

**WASHINGTON:
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
13-U	OPEN			

FULL POWER RECORDS, ALL AGES

Women's 97 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 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	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	200 M. Sadler	95 M. Sadler	265 M. Sadler	560 M. Sadler
40-44	200 M. Sadler	95 M. Sadler	265 M. Sadler	560 M. Sadler

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	180 L. Hoyt	170 L. Hoyt	260 L. Hoyt	605 L. Hoyt
55-59	180 L. Hoyt	170 L. Hoyt	260 L. Hoyt	605 L. Hoyt

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	OPEN			

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	250 M. Painter	150 C. Middlekoop	315 M. Painter	695 M. Painter

Women's 165 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 181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	270 R. Jezerinac	175 R. Jezerinac	375 R. Jezerinac	820 R. Jezerina
45-49	145 K. McLaughlin	145 K. McLaughlin	225 K. McLaughlin	510 K. McLaugh

Women's 198 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 198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	OPEN			
14-15	OPEN			
16-17	OPEN			
18-19	OPEN			
20-24	OPEN			
OPN	295 M. Wallace	185 M. Wallace	340 M. Wallace	820 M. Wallace
40-44	295 M. Wallace	185 M. Wallace	340 M. Wallace	820 M. Wallace