

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



**UPDATED: 15 MAR 2023**

# 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>
6-7	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

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
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**

<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>102</b> <b>E. Bilak</b>	<b>52</b> <b>E. Bilak</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>80</b> <b>E. Burrs</b>	<b>217</b> <b>E. Burrs</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

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

## Women's 105 lb. class

<b>Age</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>14-15</b>	<b>177</b> <b>N. Norcross</b>	<b>75</b> <b>N. Norcross</b>	<b>225</b> <b>N. Norcross</b>	<b>477</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>14-15</b>	<b>162</b> <b>E. Burrs</b>	<b>87</b> <b>E. Burrs</b>	<b>225</b> <b>E. Burrs</b>	<b>474</b> <b>E. Burrs</b>
<b>16-17</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>14-15</b>	<b>135</b> <b>A. Lorusso</b>	<b>80</b> <b>A. Lorusso</b>	<b>180</b> <b>A. Lorusso</b>	<b>395</b> <b>A. Lorusso</b>

**Women's 132 lb. class**

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

**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

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	177 N. Norcross	80 E. Burrs	225 N. Norcross	477 N. Norcross

## Women's 114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	200 M. Sadler	115 A. Thompson	265 M. Sadler	560 M. Sadler

## 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**

<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>355</b> <b>C. Braccio</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>420</b> <b>L. Ferguson</b>	<b>265</b> <b>A. Stamets</b>	<b>500</b> <b>A. Stamets</b>	<b>1115</b> <b>A. Stamets</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>40-44</b>	<b>200</b> <b>M. Sadler</b>	<b>95</b> <b>M. Sadler</b>	<b>265</b> <b>M. Sadler</b>	<b>560</b> <b>M. Sadler</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>60-64</b>	<b>107</b> <b>M. Love</b>	<b>72</b> <b>M. Love</b>	<b>177</b> <b>M. Love</b>	<b>356</b> <b>M. Love</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>40-44</b>	<b>420</b> <b>L. Ferguson</b>	<b>210</b> <b>L. Ferguson</b>	<b>410</b> <b>L. Ferguson</b>	<b>1040</b> <b>L. Ferguson</b>
<b>50-54</b>	<b>350</b> <b>A. Stamets</b>	<b>265</b> <b>A. Stamets</b>	<b>500</b> <b>A. Stamets</b>	<b>1115</b> <b>A. Stamets</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>