

365 Strong World Powerlifting Federation

North Carolina State Overall Division Leaders - by Weight Class

Last Update: 06/04/23

Open Raw Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	Open	RAW	Female	44kg/97lb	Deadlift	KAMBREE WILLIAMSON	132	11/19/2022
North Carolina	Open	RAW	Female	48kg/105.7lb	Squat	CARMEN TRIVETTE	121	10/16/2021
North Carolina	Open	RAW	Female	48kg/105.7lb	Bench	STEPHANIE WASHINGTON	110	7/10/2021
North Carolina	Open	RAW	Female	48kg/105.7lb	Deadlift	CARMEN TRIVETTE	143	10/16/2021
North Carolina	Open	RAW	Female	48kg/105.7lb	TOTAL	CARMEN TRIVETTE	347	10/16/2021
North Carolina	Open	RAW	Female	52kg/114.5lb	Squat	MISSY TAYLOR	259	7/24/2021
North Carolina	Open	RAW	Female	52kg/114.5lb	Bench	MISSY TAYLOR	182	4/23/2022
North Carolina	Open	RAW	Female	52kg/114.5lb	Deadlift	MISSY TAYLOR	275	4/24/2021
North Carolina	Open	RAW	Female	52kg/114.5lb	TOTAL	MISSY TAYLOR	694	4/24/2021
North Carolina	Open	RAW	Female	56kg/123.5lb	Squat	MISSY TAYLOR	314	5/6/2023
North Carolina	Open	RAW	Female	56kg/123.5lb	Bench	MISSY TAYLOR	209	5/6/2023
North Carolina	Open	RAW	Female	56kg/123.5lb	Deadlift	MISSY TAYLOR	331	2/25/2023
North Carolina	Open	RAW	Female	56kg/123.5lb	TOTAL	MISSY TAYLOR	854	5/6/2023
North Carolina	Open	RAW	Female	60kg/132.2lb	Squat	KRISTIN KITLICA	319	7/10/2021
North Carolina	Open	RAW	Female	60kg/132.2lb	Bench	KRISTIN KITLICA	171	7/10/2021
North Carolina	Open	RAW	Female	60kg/132.2lb	Deadlift	KRISTIN KITLICA	342	7/10/2021
North Carolina	Open	RAW	Female	60kg/132.2lb	TOTAL	KRISTIN KITLICA	832	7/10/2021
North Carolina	Open	RAW	Female	67.5kg/148.7lb	Squat	MORGAN LONG	386	5/6/2023
North Carolina	Open	RAW	Female	67.5kg/148.7lb	Bench	MORGAN LONG	242	4/23/2022
North Carolina	Open	RAW	Female	67.5kg/148.7lb	Deadlift	MORGAN LONG	435	5/6/2023
North Carolina	Open	RAW	Female	67.5kg/148.7lb	TOTAL	MORGAN LONG	1064	5/6/2023
North Carolina	Open	RAW	Female	75kg/165.2lb	Squat	CANDACE LOCKLEAR	336	3/10/2018
North Carolina	Open	RAW	Female	75kg/165.2lb	Bench	ALLI HEIRONIMUS	182	9/17/2022
North Carolina	Open	RAW	Female	75kg/165.2lb	Deadlift	KENDRA DANZER	424	4/20/2018
North Carolina	Open	RAW	Female	75kg/165.2lb	TOTAL	KENDRA DANZER	887	4/20/2018
North Carolina	Open	RAW	Female	82.5kg/181.7lb	Squat	ELIZABETH PINNIX	353	7/10/2021
North Carolina	Open	RAW	Female	82.5kg/181.7lb	Bench	KRISTIE JOHNSTON	209	3/4/2023
North Carolina	Open	RAW	Female	82.5kg/181.7lb	Bench	MIRANDA WILLIAMS	209	5/6/2023
North Carolina	Open	RAW	Female	82.5kg/181.7lb	Deadlift	LAY KAAHU	419	8/12/2017

North Carolina	Open	RAW	Female	82.5kg/181.7lb	TOTAL	ELIZABETH PINNIX	920	7/10/2021
North Carolina	Open	RAW	Female	90kg/198.2lb	Squat	EMELY BARAHONA	331	6/5/2021
North Carolina	Open	RAW	Female	90kg/198.2lb	Bench	LINSEY EUDY	242	5/6/2023
North Carolina	Open	RAW	Female	90kg/198.2lb	Deadlift	CHELSE ZAMORANO	358	5/22/2021
North Carolina	Open	RAW	Female	90kg/198.2lb	TOTAL	EMELY BARAHONA	848	6/5/2021
North Carolina	Open	RAW	Female	100kg/220lb	Squat	GINA WOOLARD	347	3/5/2022
North Carolina	Open	RAW	Female	100kg/220lb	Bench	GINA WOOLARD	165	3/5/2022
North Carolina	Open	RAW	Female	100kg/220lb	Deadlift	GINA WOOLARD	353	3/5/2022
North Carolina	Open	RAW	Female	100kg/220lb	Deadlift	ANIKA HARPER	353	5/6/2023
North Carolina	Open	RAW	Female	100kg/220lb	TOTAL	GINA WOOLARD	865	3/5/2022
North Carolina	Open	RAW	Female	110kg/242lb	Squat	JESSIE HUNT	314	10/17/2020
North Carolina	Open	RAW	Female	110kg/242lb	Bench	JESSIE HUNT	176	10/17/2020
North Carolina	Open	RAW	Female	110kg/242lb	Bench	KATY SILVERS	176	2/25/2023
North Carolina	Open	RAW	Female	110kg/242lb	Deadlift	KATY SILVERS	369	4/23/2022
North Carolina	Open	RAW	Female	110kg/242lb	TOTAL	JESSIE HUNT	849	10/17/2020
North Carolina	Open	RAW	Female	125kg/275lb	Squat	LINSAY FINCH	408	5/6/2023
North Carolina	Open	RAW	Female	125kg/275lb	Bench	SHAUNTRE LILLEY	193	12/4/2021
North Carolina	Open	RAW	Female	125kg/275lb	Deadlift	JANET MARTIN	370	10/22/2022
North Carolina	Open	RAW	Female	125kg/275lb	TOTAL	LINSAY FINCH	948	5/6/2023
North Carolina	Open	RAW	Female	140kg/308.5lb	Squat	CAPRI CAMERON	209	8/12/2017
North Carolina	Open	RAW	Female	140kg/308.5lb	Bench	KATY SILVERS	171	9/18/2021
North Carolina	Open	RAW	Female	140kg/308.5lb	Deadlift	KATY SILVERS	380	10/16/2021
North Carolina	Open	RAW	Female	140kg/308.5lb	TOTAL	CAPRI CAMERON	628	8/12/2017
North Carolina	Open	RAW	Female	140+kg/SHW	Squat	NONE		
North Carolina	Open	RAW	Female	140+kg/SHW	Bench	NONE		
North Carolina	Open	RAW	Female	140+kg/SHW	Deadlift	NONE		
North Carolina	Open	RAW	Female	140+kg/SHW	TOTAL	NONE		

North Carolina State Records

Juniors Raw Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	Juniors	RAW	Female	52kg/114.5lb	Squat	NONE		
North Carolina	Juniors	RAW	Female	52kg/114.5lb	Bench	RACQUEL WILSON	94	10/16/2021
North Carolina	Juniors	RAW	Female	52kg/114.5lb	Deadlift	NONE		
North Carolina	Juniors	RAW	Female	52kg/114.5lb	TOTAL	NONE		

North Carolina	Juniors	RAW	Female	56kg/123.4lb	Squat	ISABELLA SARCS	281	4/23/2022
North Carolina	Juniors	RAW	Female	56kg/123.4lb	Bench	EMILY GAISER	132	7/10/2021
North Carolina	Juniors	RAW	Female	56kg/123.4lb	Deadlift	ISABELLA SARCS	320	4/23/2022
North Carolina	Juniors	RAW	Female	56kg/123.4lb	TOTAL	ISABELLA SARCS	705	4/23/2022
North Carolina	Juniors	RAW	Female	60kg/132.25lb	Squat	EMILY GAISER	259	9/17/2022
North Carolina	Juniors	RAW	Female	60kg/132.25lb	Bench	EMILY GAISER	143	9/17/2022
North Carolina	Juniors	RAW	Female	60kg/132.25lb	Deadlift	EMILY GAISER	325	9/17/2022
North Carolina	Juniors	RAW	Female	60kg/132.25lb	TOTAL	EMILY GAISER	727	9/17/2022
North Carolina	Juniors	RAW	Female	67.5kg/148.8lb	Squat	HANNA YOUNG	331	4/20/2018
North Carolina	Juniors	RAW	Female	67.5kg/148.8lb	Bench	ANYA KALNINS	178	9/18/2021
North Carolina	Juniors	RAW	Female	67.5kg/148.8lb	Deadlift	HANNA YOUNG	364	4/20/2018
North Carolina	Juniors	RAW	Female	67.5kg/148.8lb	TOTAL	HANNA YOUNG	865	4/20/2018
North Carolina	Juniors	RAW	Female	75kg/165.2lb	Squat	CANDACE LOCKLEAR	336	3/10/2018
North Carolina	Juniors	RAW	Female	75kg/165.2lb	Bench	ALISHA MARTIN	171	4/24/2021
North Carolina	Juniors	RAW	Female	75kg/165.2lb	Deadlift	CANDACE LOCKLEAR	402	3/10/2018
North Carolina	Juniors	RAW	Female	75kg/165.2lb	TOTAL	CANDACE LOCKLEAR	876	3/10/2018
North Carolina	Juniors	RAW	Female	82.5kg/181.7lb	Squat	KATIE ROSEMAN	259	12/19/2020
North Carolina	Juniors	RAW	Female	82.5kg/181.7lb	Bench	KAILEE HELLER	154	7/10/2021
North Carolina	Juniors	RAW	Female	82.5kg/181.7lb	Deadlift	KAILEE HELLER	303	7/10/2021
North Carolina	Juniors	RAW	Female	82.5kg/181.7lb	TOTAL	KAILEE HELLER	716	7/10/2021
North Carolina	Juniors	RAW	Female	90kg/198.2lb	Squat	EMELY BARAHONA	331	6/5/2021
North Carolina	Juniors	RAW	Female	90kg/198.2lb	Bench	EMELY BARAHONA	187	6/5/2021
North Carolina	Juniors	RAW	Female	90kg/198.2lb	Deadlift	EMELY BARAHONA	331	6/5/2021
North Carolina	Juniors	RAW	Female	90kg/198.2lb	TOTAL	EMELY BARAHONA	849	6/5/2021
North Carolina	Juniors	RAW	Female	100kg/220.4lb		NONE		
North Carolina	Juniors	RAW	Female	110kg/242.5lb		NONE		
North Carolina	Juniors	RAW	Female	125kg/275.5lb	Squat	SHAUNTRE LILLEY	331	12/4/2021
North Carolina	Juniors	RAW	Female	125kg/275.5lb	Bench	SHAUNTRE LILLEY	193	12/4/2021
North Carolina	Juniors	RAW	Female	125kg/275.5lb	Deadlift	SHAUNTRE LILLEY	320	12/4/2021
North Carolina	Juniors	RAW	Female	125kg/275.5lb	TOTAL	SHAUNTRE LILLEY	843	12/4/2021
North Carolina	Juniors	RAW	Female	140kg/308.7lb		NONE		
North Carolina	Juniors	RAW	Female	140+kg/308.8+lb		NONE		

North Carolina State Records
Submasters Raw Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	Subm	RAW	Female	44kg/97lb		NONE		
North Carolina	Subm	RAW	Female	48kg/105.8lb		NONE		
North Carolina	Subm	RAW	Female	52kg/114.5lb		NONE		
North Carolina	Subm	RAW	Female	56kg/123.4lb	Squat	ALISHA ZORNES	143	3/21/2020
North Carolina	Subm	RAW	Female	56kg/123.4lb	Bench	NONE		
North Carolina	Subm	RAW	Female	56kg/123.4lb	Deadlift	NONE		
North Carolina	Subm	RAW	Female	56kg/123.4lb	TOTAL	NONE		
North Carolina	Subm	RAW	Female	60kg/132.2lb		NONE		
North Carolina	Subm	RAW	Female	67.5kg/148.8lb	Squat	AMY DAUGHERTY	264	5/22/2021
North Carolina	Subm	RAW	Female	67.5kg/148.8lb	Bench	VANESSA WESTBROOK	160	12/17/2022
North Carolina	Subm	RAW	Female	67.5kg/148.8lb	Deadlift	LADETRA COLE	336	10/29/2022
North Carolina	Subm	RAW	Female	67.5kg/148.8lb	TOTAL	AMY DAUGHERTY	705	5/22/2021
North Carolina	Subm	RAW	Female	75kg/165.2lb	Squat	LAUREN WHITE	264	11/19/2022
North Carolina	Subm	RAW	Female	75kg/165.2lb	Bench	LAUREN WHITE	154	11/19/2022
North Carolina	Subm	RAW	Female	75kg/165.2lb	Deadlift	LADETRA COLE	380	3/4/2022
North Carolina	Subm	RAW	Female	75kg/165.2lb	TOTAL	LAUREN WHITE	788	11/19/2022
North Carolina	Subm	RAW	Female	82.5kg/181.7lb	Squat	LAY KAAHU	303	8/12/2017
North Carolina	Subm	RAW	Female	82.5kg/181.7lb	Bench	LAY KAAHU	182	8/12/2017
North Carolina	Subm	RAW	Female	82.5kg/181.7lb	Deadlift	LAY KAAHU	419	8/12/2017
North Carolina	Subm	RAW	Female	82.5kg/181.7lb	TOTAL	LAY KAAHU	904	8/12/2017
North Carolina	Subm	RAW	Female	90kg/198.4lb	Squat	VALERIE RYAN	209	12/17/2022
North Carolina	Subm	RAW	Female	90kg/198.4lb	Bench	LINSEY EUDY	242	5/6/2023
North Carolina	Subm	RAW	Female	90kg/198.4lb	Deadlift	VALERIE RYAN	292	12/17/2022
North Carolina	Subm	RAW	Female	90kg/198.4lb	TOTAL	VALERIE RYAN	628	12/17/2022
North Carolina	Subm	RAW	Female	100kg/220.4lb	Squat	NAIMAH ABDULLAH	226	6/5/2021
North Carolina	Subm	RAW	Female	100kg/220.4lb	Bench	NAIMAH ABDULLAH	154	6/5/2021
North Carolina	Subm	RAW	Female	100kg/220.4lb	Deadlift	NAIMAH ABDULLAH	253	6/5/2021
North Carolina	Subm	RAW	Female	100kg/220.4lb	TOTAL	NAIMAH ABDULLAH	634	6/5/2021
North Carolina	Subm	RAW	Female	110kg/242.5lb		NONE		
North Carolina	Subm	RAW	Female	125lb/275.5lb	Bench	KATY SILVERS	160	12/19/2020
North Carolina	Subm	RAW	Female	140kg/308.6lb		NONE		
North Carolina	Subm	RAW	Female	140+kg/308.7+lb		NONE		

North Carolina State Records

Masters Raw Females

Masters Divisions: M1/40-44, M2/45-49, M3/50-54, M4/55-59, M5/60-64, M6/65-69, M7/70-74, M8/75-79, M9/80-84, ETC.

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	M1	RAW	Female	52kg/114.5lb		NONE		
North Carolina	M2	RAW	Female	52kg/114.5lb	Squat	MISSY TAYLOR	259	7/24/2021
North Carolina	M2	RAW	Female	52kg/114.5lb	Bench	MISSY TAYLOR	182	4/23/2022
North Carolina	M2	RAW	Female	52kg/114.5lb	Deadlift	MISSY TAYLOR	275	7/24/2021
North Carolina	M2	RAW	Female	52kg/114.5lb	TOTAL	MISSY TAYLOR	694	7/24/2021
North Carolina	M3	RAW	Female	52kg/114.5lb		NONE		
North Carolina	M6	RAW	Female	52kg/114.5lb		NONE		
North Carolina	M7	RAW	Female	52kg/114.5lb	Squat	LINDA COSTELLO	154	4/23/2022
North Carolina	M7	RAW	Female	52kg/114.5lb	Bench	LINDA COSTELLO	83	4/23/2022
North Carolina	M7	RAW	Female	52kg/114.5lb	Deadlift	LINDA COSTELLO	220	4/23/2022
North Carolina	M7	RAW	Female	52kg/114.5lb	TOTAL	LINDA COSTELLO	457	4/23/2022
North Carolina	M1	RAW	Female	56kg/123.5lb		NONE		
North Carolina	M2	RAW	Female	56kg/123.5lb	Squat	MISSY TAYLOR	314	5/6/2023
North Carolina	M2	RAW	Female	56kg/123.5lb	Bench	MISSY TAYLOR	209	5/6/2023
North Carolina	M2	RAW	Female	56kg/123.5lb	Deadlift	MISSY TAYLOR	331	2/25/2023
North Carolina	M2	RAW	Female	56kg/123.5lb	TOTAL	MISSY TAYLOR	854	5/6/2023
North Carolina	M3	RAW	Female	56kg/123.5lb	Squat	LISA BAKER	182	12/19/2020
North Carolina	M3	RAW	Female	56kg/123.5lb	Bench	LISA BAKER	94	12/19/2020
North Carolina	M3	RAW	Female	56kg/123.5lb	Deadlift	LISA BAKER	237	12/19/2020
North Carolina	M3	RAW	Female	56kg/123.5lb	TOTAL	LISA BAKER	512	12/19/2020
North Carolina	M4	RAW	Female	56kg/123.5lb	Squat	DAWN WILLIAMS	176	12/19/2020
North Carolina	M4	RAW	Female	56kg/123.5lb	Bench	DAWN WILLIAMS	116	12/19/2020
North Carolina	M4	RAW	Female	56kg/123.5lb	Deadlift	DAWN WILLIAMS	226	12/19/2020
North Carolina	M4	RAW	Female	56kg/123.5lb	TOTAL	DAWN WILLIAMS	518	12/19/2020
North Carolina	M5	RAW	Female	60kg/132.2lb	Bench	NINA SNIPES	72	5/27/2023
North Carolina	M1	RAW	Female	67.5kg/148.8lb	Squat	EMILY LILLY	359	5/6/2023
North Carolina	M1	RAW	Female	67.5kg/148.8lb	Bench	EMILY LILLY	231	3/4/2023
North Carolina	M1	RAW	Female	67.5kg/148.8lb	Deadlift	EMILY LILLY	369	5/6/2023
North Carolina	M1	RAW	Female	67.5kg/148.8lb	TOTAL	EMILY LILLY	955	5/6/2023
North Carolina	M2	RAW	Female	67.5kg/148.8lb	Squat	SHARON CROOK	248	6/25/2022
North Carolina	M2	RAW	Female	67.5kg/148.8lb	Bench	SHARON CROOK	149	6/25/2022

North Carolina	M2	RAW	Female	67.5kg/148.8lb	Bench	GINA CASPER	149	5/27/2023
North Carolina	M2	RAW	Female	67.5kg/148.8lb	Deadlift	GINA CASPER	303	5/27/2023
North Carolina	M2	RAW	Female	67.5kg/148.8lb	TOTAL	GINA CASPER	689	5/27/2023
North Carolina	M3	RAW	Female	67.5kg/148.8lb	Squat	YVETTE BUSHARD	270	10/16/2021
North Carolina	M3	RAW	Female	67.5kg/148.8lb	Bench	YVETTE BUSHARD	160	10/16/2021
North Carolina	M3	RAW	Female	67.5kg/148.8lb	Deadlift	YVETTE BUSHARD	281	10/16/2021
North Carolina	M3	RAW	Female	67.5kg/148.8lb	TOTAL	YVETTE BUSHARD	711	10/16/2021
North Carolina	M4	RAW	Female	67.5kg/148.8lb	Squat	YVETTE BUSHARD	253	5/6/2023
North Carolina	M4	RAW	Female	67.5kg/148.8lb	Bench	YVETTE BUSHARD	143	5/6/2023
North Carolina	M4	RAW	Female	67.5kg/148.8lb	Deadlift	YVETTE BUSHARD	292	5/6/2023
North Carolina	M4	RAW	Female	67.5kg/148.8lb	TOTAL	YVETTE BUSHARD	689	5/6/2023
North Carolina	M1	RAW	Female	75kg/165.2lb	Squat	JENNIFER MAY	215	5/27/2023
North Carolina	M1	RAW	Female	75kg/165.2lb	Bench	JENNIFER MAY	121	5/27/2023
North Carolina	M1	RAW	Female	75kg/165.2lb	Deadlift	JENNIFER MAY	275	5/27/2023
North Carolina	M1	RAW	Female	75kg/165.2lb	TOTAL	JENNIFER MAY	612	5/27/2023
North Carolina	M3	RAW	Female	75kg/165.2lb	Bench	TAMMY DELOATCH	187	11/9/2019
North Carolina	M5	RAW	Female	75kg/165.2lb	Bench	CINDY MEEKER	95	10/29/2016
North Carolina	M1	RAW	Female	82.5kg/181.7lb		NONE		
North Carolina	M2	RAW	Female	82.5kg/181.7lb	Squat	CRYSTAL MCCULLOUGH	308	1/22/2022
North Carolina	M2	RAW	Female	82.5kg/181.7lb	Bench	CRYSTAL MCCULLOUGH	176	1/22/2022
North Carolina	M2	RAW	Female	82.5kg/181.7lb	Deadlift	CRYSTAL MCCULLOUGH	353	1/22/2022
North Carolina	M2	RAW	Female	82.5kg/181.7lb	TOTAL	CRYSTAL MCCULLOUGH	838	1/22/2022
North Carolina	M3	RAW	Female	82.5kg/181.7lb		NONE		
North Carolina	M4	RAW	Female	82.5kg/181.7lb	Bench	CINDY MEEKER	143	5/11/2019
North Carolina	M4	RAW	Female	82.5kg/181.7lb	Deadlift	NELDA NEWTON	242	10/16/2021
North Carolina	M5	RAW	Female	82.5kg/181.7lb	Bench	GLORIA KNIGHT-MCNEIL	198	10/22/2022
North Carolina	M1	RAW	Female	90kg/198.4lb	Squat	MICHELE BLACKMAN	248	12/4/2021
North Carolina	M1	RAW	Female	90kg/198.4lb	Bench	MICHELE BLACKMAN	154	12/4/2021
North Carolina	M1	RAW	Female	90kg/198.4lb	Deadlift	ANIKA HARPER	336	4/23/2022
North Carolina	M1	RAW	Female	90kg/198.4lb	TOTAL	MICHELE BLACKMAN	628	12/4/2021
North Carolina	M1	RAW	Female	100kg/220.4lb	Squat	GINA WOOLARD	347	3/5/2022
North Carolina	M1	RAW	Female	100kg/220.4lb	Bench	GINA WOOLARD	165	3/5/2022
North Carolina	M1	RAW	Female	100kg/220.4lb	Deadlift	GINA WOOLARD	353	3/5/2022
North Carolina	M1	RAW	Female	100kg/220.4lb	Deadlift	ANIKA HARPER	353	5/6/2023

North Carolina	M1	RAW	Female	100kg/220.4lb	TOTAL	GINA WOOLARD	865	3/5/2022
North Carolina	M1	RAW	Female	110kg/242.5lb	Bench	KATY SILVERS	160	5/6/2023
North Carolina	M2	RAW	Female	110kg/242.5lb	Bench	JANET MARTIN	132	6/10/2017
North Carolina	M2	RAW	Female	110kg/242.5lb	Deadlift	JANET MARTIN	248	6/10/2017
North Carolina	M3	RAW	Female	110kg/242.5lb	Bench	JANET MARTIN	154	5/6/2023
North Carolina	M3	RAW	Female	110kg/242.5lb	Deadlift	JANET MARTIN	353	5/6/2023
North Carolina	M1	RAW	Female	125kg/275.5lb	Bench	KATY SILVERS	160	7/24/2021
North Carolina	M2	RAW	Female	125kg/275.5lb	Bench	JANET MARTIN	149	6/9/2018
North Carolina	M2	RAW	Female	125kg/275.5lb	Deadlift	JANET MARTIN	325	6/9/2018
North Carolina	M3	RAW	Female	125kg/275.5lb	Bench	JANET MARTIN	171	10/22/2022
North Carolina	M3	RAW	Female	125kg/275.5lb	Deadlift	JANET MARTIN	370	10/22/2022
North Carolina	M1	RAW	Female	140kg/308.6lb	Bench	KATY SILVERS	171	9/18/2021
North Carolina	Masters	RAW	Female	140+kg/308.7+lb		NONE		

North Carolina State Records

M/P/F Raw Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	M/P/F	RAW	Female	48kg/105.8lb	Bench	STEPHANIE WASHINGTON	110	7/10/2021
North Carolina	M/P/F	RAW	Female	52kg/114.5lb		NONE		
North Carolina	M/P/F	RAW	Female	56kg/123.5lb	Bench	AMANDA ISLEY	132	10/28/2017
North Carolina	M/P/F	RAW	Female	60kg/132.2lb	Squat	CLAIRE ROSSER	242	8/12/2017
North Carolina	M/P/F	RAW	Female	60kg/132.2lb	Bench	CLAIRE ROSSER	138	8/12/2017
North Carolina	M/P/F	RAW	Female	60kg/132.2lb	Deadlift	CLAIRE ROSSER	303	8/12/2017
North Carolina	M/P/F	RAW	Female	60kg/132.2lb	TOTAL	CLAIRE ROSSER	683	8/12/2017
North Carolina	M/P/F	RAW	Female	67.5kg/148.7lb	Squat	EMILY LILLY	358	3/4/2023
North Carolina	M/P/F	RAW	Female	67.5kg/148.7lb	Bench	EMILY LILLY	231	3/4/2023
North Carolina	M/P/F	RAW	Female	67.5kg/148.7lb	Deadlift	EMILY LILLY	364	3/4/2023
North Carolina	M/P/F	RAW	Female	67.5kg/148.7lb	TOTAL	EMILY LILLY	953	3/4/2025
North Carolina	M/P/F	RAW	Female	75kg/165.2lb	Squat	MIKHAYLA DUNN	275	12/18/2021
North Carolina	M/P/F	RAW	Female	75kg/165.2lb	Bench	MIKHAYLA DUNN	154	12/18/2021
North Carolina	M/P/F	RAW	Female	75kg/165.2lb	Deadlift	LADETRA COLE	336	10/29/2022
North Carolina	M/P/F	RAW	Female	75kg/165.2lb	TOTAL	MIKHAYLA DUNN	749	12/18/2021
North Carolina	M/P/F	RAW	Female	82.5kg/181.7lb	Squat	GABBY ROBBINS	314	11/9/2019
North Carolina	M/P/F	RAW	Female	82.5kg/181.7lb	Bench	GABBY ROBBINS	204	11/9/2019
North Carolina	M/P/F	RAW	Female	82.5kg/181.7lb	Deadlift	GABBY ROBBINS	397	11/9/2019

North Carolina	M/P/F	RAW	Female	82.5kg/181.7lb	TOTAL	GABBY ROBBINS	915	11/9/2019
North Carolina	M/P/F	RAW	Female	90kg/198.4lb		NONE		
North Carolina	M/P/F	RAW	Female	100kg/220.4lb		NONE		
North Carolina	M/P/F	RAW	Female	110kg/242.5lb		NONE		
North Carolina	M/P/F	RAW	Female	125kg/275.5lb	Bench	TARRA FARMHAM	138	5/11/2021
North Carolina	M/P/F	RAW	Female	140kg/308.6lb		NONE		

North Carolina State Records

KC, Youth & Teenage Raw Females

Kids Club (10 & Under), Youth (10-12), Teen-1 (13-15), Teen-2 (16-17), Teen-3 (18-19)

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	KC	RAW	Female	44kg/97lb	Deadlift	KAMBREE WILLIAMSON	132	11/19/2022
North Carolina	Youth	RAW	Female	48kg/105.7lb	Squat	CARMEN TRIVETTE	121	10/16/2021
North Carolina	Youth	RAW	Female	48kg/105.7lb	Bench	CARMEN TRIVETTE	83	10/16/2021
North Carolina	Youth	RAW	Female	48kg/105.7lb	Deadlift	CARMEN TRIVETTE	143	10/16/2021
North Carolina	Youth	RAW	Female	48kg/105.7lb	TOTAL	CARMEN TRIVETTE	347	10/16/2021
North Carolina	Teen-1	RAW	Female	52kg/114.5lb	Squat	CARMEN TRIVETTE	154	5/6/2023
North Carolina	Teen-1	RAW	Female	52kg/114.5lb	Bench	MAKAYLA VAN METER	105	3/13/2021
North Carolina	Teen-1	RAW	Female	52kg/114.5lb	Deadlift	CARMEN TRIVETTE	231	5/6/2023
North Carolina	Teen-1	RAW	Female	52kg/114.5lb	TOTAL	CARMEN TRIVETTE	468	5/6/2023
North Carolina	Teen-3	RAW	Female	56kg/123.5lb	Squat	BECCA DISON	276	3/10/2018
North Carolina	Teen-3	RAW	Female	56kg/123.5lb	Bench	BECCA DISON	160	3/10/2018
North Carolina	Teen-3	RAW	Female	56kg/123.5lb	Deadlift	BECCA DISON	320	3/10/2018
North Carolina	Teen-3	RAW	Female	56kg/123.5lb	TOTAL	BECCA DISON	755	3/10/2018
North Carolina	Teen-2	RAW	Female	60kg/132.2lb	Squat	MARA HALL	198	2/20/2021
North Carolina	Teen-2	RAW	Female	60kg/132.2lb	Bench	MARA HALL	110	2/20/2021
North Carolina	Teen-2	RAW	Female	60kg/132.2lb	Deadlift	MARA HALL	259	2/20/2021
North Carolina	Teen-2	RAW	Female	60kg/132.2lb	TOTAL	MARA HALL	568	2/20/2021
North Carolina	Teen-3	RAW	Female	60kg/132.2lb	Squat	CLAIRE ROSSER	242	8/12/2017
North Carolina	Teen-3	RAW	Female	60kg/132.2lb	Bench	CLAIRE ROSSER	138	8/12/2017
North Carolina	Teen-3	RAW	Female	60kg/132.2lb	Deadlift	CLAIRE ROSSER	303	8/12/2017
North Carolina	Teen-3	RAW	Female	60kg/132.2lb	TOTAL	CLAIRE ROSSER	683	8/12/2017
North Carolina	Teen-2	RAW	Female	67.5kg/148.8lb	Bench	HALEIGH BATCHELOR	143	10/22/2022
North Carolina	Teen-3	RAW	Female	67.5kg/148.8lb	Squat	HANNA YOUNG	314	8/12/2017
North Carolina	Teen-3	RAW	Female	67.5kg/148.8lb	Bench	HANNA YOUNG	165	8/12/2017

North Carolina	Teen-3	RAW	Female	67.5kg/148.8lb	Deadlift	HANNA YOUNG	303	8/12/2017
North Carolina	Teen-3	RAW	Female	67.5kg/148.8lb	TOTAL	HANNA YOUNG	816	8/12/2017
North Carolina	Teen-1	RAW	Female	75kg/165.2lb	Squat	TYLER GLOVER	237	9/18/2021
North Carolina	Teen-1	RAW	Female	75kg/165.2lb	Bench	TYLER GLOVER	132	9/18/2021
North Carolina	Teen-1	RAW	Female	75kg/165.2lb	Deadlift	OLIVIA DUBROW	320	9/18/2021
North Carolina	Teen-1	RAW	Female	75kg/165.2lb	TOTAL	TYLER GLOVER	683	9/18/2021
North Carolina	Teen-3	RAW	Female	82.5kg/181.7lb	Squat	SHELBY SPRINKLE	281	12/18/2021
North Carolina	Teen-3	RAW	Female	82.5kg/181.7lb	Bench	VICTORIA RENFROE	150	7/9/2016
North Carolina	Teen-3	RAW	Female	82.5kg/181.7lb	Deadlift	SHELBY SPRINKLE	402	12/18/2021
North Carolina	Teen-3	RAW	Female	82.5kg/181.7lb	TOTAL	SHELBY SPRINKLE	827	12/18/2021
North Carolina	Yth, Tn	RAW	Female	90kg/198.4lb		NONE		
North Carolina	Teen-1	RAW	Female	100kg/220lb	Squat	ALEX JEFFERSON	248	10/17/2020
North Carolina	Teen-1	RAW	Female	100kg/220lb	Bench	ALEX JEFFERSON	143	10/17/2020
North Carolina	Teen-1	RAW	Female	100kg/220lb	Deadlift	ALEX JEFFERSON	303	10/17/2020
North Carolina	Teen-1	RAW	Female	100kg/220lb	TOTAL	ALEX JEFFERSON	694	10/17/2020
North Carolina	Yth, Tn	RAW	Female	110kg/242.5lb		NONE		
North Carolina	Yth, Tn	RAW	Female	125kg/275lb		NONE		
North Carolina	Teen-3	RAW	Female	140kg/308.6lb	Bench	MEREDITH ARNOLD	149	4/24/2021
North Carolina	Yth, Tn	RAW	Female	140+kg/308.7+lb		NONE		

North Carolina State Records

Raw Strict Curl Females (all divisions)

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	M5	RAW	Female	56kg/123.5lb	Curl	NINA SNIPES	27.6	9/17/2022
North Carolina	M5	RAW	Female	60kg/132.2lb	Curl	NINA SNIPES	32.5	5/27/2023
North Carolina	Teen-1	RAW	Female	67.5kg/148.8lb	Curl	HALEIGH BATCHELOR	71.5	10/22/2022
North Carolina	M-2	RAW	Female	67.5kg/148.8lb	Curl	AIYSHA HAYES	50	1/22/2022
North Carolina	Open	RAW	Female	82.5kg/181.7lb	Curl	GLORIA KNIGHT-MCNEIL	95	10/22/2022
North Carolina	M5	RAW	Female	82.5kg/181.7lb	Curl	GLORIA KNIGHT-MCNEIL	95	10/22/2022
North Carolina	SM	RAW	Female	82.5kg/181.7lb	Curl	PAM BUSKIRK	66	3/5/2022
North Carolina	M-4	RAW	Female	82.5kg/181.7lb	Curl	NELDA NEWTON	60	3/5/2022
North Carolina	M-3	RAW	Female	125kg/275.5lb	Curl	JANET MARTIN	104.5	10/22/2022