

365 Strong World Powerlifting Federation  
Current **TOP TEN "Tested" Female World Ranking**

World Leaders in Yellow

RAW: Declared RAW (R) if lifter only wears knee sleeves or nothing  
RAW CLASSIC: Declared RAW CLASSIC (RC) once lifter wears knee wraps

EQUIPPED: Competitors are Equipped (SP) once they use Single-Ply lifting attire  
GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 1/29/2024

**FEMALE RAW OVERALL LEADERS**

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	132	<b>Alessandra Reis</b>	1/21/2023
<b>48kg/105.7lbs</b>					
	12	105.2	121	<b>Carmen Trivette</b>	10/16/2021
<b>52kg/114.5lbs</b>					
	46	111.8	264	<b>Missy Taylor</b>	4/23/2022
	22	111.6	250	Elena Lopez	6/2/2018
	24	114.2	215	Amber Malchow	10/28/2017
	20	108	165	Maggie Parsons	11/19/2016
	19	112.4	165	McKenna Wright	6/17/2023
	72	106.3	154	Linda Costello	4/23/2022
	13	111.3	154	Carmen Trivette	10/22/2022
	62	108.2	149	Sue Ann Hurlbert	10/21/2023
	13	112.8	116	Makayla Van Meter	2/20/2021
<b>56kg/123.5lbs</b>					
	23	123	281	<b>Isabella Sarks</b>	12/4/2021
	19	123.4	275	Becca Dison	3/10/2018
	46	117.3	265	Missy Taylor	10/16/2021
	29	123.5	248	Krystal Scott	8/12/2017
	19	118.4	242	Olivia Pasin	11/19/2022
	20	120.6	220	Emily Gaiser	7/10/2021
	31	123	209	Meredith Ward	3/9/2019
	28	122.8	204	Shantell Hawkins	9/7/2019
	31	122.8	187	Heidi Schuck	6/19/2021
	54	119.6	182	Lisa Baker	12/19/2020
<b>60kg/132.2lbs</b>					
	25	132	319	<b>Kristin Kitlica</b>	7/10/2021
	25	125	285	Caitlin Cardone	4/9/2016
	28	129.4	281	Leslie Kutner	4/20/2018
	27	131.6	280	Samantha Sawyer	1/21/2017
	21	127.9	275	Alexis Rutledge	4/23/2022
	33	132.2	264	Amy Pierce	8/12/2017
	22	127.4	259	Emily Gaiser	9/17/2022
	26	126	248	Barbara Morales	12/9/2023
	28	128.8	248	April Rainey	2/25/2023
	24	128.1	242	Liz Micovich	9/18/2021
<b>67.5kg/148.7lbs</b>					
	43	147.5	359	<b>Emily Lilly</b>	5/6/2023
	20	138	331	Hanna Young	4/20/2018
	29	144.4	303	Leslie Kutner	11/9/2019
	34	145	297	Carmen Florian	5/11/2019
	41	143.3	292	Mona Hope	1/20/2024
	20	144.6	292	Everette Sherrill	7/22/2023
	33	137.2	270	Domoni Alexander	10/28/2017
	53	139.1	270	Yvette Bushard	10/16/2021
	39	144.8	264	Amy Daugherty	5/22/2021
	23	148.6	264	Courtney Fox	7/22/2023
<b>75kg/165.2lbs</b>					
	44	159	380	<b>Emily Lilly</b>	10/21/2023
	23	164.6	336	Candace Locklear	3/10/2018
	23	161.5	314	Alisha Martin	4/24/2021
	48	164.6	314	Bonnie Mosley	10/17/2020
	23	153.2	309	Courtney Fox	10/21/2023
	34	163.4	309	Kendra Danzer	4/20/2018
	26	153	286	Amber Jordan	10/21/2023

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	15	97	83	<b>Bella-Grace Meadows</b>	4/1/2023
	13	86	71	Alessandra Reis	1/21/2023
<b>48kg/105.7lbs</b>					
	33	104.3	110	<b>Stephanie Washington</b>	7/10/2021
	12	105.2	83	Carmen Trivette	10/16/2021
<b>52kg/114.5lbs</b>					
	46	111.8	182	<b>Missy Taylor</b>	4/23/2022
	24	114.2	132	Amber Malchow	10/28/2017
	30	111.2	127	Aubrey Cornwell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykisha Garland	10/17/2020
	62	108.2	105	Sue Ann Hurlbert	10/21/2023
	13	111.3	99	Carmen Trivette	10/22/2022
	37	111.3	99	Tiffany Bellamy	4/22/2017
	13	112.8	99	McKayla Van Meter	2/20/2021
	21	108.3	94	Racquel Wilson	10/16/2021
<b>56kg/123.5lbs</b>					
	46	117.3	176	<b>Missy Taylor</b>	10/16/2021
	42	121.8	175	Dawn Bogart	4/9/2016
	19	123.4	160	Becca Dison	1/21/2017
	32	122.8	155	Tiffany Faulkner	1/21/2017
	29	123	154	Krystal Scott	10/28/2017
	19	118.4	149	Olivia Pasin	11/19/2022
	31	120.4	138	Meredith Ward	4/20/2018
	20	120.6	132	Emily Gaiser	7/10/2021
	29	122	132	Amanda Isley	8/12/2017
	31	122.8	132	Heidi Schuck	6/19/2021
<b>60kg/132.2lbs</b>					
	47	127.2	180	<b>Bela Ghosh</b>	6/11/2016
	25	132	171	Kristin Kitlica	7/10/2021
	25	125.6	165	Caitlin Cardone	7/9/2016
	27	129	165	Leslie Kutner	10/28/2017
	28	128.8	154	April Rainey	2/25/2023
	33	132.2	154	Amy Pierce	8/12/2017
	33	131.2	149	Meredith Ward	6/13/2020
	27	128	145	Nadia Zebouni	7/9/2016
	25	125	145	Caitlin Cardone	4/9/2016
	22	127.4	143	Emily Gaiser	9/17/2022
<b>67.5kg/148.7lbs</b>					
	43	147.1	231	<b>Emily Lilly</b>	3/4/2023
	27	144.2	200	Courtney Norris	7/9/2016
	29	144.4	182	Leslie Kutner	11/9/2019
	21	138.3	178	Anyia Kalnins	9/18/2021
	30	143.5	176	Maria Ackley	11/11/2023
	36	139.4	176	LaDetra Cole	10/29/2022
	33	143.5	171	Carmen Florian	3/9/2019
	29	145.1	171	Brittany Vinesett	7/24/2021
	27	143.8	165	Taylor Jackson	5/11/2019
	48	145.3	165	Aiysha Hayes	1/22/2022
	33	137.2	160	Domoni Alexander	10/28/2017
<b>75kg/165.2lbs</b>					
	44	159	242	<b>Emily Lilly</b>	10/21/2023
	26	164.5	231	Kari DeShazo	11/21/2020
	52	162.3	187	Tammy Deloatch	11/9/2019
	34	160.2	182	Alli Heironimus	9/17/2022
	57	165.2	178	Cherie Goldsmith	4/1/2023
	19	150.4	176	Sarah Oesch	6/11/2022
	34	159.4	171	Deborah Omolewu	4/20/2018

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	204	<b>Alessandra Reis</b>	1/21/2023
	9	63.8	132	Kambree Williamson	11/19/2022
	9	69.4	78	Alaina Allsbrook	5/27/2023
<b>48kg/105.7lbs</b>					
	12	105.2	143	<b>Carmen Trivette</b>	10/16/2021
<b>52kg/114.5lbs</b>					
	24	114.2	303	<b>Amber Malchow</b>	10/28/2017
	46	111.8	292	Missy Taylor	4/23/2022
	22	111.6	240	Elena Lopez	6/2/2018
	19	112.4	237	McKenna Wright	6/17/2023
	14	114	226	Carmen Trivette	5/6/2023
	62	110.7	224	Sue Ann Hurlbert	7/22/2023
	72	106.3	220	Linda Costello	4/23/2022
	20	108	220	Maggie Parsons	4/22/2017
	13	112.8	220	Makayla Van Meter	2/20/2021
	17	112	215	Leighann Allen	11/19/2016
<b>56kg/123.5lbs</b>					
	23	122.8	320	<b>Isabella Sarks</b>	4/23/2022
	19	123.4	320	<b>Becca Dison</b>	3/10/2018
	47	119.5	314	Missy Taylor	10/22/2022
	31	123	314	Meredith Ward	3/9/2019
	32	122.8	305	Tiffany Faulkner	1/21/2017
	20	120.6	286	Emily Gaiser	7/10/2021
	19	118.4	281	Olivia Pasin	11/19/2022
	29	123.5	281	Krystal Scott	8/12/2017
	28	122.8	259	Shantell Hawkins	9/7/2019
	31	122.8	253	Heidi Schuck	6/19/2021
<b>60kg/132.2lbs</b>					
	26	126	369	<b>Barbara Morales</b>	12/9/2023
	28	129.4	347	Leslie Kutner	4/20/2018
	25	132	342	Kristin Kitlica	7/10/2021
	26	128.4	340	Whitney Myers	6/2/2018
	22	127.4	325	Emily Gaiser	9/17/2022
	27	128	325	Nadia Zebouni	7/9/2016
	28	128.8	320	April Rainey	2/25/2023
	25	125	315	Caitlin Cardone	4/9/2016
	47	127.2	315	Bela Ghosh	6/11/2016
	33	132.2	308	Amy Pierce	8/12/2017
<b>67.5kg/148.7lbs</b>					
	29	144.4	380	<b>Leslie Kutner</b>	11/9/2019
	43	147.5	369	Emily Lilly	5/6/2023
	20	138	364	Hanna Young	4/20/2018
	30	143.5	347	Maria Ackley	11/11/2023
	36	139.4	336	LaDetra Cole	10/29/2022
	33	143.5	336	Carmen Florian	3/9/2019
	29	145.1	336	Angelica Pineiro	11/11/2023
	25	135.2	331	Evelyn Lyon	9/30/2017
	41	143.3	320	Mona Hope	1/20/2024
	35	148.2	320	Andrea Fox	3/10/2018
<b>75kg/165.2lbs</b>					
	34	163.4	424	<b>Kendra Danzer</b>	4/20/2018
	23	164.6	402	Candace Locklear	3/10/2018
	35	154.8	380	LaDetra Cole	3/5/2022
	44	159	380	Emily Lilly	10/21/2023
	34	159.4	380	Deborah Omolewu	4/20/2018
	37	162.3	369	Lauren White	11/19/2022
	41	164.6	347	Tara Peele	10/27/2018

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	386	<b>Alessandra Reis</b>	1/21/2023
<b>48kg/105.7lbs</b>					
	12	105.2	347	<b>Carmen Trivette</b>	10/16/2021
<b>52kg/114.5lbs</b>					
	46	111.8	733	<b>Missy Taylor</b>	4/23/2022
	24	114.2	650	Amber Malchow	10/28/2017
	22	111.6	575	Elena Lopez	6/2/2018
	19	112.4	485	McKenna Wright	6/17/2023
	13	111.3	474	Carmen Trivette	10/22/2022
	20	108	469	Maggie Parsons	11/19/2016
	62	110.7	464	Sue Ann Hurlbert	7/22/2023
	72	106.3	457	Linda Costello	4/23/2022
	13	112.8	435	Makayla Van Meter	2/20/2021
<b>56kg/123.5lbs</b>					
	19	123.4	755	<b>Becca Dison</b>	3/10/2018
	46	117.3	733	Missy Taylor	10/16/

	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
	34	159.4	281	Deborah Omolewu	4/20/2018
<b>82.5kg/181.7lbs</b>					
	25	179.4	353	Elizabeth Pinnix	7/10/2021
	28	181	331	Miranda Williams	5/6/2023
	29	177.6	314	Gabriella Robbins	11/9/2019
	45	178.6	308	Crystal McCullough	1/22/2022
	38	175	303	Lay Kaahu	8/12/2017
	28	177.5	303	Mikhayla Dunn	4/15/2023
	32	169.1	290	Rayseen Brown	1/21/2017
	29	169.8	281	Jessica Herling	3/5/2022
	19	175.4	281	Shelby Sprinkle	12/18/2021
	31	178.2	281	Emily Gilson	10/17/2020
<b>90kg/198.2lbs</b>					
	24	196.7	364	Isabella Hefner	10/21/2023
	22	184.1	331	Emely Barahona	6/5/2021
	28	192	331	Jess Lemachko	8/19/2023
	24	193	320	Allyson Abbs	4/20/2018
	44	197.8	320	Carla Akers	4/20/2018
	27	188.7	270	Brittany Marquez	1/21/2017
	43	192	248	Michele Blackman	12/4/2021
	24	187.6	242	Brittany Abbott	6/10/2017
	47	189.6	242	Mandy Self-Sparrow	7/22/2023
	28	192.5	242	Hali Medina	11/11/2023
<b>100kg/220.25lbs</b>					
	26	218.5	342	Amy Portillo	7/22/2023
	32	216.5	331	Rachel Massey	6/11/2022
	45	219.1	331	Carla Akers	10/27/2018
	35	216.3	303	Crystal Prather	6/17/2023
	30	210.5	286	Haley Shields	10/21/2023
	47	214.3	264	Barbara VanVliet	11/11/2023
	32	199	259	Angela Dunn	9/17/2022
	13	200.7	248	Alex Jefferson	10/17/2020
	14	200	237	Karson Tolle	6/11/2022
	34	206.8	231	Valerie Ryan	1/22/2022
<b>110kg/242.5lbs</b>					
	26	239.4	424	Amy Portillo	10/21/2023
	24	230.6	419	Maddy Webster	3/18/2023
	15	238.5	325	Abrie Meadows	6/17/2023
	33	230.2	314	Jessie Hunt	10/17/2020
	15	232.4	286	Kennedy Green	10/12/2019
	37	236.5	226	Naimah Abdullah	6/5/2021
	29	241.5	226	Laura Salazar	12/8/2018
	27	225.3	209	Rose Hoang	11/11/2023
<b>110+kg/242.6+lbs</b>					
	40	277.1	380	Katy Silvers	10/16/2021
	23	262.8	331	Shauntre Lilley	12/4/2021
	38	253.5	314	Allison Busby	10/21/2023
	29	273.8	303	Mary-Ann Ricks	3/5/2022
	22	330.2	280	Lashonda Zander	6/2/2018
	23	254.8	275	Nathalie Vargas	12/18/2021
	27	248	248	Aubrey Dowding	5/11/2019
	24	248	226	Linsay Finch	3/4/2023
	22	282.2	209	Capri Cameron	8/12/2017
	40	271	198	Ann McManus	12/9/2023

	23	161.5	171	Alisha Martin	4/24/2021
	48	164.6	171	Bonnie Mosley	10/17/2020
	31	163	165	Bridget McDermott	4/22/2017
<b>82.5kg/181.7lbs</b>					
	32	179	231	Ciearra Jackson-Griffin	7/22/2023
	34	175	226	Kristie Johnston	10/21/2023
	28	181	209	Miranda Williams	5/6/2023
	29	177.6	204	Gabrielle Robbins	11/9/2019
	63	179.5	198	Gloria Knight-McNeil	10/22/2022
	19	175	182	Sarah Oesch	10/22/2022
	38	175	182	Lay Kaahu	8/12/2017
	25	179.4	182	Elizabeth Pinnix	7/10/2021
	45	178.6	176	Crystal McCullough	1/22/2022
	49	177.2	171	Jennifer Carter	9/16/2023
<b>90kg/198.2lbs</b>					
	37	198	248	Linsey Eudy	10/21/2023
	28	192	220	Jess Lemachko	8/19/2023
	33	189	200	Priyanka Santiago	10/1/2022
	40	187.2	193	Mona Espinosa	1/22/2022
	22	184.1	187	Emely Barahona	6/5/2021
	45	194	187	Heather Streible	3/18/2023
	44	197.8	187	Carla Akers	4/20/2018
	34	196.2	176	Mallory Horne	4/15/2023
	24	193	171	Allyson Abbs	4/20/2018
	23	195.1	171	Isabella Hefner	7/22/2023
<b>100kg/220.25lbs</b>					
	12	218.1	204	Nevaeh McIntosh	5/6/2023
	45	219.1	204	Carla Akers	10/27/2018
	30	210.5	187	Haley Shields	10/21/2023
	32	216.5	171	Rachel Massey	6/11/2022
	46	211	165	Renee Turner	6/17/2023
	32	199	154	Angela Dunn	9/17/2022
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	42	214.5	149	Christy Owens	4/23/2022
	35	216.3	149	Crystal Prather	6/17/2023
<b>110kg/242.5lbs</b>					
	24	230.6	231	Maddy Webster	3/18/2023
	50	240	215	Ylander Ross	1/21/2017
	29	228.8	204	Brittany Berryhill	12/19/2020
	33	223.8	190	Melissa Shade	6/2/2018
	34	234.3	182	Jessie Hunt	4/24/2021
	41	232.4	176	Katy Silvers	2/25/2023
	54	242	176	Shari Wofford	4/20/2018
	54	223.6	154	Janet Martin	5/6/2023
	37	236.5	154	Naimah Abdullah	6/5/2021
	15	238.5	154	Avrie Meadows	6/17/2023
<b>110+kg/242.6+lbs</b>					
	29	294.8	248	Alex Wilson-McKenzie	10/22/2022
	38	253.5	215	Allison Busby	10/21/2023
	23	262.8	193	Shauntre Lilley	12/4/2021
	29	273.8	182	Mary-Ann Ricks	3/5/2022
	54	243.2	176	Shari Wofford	6/9/2018
	24	248	176	Linsay Finch	3/4/2023
	22	330.2	175	Lashonda Zander	6/2/2018
	53	250.9	171	Janet Martin	10/22/2022
	40	277.1	171	Katy Silvers	10/16/2021
	22	282.2	160	Capri Cameron	8/12/2017

	32	154.9	331	Rusty Dawn	9/16/2023
	23	161.5	331	Alisha Martin	4/24/2021
	32	162.5	331	Ashley Stacharowski	10/22/2022
<b>82.5kg/181.7lbs</b>					
	38	175.8	435	Lay Kaahu	10/28/2017
	19	175.4	402	Shelby Sprinkle	12/18/2021
	29	177.6	397	Gabrielle Robbins	11/9/2019
	25	179.4	386	Elizabeth Pinnix	7/10/2021
	32	178.8	364	Ciearra Jackson-Griffin	10/21/2023
	28	177.5	353	Mikhayla Dunn	4/15/2023
	45	178.6	353	Crystal McCullough	1/22/2022
	28	181	353	Miranda Williams	5/6/2023
	31	178.2	342	Emily Gilson	10/17/2020
	32	169.1	330	Rayseen Brown	1/21/2017
<b>90kg/198.2lbs</b>					
	24	196.7	424	Isabella Hefner	10/21/2023
	33	189	400	Priyanka Santiago	10/1/2022
	26	184.8	358	Kathryn French	3/10/2018
	28	192	358	Jess Lemachko	8/10/2023
	24	196	353	Lauren Davis	6/5/2021
	22	184.1	331	Emely Barahona	6/5/2021
	44	197.8	331	Carla Akers	4/20/2018
	21	194.2	320	Mariah Flint	4/22/2017
	24	193	309	Allyson Abbs	4/20/2018
	34	196.2	309	Mallory Horne	4/15/2023
<b>100kg/220.25lbs</b>					
	26	218.5	369	Amy Portillo	7/22/2023
	30	213.8	366	Jessica Littleton	7/22/2023
	35	216.3	364	Crystal Prather	6/17/2023
	30	210.5	358	Haley Shields	10/21/2023
	43	214.5	353	Anika Harper	5/6/2023
	32	216.5	347	Rachel Massey	6/11/2022
	45	219.1	331	Carla Akers	10/27/2018
	34	206.8	314	Valerie Ryan	1/22/2022
	13	200.7	303	Alex Jefferson	10/17/2020
	47	214.3	297	Barbara VanVliet	11/11/2023
<b>110kg/242.5lbs</b>					
	24	230.6	457	Maddy Webster	3/18/2023
	33	223.8	400	Melissa Shade	6/2/2018
	26	239.4	397	Amy Portillo	10/21/2023
	33	230.2	358	Jessie Hunt	10/17/2020
	54	223.6	353	Janet Martin	5/6/2023
	27	225.3	314	Rose Hoang	11/11/2023
	15	238.5	309	Abrie Meadows	6/17/2023
	29	241.5	303	Laura Salazar	12/8/2018
	15	232.4	275	Kennedy Green	10/12/2019
	37	236.5	253	Naimah Abdullah	6/5/2021
<b>110+kg/242.6+lbs</b>					
	40	277.1	380	Katy Silvers	10/16/2021
	38	253.5	375	Allison Busby	10/21/2023
	53	250.9	370	Janet Martin	10/22/2022
	22	330.2	325	Lashonda Zander	6/2/2018
	27	248	320	Aubrey Dowding	5/11/2019
	23	262.8	320	Shauntre Lilley	12/4/2021
	24	248	309	Linsay Finch	3/4/2023
	25	251.9	303	Leah Simpson	3/6/2021
	29	273.8	303	Mary-Ann Ricks	3/5/2022
	23	254.8	292	Nathalie Vargas	12/18/2021

	41	164.6	777	Tara Peele	10/27/2018
	35	154.8	772	LaDetra Cole	3/5/2022
	34	160.2	772	Alli Heironimus	9/17/2022
<b>82.5kg/181.7lbs</b>					
	25	179.4	920	Elizabeth Pinnix	7/10/2021
	29	177.6	914	Gabriella Robbins	11/9/2019
	38	175	904	Lay Kaahu	8/12/2017
	28	181	893	Miranda Williams	5/6/2023
	45	178.6	838	Crystal McCullough	1/22/2022
	19	175.4	827	Shelby Sprinkle	12/18/2021
	28	177.5	816	Mikhayla Dunn	4/15/2023
	32	169.1	790	Rayseen Brown	1/21/2017
	31	178.2	772	Emily Gilson	10/17/2020
	19	180.8	735	Victoria Renfroe	7/9/2016
<b>90kg/198.2lbs</b>					
	24	196.7	948	Isabella Hefner	10/21/2023
	28	192	909	Jess Lemachko	8/19/2023
	22	184.1	849	Emely Barahona	6/5/2021
	44	197.8	838	Carla Akers	4/20/2018
	24	193	799	Allyson Abbs	4/20/2018
	34	196.2	727	Mallory Horne	4/15/2023
	15	196.5	672	Karson Tolle	10/22/2022
	22	195.6	660	Kelly Benson	10/29/2016
	28	192.5	639	Hali Medina	11/11/2023
	27	188.7	630	Brittany Marquez	1/21/2017
<b>100kg/220.25lbs</b>					
	45	219.1	865	Carla Akers	10/27/2018
	32	216.5	849	Rachel Massey	6/11/2022
	30	210.5	832	Haley Shields	10/21/2023
	35	216.3	805	Crystal Prather	6/17/2023
	26	218.5	805	Amy Portillo	7/22/2023
	32	199	678	Angela Dunn	9/17/2022
	34	206.8	672	Valerie Ryan	1/22/2022
	47	214.3	667	Barbara VanVliet	11/11/2023
	13	200.7	650	Alex Jefferson	10/17/2020
	14	200	617	Karson Tolle	6/11/2022
<b>110kg/242.5lbs</b>					
	24	230.6	1102	Maddy Webster	3/18/2023
	26	239.4	931	Amy Portillo	10/21/2023
	33	230.2	849	Jessie Hunt	10/17/2020
	15	238.5	772	Abrie Meadows	6/17/2023
	15	232.4	689	Kennedy Green	10/12/2019
	27	225.3	661	Rose Hoang	11/11/2023
	29	241.5	661	Laura Salazar	12/8/2018
	37	236.5	634	Naimah Abdullah	6/5/2021
<b>110+kg/242.6+lbs</b>					
	38	253.5	893	Allison Busby	10/21/2023
	23	262.8	843	Shauntre Lilley	12/4/2021
	29	273.8	788	Mary-Ann Ricks	3/5/2022
	22	330.2	780	Lashonda Zander	6/2/2018
	23	254.8	716	Nathalie Vargas	12/18/2021
	24	248	711	Linsay Finch	3/4/2023
	27	248	711	Aubrey Dowding	5/11/2019
	22	282.2	628	Capri Cameron	8/12/2017
	25	251.9	617	Leah Simpson	3/6/2021





FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS					
SQUAT - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	176	Sally Lloyd	6/10/2017
	35	123	143	Alisha Zornes	3/21/2020
60kg/132.2lbs	36	129.4	204	Cara Jo	10/21/2023
67.5kg/148.7lbs	39	144.8	264	Amy Daugherty	5/22/2021
	37	144	237	Lorena Fernandez	9/18/2021
	35	148.2	226	Andrea Fox	3/10/2018
	35	148	225	Desiree Savarese	1/21/2017
	36	139.4	215	LaDetra Cole	10/29/2022
	38	141.4	215	Kelian Hagerty	4/22/2017
	37	146.1	215	Vanessa Westbrook	12/17/2022
	37	146.8	215	Kelly Brant	9/7/2019
	38	146	193	Angie Peck	6/10/2017
75kg/165.2lbs	39	163.6	275	Reyhan Roybal	7/15/2017
	37	162.3	264	Lauren White	11/19/2022
	35	154.8	253	LaDetra Cole	3/5/2022
	39	165	143	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	303	Lay Kaahu	8/12/2017
	39	170	264	Ivana Smith	7/10/2021
	37	173.1	231	Vanessa Westbrook	6/25/2022
	39	178.2	220	Pamela Buskirk	3/5/2022
	38	168	204	Katie McMinn	1/22/2022
90kg/198.2lbs	35	197.5	209	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	303	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	226	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	314	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
BENCH - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	99	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	99	Cara Jo	10/21/2023
67.5kg/148.7lbs	37	146.1	160	Vanessa Westbrook	12/17/2022
	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	36	146.5	149	Krista Causey	2/20/2021
	37	146.8	149	Kelly Brant	9/7/2019
	35	148.2	149	Andrea Fox	3/10/2018
	35	148	140	Desiree Savarese	1/21/2017
	39	144.8	138	Amy Daugherty	5/22/2021
	38	146	132	Angie Peck	6/10/2017
75kg/165.2lbs	39	164.4	237	Reyhan Roybal	4/20/2018
	36	165.1	165	Jennifer Broome	10/27/2018
	37	162.3	154	Lauren White	11/19/2022
	35	163.8	149	Vanessa Westbrook	7/10/2021
	35	154.8	138	LaDetra Cole	3/5/2022
	39	165	88	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	182	Lay Kaahu	8/12/2017
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	38	168	143	Katie McMinn	1/22/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs	37	198	248	Linsey Eudy	10/21/2023
	35	197.5	127	Valerie Ryan	12/17/2022
100kg/220.25lbs	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	35	216.3	149	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	263.7	127	Beth Mockbee	4/16/2022

365 STRONG WORLD RANKINGS					
DEADLIFT - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	253	Cara Jo	10/21/2023
67.5kg/148.7lbs	36	139.4	336	LaDetra Cole	10/29/2022
	35	148.2	319	Andrea Fox	3/10/2018
	38	141.4	309	Kelian Hagerty	4/22/2017
	39	144.8	303	Amy Daugherty	5/22/2021
	37	146.8	303	Kelly Brant	9/7/2019
	35	148	290	Desiree Savarese	1/21/2017
	37	144	281	Lorena Fernandez	9/18/2021
	37	146.1	275	Vanessa Westbrook	12/17/2022
	38	146	265	Angie Peck	6/10/2017
75kg/165.2lbs	35	154.8	380	LaDetra Cole	3/5/2022
	37	162.3	369	Lauren White	11/19/2022
	39	163.6	342	Reyhan Roybal	7/15/2017
	39	165	232	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	419	Lay Kaahu	8/12/2017
	37	173.1	325	Vanessa Westbrook	6/25/2022
	39	178.2	286	Pamela Buskirk	3/5/2022
	38	168	281	Katie McMinn	1/22/2022
	39	170	253	Ivana Smith	7/10/2021
90kg/198.2lbs	35	197.5	314	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	364	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	375	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
TOTAL - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	524	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	551	Cara Jo	10/21/2023
67.5kg/148.7lbs	39	144.8	705	Amy Daugherty	5/22/2021
	35	148.2	694	Andrea Fox	3/10/2018
	38	141.4	678	Kelian Hagerty	4/22/2017
	36	139.4	667	LaDetra Cole	10/29/2022
	37	144	667	Lorena Fernandez	9/18/2021
	37	146.8	667	Kelly Brant	9/7/2019
	35	148	655	Desiree Savarese	1/21/2017
	37	146.1	650	Vanessa Westbrook	12/17/2022
	38	146	590	Angie Peck	6/10/2017
75kg/165.2lbs	39	163.6	821	Reyhan Roybal	7/15/2017
	37	162.3	788	Lauren White	11/19/2022
	35	154.8	772	LaDetra Cole	3/5/2022
	39	165	463	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	904	Lay Kaahu	8/12/2017
	37	173.1	705	Vanessa Westbrook	6/25/2022
	39	170	678	Ivana Smith	7/10/2021
	38	168	628	Katie McMinn	1/22/2022
90kg/198.2lbs	35	197.5	628	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	805	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	634	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	893	Allison Busby	10/21/2023

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	204	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	264	Chelsea Bolton	1/21/2023
	36	146.5	231	Krista Causey	2/20/2021

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	99	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	36	146.5	149	Krista Causey	2/20/2021
	37	146.8	149	Kelly Brant	9/7/2019
	35	148.2	149	Andrea Fox	3/10/2018
	35	148	140	Desiree Savarese	1/21/2017
	39	144.8	138	Amy Daugherty	5/22/2021
	38	146	132	Angie Peck	6/10/2017
	36	147.7	127	Chelsea Bolton	1/21/2023
	37	139.6	66	Ellen Hollmann	12/8/2018

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	248	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	270	Chelsea Bolton	1/21/2023
	36	146.5	264	Krista Causey	2/20/2021

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	551	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	661	Chelsea Bolton	1/21/2023
	36	146.5	644	Krista Causey	2/20/2021

75kg/165.2lbs					
	39	164.4	358	Reyhan Roybal	4/20/2018
	36	165.1	276	Jennifer Broome	10/27/2018
	35	163.8	231	Vanessa Westbrook	7/10/2021
82.5kg/181.7lbs					
	36	181	369	Kelley Spohrer	8/12/2017
	38	181	309	Natalie Mayfield	11/19/2016
	38	181.6	132	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	198	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	35	208.1	303	Crystal Prather	3/18/2023
	37	211.4	303	Trisha Crisman	8/25/2018
	37	213.8	253	Brett Sexton	10/12/2019
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	309	Katy Silvers	12/19/2020
	36	282.2	270	Beth Mockbee	1/21/2023

75kg/165.2lbs					
	39	164.4	237	Reyhan Roybal	4/20/2018
	36	165.1	165	Jennifer Broome	10/27/2018
	35	163.8	149	Vanessa Westbrook	7/10/2021
82.5kg/181.7lbs					
	38	175	182	Lay Kaahu	8/12/2017
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	35	194.2	110	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	35	216.3	149	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	282.2	154	Beth Mockbee	1/21/2023

75kg/165.2lbs					
	39	164.4	408	Reyhan Roybal	4/20/2018
	36	165.1	347	Jennifer Broome	10/27/2018
	35	163.8	314	Vanessa Westbrook	7/10/2021
82.5kg/181.7lbs					
	36	181	419	Kelley Spohrer	8/12/2017
	38	181	347	Natalie Mayfield	11/19/2016
	38	181.6	215	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	242	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	35	208.1	375	Crystal Prather	3/18/2023
	37	213.8	342	Brett Sexton	10/12/2019
	37	211.4	314	Trisha Crisman	8/25/2018
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	347	Katy Silvers	12/19/2020
	36	282.2	303	Beth Mockbee	1/21/2023

75kg/165.2lbs					
	39	164.4	1003	Reyhan Roybal	4/20/2018
	36	165.1	788	Jennifer Broome	10/27/2018
	35	163.8	694	Vanessa Westbrook	7/10/2021
82.5kg/181.7lbs					
	36	181	942	Kelley Spohrer	8/12/2017
	38	181	821	Natalie Mayfield	11/19/2016
	38	181.6	441	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	551	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	35	208.1	799	Crystal Prather	3/18/2023
	37	211.4	771	Trisha Crisman	8/25/2018
	37	213.8	749	Brett Sexton	10/12/2019
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	816	Katy Silvers	12/19/2020
	36	282.2	727	Beth Mockbee	1/21/2023

**FEMALE MASTERS (Gear Listed)**

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
RC	45-49	46	111.8	264	Missy Taylor	4/23/2022
R	45-49	46	112.2	259	Missy Taylor	7/24/2021
R	70-74	73	106.3	154	Linda Costello	4/23/2022
R	60-64	62	108.2	149	Sue Ann Hurlbert	10/21/2023
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	265	Dawn Bogart	4/22/2017
R	45-49	46	117.3	265	Missy Taylor	10/16/2021
RC	40-44	44	118	253	Tiffany Stone	12/9/2023
R	50-54	54	119.6	182	Lisa Baker	12/19/2020
R	55-59	56	118.6	176	Dawn Williams	7/24/2021
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018
60kg/132.2lbs						
SP	50-54	54	131.7	308	Priscilla Pardue	10/27/2018
RC	45-49	47	131.4	105	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	143.7	518	Melissa Smith	12/18/2021
R	40-44	43	147.5	359	Emily Lilly	5/6/2023
SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019
R	40-44	41	143.3	292	Mona Hope	1/20/2024
RC	40-44	40	137.8	281	Alexandra Gray	4/15/2023
R	50-54	53	139.1	270	Yvette Bushard	10/16/2021
RC	50-54	52	145.4	265	Priscilla Pardue	10/29/2016
R	55-59	55	139.8	253	Yvette Bushard	5/6/2023
R	45-49	45	140	237	Gina Casper	5/27/2023
R	50-54	53	147.9	220	Sonja Drury	10/21/2023
R	40-44	43	146.5	176	Jennifer Rush	1/20/2020
R	40-44	40	140.4	149	Misty Bruce	1/22/2022
75kg/165.2lbs						
R	40-44	44	159	380	Emily Lilly	10/21/2023
SP	55-59	56	154.1	358	Candice Maness	10/27/2018

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
R	45-49	46	111.8	182	Missy Taylor	4/23/2022
R	45-49	46	111.8	182	Missy Taylor	4/23/2022
R	60-64	62	108.2	105	Sue Ann Hurlbert	10/21/2023
R	70-74	73	106.3	83	Linda Costello	4/23/2022
R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
R	45-49	46	117.3	176	Missy Taylor	10/16/2021
SP	40-44	40	122	175	Dawn Bogart	4/22/2017
R	40-44	44	118	127	Tiffany Stone	12/9/2023
R	55-59	56	118.6	116	Dawn Williams	7/24/2021
R	50-54	54	119.6	94	Lisa Baker	12/19/2020
R	45-49	46	118.9	88	Kathy Wilson	12/8/2018
R	60-64	62	123	66	Nina Snipes	10/21/2023
60kg/132.2lbs						
R	45-49	47	127.2	180	Bela Ghosh	6/11/2016
SP	50-54	54	131.7	154	Priscilla Pardue	10/27/2018
R	60-64	61	125	72	Nina Snipes	5/27/2023
R	45-49	47	131.4	45	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	143.7	275	Melissa Smith	4/23/2022
R	40-44	43	147.1	231	Emily Lilly	3/4/2023
SP	55-59	55	142.5	176	Priscilla Pardue	5/11/2019
R	45-49	48	145.3	165	Aiysha Hayes	1/22/2022
R	50-54	53	139.1	160	Yvette Bushard	10/16/2021
R	40-44	40	137.8	154	Alexandra Gray	4/15/2023
R	45-49	45	140	149	Gina Casper	5/27/2023
R	55-59	55	139.8	143	Yvette Bushard	5/6/2023
R	40-44	40	140.4	138	Misty Bruce	1/22/2022
R	50-54	53	144.2	132	Priscilla Pardue	4/22/2017
R	40-44	41	143.3	121	Mona Hope	1/20/2024
R	50-54	53	147.9	116	Sonja Drury	10/21/2023
75kg/165.2lbs						
SP	55-59	56	154.1	270	Candice Maness	10/27/2018
R	40-44	44	159	242	Emily Lilly	10/21/2023

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
RC	45-49	46	111.8	292	Missy Taylor	4/23/2022
R	45-49	46	112.2	275	Missy Taylor	7/24/2021
R	60-64	62	110.7	224	Sue Ann Hurlbert	7/22/2023
R	70-74	73	106.3	220	Linda Costello	4/23/2022
R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
R	45-49	47	119.5	314	Missy Taylor	10/22/2022
RC	40-44	44	118	309	Tiffany Stone	12/9/2023
SP	40-44	40	122	295	Dawn Bogart	4/22/2017
R	50-54	54	119.6	237	Lisa Baker	12/19/2020
R	55-59	56	118.6	226	Dawn Williams	7/24/2021
RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018
60kg/132.2lbs						
R	45-49	47	127.2	315	Bela Ghosh	6/11/2016
SP	50-54	54	131.7	264	Priscilla Pardue	10/27/2018
RC	45-49	47	131.4	155	Angie Terry	10/29/2016
67.5kg/148.7lbs						
R	40-44	43	147.5	369	Emily Lilly	5/6/2023
MP	45-49	47	143.7	358	Melissa Smith	12/18/2021
R	40-44	41	143.3	320	Mona Hope	1/20/2024
RC	40-44	40	137.8	309	Alexandra Gray	4/15/2023
R	45-49	45	140	303	Gina Casper	5/27/2023
R	55-59	55	139.8	292	Yvette Bushard	5/6/2023
R	45-49	48	145.3	292	Aiysha Hayes	10/16/2021
R	50-54	53	139.1	281	Yvette Bushard	10/16/2021
SP	55-59	55	142.5	281	Priscilla Pardue	5/11/2019
R	50-54	53	147.9	259	Sue Welker	6/10/2017
R	50-54	53	144.2	253	Priscilla Pardue	4/22/2017
R	50-54	53	147.9	231	Sonja Drury	7/22/2023
75kg/165.2lbs						
R	40-44	44	159	380	Emily Lilly	10/21/2023
R	40-44	41	164.8	347	Tara Peele	10/27/2018

365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
RC	45-49	46	111.8	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	60-64	62	110.7	464	Sue Ann Hurlbert	7/22/2023
R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	735	Dawn Bogart	4/22/2017
R	45-49	46	117.3	733	Missy Taylor	10/16/2021
RC	40-44	44	118	689	Tiffany Stone	12/9/2023
R	55-59	56	118.6	518	Dawn Williams	7/24/2021
R	50-54	54	119.6	512	Lisa Baker	12/19/2020
RC	45-49	46	118.9	435	Kathy Wilson	12/8/2018
60kg/132.2lbs						
SP	50-54	54	131.7	727	Priscilla Pardue	10/27/2018
R	45-49	47	127.2	495	Bela Ghosh	6/11/2016
RC	45-49	47	131.4	305	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	143.7	1146	Melissa Smith	12/18/2021
R	40-44	43	147.5	955	Emily Lilly	5/6/2023
SP	55-59	55	142.5	755	Priscilla Pardue	5/11/2019
RC	40-44	40	137.8	744	Alexandra Gray	4/15/2023
R	40-44	41	143.3	733	Mona Hope	1/20/2024
R	50-54	53	139.1	711	Yvette Bushard	10/16/2021
R	55-59	55	139.8	689	Yvette Bushard	5/6/2023
R	45-49	45	140	689	Gina Casper	5/27/2023
RC	50-54	53	144.2	645	Priscilla Pardue	4/22/2017
R	50-54	53	147.9	562	Sonja Drury	10/21/2023
R	40-44	40	140.4	496	Misty Bruce	1/22/2022
R	40-44	43	146.5	485	Jennifer Rush	12/19/20



R	45-48	48	164.6	314	Bonnie Mosley	10/17/2020
R	40-44	41	164.8	270	Tara Peele	10/27/2018
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2023
RC	50-54	54	160.6	243	Candice Maness	4/22/2017
R	50-54	53	163.8	243	Kelly Padget	5/6/2023
R	55-59	59	159.2	226	Dawn O'Donnell	4/23/2022
R	40-44	40	160.1	226	Cindy Thompson	7/22/2023
R	40-44	44	154.1	215	Jennifer May	5/27/2023
R	45-49	49	165	195	Tina Bush	4/9/2016
R	45-49	46	158.6	176	Melissa Lovelett	4/1/2023
R	60-64	60	162.9	132	Crystal Rhoades	10/21/2023

SP	60-64	61	164.5	209	Cindy Meeker	4/23/2022
R	50-54	52	162.3	187	Tammy Deloatch	11/9/2019
R	55-59	57	165.2	178	Cherie Goldsmith	4/1/2023
R	45-49	48	164.6	171	Bonnie Mosley	10/17/2020
R	55-59	57	154.3	160	Paige Hitt	4/23/2022
R	40-44	40	160.1	160	Cindy Thompson	7/22/2023
R	40-44	41	164.8	160	Tara Peele	10/27/2018
R	40-44	41	158.1	154	Jennifer Edwards	10/21/2023
R	50-54	52	163	138	Kelly Padget	9/17/2022
R	55-59	59	159.2	132	Dawn O'Donnell	4/23/2022
R	40-44	44	154.1	121	Jennifer May	5/27/2023
R	60-64	60	162.9	94	Crystal Rhoades	10/21/2023

R	45-49	48	164.6	331	Bonnie Mosley	10/17/2020
R	55-59	59	159.2	314	Dawn O'Donnell	4/23/2022
R	50-54	53	163.8	292	Kelly Padget	5/6/2023
R	60-64	61	164.5	284	Cindy Meeker	4/23/2022
SP	55-59	56	154.1	281	Candice Maness	10/27/2018
R	45-49	49	165	280	Tina Bush	4/9/2016
R	40-44	44	154.1	275	Jennifer May	5/27/2023
R	55-59	57	154.3	270	Paige Hitt	4/23/2022
RC	50-54	54	160.6	253	Candice Maness	4/22/2017
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2023
R	45-49	46	158.6	237	Melissa Lovelett	4/1/2023
R	60-64	60	162.9	165	Crystal Rhoades	10/21/2023

R	45-49	48	164.6	816	Bonnie Mosley	10/17/2020
R	40-44	41	164.8	777	Tara Peele	10/27/2018
RC	50-54	54	160.6	678	Candice Maness	4/22/2017
R	55-59	59	159.2	672	Dawn O'Donnell	4/23/2022
R	50-54	53	163.8	672	Kelly Padget	5/6/2023
R	40-44	44	158.1	650	Jennifer Edwards	10/21/2023
R	40-44	44	154.1	612	Jennifer May	5/27/2023
R	45-49	49	165	585	Tina Bush	4/9/2016
R	40-44	40	160.1	579	Cindy Thompson	7/22/2023
R	45-49	46	158.6	496	Melissa Lovelett	4/1/2023
R	40-44	44	157.6	408	Melissa Judd	6/17/2023
R	60-64	60	162.9	391	Crystal Rhoades	10/21/2023

82.5kg/181.7lbs						
R	45-49	45	178.6	308	Crystal McCullough	1/22/2022
RC	55-59	56	175.6	281	Cindy Meeker	10/27/2018
R	45-49	49	179.3	275	Janelle Campbell	5/11/2019
R	45-59	49	177.2	265	Jennifer Carter	9/16/2023
R	50-54	51	181	265	Sujata Bhakat	4/20/2018
RC	45-49	45	177.7	237	Heather Streible	10/22/2022
R	55-59	59	166.9	231	Dawn O'Donnell	10/22/2022
R	45-49	48	172.6	231	Amy Kivett	6/19/2021
R	40-44	42	171.5	215	Erin Newman	1/20/2024
R	55-59	59	174.4	209	Carolin Beck	6/19/2021
RC	55-59	57	177.3	187	Shelly Moore	6/5/2021
RC	55-59	58	175.9	165	Cathy Cranford	11/9/2019
R	55-59	58	180	165	Cathy Cranford	5/11/2019

82.5kg/181.7lbs						
SP	40-44	43	177.3	253	Christina Lauffer	4/23/2022
R	60-64	62	169.1	215	Cindy Meeker	5/7/2023
R	60-64	63	179.5	198	Gloria Knight-McNeil	10/22/2022
R	45-49	45	178.6	176	Crystal McCullough	1/22/2022
R	45-49	49	177.2	171	Jennifer Carter	9/16/2023
R	45-49	45	177.7	165	Heather Streible	10/22/2022
R	45-49	49	180	155	Sujata Bhakat	6/11/2016
R	55-59	59	174.4	149	Carolyn Beck	6/19/2021
R	45-49	49	172.6	143	Amy Kivett	6/19/2021
R	45-49	49	179.3	143	Janelle Campbell	5/11/2019
R	50-54	51	181	143	Sujata Bhakat	4/20/2018
R	55-59	59	166.9	132	Dawn O'Donnell	10/22/2022
R	40-44	42	171.5	127	Erin Newman	1/20/2024
R	55-59	56	175.6	127	Cindy Meeker	10/27/2018
R	55-59	57	177.3	121	Shelly Moore	6/5/2021
R	55-59	59	175.9	116	Nelda Newton	7/24/2021

82.5kg/181.7lbs						
R	45-49	45	178.6	353	Crystal McCullough	1/22/2022
R	55-59	59	166.9	331	Dawn O'Donnell	10/22/2022
RC	55-59	56	175.6	320	Cindy Meeker	10/27/2018
R	45-49	49	177.2	320	Jennifer Carter	9/16/2023
RC	45-49	45	177.7	320	Heather Streible	10/22/2022
SP	40-44	43	177.3	309	Christina Lauffer	4/23/2022
R	45-49	48	172.6	292	Amy Kivett	6/19/2021
R	50-54	51	181	292	Sujata Bhakat	4/20/2018
R	45-49	49	179.3	286	Janelle Campbell	5/11/2019
R	40-44	42	171.5	275	Erin Newman	1/20/2024
R	45-49	49	180	275	Sujata Bhakat	6/11/2016
R	55-59	59	174.4	248	Carolyn Beck	6/19/2021
R	55-59	58	180	248	Cathy Cranford	5/11/2019
R	55-59	59	169.1	243	Nelda Newton	10/16/2021
RC	55-59	57	177.3	237	Shelly Moore	6/5/2021

82.5kg/181.7lbs						
R	45-49	45	178.6	838	Crystal McCullough	1/22/2022
R	45-49	49	177.2	755	Jennifer Carter	9/16/2023
RC	55-59	56	175.6	727	Cindy Meeker	10/27/2018
RC	45-49	45	177.7	711	Heather Streible	10/22/2022
R	45-49	49	179.3	705	Janelle Campbell	5/11/2019
R	50-54	51	181	700	Sujata Bhakat	4/20/2018
R	55-59	59	166.9	694	Dawn O'Donnell	10/22/2022
R	45-49	48	172.6	667	Amy Kivett	6/19/2021
R	40-44	42	171.5	617	Erin Newman	1/20/2024
R	55-59	59	174.4	606	Carolyn Beck	6/19/2021
RC	55-59	57	177.3	545	Shelly Moore	6/5/2021
R	55-59	58	180	452	Cathy Cranford	5/11/2019
R	45-49	49	180	430	Sujata Bhakat	6/11/2016

90kg/198.2lbs						
R	40-44	44	197.8	320	Carla Akers	4/20/2018
RC	45-49	46	190.9	292	Heather Streible	6/17/2023
RC	40-44	44	184.7	260	Tricia Emrich	7/9/2016
R	45-49	47	189.6	242	Mandy Self-Sparrow	7/22/2023
RC	45-49	45	194.9	226	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	190	Cathy Cranford	10/29/2016

90kg/198.2lbs						
SP	40-44	42	190.9	237	Anika Harper	4/23/2022
R	40-44	40	187.2	193	Mona Espinosa	1/22/2022
R	45-49	45	194	187	Heather Streible	3/18/2023
R	40-44	44	197.8	187	Carla Akers	4/20/2018
R	40-44	44	184.7	150	Tricia Emrich	7/9/2016
R	45-49	45	194.9	132	Kelly Jeffries	4/20/2018
R	45-49	47	189.6	121	Mandy Self-Sparrow	7/22/2023
R	55-59	56	186.6	99	Cathy Cranford	4/22/2017
R	55-59	58	191.8	99	Shelly Moore	1/22/2022

90kg/198.2lbs						
RC	45-49	45	194	353	Heather Streible	3/18/2023
R	40-44	42	190.9	336	Anika Harper	4/23/2022
R	40-44	44	197.8	331	Carla Akers	4/20/2018
RC	40-44	44	184.7	285	Tricia Emrich	7/9/2016
R	45-49	47	189.6	264	Mandy Self-Sparrow	7/22/2023
R	55-59	57	183.6	248	Cathy Cranford	4/20/2018
RC	45-49	45	194.9	237	Kelly Jeffries	2/25/2023
R	55-59	58	191.8	209	Shelly Moore	1/22/2022

90kg/198.2lbs						
R	40-44	44	197.8	838	Carla Akers	4/20/2018
RC	45-49	45	194	766	Heather Streible	3/18/2023
RC	40-44	44	184.7	695	Tricia Emrich	7/9/2016
R	45-49	47	189.6	628	Mandy Self-Sparrow	7/22/2023
RC	45-49	45	194.9	595	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	500	Cathy Cranford	10/29/2016

100kg/220.25lbs						
R	45-49	47	214.3	264	Barbara VanVliet	11/11/2023
R	40-44	42	201.6	220	Christy Owens	12/18/2021
RC	45-49	46	205.5	209	Renee Turner	3/18/2023
RC	40-44	42	209.2	187	Christina Lauffer	6/19/2021
R	40-44	41	204.2	154	Tiffany Meadows	6/17/2023

100kg/220.25lbs						
SP	40-44	43	215.4	270	Anika Harper	7/22/2023
R	45-49	46	205.5	154	Renee Turner	3/18/2023
R	40-44	42	214.5	149	Christy Owens	4/23/2022
R	50-54	54	215.8	143	Janet Martin	10/21/2023
R	40-44	42	209.2	132	Christina Lauffer	6/19/2021
R	45-49	47	214.3	105	Barbara VanVliet	11/11/2023
R	40-44	41	204.2	72	Tiffany Meadows	6/17/2023

100kg/220.25lbs						
SP	40-44	41	209.7	369	Anika Harper	10/16/2021
R	40-44	43	214.5	353	Anika Harper	5/6/2023
R	50-54	54	215.8	314	Janet Martin	10/21/2023
RC	40-44	42	209.2	303	Christina Lauffer	6/19/2021
R	45-49	47	214.3	297	Barbara VanVliet	11/11/2023
RC	45-49	46	205.5	275	Renee Turner	3/18/2023
R	40-44	42	201.6	237	Christy Owens	12/18/2021
R	40-44	41	204.2	182	Tiffany Meadows	6/17/2023

100kg/220.25lbs						
R	45-49	47	214.3	667	Barbara VanVliet	11/11/2023
RC	45-49	46	205.5	634	Renee Turner	3/18/2023
RC	40-44	42	209.2	623	Christina Lauffer	6/19/2021
R	40-44	42	201.6	590	Christy Owens	12/18/2021
R	40-44	41	204.2	408	Tiffany Meadows	6/17/2023

110kg/242.5lbs						
RC	40-44	42	240.3	408	Katy Silvers	7/22/2023
RC	50-54	50	240	340	Ylander Ross	1/21/2017
R	40-44	44	229.3	325	Kimberly Dorton	10/21/2023

110kg/242.5lbs						
R	50-54	50	240	215	Ylander Ross	1/21/2017
R	40-44	42	240.3	182	Katy Silvers	7/22/2023
R	40-44	44	229.3	154	Kimberly Dorton	10/21/2023
R	45-49	48	240	132	Janet Martin	4/22/2017

110kg/242.5lbs						
R	40-44	44	229.3	402	Kimberly Dorton	10/21/2023
RC	50-54	50	240	400</		

52kg/114.5lbs						
T3	18-19	19	112.4	165	McKenna Wright	6/17/2023
T1	13-15	13	111.3	154	Carmen Trivette	10/22/2022
T2	16-17	16	108.3	121	McKenna Wright	3/6/2021
T1	13-15	13	112.8	116	Makayla Van Meter	2/20/2021
56kg/123.5lbs						
T3	18-19	19	123.25	275	Becca Dison	3/10/2018
T3	18-19	19	118.4	242	Olivia Pasin	11/19/2022
T2	16-17	17	116.2	137	Angelina Peterson	10/21/2023
60kg/132.2lbs						
T3	18-19	19	132	242	Claire Rosser	8/12/2017
T1-RC	13-15	14	130.7	237	Beverly Lemay	3/18/2023
T2	16-17	16	129	198	Mara Hall	2/20/2021
T2	16-17	17	128.5	165	Sophia Drury	10/21/2023
T1	13-15	14	129.4	143	Macy Lantz	10/28/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	314	Hanna Young	8/12/2017
T1-RC	13-15	13	145.1	264	Haleigh Batchelor	11/19/2022
T1-RC	13-15	14	133.4	248	Beverly Lemay	6/17/2023
T2	16-17	16	145.3	231	Sara Hampton	10/21/2023
T1	13-15	15	146.8	231	Macy Lantz	4/20/2018
T3	18-19	19	142.2	121	Ashton Bishop	3/6/2021
T1	13-15	13	138.4	105	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T3	18-19	19	150.4	275	Sarah Oesch	6/11/2022
T3	18-19	19	161.5	270	Katarina Giancroce	4/22/2017
T2	16-17	17	165	254	Sarah Oesch	10/17/2020
T1	13-15	14	157.9	237	Tyler Glover	9/18/2021
T1	13-15	14	149	209	Jennah Reynolds	7/24/2021
T1	13-15	13	164.8	182	Harley Milone	12/9/2017
T2	16-17	17	152.8	180	Danielle Ortiz	10/29/2016
T1	13-15	14	162.9	143	Olivia Dubrow	9/18/2021
82.5kg/181.7lbs						
T3-RC	18-19	19	175	286	Sarah Oesch	10/22/2022
T3	18-19	19	175.4	281	Shelby Sprinkle	12/18/2021
T3	18-19	19	180.6	255	Victoria Renfro	7/9/2016
T2	16-17	17	170.8	237	Sarah Oesch	10/3/2020
T2	16-17	16	179	198	Sarah Sells	10/21/2023
T3	18-19	18	171.8	190	Emma Love	10/29/2016
T2	16-17	17	179	154	Chesney Samaha	11/19/2022
T3	18-19	18	170.6	143	Gabriella Drury	10/21/2023
Y	11-12	11	176.8	138	Nevaeh McIntosh	3/6/2021
T2	16-17	16	173.8	105	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
None						
Y	10-12	11	192.7	292	Nevaeh McIntosh	10/16/2021
T1	13-15	15	196.5	242	Karson Tolle	10/22/2022
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021
100kg/220.4lbs						
Y 10-12 12 218.1 325 Nevaeh McIntosh 5/6/2023						
T1	13-15	13	200.7	248	Alex Jefferson	10/17/2020
T1	13-15	14	200	237	Karson Tolle	6/11/2022
110kg/242.5lbs						
T1	13-15	15	238.5	325	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	286	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	242	Meredith Arnold	4/24/2021

52kg/114.5lbs						
T1	13-15	13	111.3	99	Carmen Trivette	10/22/2022
T1	13-15	13	112.8	99	Makayla Van Meter	2/20/2021
T2	16-17	17	112	88.2	Leighann Allen	11/19/2016
T3	18-19	19	112.4	83	McKenna Wright	6/17/2023
T2	16-17	16	108.3	77	McKenna Wright	3/6/2021
56kg/123.5lbs						
T3	18-19	19	123.25	160	Becca Dison	3/10/2018
T3	18-19	19	118.4	149	Olivia Pasin	11/19/2022
T2	16-17	17	116.2	88	Angelina Peterson	10/21/2023
60kg/132.2lbs						
T3	18-19	19	132	138	Claire Rosser	8/12/2017
T2	16-17	16	129	110	Mara Hall	2/20/2021
T1	13-15	14	130.7	94	Beverly Lemay	3/18/2023
T1	13-15	14	129.4	88	Macy Lantz	10/28/2017
T2	16-17	17	128.5	77	Sophia Drury	10/21/2023
67.5kg/148.7lbs						
T3	18-19	19	142.6	165	Hanna Young	8/12/2017
T1	13-15	13	147.1	143	Haleigh Batchelor	10/22/2022
T2	16-17	16	145.3	132	Sara Hampton	10/21/2023
T1	13-15	14	133.4	105	Beverly Lemay	6/17/2023
T1	13-15	15	146.8	99	Macy Lantz	4/20/2018
T3	18-19	19	142.2	72	Ashton Bishop	3/6/2021
T3	18-19	18	140.4	70	Destiny Dula	10/29/2016
T1	13-15	13	138.4	60	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T3	18-19	19	150.4	176	Sarah Oesch	6/11/2022
T2	16-17	17	165	151	Sarah Oesch	10/17/2020
T1	13-15	14	157.9	132	Tyler Glover	9/18/2021
T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017
T1	13-15	14	162.9	116	Olivia Dubrow	9/18/2021
T2	16-17	17	152.8	110	Danielle Ortiz	10/29/2016
T1	13-15	13	164.8	99	Harley Milone	12/9/2017
T1	13-15	14	149	94	Jennah Reynolds	7/24/2021
T3	18-19	19	153.5	83	Ashton Bishop	8/22/2020
82.5kg/181.7lbs						
T3	18-19	19	175	182	Sarah Oesch	10/22/2022
T3	18-19	19	180.6	150	Victoria Renfro	7/9/2016
T2	16-17	17	170.8	149	Sarah Oesch	10/3/2020
T3	18-19	19	175.4	143	Shelby Sprinkle	12/18/2021
T3	18-19	18	171.8	110	Emma Love	10/29/2016
T2	16-17	16	179	105	Sarah Sells	10/21/2023
Y	11-12	11	176.8	94	Nevaeh McIntosh	3/6/2021
T2	16-17	17	179	83	Chesney Samaha	11/19/2022
T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021
T3	18-19	18	170.6	66	Gabriella Drury	10/21/2023
T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
None						
Y	10-12	10	183.8	149	Nevaeh McIntosh	4/24/2021
T2	16-17	16	192.4	121	Alyssa Beadles	6/19/2021
T1	13-15	15	196.5	121	Karson Tolle	10/22/2022
100kg/220.4lbs						
Y 10-12 12 218.1 204 Nevaeh McIntosh 5/6/2023						
T1	13-15	13	200.7	143	Alex Jefferson	10/17/2020
T1	13-15	14	200	105	Karson Tolle	6/11/2022
110kg/242.5lbs						
T1	13-15	15	238.5	154	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	138	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	149	Meredith Arnold	4/24/2021

52kg/114.5lbs						
T3	18-19	19	112.4	237	McKenna Wright	6/17/2023
T1	13-15	14	114	231	Carmen Trivette	5/6/2023
T1	13-15	13	112.8	220	Makayla Van Meter	2/20/2021
T2	16-17	17	112	214.9	Leighann Allen	11/19/2016
T2	16-17	16	108.3	193	McKenna Wright	3/6/2021
56kg/123.5lbs						
T3	18-19	19	123.25	319.5	Becca Dison	3/10/2018
T3	18-19	19	118.4	281	Olivia Pasin	11/19/2022
T2	16-17	17	116.2	171	Angelina Peterson	10/21/2023
60kg/132.2lbs						
T3	18-19	19	132	303	Claire Rosser	8/12/2017
T2	16-17	16	129	259	Mara Hall	2/20/2021
T1-RC	13-15	14	130.7	220	Beverly Lemay	3/18/2023
T2	16-17	17	128.5	204	Sophia Drury	10/21/2023
T1	13-15	14	131.6	193	Macy Lantz	8/12/2017
T2	16-17	16	127.8	155	Fiorella Tito	10/1/2022
KC	5-10	9	132.3	100	Scarlett Samaha	11/19/2022
67.5kg/148.7lbs						
T3	18-19	19	142.6	303	Hanna Young	8/12/2017
T2	16-17	16	145.3	275	Sara Hampton	10/21/2023
T1-RC	13-15	14	133.4	253	Beverly Lemay	6/17/2023
T1-RC	13-15	13	145.1	249	Haleigh Batchelor	11/19/2022
T1	13-15	15	146.8	243	Macy Lantz	4/20/2018
T3	18-19	19	142.2	231	Ashton Bishop	3/6/2021
T3	18-19	18	140.4	200	Destiny Dula	10/29/2016
T2	16-17	16	148.5	165	Aiana Peterson	10/1/2022
T1	13-15	13	138.4	154	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T3	18-19	19	150.4	334	Sarah Oesch	6/11/2022
T2	16-17	17	165	333	Sarah Oesch	10/17/2020
T1	13-15	14	162.9	320	Olivia Dubrow	9/18/2021
T1	13-15	14	157.9	314	Tyler Glover	9/18/2021
T3	18-19	19	161.5	292	Katarina Giancroce	4/22/2017
T2	16-17	17	152.8	255	Danielle Ortiz	10/29/2016
T1	13-15	13	164.8	248	Harley Milone	12/9/2017
T1	13-15	14	149	226	Jennah Reynolds	7/24/2021
T3	18-19	19	153.5	215	Ashton Bishop	8/22/2020
82.5kg/181.7lbs						
T3	18-19	19	175.4	402	Shelby Sprinkle	12/18/2021
T3-RC	18-19	19	175	353	Sarah Oesch	10/22/2022
T3	18-19	19	180.6	330	Victoria Renfro	7/9/2016
T2	16-17	17	170.8	326	Sarah Oesch	10/3/2020
T2	16-17	16	179	226	Sarah Sells	10/21/2023
T3	18-19	18	170.6	209	Gabriella Drury	10/21/2023
Y	11-12	11	176.8	200	Nevaeh McIntosh	3/6/2021
T3	18-19	18	171.8	185	Emma Love	10/29/2016
T2	16-17	17	179	182	Chesney Samaha	11/19/2022
T1	13-15	15	173.5	160	Kayla McCubbins	10/3/2020
T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021
90kg/198.2lbs						
None						
T1	13-15	15	196.5	308	Karson Tolle	10/22/2022
T2	16-17	16	192.4	286	Alyssa Beadles	6/19/2021
Y	10-12	11	192.7	231	Nevaeh McIntosh	10/16/2021
100kg/220.4lbs						
T1 13-15 13 200.7 303 Alex Jefferson 10/17/2020						
T1	13-15	14	200	275	Karson Tolle	6/11/2022
Y	10-12	12	218.1	275	Nevaeh McIntosh	5/6/2023
110kg/242.5lbs						
T1	13-15	15	238.5	309	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	275	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	309	Meredith Arnold	4/24/2021

52kg/114.5lbs						
T3	18-19	19	112.4	485	McKenna Wright	6/17/2023
T1	13-15	13	111.3	473	Carmen Trivette	10/22/2022
T2	16-17	16	108.3	391	McKenna Wright	3/6/2021
T2	16-17	17	112	281	Leighann Allen	11/19/2016
56kg/123.5lbs						
T3	18-19	19	123.25	755	Becca Dison	3/10/2018
T3	18-19	19	118.4	672	Olivia Pasin	11/19/2022
T2	16-17	17	116.2	396	Angelina Peterson	10/21/2023
60kg/132.2lbs						
T3	18-19	19	132	683	Claire Rosser	8/12/2017
T2	16-17	16	129	568	Mara Hall	2/20/2021
T1-RC	13-15	14	130.7	551	Beverly Lemay	3/18/2023
T2	16-17	17	128.5	446	Sophia Drury	10/21/2023
T1	13-15	14	131.6	391	Macy Lantz	8/12/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	816	Hanna Young	8/12/2017
T1-RC	13-15	13	145.1	651	Haleigh Batchelor	11/19/2022
T2	16-17	16	145.3	623	Sara Hampton	10/21/2023
T1-RC	13-15	14	133.4	595	Beverly Lemay	6/17/2023
T1	13-15	15	14			



RAW (Knee Sleeves) SQUAT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	22	111.6	250	Elena Lopez	6/2/2018
	20	108	165	Maggie Parsons	11/19/2016
<b>56kg/123.5lbs</b>					
	20	120.6	220	Emily Gaiser	7/10/2021
<b>60kg/132.2lbs</b>					
	21	127.9	276	Alexis Rutledge	4/23/2022
	21	126.3	182	Gabby Bennett	7/10/2021
	20	127.3	132	Kristen McPherson	10/17/2020
<b>67.5kg/148.7lbs</b>					
	20	138	331	Hanna Young	4/20/2018
	20	144.6	292	Everette Sherrill	7/22/2023
	22	147.5	286	Abby Foy	12/19/2020
	23	148.6	264	Courtney Fox	7/22/2023
	23	145	248	Delaney Fish	6/10/2017
	21	144.2	209	Emily Schnupp	8/12/2017
<b>75kg/165.2lbs</b>					
	23	164.6	336	Candace Locklear	3/10/2018
	23	161.5	314	Alisha Martin	4/24/2021
	23	153.2	308	Courtney Fox	10/21/2023
	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
	21	162.6	259	Aleya Woodall	6/19/2021
	20	159.5	248	Ivanna Guzman	4/22/2017
	23	164	237	Brooke Burns	7/10/2021
<b>82.5kg/181.7lbs</b>					
	21	180.8	275	Christina Walton	7/22/2023
	21	173.1	259	Katie Roseman	12/19/2020
	23	177	259	Kailee Heller	7/10/2021
	23	170	242	Savannah Moon	1/22/2022
	22	174.8	193	Michelle Wood	10/28/2017
<b>90kg/198.2lbs</b>					
	23	195.1	358	Isabella Hefner	7/22/2023
	22	184.1	331	Emely Barahona	6/5/2021
	22	195.6	225	Kelly Benson	10/29/2016
	21	194.2	198	Mariah Flint	4/22/2017
<b>100kg/220.4lbs</b>					
				NONE	
<b>110kg/242.5lbs</b>					
	23	224	402	Maddy Webster	10/22/2022
<b>110+kg/242.5+lbs</b>					
	23	262.8	331	Shaundre Lilley	12/4/2021
	22	330.2	280	Lashonda Zander	6/2/2018
	23	254.9	275	Nathalie Vargas	12/18/2021
	22	282.2	209	Capri Cameron	8/12/2017

RAW BENCH PRESS					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	21	108.3	94	Racquel Wilson	10/16/2021
	22	111.6	85	Elena Lopez	6/2/2018
	20	108	83	Maggie Parsons	11/19/2016
<b>56kg/123.5lbs</b>					
	20	120.6	132	Emily Gaiser	7/10/2021
<b>60kg/132.2lbs</b>					
	21	127.9	138	Alexis Rutledge	4/23/2022
	20	127.3	99	Kristen McPherson	10/17/2020
	21	126.3	77	Gabby Bennett	7/10/2021
<b>67.5kg/148.7lbs</b>					
	21	138.3	178	Anyia Kalnins	9/18/2021
	20	138	171	Hanna Young	4/20/2018
	22	147.5	171	Abby Foy	12/19/2020
	20	143.5	138	Paige Harrod	11/19/2016
	21	144.2	138	Emily Schnupp	8/12/2017
	23	144.6	121	Everette Sherrill	7/22/2023
	23	145	116	Delaney Fish	6/10/2017
	23	148.6	110	Courtney Fox	7/22/2023
<b>75kg/165.2lbs</b>					
	23	161.5	171	Alisha Martin	4/24/2021
	23	164.6	160	Candace Locklear	3/10/2018
	23	159.4	149	Emily Tighe	6/9/2018
	21	162.6	149	Aleya Woodall	6/19/2021
	23	164	143	Brooke Burns	7/10/2021
	20	157.2	138	Lisha Lamb	11/19/2016
	20	161.6	132	Sarah Oesch	3/18/2023
	22	161.6	132	Dani Moore	6/10/2017
	20	158	127	Carley Bradshaw	11/19/2016
	23	153.2	121	Courtney Fox	10/21/2023
<b>82.5kg/181.7lbs</b>					
	23	177	154	Kailee Heller	7/10/2021
	20	179.4	138	Rebekah Kemper	11/21/2020
	22	174.8	132	Michelle Wood	10/28/2017
	21	173.1	121	Katie Roseman	12/19/2020
	23	170	116	Karina Salmerson	11/21/2020
	21	180.8	116	Christina Walton	7/22/2023
	23	170	110	Savannah Moon	1/22/2022
<b>90kg/198.2lbs</b>					
	22	184.1	187	Emely Barahona	6/5/2021
	23	195.1	171	Isabella Hefner	7/22/2023
	22	195.6	170	Kelly Benson	10/29/2016
	21	194.2	110	Mariah Flint	4/22/2017
<b>100kg/220.4lbs</b>					
				NONE	
<b>110kg/242.5lbs</b>					
	23	224	220	Maddy Webster	10/22/2022
<b>110+kg/242.5+lbs</b>					
	23	262.8	193	Shaundre Lilley	12/4/2021
	22	330.2	175	Lashonda Zander	6/2/2018
	22	282.2	160	Capri Cameron	8/12/2017
	23	254.9	149	Nathalie Vargas	12/18/2021

RAW (Knee Sleeves) DEADLIFT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	22	111.6	240	Elena Lopez	6/2/2018
	20	108	220	Maggie Parsons	11/19/2016
<b>56kg/123.5lbs</b>					
	20	120.6	286	Emily Gaiser	7/10/2021
<b>60kg/132.2lbs</b>					
	20	127.3	237	Kristen McPherson	10/17/2020
	21	127.9	226	Alexis Rutledge	4/23/2022
	21	126.3	215	Gabby Bennett	7/10/2021
<b>67.5kg/148.7lbs</b>					
	20	138	364	Hanna Young	4/20/2018
	20	143.5	314	Paige Harrod	11/19/2016
	20	144.6	292	Everette Sherrill	7/22/2023
	22	147.5	292	Abby Foy	12/19/2020
	23	148.6	264	Courtney Fox	7/22/2023
	23	145	253	Delaney Fish	6/10/2017
	21	144.2	248	Emily Schnupp	8/12/2017
<b>75kg/165.2lbs</b>					
	23	164.6	402	Candace Locklear	3/10/2018
	23	161.5	331	Alisha Martin	4/24/2021
	20	159.5	325	Ivanna Guzman	4/22/2017
	23	153.2	314	Courtney Fox	10/21/2023
	21	162.6	308	Aleya Woodall	6/19/2021
	20	157.2	298	Lisha Lamb	11/19/2016
	20	158	292	Carley Bradshaw	11/19/2016
	23	164	281	Brooke Burns	7/10/2021
<b>82.5kg/181.7lbs</b>					
	23	177	303	Kailee Heller	7/10/2021
	21	173.1	292	Katie Roseman	12/19/2020
	21	180.8	292	Christina Walton	7/22/2023
	23	170	264	Savannah Moon	1/22/2022
	22	174.8	226	Michelle Wood	10/28/2017
<b>90kg/198.2lbs</b>					
	23	195.1	391	Isabella Hefner	7/22/2023
	22	184.1	331	Emely Barahona	6/5/2021
	21	194.2	320	Mariah Flint	4/22/2017
	22	195.6	265	Kelly Benson	10/29/2016
<b>100kg/220.4lbs</b>					
				NONE	
<b>110kg/242.5lbs</b>					
	23	224	441	Maddy Webster	10/22/2022
<b>110+kg/242.5+lbs</b>					
	22	330.2	325	Lashonda Zander	6/2/2018
	23	262.8	320	Shaundre Lilley	12/4/2021
	23	254.9	292	Nathalie Vargas	12/18/2021
	22	282.2	259	Capri Cameron	8/12/2017

RAW (Knee Sleeves) TOTAL					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	22	111.6	575	Elena Lopez	6/2/2018
	20	108	468	Maggie Parsons	11/19/2016
<b>56kg/123.5lbs</b>					
	20	120.6	639	Emily Gaiser	7/10/2021
<b>60kg/132.2lbs</b>					
	21	127.9	639	Alexis Rutledge	4/23/2022
	21	126.3	474	Gabby Bennett	7/10/2021
	20	127.3	468	Kristen McPherson	10/17/2020
<b>67.5kg/148.7lbs</b>					
	20	138	865	Hanna Young	4/20/2018
	22	147.5	749	Abby Foy	11/19/2019
	20	144.6	705	Everette Sherrill	7/22/2023
	23	148.6	639	Courtney Fox	7/22/2023
	23	145	617	Delaney Fish	6/10/2017
	21	144.2	595	Emily Schnupp	8/12/2017
<b>75kg/165.2lbs</b>					
	23	164.6	876	Candace Locklear	3/10/2018
	23	161.5	816	Alisha Martin	4/24/2021
	23	153.2	744	Courtney Fox	10/21/2023
	20	157.2	716	Lisha Lamb	11/19/2016
	21	162.6	716	Aleya Woodall	6/19/2021
	20	158	700	Carley Bradshaw	11/19/2016
	20	159.5	683	Ivanna Guzman	4/22/2017
	23	164	661	Brooke Burns	7/10/2021
<b>82.5kg/181.7lbs</b>					
	23	177	716	Kailee Heller	7/10/2021
	21	180.8	683	Christina Walton	7/22/2023
	21	173.1	672	Katie Roseman	12/19/2020
	23	170	617	Savannah Moon	1/22/2022
	22	174.8	551	Michelle Wood	10/28/2017
<b>90kg/198.2lbs</b>					
	23	195.1	920	Isabella Hefner	7/22/2023
	22	184.1	849	Emely Barahona	6/5/2021
	22	195.6	660	Kelly Benson	10/29/2016
	21	194.2	628	Mariah Flint	4/22/2017
<b>100kg/220.4lbs</b>					
				NONE	
<b>110kg/242.5lbs</b>					
	23	224	1064	Maddy Webster	10/22/2022
<b>110+kg/242.5+lbs</b>					
	23	262.8	843	Shaundre Lilley	12/4/2021
	22	330.2	780	Lashonda Zander	6/2/2018
	23	254.9	716	Nathalie Vargas	12/18/2021
	22	282.2	628	Capri Cameron	8/12/2017

FEMALE RAW CLASSIC JUNIORS (20-23)

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	21	108.3	94	Racquel Wilson	10/16/2021
	22	111.6	85	Elena Lopez	6/2/2018
	20	108	83	Maggie Parsons	11/19/2016

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	21	108.3	94	Racquel Wilson	10/16/2021
	22	111.6	85	Elena Lopez	6/2/2018
	20	108	83	Maggie Parsons	11/19/2016

365 STRONG WORLD RANKINGS					
RAW CLASSIC					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>52kg/114.5lbs</b>					
	21	108.3	94	Racquel Wilson	10/16/2021
	22	111.6	85		

56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs											

56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs									
FP	RC	29	122	242	Amanda Isley	10/28/2017	FP	RC	29	122	132	Amanda Isley	8/12/2017	FP	RC	29	122	303	Amanda Isley	10/28/2017	FP	RC	29	122	678	Amanda Isley	10/28/2017
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs									
FP	R	36	139.4	215	LaDetra Cole	10/29/2022	FP	R	36	139.4	116	LaDetra Cole	10/29/2022	FP	R	36	139.4	336	LaDetra Cole	10/29/2022	FP	R	36	139.4	667	LaDetra Cole	10/29/2022
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs									
M/P/F						M/P/F						M/P/F						M/P/F									
FP	R	44	159	380	Emily Lilly	10/21/2023	FP	R	44	159	242	Emily Lilly	10/21/2023	FP	R	35	154.7	380	LaDetra Cole	3/5/2022	FP	R	44	159	1003	Emily Lilly	10/21/2023
FP	R	27	161.2	275	Mikhayla Dunn	12/18/2021	FP	R	33	160	187	Heather Ingalls	8/12/2017	FP	R	44	159	380	Emily Lilly	10/21/2023	FP	R	35	154.7	771	LaDetra Cole	3/5/2022
FP	R	35	154.7	253	LaDetra Cole	3/5/2022	FP	R	57	165.2	178	Cherie Goldsmith	4/1/2023	FP	R	27	161.2	320	Mikhayla Dunn	12/18/2021	FP	R	27	161.2	749	Mikhayla Dunn	12/18/2021
FP	R	33	160	242	Heather Ingalls	8/12/2017	FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021	FP	R	33	160	303	Heather Ingalls	8/12/2017	FP	R	33	160	733	Heather Ingalls	8/12/2017
82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs									
FP	RC	26	177.5	386	Emily Merritt	5/11/2019	FP	R	29	177.6	204	Gabrielle Robbins	11/9/2019	FP	R	29	177.6	397	Gabrielle Robbins	11/9/2019	FP	RC	26	177.5	937	Emily Merritt	5/11/2019
FP	R	29	177.6	314	Gabrielle Robbins	11/9/2019	FP	R	26	177.5	165	Emily Merritt	5/11/2019	FP	RC	26	178.7	391	Emily Merritt	10/27/2018	FP	R	29	177.6	914	Gabrielle Robbins	11/9/2019
FP	R	28	177.5	303	Mikhayla Dunn	4/15/2023	FP	R	28	177.5	160	Mikhayla Dunn	4/15/2023	FP	R	28	177.5	353	Mikhayla Dunn	4/15/2023	FP	R	28	177.5	816	Mikhayla Dunn	4/15/2023
FP	R	31	178.2	281	Emily Gilson	10/17/2020	FP	R	31	178.2	149	Emily Gilson	10/17/2020	FP	R	31	178.2	342	Emily Gilson	10/17/2020	FP	R	31	178.2	772	Emily Gilson	10/17/2020
FP	R	39	178.2	220	Pamela Buskirk	3/5/2022	PP	R	39	174.4	132	Pamela Buskirk	7/24/2021	PP	R	39	178.2	286	Pamela Buskirk	3/5/2022							
90+kg/198.2+lbs						90+kg/198.2+lbs						90+kg/198.2+lbs						90+kg/198.2+lbs									
Female						Female						Female						Female									
FP	RC	34	250	309	Tarra Farnham	5/22/2021	FP	R	34	250	138	Tarra Farnham	5/22/2021	FP	RC	34	250	336	Tarra Farnham	5/22/2021	FP	RC	34	250	783	Tarra Farnham	5/22/2021

**FEMALE PARALIFTER**

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS									
SQUAT - EQUIPMENT NOTED						BENCH - EQUIPMENT NOTED						DEADLIFT - EQUIPMENT NOTED						TOTAL - EQUIPMENT NOTED									
FEMALE - PARALIFTER						FEMALE - PARALIFTER						FEMALE - PARALIFTER						FEMALE - PARALIFTER									
Wgt	Class	Age	Wgt	Lbs	Name	Date	Wgt	Class	Age	Wgt	Lbs	Name	Date	Wgt	Class	Age	Wgt	Lbs	Name	Date	Wgt	Class	Age	Wgt	Lbs	Name	Date
							44kg/97lbs																				
									15	97	83	Bella-Grace Meadows	4/1/2023														

**FEMALE STANDING CURLS**

365 STRONG WORLD RANKINGS																							
Standing Curl																							
FEMALE																							

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTL
M5	R	62	123	37.5	Nina Snipes	10/21/2023	123
Open	R	62	123	37.5	Nina Snipes	10/21/2023	123
T1	R	14	118.6	37.5	Elena Sannicandro	8/19/2023	123
M5	R	61	125	32.5	Nina Snipes	5/27/2023	132
T2	R	17	126.2	37.5	Antia Sannicandro	8/19/2023	132
M4	R	59	127.2	60	JoJo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	JoJo Brasseaux	10/21/2023	132
Open	R	59	129.8	60	JoJo Brasseaux	10/21/2023	132
M2	R	46	137	50	Aiysha Hayes	6/5/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
Open	R	32	179.8	75	Clearra Jackson-Griffin	10/21/2023	181
M5	R	63	179.5	95	Gloria Knight-McNeil	10/22/2022	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181