

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



**UPDATED: 23 NOV 2022**

# YOUTH FULL POWER RECORDS, 13 - Under

## Women's 66 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>7-U</b>	<b>65</b> <b>F. Caldwell</b>	<b>32</b> <b>F. Caldwell</b>	<b>100</b> <b>F. Caldwell</b>	<b>197</b> <b>F. Caldwell</b>
<b>8-9</b>	<b>72</b> <b>F. Caldwell</b>	<b>44</b> <b>F. Dill</b>	<b>120</b> <b>F. Caldwell</b>	<b>231.25</b> <b>F. Dill</b>
<b>10-11</b>	<b>102</b> <b>A. Polacek</b>	<b>65</b> <b>A. Polacek</b>	<b>142</b> <b>A. Polacek</b>	<b>309</b> <b>A. Polacek</b>

## Women's 77 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>8-9</b>	<b>97</b> <b>A. Buitrago</b>	<b>52</b> <b>A. Buitrago</b>	<b>127</b> <b>A. Buitrago</b>	<b>276</b> <b>A. Buitrago</b>
<b>10-11</b>	<b>105</b> <b>A. Polacek</b>	<b>70</b> <b>A. Polacek</b>	<b>157</b> <b>A. Polacek</b>	<b>332</b> <b>A. Polacek</b>
<b>12-13</b>	<b>126.76</b> <b>A. Polacek</b>	<b>72</b> <b>A. Polacek</b>	<b>175</b> <b>A. Polacek</b>	<b>364</b> <b>A. Polacek</b>

**Women's 88 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>8-9</b>	<b>120</b> <b>M. Spragis-McM</b>	<b>57</b> <b>M. Spragis-McM</b>	<b>160</b> <b>M. Spragis-McM</b>	<b>337</b> <b>Mia Spragis</b>
<b>10-11</b>	<b>93.7</b> <b>A. Buitrago</b>	<b>49.59</b> <b>A. Buitrago</b>	<b>148.81</b> <b>A. Buitrago</b>	<b>292.11</b> <b>A. Buitrago</b>
<b>12-13</b>	<b>137</b> <b>N. Norcross</b>	<b>72</b> <b>N. Norcross</b>	<b>177</b> <b>N. Norcross</b>	<b>386</b> <b>N. Norcross</b>

**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>10-11</b>	<b>143.30</b> <b>M. Spragis-McM</b>	<b>62</b> <b>M. Spragis-McM</b>	<b>170.86</b> <b>M. Spragis-McM</b>	<b>374.78</b> <b>M. Spragis-</b>
<b>12-13</b>	<b>155</b> <b>N. Norcross</b>	<b>77</b> <b>N. Norcross</b>	<b>209.44</b> <b>N. Norcross</b>	<b>435.41</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>167</b> <b>N. Norcross</b>	<b>77</b> <b>N. Norcross</b>	<b>215</b> <b>N. Norcross</b>	<b>459</b> <b>N. Norcross</b>

**Women's 114 lb. class**

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>10-11</b>	<b>115.74</b> <b>L. Hirsche</b>	<b>55.10</b> <b>L. Hirsche</b>	<b>165.36</b> <b>L. Hirsche</b>	<b>336.20</b> <b>L. Hirsche</b>
<b>12-13</b>	<b>140</b> <b>M. Miyzed</b>	<b>75</b> <b>E. Burrs</b>	<b>190</b> <b>M. Miyzed</b>	<b>400</b> <b>M. Miyzed</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 A. Thompson	115 A. Thompson	200 A. Thompson	495 A. Thomps

## Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
14-15	135 A. Lorusso	80 A. Lorusso	180 A. Lorusso	395 A. Lorusso

## 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>125</b> <b>I. Gaskins</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>14-15</b>	<b>198.41</b> <b>M. Hirsche</b>	<b>77.16</b> <b>M. Hirsche</b>	<b>220.46</b> <b>M. Hirsche</b>	<b>496.04</b> <b>M. Hirsche</b>

# WOMEN'S FULL POWER RECORDS, OPEN

## Women's 97 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>155</b> <b>N. Norcross</b>	<b>77</b> <b>N. Norcross</b>	<b>209.44</b> <b>N. Norcross</b>	<b>435.41</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>OPN</b>	<b>167</b> <b>N. Norcross</b>	<b>77</b> <b>N. Norcross</b>	<b>215</b> <b>N. Norcross</b>	<b>459</b> <b>N. Norcross</b>

## Women's 114 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>180</b> <b>A. Thompson</b>	<b>115</b> <b>A. Thompson</b>	<b>200</b> <b>A. Thompson</b>	<b>495</b> <b>A. Thomps</b>

## Women's 123 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>OPN</b>	<b>180</b> <b>L. Hoyt</b>	<b>170</b> <b>L. Hoyt</b>	<b>260</b> <b>L. Hoyt</b>	<b>605</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>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>290</b> <b>K. Wallace</b>	<b>170</b> <b>L. Smiley</b>	<b>370</b> <b>K. Wallace</b>	<b>810</b> <b>K. Wallace</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>380</b> <b>L. Ferguson</b>	<b>190</b> <b>L. Ferguson</b>	<b>380</b> <b>L. Ferguson</b>	<b>950</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>325</b> <b>T. Thompson</b>	<b>189</b> <b>T. Thompson</b>	<b>405</b> <b>T. Thompson</b>	<b>920</b> <b>T. Thompso</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>52</b> <b>S. Bohling</b>	<b>42</b> <b>S. Bohling</b>	<b>127</b> <b>S. Bohling</b>	<b>221</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>180</b> <b>L. Hoyt</b>	<b>170</b> <b>L. Hoyt</b>	<b>260</b> <b>L. Hoyt</b>	<b>605</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>235</b> <b>C. Woldridge</b>	<b>140</b> <b>C. Woldridge</b>	<b>280</b> <b>C. Woldridge</b>	<b>645</b> <b>C. Woldridg</b>
<b>60-64</b>	<b>260</b> <b>S. LaForge</b>	<b>145</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>145</b> <b>K. McLaughlin</b>	<b>145</b> <b>K. McLaughlin</b>	<b>225</b> <b>K. McLaughlin</b>	<b>510</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>380</b> <b>L. Ferguson</b>	<b>190</b> <b>L. Ferguson</b>	<b>380</b> <b>L. Ferguson</b>	<b>950</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>160</b> <b>R. Bouie</b>	<b>275</b> <b>R. Bouie</b>	<b>690</b> <b>R. Bouie</b>
<b>65-69</b>	<b>235</b> <b>B. Temple</b>	<b>120</b> <b>B. Temple</b>	<b>300</b> <b>B. Temple</b>	<b>655</b> <b>B. Temple</b>