

**WASHINGTON:
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	OPEN	

WOMEN'S SINGLE LIFT RECORDS, ALL AGES

Women's 97 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 105 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 114 lb. class

Age	BENCH	DEADLIFT
OPN	95 M. Sadler	265 M. Sadler
40-44	95 M. Sadler	265 M. Sadler

Women's 123 lb. class

Age	BENCH	DEADLIFT
OPN	170 L. Hoyt	260 L. Hoyt
55-59	170 L. Hoyt	260 L. Hoyt

Women's 132 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 148 lb. class

Age	BENCH	DEADLIFT
OPN	150 C. Middlekoop	315 M. Painter
45-49	95 J. Melberg	175 J. Melberg

Women's 165 lb. class

Age	BENCH	DEADLIFT
OPN	OPEN	

Women's 181 lb. class

Age	BENCH	DEADLIFT
20-24	95 T. Carter	175 T. Carter
OPEN	175 R. Jezerinac	375 R. Jezerinac
45-49	145 K. McLaughlin	225 K. McLaughlin

Women's 198 lb. class

Age **BENCH** **DEADLIFT**

OPN **OPEN**

Women's 198+ lb. class

Age **BENCH** **DEADLIFT**

OPN **185** **340**
M. Wallace **M. Wallace**

40-44 **185** **340**
M. Wallace **M. Wallace**