

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



**UPDATED: 23 NOV 2022**

# **YOUTH SINGLE LIFT RECORDS, 13 - Under**

## **Women's 66 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>7-U</b>	<b>32</b> <b>F. Caldwell</b>	<b>100</b> <b>F. Caldwell</b>
<b>8-9</b>	<b>44</b> <b>F. Dill</b>	<b>120</b> <b>F. Caldwell</b>
<b>10-11</b>	<b>65</b> <b>A. Polacek</b>	<b>142</b> <b>A. Polacek</b>

## **Women's 77 lb. class**

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

**Women's 88 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>8-9</b>	<b>57</b> <b>M. Spragis-McM</b>	<b>160</b> <b>M. Spragis-McM</b>
<b>10-11</b>	<b>49.59</b> <b>A. Buitrago</b>	<b>148.81</b> <b>A. Buitrago</b>
<b>12-13</b>	<b>72</b> <b>N. Norcross</b>	<b>177</b> <b>N. Norcross</b>

**Women's 97 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>8-9</b>	<b>60</b> <b>M. Spragis-McM</b>	<b>170</b> <b>M. Spragis-McM</b>
<b>10-11</b>	<b>62</b> <b>M. Spragis-McM</b>	<b>170.86</b> <b>M. Spragis-McM</b>
<b>12-13</b>	<b>77</b> <b>N. Norcross</b>	<b>209.44</b> <b>N. Norcross</b>

**Women's 105 lb. class**

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

**Women's 114 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>10-11</b>	<b>55.10</b> <b>L. Hirsche</b>	<b>165.36</b> <b>L. Hirsche</b>
<b>12-13</b>	<b>75</b> <b>E. Burrs</b>	<b>190</b> <b>M. Miyzed</b>

**Women's 123 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>12-13</b>	<b>60</b> <b>S. Bennett</b>	<b>215</b> <b>S. Bennett</b>

**Women's 132 lb. class**

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

**Women's 148 lb. class**

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

**Women's 165 lb. class**

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

**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
-----	-------	----------

OPEN

## Women's 105 lb. class

Age	BENCH	DEADLIFT
-----	-------	----------

OPEN

## Women's 114 lb. class

Age	BENCH	DEADLIFT
-----	-------	----------

16-17	115 A. Thompson	200 A. Thompson
-------	--------------------	--------------------

## Women's 123 lb. class

Age	BENCH	DEADLIFT
-----	-------	----------

14-15	80 A. Lorusso	180 A. Lorusso
-------	------------------	-------------------

## Women's 132 lb. class

Age	BENCH	DEADLIFT
-----	-------	----------

OPEN

**Women's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>125</b> <b>I. Gaskins</b>	<b>225</b> <b>C. Elkhart</b>
<b>18-19</b>	<b>180</b> <b>A. Mendes</b>	<b>305</b> <b>A. Mendes</b>

**Women's 165 lb. class**

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

**Women's 181 lb. class**

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

**Women's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</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>14-15</b>	<b>77.16</b> <b>M. Hirsche</b>	<b>220.46</b> <b>M. Hirsche</b>

# WOMEN'S SINGLE LIFT RECORDS, OPEN

## Women's 97 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>120</b> <b>E. Parker</b>	<b>209.44</b> <b>N. Norcross</b>

## Women's 105 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>77</b> <b>N. Norcross</b>	<b>215</b> <b>N. Norcross</b>

## Women's 114 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>115</b> <b>A. Thompson</b>	<b>200</b> <b>A. Thompson</b>

## Women's 123 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>170</b> <b>L. Hoyt</b>	<b>260</b> <b>L. Hoyt</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>355</b> <b>S. LaForge</b>

**Women's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>180</b> <b>A. Mendes</b>	<b>350</b> <b>S. LaForge</b>

**Women's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>170</b> <b>L. Smiley</b>	<b>370</b> <b>K. Wallace</b>

**Women's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>175</b> <b>R. Jezerinac</b>	<b>375</b> <b>R. Jezerinac</b>

**Women's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>190</b> <b>L. Ferguson</b>	<b>380</b> <b>L. Ferguson</b>

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>215</b> <b>J. Brewer</b>	<b>405</b> <b>T. Thompson</b>

# **WOMEN'S SINGLE LIFT RECORDS,** **MASTERS**

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>75-79</b>	<b>42</b> <b>S. Bohling</b>	<b>127</b> <b>S. Bohling</b>

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

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

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

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

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>55-59</b>	<b>170</b> <b>L. Hoyt</b>	<b>260</b> <b>L. Hoyt</b>

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>60-64</b>	<b>145</b> <b>S. LaForge</b>	<b>355</b> <b>S. LaForge</b>

**Women's 148 lb. class**

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

**Women's 165 lb. class**

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

**Women's 181 lb. class**

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

**Women's 198 lb. class**

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

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

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>40-44</b>	<b>215</b> <b>J. Brewer</b>	
<b>50-54</b>	<b>160</b> <b>R. Bouie</b>	<b>275</b> <b>R. Bouie</b>
<b>65-69</b>	<b>120</b> <b>B. Temple</b>	<b>314.16</b> <b>B. Temple</b>