

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



UPDATED: 15 MAR 2023

YOUTH SINGLE LIFT RECORDS, 13-Under

Women's 66 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Women's 77 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

Women's 88 lb. class

Age	BENCH	DEADLIFT
13-U	55 C. Bowen	70 C. Bowen

WOMEN'S SINGLE LIFT RECORDS, ALL AGES

Women's 97 lb. class

Age	BENCH	DEADLIFT
13-U	55 K. Palmer	135 K. Palmer
OPN	55 K. Palmer	135 K. Palmer

Women's 105 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 114 lb. class

Age	BENCH	DEADLIFT
13-U	60 E. Riehle	145 E. Riehle
OPN	60 E. Riehle	145 E. Riehle

Women's 123 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 132 lb. class

Age	BENCH	DEADLIFT
OPN	150 K. Bowen	290 K. Bowen

Women's 148 lb. class

Age	BENCH	DEADLIFT
OPN	165 H. Moore	335 H. Moore

Women's 165 lb. class

Age	BENCH	DEADLIFT
16-17	115 S. Hobbs	225 S. Hobbs
OPN	175 R. Genthos	380 R. Genthos
50-54	140 H. Dorr	195 H. Dorr

Women's 181 lb. class

Age	BENCH	DEADLIFT
OPN	175 S. Almeida	305 S. Almeida
40-44	135 H. Simmons	225 H. Simmons
50-54	140 H. Dorr	OPEN

Women's 198 lb. class

Age	BENCH	DEADLIFT
OPN	95 S. Martin	285 S. Martin

Women's 198+ lb. class

Age	BENCH	DEADLIFT
16-17	100 S. Martin	230 S. Martin
OPN	175 T. Thompson	365 T. Thompson