

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



UPDATED: 25 DEC 2022

YOUTH FULL POWER RECORDS, 13 - Under

Women's 66 lb. class

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

Women's 77 lb. class

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

Women's 88 lb. class

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

Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
8-9	135 M. Spragis-McM	60 M. Spragis-McM	170 M. Spragis-McM	365 M. Spragis-
10-11	143.30 M. Spragis-McM	62 M. Spragis-McM	170.86 M. Spragis-McM	374.78 M. Spragis-
12-13	155 N. Norcross	77 N. Norcross	209.44 N. Norcross	435.41 N. Norcross

Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
8-9	77 D. Christian	55 D. Christian	142 D. Christian	274 D. Christian
12-13	167 N. Norcross	80 E. Burrs	217 E. Burrs	459 N. Norcross

Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
10-11	115.74 L. Hirsche	55.10 L. Hirsche	165.36 L. Hirsche	336.20 L. Hirsche
12-13	140 M. Miyzed	75 E. Burrs	190 M. Miyzed	400 M. Miyzed

Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
12-13	150 S. Bennett	60 S. Bennett	215 S. Bennett	425 S. Bennett

Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
12-13	135 S. Bennett	70 S. Librizzi	200 S. Bennett	395 S. Bennett

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
12-13	200 M. Hirsche	75 M. Hirsche	205 M. Hirsche	480 M. Hirsche

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

Age	SQUAT	BENCH	DEADLIFT	TOTAL
16-17	185 C. Elkhart	125 I. Gaskins	225 C. Elkhart	505 C. Elkhart
18-19	280 A. Mendes	180 A. Mendes	305 A. Mendes	765 A. Mendes

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
16-17	270 S. Martin	95 S. Martin	285 S. Martin	650 S. Martin

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
14-15	198.41 M. Hirsche	77.16 M. Hirsche	220.46 M. Hirsche	496.04 M. Hirsche

WOMEN'S FULL POWER RECORDS, OPEN

Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	155 N. Norcross	77 N. Norcross	209.44 N. Norcross	435.41 N. Norcross

Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	167 N. Norcross	80 E. Burrs	217 E. Burrs	459 N. Norcross

Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	180 A. Thompson	115 A. Thompson	200 A. Thompson	495 A. Thomps

Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	180 L. Hoyt	170 L. Hoyt	260 L. Hoyt	605 L. Hoyt

Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	255 S. LaForge	150 K. Bowen	355 S. LaForge	755 S. LaForge

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	280 A. Mendes	180 A. Mendes	355 C. Braccio	765 A. Mendes

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	290 K. Wallace	170 L. Smiley	370 K. Wallace	810 K. Wallace

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	310 M. Fejeran	175 R. Jezerinac	375 R. Jezerinac	820 R. Jezerina

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	380 L. Ferguson	190 L. Ferguson	380 L. Ferguson	950 L. Ferguson

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	325 T. Thompson	189 T. Thompson	405 T. Thompson	920 T. Thompso

WOMEN'S FULL POWER RECORDS, MASTERS

Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
75-79	52 S. Bohling	42 S. Bohling	127 S. Bohling	221 S. Bohling

Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
55-59	180 L. Hoyt	170 L. Hoyt	260 L. Hoyt	605 L. Hoyt

Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
60-64	255 S. LaForge	145 S. LaForge	355 S. LaForge	755 S. LaForge

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
45-49	235 C. Woldridge	140 C. Woldridge	280 C. Woldridge	645 C. Woldridg
60-64	260 S. LaForge	145 S. LaForge	350 S. LaForge	740 S. LaForge

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPEN				

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
45-49	145 K. McLaughlin	145 K. McLaughlin	225 K. McLaughlin	510 K. McLaugh
50-54	310 M. Fejeran	170 M. Fejeran	330 M. Fejeran	810 M. Fejeran

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	380 L. Ferguson	190 L. Ferguson	380 L. Ferguson	950 L. Ferguson
65-69	120 L. Petersen	92 L. Petersen	205 H. Omundson	404 L. Petersen

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
50-54	255 R. Bouie	160 R. Bouie	275 R. Bouie	690 R. Bouie
65-69	235 B. Temple	120 B. Temple	300 B. Temple	655 B. Temple