M. Fejeran	330 M. Fejeran
65-69	77 P. Winans	212 P. Winans

Women's 198 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	
14-15	100 E. Christiansen	225 E. Christiansen
16-17	OPEN	
18-19	OPEN	
20-24	OPEN	
OPN	190 L. Ferguson	380 L. Ferguson
40-44	190 L. Ferguson	380 L. Ferguson
60-64	60 H. Omundson	160 H. Omundson
65-69	95 L. Petersen	205 H. Omundson

Women's 198+ lb. class

Age	BENCH	DEADLIFT
12-13	75 M. Hirsche	205 M. Hirsche
14-15	245 L. Buchanon	315 L. Buchanon
16-17	OPEN	
18-19	OPEN	
20-24	120 C. Hankins	260 C. Hankins
OPN	215 J. Brewer	375 A. Stamets
40-44	215 J. Brewer	350 L. Ferguson
45-49	185 A. Stamets	405 A. Stamets
50-54	160 R. Bouie	290 N. Hernandez
55-59	140 S. Franklin	285 S. Franklin
65-69	120 B. Temple	300 B. Temple