

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



UPDATED: 15 MAR 2023

YOUTH FULL POWER RECORDS, 13-Under

Women's 66 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Women's 77 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			

Women's 88 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
8-9	70 C. Bowen	55 C. Bowen	70 C. Bowen	195 C. Bowen

FULL POWER RECORDS, ALL AGES

Women's 97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	110 K. Palmer	55 K. Palmer	135 K. Palmer	300 K. Palmer
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	110 K. Palmer	55 K. Palmer	135 K. Palmer	300 K. Palmer

Women's 105 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	OPEN			

Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	120 E. Riehle	60 E. Riehle	145 E. Riehle	325 E. Riehle
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	120 E. Riehle	60 E. Riehle	145 E. Riehle	325 E. Riehle

Women's 123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	OPEN			

Women's 132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	215 K. Bowen	150 K. Bowen	290 K. Bowen	655 K. Bowen

Women's 148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	275 H. Moore	165 H. Moore	335 H. Moore	765 H. Moore

Women's 165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	190 S. Hobbs	115 S. Hobbs	225 S. Hobbs	540 S. Hobbs
18-19	OPEN			
20-24	OPEN			
OPN	295 K. Wallace	175 R. Genthos	380 R. Genthos	845 R. Genthos
50-54	135 H. Dorr	140 H. Dorr	195 H. Dorr	470 H. Dorr

Women's 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	245 S. Almeida	175 S. Almeida	305 S. Almeida	725 S. Almeida
40-44	150 H. Simmons	135 H. Simmons	225 H. Simmons	510 H. Simmons

Women's 198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	270 S. Martin	95 S. Martin	285 S. Martin	650 S. Martin
18-19	OPEN			
20-24	OPEN			
OPN	270 S. Martin	95 S. Martin	285 S. Martin	650 S. Martin

Women's 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	250 S. Martin	100 S. Martin	230 S. Martin	580 S. Martin
18-19	OPEN			
20-24	OPEN			
OPN	325 T. Thompson	190 T. Thompson	405 T. Thompson	920 T. Thompso