

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Juniors (13-15)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	90.0	198.2	Raelina Gibson	03/09/85
	Bench	55.0	121.2	Raelina Gibson	03/09/85
	Deadlift	110.0	242.5	Laura Jager	08/15/81
	TOTAL	252.5	556.5	Raelina Gibson	03/09/85
48kg/105.7lb	Squat	115.0	253.5	Lori Jeffrey	02/15/92
	Bench	65.5	137.7	Lori Jeffrey	02/15/92
	Deadlift	127.5	281.0	Tammy Houghton	08/04/90
	TOTAL	295.0	650.2	Lori Jeffrey	02/15/92
52kg/114.5lb	Squat	130.0	286.5	Jennifer Moser	10/29/93
	Bench	75.0	165.2	Tina DiSalvo	03/31/84
	Deadlift	140.0	308.5	Jennifer Moser	10/29/93
	TOTAL	335.0	738.5	Tina DiSalvo	03/31/84
56kg/123.5lb	Squat	135.0	297.5	Reni Kelly	04/02/93
	Bench	67.5	148.7	Lori Jeffrey	04/02/93
	Deadlift	142.5	314.5	Laura Savell	07/30/88
	TOTAL	327.5	722.0	Reni Kelly	04/02/93
60kg/132.2lb	Squat	127.5	281.0	Michelle Feece	06/28/85
	Bench	67.5	148.7	Megan Cook	11/19/05
	Deadlift	144.0	317.2	Niki Robbins	10/08/88
	TOTAL	330.0	727.5	Megan Cook	11/19/05
67.5kg/148.7lb	Squat	132.5	292.0	Miqua Goff	08/19/84
	Bench	72.5	159.5	Niki Robbins	07/29/89
	Deadlift	160.0	352.5	Kathy Lind	05/20/79
	TOTAL	357.5	788.0	Kathy Lind	05/20/79
75kg/165.2lb	Squat	140.0	308.5	Michelle Feece	05/10/86
	Bench	70.0	154.2	Michelle Feece	05/10/86
	Deadlift	162.5	358.0	Michelle Feece	05/10/86
	TOTAL	370.0	815.5	Michelle Feece	05/10/86
82.5kg/181.7	Squat	142.5	314.0	Sandy LeBleu	07/30/89
	Bench	72.5	159.5	Sandy LeBleu	07/30/89
	Deadlift	127.5	281.0	Sandy LeBleu	07/30/89
	TOTAL	342.5	755.0	Sandy LeBleu	07/30/89
90kg/198.2lb	Squat	137.5	303.0	A. Carlyle	07/25/87
	Bench	62.5	137.7	A. Carlyle	07/25/87
	Deadlift	155.0	341.5	A. Carlyle	07/25/87
	TOTAL	355.0	782.5	A. Carlyle	07/25/87
90+kg/UNL	Squat	130.0	286.5	Aimee Wrenn	08/19/84
	Bench	57.5	126.7	Aimee Wrenn	08/19/84
	Deadlift	110.0	242.5	Aimee Wrenn	08/19/84
	TOTAL	297.5	655.7	Aimee Wrenn	08/19/84

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Category: Juniors (16-17)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	102.5	225.7	Claire Tuite	09/18/82
	Bench	55.0	121.2	Heather Couture	04/10/93
	Deadlift	122.5	270.0	Dana McLaughlin	07/30/83
	TOTAL	270.0	595.0	Lorie Hoadwonie	07/30/83
48kg/105.7lb	Squat	120.0	264.5	Jennifer Simon	11/02/96
	Bench	60.0	132.2	Jennifer Simon	11/02/96
	Deadlift	130.0	286.5	Jennifer Simon	11/02/96
	TOTAL	310.0	683.2	Jennifer Simon	11/02/96
52kg/114.5lb	Squat	142.5	314.0	Lori Jeffrey	03/12/95
	Bench	77.5	170.7	Lori Jeffrey	03/12/95
	Deadlift	150.0	330.5	Lori Jeffrey	03/12/95
	TOTAL	370.0	815.0	Lori Jeffrey	03/12/95
56kg/123.5lb	Squat	150.0	331.7	Sheila Ward	01/28/84
	Bench	81.0	178.5	Lori Jeffrey	04/11/94
	Deadlift	152.5	336.0	Sheila Ward	01/28/84
	TOTAL	382.5	843.0	Sheila Ward	01/28/84
60kg/132.2lb	Squat	147.5	325.0	Michele Parkinson	08/19/84
	Bench	76.5	168.5	Becky Beam	01/29/83
	Deadlift	165.0	363.7	Kathy Lind	02/07/81
	TOTAL	367.5	810.0	Kathy Lind	02/07/81
67.5kg/148.7lb	Squat	155.0	341.5	Michelle Feece	05/15/88
	Bench	95.0	209.2	Shari Sanner	08/19/84
	Deadlift	177.5	391.2	Teri Ptomey	05/20/79
	TOTAL	385.0	848.7	Michelle Feece	05/15/88
75kg/165.2lb	Squat	172.5	380.2	Janice Johnson	08/06/82
	Bench	87.5	192.7	Janice Johnson	02/20/82
	Deadlift	197.5	435.2	Janice Johnson	02/20/82
	TOTAL	447.5	986.5	Janice Johnson	02/20/82
82.5kg/181.7	Squat	170.0	374.7	Janice Johnson	01/08/83
	Bench	92.5	203.7	Janice Johnson	01/08/83
	Deadlift	192.5	424.2	Janice Johnson	01/08/83
	TOTAL	455.0	1003.0	Janice Johnson	01/08/83
90kg/198.2lb	Squat	170.5	375.8	Heather Keola	09/27/08
	Bench	72.5	159.8	Heather Keola	09/27/08
	Deadlift	170.0	374.7	Leslie Look	02/10/90
	TOTAL	477.5	1052.5	Krysta McClellan	03/12/95
90+kg/UNL	Squat	182.5	402.0	Jennifer Oller	04/08/00
	Bench	82.5	181.7	Wanda Sander	05/20/79
	Deadlift	167.5	369.2	Aimee Wrenn	07/25/87
	TOTAL	420.0	925.0	Jennifer Oller	04/08/00

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Category: Juniors (18-19)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	107.5	237.0	Alma Ramirez	04/08/00
	Bench	55.0	121.2	Alma Ramirez	04/08/00
	Deadlift	125.0	275.0	Heather Trotz	07/23/94
	TOTAL	297.5	655.7	Lori Okami	01/11/81
48kg/105.7lb	Squat	120.0	264.5	Lisa Mellea	06/28/85
	Bench	67.5	148.7	Mary Ryan	01/26/80
	Deadlift	130.0	286.5	Lisa Mellea	06/28/85
	TOTAL	302.5	666.7	Lisa Mellea	06/28/85
52kg/114.5lb	Squat	150.0	330.5	Tina DiSalvo	06/21/86
	Bench	82.5	181.7	Lori Okami	06/13/82
	Deadlift	147.5	325.0	Elisabeth Fisher	01/26/85
	TOTAL	375.0	826.5	Tina DiSalvo	06/21/86
56kg/123.5lb	Squat	160.0	352.5	Elisabeth Fisher	06/28/85
	Bench	85.0	187.2	Candace Pardue	08/06/82
	Deadlift	170.0	374.7	Molly Jackson	07/29/89
	TOTAL	410.0	903.7	Elisabeth Fisher	06/28/85
60kg/132.2lb	Squat	165.0	363.7	Debbie Candelaria	02/02/82
	Bench	85.0	187.2	Tina Gomez	08/04/90
	Deadlift	167.5	369.2	Amy Hoffman	01/30/88
	TOTAL	410.0	903.7	Debbie Candelaria	02/20/82
67.5kg/148.7lb	Squat	165.0	363.7	Allison Bush	12/03/00
	Bench	92.5	203.7	Marika Litras	03/22/87
	Deadlift	200.0	440.7	Terri Ptomey	12/13/80
	TOTAL	470.0	1036.0	Terri Ptomey	12/13/80
75kg/165.2lb	Squat	200.0	440.7	Terri Ptomey	02/20/82
	Bench	117.5	259.0	Jessica Porter	10/21/06
	Deadlift	207.5	457.2	Terri Ptomey	02/20/82
	TOTAL	490.0	1080.2	Terri Ptomey	02/20/82
82.5kg/181.7	Squat	210.0	462.7	Vicki Gagne	05/12/81
	Bench	122.5	270.0	Vicki Gagne	05/12/81
	Deadlift	227.5	501.5	Vicki Gagne	05/12/81
	TOTAL	560.0	1234.5	Vicki Gagne	05/12/81
90kg/198.2lb	Squat	200.0	440.7	Leslie Look	05/01/92
	Bench	100.0	220.2	Lisa Noble	07/30/83
	Deadlift	207.5	457.2	Leslie Look	05/01/92
	TOTAL	505.0	1113.2	Leslie Look	05/01/92
90+kg/UNL	Squat	207.5	457.2	Wanda Sander	05/12/81
	Bench	112.5	248.0	Wanda Sander	05/12/81
	Deadlift	230.5	508.0	Wanda Sander	05/12/81
	TOTAL	550.0	1212.5	Wanda Sander	05/12/81

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Category: Juniors (20-23)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	110.0	242.2	Marsha McVey	10/09/93
	Bench	55.0	121.2	Marsha McVey	10/09/93
	Deadlift	122.5	270.0	Marsha McVey	10/09/93
	TOTAL	287.5	633.7	Marsha McVey	10/09/93
48kg/105.7lb	Squat	122.5	270.0	Tammy Martin	05/01/92
	Bench	77.5	170.7	Natalie Freed	04/19/08
	Deadlift	125.0	275.5	Natalie Freed	04/19/08
	TOTAL	307.5	677.7	Tammy Martin	05/01/92
52kg/114.5lb	Squat	135.0	298.0	Kate Washburn	07/12/97
	Bench	72.5	160.0	Kate Washburn	07/12/97
	Deadlift	142.5	314.0	Allison Bewley	03/23/91
	TOTAL	287.5	633.7	Stacy Marcott	03/20/93
56kg/123.5lb	Squat	135.0	297.5	Jennifer Rey	05/01/92
	Bench	75.0	165.2	Jennifer Rey	06/18/93
	Deadlift	145.0	319.5	Cheryl Dorsey	03/20/93
	TOTAL	342.5	755.0	Jennifer Rey	05/21/92
60kg/132.2lb	Squat	145.0	319.5	Ruth Walker	05/01/92
	Bench	90.0	198.2	Ruth Walker	05/01/92
	Deadlift	155.0	341.5	Ruth Walker	05/01/92
	TOTAL	390.0	859.7	Ruth Walker	05/01/92
67.5kg/148.7lb	Squat	160.0	352.2	Ruth Walker	07/31/92
	Bench	102.5	225.7	Ruth Walker	07/31/92
	Deadlift	175.0	385.7	Ruth Walker	07/31/92
	TOTAL	437.5	964.5	Ruth Walker	07/31/92
75kg/165.2lb	Squat	131.0	288.8	Renee Amour	06/03/00
	Bench	80.0	176.3	Renee Amour	06/03/00
	Deadlift	142.5	314.0	Renee Amour	06/03/00
	TOTAL	353.5	779.3	Renee Amour	06/03/00
82.5kg/181.7	Squat	197.5	435.2	Leslie Look	10/29/93
	Bench	100.0	220.2	Leslie Look	04/10/93
	Deadlift	210.0	462.7	Leslie Look	10/29/93
	TOTAL	502.5	1107.7	Leslie Look	10/29/93
90kg/198.2lb	Squat	177.5	391.2	Leslie Look	09/05/92
	Bench	85.0	197.2	Leslie Look	09/05/92
	Deadlift	197.5	435.2	Leslie Look	09/05/92
	TOTAL	460.0	1014.0	Leslie Look	09/05/92
90+kg/UNL	Squat	135.0	297.5	Alosia Sellers	03/20/93
	Bench	67.5	148.7	Alosia Sellers	03/20/93
	Deadlift	120.0	264.5	Alosia Sellers	03/20/93
	TOTAL	322.5	710.7	Alosia Sellers	03/20/93