

**365 Strong World Powerlifting Federation**  
**CURRENT OVERALL FEMALE DIVISIONAL TOP TEN WORLD RANKINGS**  
 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 (EP) once they use Single-Ply lifting attire  
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 12/21/2023

**FEMALE RAW OVERALL LEADERS**

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS												
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL												
FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL												
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						44kg/97lbs						44kg/97lbs						44kg/97lbs									
		13	86	<b>Alessandra Reis</b>	1/21/2023			15	97	<b>83</b>	<b>Bella-Grace Meadows</b>	4/1/2023			13	86	<b>204</b>	<b>Alessandra Reis</b>	1/21/2023			13	86	<b>386</b>	<b>Alessandra Reis</b>	1/21/2023	
								13	86	<b>71</b>	Alessandra Reis	1/21/2023			9	63.8	<b>132</b>	Kambree Williamson	11/19/2022								
														9	69.4	<b>78</b>	Alana Allbrook	5/27/2023									
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs									
		12	105.2	<b>Carmen Trivette</b>	10/16/2021			55	98	<b>132</b>	<b>Nina Kiuru</b>	7/30/2022			55	98	<b>237</b>	<b>Nina Kiuru</b>	7/30/2022			55	98	<b>369</b>	<b>Nina Kiuru</b>	7/30/2022	
								33	104.3	<b>110</b>	Stephanie Washington	7/10/2021			12	105.2	<b>143</b>	Carmen Trivette	10/16/2021			12	105.2	<b>347</b>	Carmen Trivette	10/16/2021	
								12	105.2	<b>83</b>	Carmen Trivette	10/16/2021															
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs									
		46	112.3	<b>259</b>	<b>Missy Taylor</b>	4/24/2021			46	111.8	<b>182</b>	<b>Missy Taylor</b>	4/23/2022			24	114.2	<b>303</b>	<b>Amber Malchow</b>	10/28/2017			46	112.3	<b>694</b>	<b>Missy Taylor</b>	4/24/2021
		22	111.6	<b>250</b>	Elena Lopez	6/2/2018			24	114.2	<b>132</b>	Amber Malchow	10/28/2017			46	112.3	<b>275</b>	Missy Taylor	4/24/2021			24	114.2	<b>650</b>	Amber Malchow	10/28/2017
		24	114.2	<b>215</b>	Amber Malchow	10/28/2017			30	111.2	<b>127</b>	Aubrey Cornwell	8/12/2017			22	111.6	<b>240</b>	Elena Lopez	6/2/2018			22	111.6	<b>570</b>	Elena Lopez	6/2/2018
		20	108	<b>165</b>	Maggie Parsons	11/19/2016			34	114	<b>121</b>	Lindsay Seamons	6/29/2019			19	112.4	<b>237</b>	McKenna Wright	6/17/2023			19	112.4	<b>485</b>	McKenna Wright	6/17/2023
		19	112.4	<b>165</b>	McKenna Wright	6/17/2023			27	111.5	<b>116</b>	Nykhisa Garland	10/17/2020			14	114	<b>226</b>	Carmen Trivette	5/6/2023			13	111.3	<b>474</b>	Carmen Trivette	10/22/2022
		72	106.3	<b>154</b>	Linda Costello	4/23/2022			62	108.2	<b>105</b>	Sue Ann Huribert	10/21/2023			62	110.7	<b>224</b>	Sue Ann Huribert	7/22/2023			20	108	<b>469</b>	Maggie Parsons	11/19/2016
		13	111.3	<b>154</b>	Carmen Trivette	10/22/2022			13	111.3	<b>99</b>	Carmen Trivette	10/22/2022			72	106.3	<b>220</b>	Linda Costello	4/23/2022			62	110.7	<b>464</b>	Sue Ann Huribert	7/22/2023
		62	108.2	<b>149</b>	Sue Ann Huribert	10/21/2023			37	111.3	<b>99</b>	Tiffany Bellamy	4/22/2017			20	108	<b>220</b>	Maggie Parsons	4/22/2017			72	106.3	<b>457</b>	Linda Costello	4/23/2022
		13	112.8	<b>116</b>	Makayla Van Meter	2/20/2021			13	112.8	<b>99</b>	McKayla Van Meter	2/20/2021			13	112.8	<b>220</b>	Makayla Van Meter	2/20/2021			13	112.8	<b>435</b>	Makayla Van Meter	2/20/2021
								21	108.3	<b>94</b>	Racquel Wilson	10/16/2021			17	112	<b>215</b>	Leighann Allen	11/19/2016								
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs									
		48	122.4	<b>314</b>	<b>Missy Taylor</b>	5/6/2023			48	122.4	<b>209</b>	<b>Missy Taylor</b>	5/6/2023			48	122.4	<b>331</b>	<b>Missy Taylor</b>	5/6/2023			48	122.4	<b>854</b>	<b>Missy Taylor</b>	5/6/2023
		23	123	<b>281</b>	Isabella Sarks	1/24/2021			42	121.8	<b>175</b>	Dawn Bogart	4/9/2016			23	122.8	<b>320</b>	Isabella Sarks	4/23/2022			19	123.4	<b>755</b>	Becca Dison	3/10/2018
		19	123.4	<b>275</b>	Becca Dison	3/10/2018			19	123.4	<b>160</b>	Becca Dison	1/21/2017			19	123.4	<b>320</b>	Becca Dison	3/10/2018			23	122.8	<b>705</b>	Isabella Sarks	4/23/2022
		29	123.5	<b>248</b>	Krystal Scott	8/12/2017			32	122.8	<b>155</b>	Tiffany Faulkner	1/21/2017			31	123	<b>314</b>	Meredith Ward	3/9/2019			29	123.5	<b>683</b>	Krystal Scott	8/12/2017
		19	118.4	<b>242</b>	Olivia Pasin	11/19/2022			29	123	<b>154</b>	Krystal Scott	10/28/2017			32	122.8	<b>305</b>	Tiffany Faulkner	1/21/2017			19	118.4	<b>672</b>	Olivia Pasin	11/19/2022
		20	120.6	<b>220</b>	Emily Gaiser	7/10/2021			19	118.4	<b>149</b>	Olivia Pasin	11/19/2022			20	120.6	<b>286</b>	Emily Gaiser	7/10/2021			31	123	<b>661</b>	Meredith Ward	3/9/2019
		31	123	<b>209</b>	Meredith Ward	3/9/2019			31	120.4	<b>138</b>	Meredith Ward	4/20/2018			19	118.4	<b>281</b>	Olivia Pasin	11/19/2022			20	120.6	<b>639</b>	Emily Gaiser	7/10/2021
		28	122.8	<b>204</b>	Shantell Hawkins	9/7/2019			20	120.6	<b>132</b>	Emily Gaiser	7/10/2021			29	123.5	<b>281</b>	Krystal Scott	8/12/2017			31	122.8	<b>573</b>	Heddi Schuck	6/19/2021
		31	122.8	<b>187</b>	Heidi Schuck	6/19/2021			29	122	<b>132</b>	Amanda Isley	8/12/2017			28	122.8	<b>259</b>	Shantell Hawkins	9/7/2019			28	122.8	<b>567</b>	Shantell Hawkins	9/7/2019
		54	119.6	<b>182</b>	Lisa Baker	12/19/2020			31	122.8	<b>132</b>	Heidi Schuck	6/19/2021			31	122.8	<b>253</b>	Heidi Schuck	6/19/2021			36	123	<b>523</b>	Sally Lloyd	6/10/2017
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs									
		25	132	<b>319</b>	<b>Kristin Kitlica</b>	7/10/2021			28	132.2	<b>242</b>	<b>Courtney Norris</b>	8/12/2017			26	126	<b>369</b>	<b>Barbara Morales</b>	12/9/2023			42	130	<b>855</b>	<b>Dawn Bogart</b>	7/9/2016
		42	130	<b>300</b>	Dawn Bogart	7/9/2016			29	130.6	<b>231</b>	Brittany Bowles	10/27/2018			42	130	<b>350</b>	Dawn Bogart	7/9/2016			25	132	<b>832</b>	Kristin Kitlica	7/10/2021
		25	125	<b>285</b>	Caitlin Cardone	4/9/2016			42	129	<b>210</b>	Dawn Bogart	10/29/2016			28	129.4	<b>347</b>	Leslie Kutner	4/20/2018			28	129.4	<b>794</b>	Leslie Kutner	4/20/2018
		28	129.4	<b>281</b>	Leslie Kutner	4/20/2018			57	131.3	<b>185</b>	Jami Bozzuto	10/2/2022			25	132	<b>342</b>	Kristin Kitlica	7/10/2021			26	126	<b>755</b>	Barbara Morales	12/9/2023
		27	131.6	<b>280</b>	Samantha Sawyer	1/21/2017			47	127.2	<b>180</b>	Bela Ghosh	8/11/2016			26	128.4	<b>340</b>	Whitney Myers	8/2/2018			25	125	<b>745</b>	Caitlin Cardone	4/9/2016
		31	127.9	<b>275</b>	Alexis Rutledge	4/23/2022			25	132	<b>171</b>	Kristin Kitlica	7/10/2021			22	127.4	<b>325</b>	Emily Gaiser	9/17/2022			22	127.4	<b>727</b>	Emily Gaiser	9/17/2022
		33	132.2	<b>264</b>	Amy Pierce	8/12/2017			25	125.6	<b>165</b>	Caitlin Cardone	7/9/2016			27	128	<b>325</b>	Nadia Zebouni	7/9/2016			33	132.2	<b>727</b>	Amy Pierce	8/12/2017
		22	127.4	<b>259</b>	Emily Gaiser	8/17/2022			27	129	<b>165</b>	Leslie Kutner	10/28/2017			57	131.3	<b>325</b>	Jami Bozzuto	10/2/2022			28	128.8	<b>722</b>	April Rainey	2/26/2023
		26	126	<b>248</b>	Barbara Morales	12/9/2023			28	128.8	<b>154</b>	April Rainey	2/26/2023			21	127.9	<b>320</b>	Alexis Rutledge	4/23/2022			27	131.6	<b>700</b>	Samantha Sawyer	1/21/2017
		28	128.8	<b>248</b>	April Rainey	2/26/2023			33	132.2	<b>154</b>	Amy Pierce	8/12/2017			28	128.8	<b>320</b>	April Rainey	2/26/2023			19	132	<b>683</b>	Claire Rosser	8/12/2017
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs									
		29	141.8	<b>386</b>	<b>Morgan Long</b>	5/6/2023			29	140.4	<b>242</b>	<b>Morgan Long</b>	10/21/2023			28	141.8	<b>435</b>	<b>Morgan Long</b>	5/6/2023			29	141.8	<b>1064</b>	<b>Morgan Long</b>	5/6/2023
		43	147.5	<b>359</b>	Emily Lilly	5/6/2023			43	147.1	<b>231</b>	Emily Lilly	3/4/2023			29	144.4	<b>380</b>	Leslie Kutner	11/9/2019			43	147.5	<b>955</b>	Emily Lilly	5/6/2023
		20	138	<b>331</b>	Hanna Young	4/20/2018			28	145.2	<b>226</b>	Brittany Shackelford	10/28/2017			43	147.5	<b>369</b>	Emily Lilly	5/6/2023			39	145.3	<b>876</b>	Tosha Baughman	3/19/2023
		39	145.3	<b>325</b>	Tosha Baughman	3/19/2023			61	148.6	<b>226</b>	Maureen Clary	4/22/2017			20	138	<b>364</b>	Hanna Young	4/20/2018			61	148.6	<b>876</b>	Maureen Clary	4/22

	28	177.4	303	Mikhayla Dunn	4/15/2023		27	179.8	226	Helen Romero	4/20/2018		28	177.4	353	Mikhayla Dunn	4/15/2023		45	180.3	832	Shannon Nash	4/22/2017				
	32	169.1	290	Rayseen Brown	1/21/2017		28	181	209	Miranda Williams	5/6/2023		28	181	353	Crystal McCullough	1/22/2022		19	175.4	827	Shelby Sprinkle	12/18/2021				
	29	170	281	Jessica Herling	3/5/2022		29	177.6	204	Gabrielle Robbins	11/9/2019		28	181	353	Miranda Williams	5/6/2023		28	177.4	816	Mikhayla Dunn	4/15/2023				
	19	175.4	281	Shelby Sprinkle	12/18/2021		63	179.5	198	Gloria Knight-McNeil	10/22/2022		31	178.2	342	Emily Gilson	10/17/2020		32	169.1	790	Rayseen Brown	1/21/2017				
	31	178.2	281	Emily Gilson	10/17/2020		38	175	182	Lay Kaahu	8/12/2017		59	166.9	331	Dawn O'Donnell	10/22/2022		31	178.2	772	Emily Gilson	10/17/2020				
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs			
	24	196.7	364	Isabella Heffner	10/21/2023		45	185.6	380	Shannon Nash	10/28/2017		24	196.7	424	Isabella Heffner	10/21/2023		24	196.7	948	Isabella Heffner	10/21/2023				
	22	184.1	331	Emely Barahona	6/5/2021		31	190.4	303	Alexis Ellopoulos	10/28/2017		33	189	400	Priyanka Santiago	10/2/2022		28	192	909	Jess Lemachko	8/19/2023				
	28	192	331	Jess Lemachko	8/19/2023		37	198	248	Linsy Eudy	10/21/2023		26	184.8	358	Kathryn French	3/10/2018		22	184.1	849	Emely Barahona	6/5/2021				
	24	193	320	Alyson Abbs	4/20/2018		28	192	220	Jess Lemachko	8/19/2023		28	187.5	358	Chelse Zamorano	5/22/2021		44	197.8	838	Carla Akers	4/20/2018				
	44	197.8	320	Carla Akers	4/20/2018		33	189	200	Priyanka Santiago	10/2/2022		28	192	358	Jess Lemachko	8/19/2023		24	193	799	Alyson Abbs	4/20/2018				
	28	187.5	270	Chelse Zamorano	5/22/2021		40	187.2	193	Mona Espinosa	1/22/2022		24	196	353	Lauren Davis	6/5/2021		28	187.5	788	Chelse Zamorano	5/22/2021				
	27	188.7	270	Brittany Marquez	1/21/2017		22	184.1	187	Emely Barahona	6/5/2021		44	190.4	336	Carla Akers	10/28/2017		48	195.5	750	Johellah Wilson	6/25/2022				
	48	195.5	259	Johellah Wilson	6/25/2022		45	194	187	Heather Streible	3/19/2023		22	184.1	331	Emely Barahona	6/5/2021		15	196.5	667	Karson Tolle	10/22/2022				
	24	187.6	242.5	Brittany Abbott	6/10/2017		44	197.8	187	Carla Akers	4/20/2018		21	194.2	320	Mariah Flint	4/22/2017		22	195.6	660	Kally Benson	10/29/2016				
	47	189.6	243	Mandy Self-Sparrow	7/22/2023		48	195.5	176	Johellah Wilson	6/25/2022		48	195.5	314	Johellah Wilson	6/25/2022		28	192.5	639	Hali Medina	11/11/2023				
100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs			
	41	213	347	Gina Woolard	3/5/2022		29	213.6	237	Jessica Hoxie	3/5/2022		26	218.5	369	Amy Portillo	7/22/2023		41	213	865	Gina Woolard	3/5/2022				
	26	218.5	342	Amy Portillo	7/22/2023		12	218.1	204	Neveah McIntosh	5/6/2023		30	213.8	366	Jessica Littleton	7/22/2023		45	219.1	865	Carla Akers	10/27/2018				
	32	216.5	331	Rachel Massey	6/11/2022		45	219.1	204	Carla Akers	10/27/2018		35	216.3	364	Cristal Prather	6/17/2023		32	216.5	849	Rachel Massey	6/11/2022				
	45	219.1	331	Carla Akers	10/27/2018		30	210.5	187	Haley Shields	10/21/2023		30	210.5	358	Haley Shields	10/21/2023		30	210.5	832	Haley Shields	10/21/2023				
	35	216.3	303	Crystal Prather	6/17/2023		32	216.5	171	Rachel Massey	6/11/2022		41	213	353	Gina Woolard	3/5/2022		35	216.3	805	Crystal Prather	6/17/2023				
	30	210.5	286	Haley Shields	10/21/2023		46	211	165	Renee Turner	6/17/2023		43	214.5	353	Anika Harper	5/6/2023		26	218.5	805	Amy Portillo	7/22/2023				
	47	214.3	264	Barbara VanVliet	11/11/2023		41	213	165	Gina Woolard	3/5/2022		32	216.5	347	Rachel Massey	6/11/2022		32	199	678	Angela Dunn	9/17/2022				
	32	199	259	Angela Dunn	9/17/2022		32	199	154	Angela Dunn	9/17/2022		45	219.1	331	Carla Akers	10/27/2018		34	206.8	672	Valerie Ryan	1/22/2022				
	13	200.7	248	Alex Jefferson	10/17/2020		37	211.4	154	Trisha Crisman	8/25/2018		34	206.8	314	Valerie Ryan	1/22/2022		47	214.3	667	Barbara VanVliet	11/11/2023				
	14	200	237	Karson Tolle	6/11/2022		37	213.8	154	Brett Sexton	10/12/2019		13	200.7	303	Alex Jefferson	10/17/2020		13	200.7	650	Alex Jefferson	10/17/2020				
110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs			
	26	239.4	424	Amy Portillo	10/21/2023		24	230.6	231	Maddy Webster	3/19/2023		24	230.6	457	Maddy Webster	3/19/2023		24	230.6	911	Maddy Webster	3/19/2023				
	24	230.6	419	Maddy Webster	3/19/2023		50	240	215	Ylander Ross	1/21/2017		33	223.8	400	Melissa Shade	6/2/2018		26	239.4	1302	Amy Portillo	10/21/2023				
	15	232.8	325	Abrie Meadows	6/17/2023		29	228.8	204	Brittany Berryhill	12/19/2020		26	239.4	397	Amy Portillo	10/21/2023		33	230.2	849	Jessie Hunt	10/17/2020				
	33	230.2	314	Jessie Hunt	10/17/2020		33	223.8	190	Melissa Shade	6/2/2018		43	225.1	386	Kimberly Dorton	7/22/2023		15	232.8	772	Abrie Meadows	6/17/2023				
	15	232.4	286	Kennedy Green	10/12/2019		34	234.3	182	Jessie Hunt	4/24/2021		33	230.2	358	Jessie Hunt	10/17/2020		43	225.1	696	Kimberly Dorton	7/22/2023				
	43	225.1	226	Kimberly Dorton	7/22/2023		42	240.3	182	Katy Silvers	7/22/2023		54	223.6	353	Janet Martin	5/6/2023		15	232.4	769	Kennedy Green	10/12/2019				
	37	236.5	226	Naimah Abdullah	6/5/2021		54	242	176	Shari Wolford	4/20/2018		27	225.3	314	Rose Hoang	11/11/2023		27	225.3	661	Rose Hoang	11/11/2023				
	29	241.5	226	Laura Salazar	12/8/2018		54	223.6	154	Janet Martin	5/6/2023		15	232.8	309	Abrie Meadows	6/17/2023		29	241.5	661	Laura Salazar	12/8/2018				
	27	225.3	209	Rose Hoang	11/11/2023		43	225.1	154	Kimberly Dorton	7/22/2023		29	241.5	303	Laura Salazar	12/8/2018		37	236.5	634	Naimah Abdullah	6/5/2021				
	37	236.5	154	Naimah Abdullah	6/5/2021		37	236.5	154	Naimah Abdullah	6/5/2021		15	232.4	275	Kennedy Green	10/12/2019										
110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs			
	42	261.5	386	Hollie Sands	10/12/2019		42	261.5	270	Hollie Sands	10/12/2019		42	261.5	518	Hollie Sands	10/12/2019		42	261.5	1174	Hollie Sands	10/12/2019				
	40	277.1	380	Katy Silvers	10/16/2021		29	294.9	248	Alex Wilson-McKenzie	10/22/2022		40	277.1	380	Katy Silvers	10/16/2021		38	253.5	893	Allison Busby	10/21/2023				
	23	262.8	331	Shauntra Lilley	12/4/2021		40	272.2	226	Andrea Willis	8/19/2021		38	253.5	375	Allison Busby	10/21/2023		23	262.8	843	Shauntra Lilley	12/4/2021				
	24	291.9	325	Celeste Kamasa	7/10/2021		38	253.5	215	Allison Busby	10/21/2023		53	251	370	Janet Martin	10/22/2022		29	273.8	788	Mary-Ann Ricks	3/5/2022				
	38	253.5	314	Allison Busby	10/21/2023		23	262.8	193	Shauntra Lilley	12/4/2021		40	272.2	358	Andrea Willis	8/19/2021		22	330.2	780	Lashonda Zander	6/22/2018				
	29	273.8	303	Mary-Ann Ricks	3/5/2022		29	273.8	182	Mary-Ann Ricks	3/5/2022		22	330.2	325	Lashonda Zander	6/22/2018		33	308.6	733	Angela Dunn	7/22/2023				
	22	330.2	280	Lashonda Zander	6/22/2018		33	308.6	182	Angela Dunn	7/22/2023		27	248	320	Aubrey Dowding	5/11/2019		23	254.8	716	Nathalie Vargas	12/18/2021				
	31	249.2	275	Stephanie Smith	8/19/2023		54	243.2	176	Shari Wolford	6/9/2018		23	262.8	320	Shauntra Lilley	12/4/2021		27	248	711	Aubrey Dowding	5/11/2019				
	23	254.8	275	Nathalie Vargas	12/18/2021		22	330.2	175	Lashonda Zander	6/22/2018		25	251.9	303	Leah Simpson	3/6/2021		31	249.2	705	Stephanie Smith	8/19/2023				
	33	308.6	270	Angela Dunn	7/22/2023		53	251	171	Janet Martin	10/22/2022		29	273.8	303	Mary-Ann Ricks	3/5/2022		22	282.2	628	Capri Cameron	8/12/2017				

### FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS											
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL											
FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)											
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			
48kg/105.7lbs						48kg/105.7lbs		23	99.2	110	Emerson Graham	10/21/2023	48kg/105.7lbs		23	99.2	253	Emerson Graham	10/21/2023	48kg/105.7lbs						
52kg/114.5lbs						52kg/114.5lbs		21	108.2	94	Racquel Wilson	10/16/2021	52kg/114.5lbs		22	111.6	240	Elena Lopez	6/2/2018	52kg/114.5lbs		22	111.6	575	Elena Lopez	6/2/2018
		20	108	165	Maggie Parsons	11/19/2016		22	111.6	85	Elena Lopez	6/2/2018		20	108	220	Maggie Parsons	11/19/2016		20	108	468	Maggie Parsons	11/19/2016		
								20	108	83	Maggie Parsons	11/19/2016														
56kg/123.5lbs						56kg/123.5lbs		20	120.6	132	Emily Gaiser	7/10/2021	56kg/123.5lbs		23	122.8	320	Isabella Sarks	4/23/2022	56kg/123.5lbs		23	122.8	705	Isabella Sarks	4/23/2022
		23	123	281	Isabella Sarks	12/4/2021		23	122.8	132	Isabella Sarks	4/23/2022		20	120.6	286	Emily Gaiser	7/10/2021		20	120.6	639	Emily Gaiser	7/10/2021		
60kg/132.2lbs						60kg/132.2lbs		21	127.9	138	Alexis Rutledge	4/23/2022	60kg/132.2lbs		20	127.3	237	Kristen McPherson	10/17/2020	60kg/132.2lbs		21	127.9	639	Alexis Rutledge	4/23/2022
		21	126.3	182	Gabby Bennett	7/10/2021		20	127.3	99	Kristen McPherson	10/17/2020		21</												

	23	164.6	<b>336</b>	<b>Candace Locklear</b>	3/10/2018		23	161.5	<b>171</b>	<b>Alisha Martin</b>	4/24/2021		23	164.6	<b>402</b>	<b>Candace Locklear</b>	3/10/2018		23	164.6	<b>876</b>	<b>Candace Locklear</b>	3/10/2018
	23	161.5	<b>314</b>	Alisha Martin	4/24/2021		23	164.6	<b>160</b>	Candace Locklear	3/10/2018		23	161.5	<b>331</b>	Alisha Martin	4/24/2021		23	161.5	<b>816</b>	Alisha Martin	4/24/2021
	23	153.2	<b>308</b>	Courtney Fox	10/21/2023		23	159.4	<b>149</b>	Emily Tighe	6/9/2018		23	159.5	<b>325</b>	Ivanna Guzman	4/22/2017		23	153.2	<b>744</b>	Courtney Fox	10/21/2023
	20	157.2	<b>281</b>	Lisha Lamb	11/19/2016		21	162.6	<b>149</b>	Aleya Woodall	6/19/2021		23	153.2	<b>314</b>	Courtney Fox	10/21/2023		20	157.2	<b>716</b>	Lisha Lamb	11/19/2016
	20	158	<b>281</b>	Carley Bradshaw	11/19/2016		20	157.2	<b>138</b>	Lisha Lamb	11/19/2016		21	162.6	<b>309</b>	Aleya Woodall	6/19/2021		21	162.6	<b>716</b>	Aleya Woodall	6/19/2021
	21	162.6	<b>259</b>	Aleya Woodall	6/19/2021		22	161.8	<b>132</b>	Dani Moore	6/10/2017		20	157.2	<b>298</b>	Lisha Lamb	11/19/2016		20	158	<b>700</b>	Carley Bradshaw	11/19/2016
	20	159.5	<b>248</b>	Ivanna Guzman	4/22/2017		20	158	<b>127</b>	Carley Bradshaw	11/19/2016		20	158	<b>292</b>	Carley Bradshaw	11/19/2016		20	159.5	<b>683</b>	Ivanna Guzman	4/22/2017
							23	153.2	<b>121</b>	Courtney Fox	10/21/2023												
							20	159.5	<b>110</b>	Ivanna Guzman	4/22/2017												
							22	158.8	<b>56</b>	Jasmin Keskinmala	1/8/2022												
<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>					
	21	180.8	<b>276</b>	<b>Christina Walton</b>	7/22/2023		23	177	<b>154</b>	<b>Kallee Heller</b>	7/10/2021		23	177	<b>303</b>	<b>Kallee Heller</b>	7/10/2021		23	177	<b>716</b>	<b>Kallee Heller</b>	7/10/2021
	21	173.1	<b>259</b>	Katie Roseman	12/19/2020		20	179.4	<b>138</b>	Rebekah Kemper	11/21/2020		21	173.1	<b>292</b>	Katie Roseman	12/19/2020		21	180.8	<b>683</b>	Christina Walton	7/22/2023
	23	177	<b>259</b>	Kallee Heller	7/10/2021		22	174.8	<b>132</b>	Michelle Wood	10/28/2017		21	180.8	<b>292</b>	Christina Walton	7/22/2023		21	173.1	<b>672</b>	Katie Roseman	12/19/2020
	23	170	<b>242</b>	Savannah Moon	1/22/2022		21	173.1	<b>121</b>	Katie Roseman	12/19/2020		23	170	<b>264</b>	Savannah Moon	1/22/2022		23	170	<b>617</b>	Savannah Moon	1/22/2022
	22	174.8	<b>193</b>	Michelle Wood	10/28/2017		23	170	<b>116</b>	Karina Salmeron	11/21/2020		22	174.8	<b>226</b>	Michelle Wood	10/28/2017		22	174.8	<b>551</b>	Michelle Wood	10/28/2017
							21	180.8	<b>116</b>	Christina Walton	7/22/2023												
							23	170	<b>110</b>	Savannah Moon	1/22/2022												
<b>90kg/198.2lbs</b>						<b>90kg/198.2lbs</b>						<b>90kg/198.2lbs</b>						<b>90kg/198.2lbs</b>					
	23	195.1	<b>358</b>	<b>Isabella Heffner</b>	7/22/2023		22	184.1	<b>187</b>	<b>Emely Barahona</b>	6/5/2021		23	195.1	<b>391</b>	<b>Isabella Heffner</b>	7/22/2023		23	195.1	<b>920</b>	<b>Isabella Heffner</b>	7/22/2023
	22	184.1	<b>331</b>	Emely Barahona	6/5/2021		23	195.1	<b>171</b>	Isabella Heffner	7/22/2023		22	184.1	<b>331</b>	Emely Barahona	6/5/2021		22	184.1	<b>849</b>	Emely Barahona	6/5/2021
	22	195.6	<b>225</b>	Kelly Benson	10/29/2016		22	195.6	<b>170</b>	Kelly Benson	10/29/2016		21	194.2	<b>320</b>	Mariah Flint	4/22/2017		22	195.6	<b>660</b>	Kelly Benson	10/29/2016
	21	194.2	<b>198</b>	Mariah Flint	4/22/2017		21	194.2	<b>110</b>	Mariah Flint	4/22/2017		22	195.6	<b>265</b>	Kelly Benson	10/29/2016		21	194.2	<b>628</b>	Mariah Flint	4/22/2017
<b>100kg/220.25lbs</b>						<b>100kg/220.25lbs</b>						<b>100kg/220.25lbs</b>						<b>100kg/220.25lbs</b>					
<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>						<b>110kg/242.5lbs</b>					
	23	224	<b>402</b>	<b>Maddy Webster</b>	10/22/2022		23	224	<b>220</b>	<b>Maddy Webster</b>	10/22/2022		23	224	<b>441</b>	<b>Maddy Webster</b>	10/22/2022		23	224	<b>1064</b>	<b>Maddy Webster</b>	10/22/2022
<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>						<b>110+kg/242.6+lbs</b>					
	23	263	<b>331</b>	<b>Shauntre Lilley</b>	12/4/2021		23	263	<b>193</b>	<b>Shauntre Lilley</b>	12/4/2021		22	330.2	<b>325</b>	<b>Lashonda Zander</b>	6/2/2018		23	263	<b>843</b>	<b>Shauntre Lilley</b>	12/4/2021
	22	330.2	<b>280</b>	Lashonda Zander	6/2/2018		22	330.2	<b>175</b>	Lashonda Zander	6/2/2018		23	263	<b>320</b>	Shauntre Lilley	12/4/2021		22	330.2	<b>790</b>	Lashonda Zander	6/2/2018
	23	254.9	<b>275</b>	Nathalie Vargas	12/18/2021		22	282.2	<b>160</b>	Capri Cameron	8/12/2017		23	254.9	<b>292</b>	Nathalie Vargas	12/18/2021		23	254.9	<b>716</b>	Nathalie Vargas	12/18/2021
	22	282.2	<b>209</b>	Capri Cameron	8/12/2017		23	254.9	<b>149</b>	Nathalie Vargas	12/18/2021		22	282.2	<b>259</b>	Capri Cameron	8/12/2017		22	282.2	<b>628</b>	Capri Cameron	8/12/2017

### FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS					
SQUAT - RAW						BENCH - RAW						DEADLIFT - RAW						TOTAL - RAW					
FEMALE - SUB-MASTERS (35-39)						FEMALE - SUB-MASTERS (35-39)						FEMALE - SUB-MASTERS (35-39)						FEMALE - SUB-MASTERS (35-39)					
<b>56kg/123.5lbs</b>						<b>56kg/123.5lbs</b>						<b>56kg/123.5lbs</b>						<b>56kg/123.5lbs</b>					
	36	123	<b>176</b>	<b>Sally Lloyd</b>	6/10/2017		37	111.2	<b>99</b>	<b>Tiffany Bellamy</b>	4/22/2017		36	123	<b>248</b>	<b>Sally Lloyd</b>	6/10/2017		36	123	<b>524</b>	<b>Sally Lloyd</b>	6/10/2017
	35	123	<b>143</b>	Alisha Zornes	3/21/2020																		
<b>60kg/132.2lbs</b>						<b>60kg/132.2lbs</b>						<b>60kg/132.2lbs</b>						<b>60kg/132.2lbs</b>					
	36	129.4	<b>204</b>	<b>Cara Jo</b>	10/21/2023		36	129.4	<b>99</b>	<b>Cara Jo</b>	10/21/2023		36	129.4	<b>253</b>	<b>Cara Jo</b>	10/21/2023		36	129.4	<b>551</b>	<b>Cara Jo</b>	10/21/2023
<b>67.5kg/148.7lbs</b>						<b>67.5kg/148.7lbs</b>						<b>67.5kg/148.7lbs</b>						<b>67.5kg/148.7lbs</b>					
	39	145.3	<b>325</b>	<b>Tosha Baughman</b>	3/19/2023		39	145.3	<b>193</b>	<b>Tosha Baughman</b>	3/19/2023		39	145.3	<b>358</b>	<b>Tosha Baughman</b>	3/19/2023		39	145.3	<b>876</b>	<b>Tosha Baughman</b>	3/19/2023
	39	144.8	<b>264</b>	Amy Daugherty	5/22/2021		37	146.2	<b>160</b>	Vanessa Westbrook	12/17/2022		36	139.4	<b>336</b>	LaDetra Cole	10/29/2022		39	144.8	<b>705</b>	Amy Daugherty	5/22/2021
	35	148.2	<b>226</b>	Andrea Fox	3/10/2018		38	141.4	<b>154</b>	Kelian Hagerty	4/22/2017		35	148.2	<b>319</b>	Andrea Fox	3/10/2018		35	148.2	<b>694</b>	Andrea Fox	3/10/2018
	35	148	<b>225</b>	Desiree Savarese	1/21/2017		36	146.5	<b>149</b>	Krista Causey	2/20/2021		38	141.4	<b>309</b>	Kelian Hagerty	4/22/2017		38	141.4	<b>678</b>	Kelian Hagerty	4/22/2017
	36	139.4	<b>215</b>	LaDetra Cole	10/29/2022		37	146.8	<b>149</b>	Kelly Brant	9/7/2019		39	144.8	<b>303</b>	Amy Daugherty	5/22/2021		36	139.4	<b>667</b>	LaDetra Cole	10/29/2022
	38	141.4	<b>215</b>	Kelian Hagerty	4/22/2017		35	148.2	<b>149</b>	Andrea Fox	3/10/2018		37	146.8	<b>303</b>	Kelly Brant	9/7/2019		37	146.8	<b>667</b>	Kelly Brant	9/7/2019
	37	146.2	<b>215</b>	Vanessa Westbrook	12/17/2022		35	148	<b>140</b>	Desiree Savarese	1/21/2017		35	148	<b>290</b>	Desiree Savarese	1/21/2017		35	148	<b>655</b>	Desiree Savarese	1/21/2017
	37	146.8	<b>215</b>	Kelly Brant	9/7/2019		39	144.8	<b>138</b>	Amy Daugherty	5/22/2021		37	146.2	<b>275</b>	Vanessa Westbrook	12/17/2022		37	146.2	<b>650</b>	Vanessa Westbrook	12/17/2022
	38	146	<b>193</b>	Angie Peck	6/10/2017		38	146	<b>132</b>	Angie Peck	6/10/2017		38	146	<b>265</b>	Angie Peck	6/10/2017		38	146	<b>590</b>	Angie Peck	6/10/2017
<b>75kg/165.2lbs</b>						<b>75kg/165.2lbs</b>						<b>75kg/165.2lbs</b>						<b>75kg/165.2lbs</b>					
	37	162.3	<b>264</b>	<b>Lauren White</b>	11/19/2022		39	164.4	<b>237</b>	<b>Reyhan Roybal</b>	4/20/2018		35	154.6	<b>380</b>	<b>LaDetra Cole</b>	3/5/2022		39	163.6	<b>821</b>	<b>Reyhan Roybal</b>	7/15/2017
	35	154.6	<b>253</b>	LaDetra Cole	3/5/2022		36	165.1	<b>165</b>	Jennifer Broome	10/27/2018		37	162.3	<b>369</b>	Lauren White	11/19/2022		37	162.3	<b>788</b>	Lauren White	11/19/2022
	39	165	<b>143</b>	Amber Jenkins	6/9/2018		37	162.3	<b>154</b>	Lauren White	11/19/2022		39	163.6	<b>342</b>	Reyhan Roybal	7/15/2017		35	154.6	<b>772</b>	LaDetra Cole	3/5/2022
							35	163.8	<b>149</b>	Vanessa Westbrook	7/10/2021		39	165	<b>232</b>	Amber Jenkins	6/9/2018		39	165	<b>463</b>	Amber Jenkins	6/9/2018
							35	154.6	<b>138</b>	LaDetra Cole	3/5/2022												
							39	165	<b>88</b>	Amber Jenkins	6/9/2018												
<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>						<b>82.5kg/181.7lbs</b>					
	38	175	<b>303</b>	<b>Lay Kaahu</b>	8/12/2017		38	175	<b>182</b>	<b>Lay Kaahu</b>	8/12/2017		38	175	<b>419</b>	<b>Lay Kaahu</b>	8/12/2017		38	175	<b>904</b>	<b>Lay Kaahu</b>	8/12/2017
	39	170	<b>264</b>	Ivana Smith	7/10/2021		38	181	<b>165</b>	Natalie Mayfield	11/19/2016		37	173.1	<b>314</b>	Vanessa Westbrook	6/25/2022		37	173.1	<b>705</b>	Vanessa Westbrook	6/25/2022
	37	173.1	<b>231</b>	Vanessa Westbrook	6/25/2																		



T1	13-15	15	232.4	286	Kennedy Green	10/12/2019	T1	13-15	15	232.4	138	Kennedy Green	10/12/2019	T1	13-15	15	232.4	275	Kennedy Green	10/12/2019	T1	13-15	15	232.4	689	Kennedy Green	10/12/2019
<b>110+kg/242.6+lbs</b>							<b>110+kg/242.6+lbs</b>							<b>110+kg/242.6+lbs</b>							<b>110+kg/242.6+lbs</b>						
T3	18-19	19	278.2	242	Meredith Arnold	4/24/2021	T3	18-19	19	278.2	149	Meredith Arnold	4/24/2021	T3	18-19	19	278.2	309	Meredith Arnold	4/24/2021	T3	18-19	19	278.2	700	Meredith Arnold	4/24/2021

### FEMALE RAW CLASSIC OVERALL LEADERS

369 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) SQUAT						
FEMALE - OVERALL						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
	15	97	83	Bella-Grace Meadows	4/1/2023	
	13	86	71	Alessandra Reis	1/21/2023	
48kg/105.7lbs						
	33	104.3	193	Stephanie Washington	7/10/2021	
52kg/114.5lbs						
	46	111.8	264	Missy Taylor	4/23/2022	
	27	111.5	254	Kiki Garland	10/17/2020	
	34	114	237	Lindsay Seamans	6/29/2019	
	30	111.2	231	Aubrey Cornwell	8/12/2017	
	37	111.3	204	Tiffany Stone	4/22/2017	
56kg/123.5lbs						
	27	120.2	303	Adrien Coder	4/24/2021	
	24	120.2	282	Amber Duenkel	6/9/2018	
	44	118	253	Tiffany Stone	12/9/2023	
	29	122	242	Amanda Isley	10/28/2017	
	31	122.8	187	Heidi Schuck	6/19/2021	
	28	120.4	182	Bethany Brooks	7/22/2023	
	46	118.9	160	Kathy Wilson	12/8/2018	
60kg/132.2lbs						
	28	132.2	441	Courtney Norris	8/12/2017	
	29	130.6	419	Brittany Bowles	10/27/2018	
	25	131.3	364	Melissa Hunt	5/11/2019	
	53	132.2	308	Priscilla Pardue	10/28/2017	
	26	131.8	303	Taylor Jackson	10/28/2017	
	25	125.6	300	Caitlin Cardone	7/9/2016	
	24	132.2	276	Kayce Hoover	4/22/2017	
	27	132	275	Sara Carney	6/2/2018	
	47	131.4	105	Angie Terry	10/29/2016	
67.5kg/148.7lbs						
	28	145.2	402	Brittany Shackelford	10/28/2017	
	28	137.6	375	Courtney Norris	10/29/2016	
	27	143.8	369	Taylor Jackson	5/11/2019	
	27	143	360	Samantha Corujo	6/2/2018	
	27	139.3	336	Melissa Hunt	7/10/2021	
	27	143.4	325	Amber Rabon	9/19/2020	
	24	144.4	305	Kayce Hoover	10/29/2016	
	20	145.8	298	Anya Kalnins	2/20/2021	
	40	137.8	281	Alexandra Gray	4/15/2023	
	13	145.1	264	Haleigh Batchelor	11/19/2022	
75kg/165.2lbs						
	42	165	402	Reyhan Roybal	10/17/2020	
	26	159.6	386	Jessica Wissmann	10/28/2017	
	31	163	347	Bridget McDermott	4/22/2017	
	28	165.3	319	Ife Egbeyemi	7/10/2021	
	55	156.8	308	Candice Maness	10/28/2017	
	19	150.4	275	Sarah Oesch	6/11/2022	
	56	160.4	275	Barbara Haiden	12/9/2017	
	33	163.2	275	Shayna Denice	4/9/2016	
	36	165.1	275	Jennifer Broome	10/27/2018	
	54	157	265	Cindy Meeker	10/29/2016	
82.5kg/181.7lbs						
	30	178	523	Brittany Gagne	12/9/2023	
	27	177.5	518	Julia Blackman	10/21/2023	
	34	175	402	Kristie Johnston	10/21/2023	
	71	177	386	Barbara Haiden	12/4/2021	
	26	177.5	386	Emily Merritt	5/11/2019	
	27	179.8	380	Helen Romero	4/20/2018	
	46	181	380	Shannon Nash	4/20/2018	
	35	179	369	Kelley Lee	8/12/2017	

369 STRONG WORLD RANKINGS						
RAW CLASSIC BENCH						
FEMALE - OVERALL						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
	15	97	83	Bella-Grace Meadows	4/1/2023	
	13	86	71	Alessandra Reis	1/21/2023	
48kg/105.7lbs						
	55	98	132	Nina Kiuru	7/30/2022	
	33	104.3	110	Stephanie Washington	7/10/2021	
	12	105.2	83	Carmen Trivette	10/16/2021	
52kg/114.5lbs						
	46	111.8	182	Missy Taylor	4/23/2022	
	24	114.2	132	Amber Malchow	10/28/2017	
	30	111.2	127	Aubrey Cornwell	8/12/2017	
	34	114	121	Lindsay Seamans	6/29/2019	
	27	111.5	116	Nykhisha Garland	10/17/2020	
	62	110.7	105	Sue Ann Huribert	7/22/2023	
	13	111.3	99	Carmen Trivette	10/22/2022	
	37	111.3	99	Tiffany Stone	4/22/2017	
	13	112.8	99	McKayla Van Meter	2/20/2021	
	21	108.3	94	Racquel Wilson	10/16/2021	
56kg/123.5lbs						
	48	122.4	209	Missy Taylor	5/6/2023	
	42	121.8	175	Dawn Bogart	4/9/2018	
	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	
60kg/132.2lbs						
	28	132.2	242	Courtney Norris	8/12/2017	
	29	130.6	231	Brittany Bowles	10/27/2018	
	42	129	210	Dawn Bogart	10/29/2016	
	57	131.3	185	Jami Bozuto	10/22/2022	
	47	127.2	180	Bela Ghosh	6/11/2016	
	25	132	171	Kristin Killica	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	2/26/2023	
	33	132.2	154	Amy Pierce	8/12/2017	
67.5kg/148.7lbs						
	29	140.4	242	Morgan Long	10/21/2023	
	43	147.1	231	Emily Lilly	3/4/2023	
	28	145.2	226	Brittany Shackelford	10/28/2017	
	61	148.6	226	Maureen Clary	4/22/2017	
	27	144.2	200	Courtney Norris	7/9/2016	
	39	145.3	193	Tosha Baughtman	3/19/2023	
	29	144.4	182	Leslie Kutner	11/9/2019	
	21	138.3	178	Anya Kalnins	9/8/2021	
	30	143.5	176	Maria Ackley	11/11/2023	
	20	138	171	Hanna Young	4/20/2018	
75kg/165.2lbs						
	44	159	242	Emily Lilly	10/21/2023	
	42	165	240	Reyhan Roybal	10/17/2020	
	65	162.7	231	Maureen Clary	6/5/2021	
	26	164.5	231	Kari DeShazo	11/21/2020	
	67	160.4	209	Barbara Haiden	12/9/2017	
	55	156.8	193	Candice Maness	10/28/2017	
	33	160	187	Heather Ingalls	8/12/2017	
	52	162.3	187	Tammy Delatch	11/9/2019	
	26	159.6	182	Jessica Wissmann	10/28/2017	
	34	160.2	182	Alli Heironimus	9/17/2022	
82.5kg/181.7lbs						
	45	180.3	380	Shannon Nash	4/22/2017	
	71	177	287	Barbara Haiden	12/4/2021	
	30	178	231	Brittany Gagne	12/9/2023	
	32	179	231	Ciesra Jackson-Griffin	7/22/2023	
	34	175	226	Kristie Johnston	10/21/2023	
	27	179.8	226	Helen Romero	4/20/2018	
	28	181	209	Miranda Williams	5/6/2023	
	29	177.6	204	Gabriele Robbins	11/9/2019	

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) DEADLIFT						
FEMALE - OVERALL						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
48kg/105.7lbs						
	33	104.3	226	Stephanie Washington	7/10/2021	
52kg/114.5lbs						
	46	111.8	292	Missy Taylor	4/23/2022	
	32	112	281	Lindsay Seamans	10/28/2017	
	27	111.5	253	Kiki Garland	10/17/2020	
	37	111.3	248	Tiffany Stone	4/22/2017	
	30	111.2	242	Aubrey Cornwell	8/12/2017	
56kg/123.5lbs						
	27	120.2	353	Adrien Coder	4/24/2021	
	44	118	309	Tiffany Stone	12/9/2023	
	24	120.2	309	Amber Duenkel	6/9/2018	
	29	122	303	Amanda Isley	10/28/2017	
	31	122.8	253	Heidi Schuck	6/19/2021	
	28	120.4	215	Bethany Brooks	7/22/2023	
60kg/132.2lbs						
	28	132.2	408	Courtney Norris	8/12/2017	
	24	129.7	353	Melissa Hunt	12/8/2018	
	29	130.6	342	Brittany Bowles	10/27/2018	
	25	125.6	325	Caitlin Cardone	7/9/2016	
	26	131.8	320	Taylor Jackson	10/28/2017	
	24	132.2	276	Kayce Hoover	4/22/2017	
	53	132.2	259	Priscilla Pardue	10/28/2017	
	27	132	220	Sara Carney	6/2/2018	
	47	131.4	155	Angie Terry	10/29/2016	
67.5kg/148.7lbs						
	28	145.2	375	Brittany Shackelford	10/28/2017	
	27	143.8	353	Taylor Jackson	5/11/2019	
	27	144.2	350	Courtney Norris	7/9/2016	
	27	143.4	347	Amber Rabon	9/19/2020	
	27	143	340	Samantha Corujo	6/2/2018	
	27	139.3	314	Melissa Hunt	7/10/2021	
	40	137.8	309	Alexandra Gray	4/15/2023	
	20	145.8	309	Anya Kalnins	2/20/2021	
	24	144.4	300	Kayce Hoover	10/29/2016	
	35	148	290	Desiree Savarese	1/21/2017	
75kg/165.2lbs						
	42	165	430	Reyhan Roybal	10/17/2020	
	27	163.6	380	Kari Rankin	10/28/2017	
	26	163.4	358	Jessica Wissmann	4/20/2018	
	36	165.1	347	Jennifer Broome	6/9/2018	
	23	159.4	342	Emily Tighe	6/9/2018	
	28	160.8	335	Hannah Cochran	7/9/2016	
	19	150.4	334	Sarah Oesch	6/11/2022	
	31	163	320	Bridget McDermott	4/22/2017	
	28	165.3	319	Ife Egbeyemi	7/10/2021	
	35	163.8	315	Vanessa Westbrook	7/10/2021	
82.5kg/181.7lbs						
	27	177.5	512	Julia Blackman	10/21/2023	
	30	178	507	Brittany Gagne	12/9/2023	
	27	179.8	435			







SP	34	113.4	319	Lindsay Seamans	11/8/2019	SP	34	113.4	138	Lindsay Seamans	11/9/2019	SP	34	113.4	319	Lindsay Seamans	11/9/2019	SP	34	113.4	777	Lindsay Seamans	11/9/2019
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
SP	42	121.8	265	Dawn Bogart	4/9/2016	SP	42	121.8	175	Dawn Bogart	4/9/2016	MP	20	123.4	297	Josefina Bueno	3/5/2022	MP	42	121.8	735	Dawn Bogart	4/9/2016
MP	20	123.4	248	Josefina Bueno	3/5/2022	MP	20	123.4	127	Josefina Bueno	3/5/2022	SP	42	121.8	295	Dawn Bogart	4/9/2016	MP	20	123.4	672	Josefina Bueno	3/5/2022
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs					
SP	43	131.9	331	Dawn Bogart	4/22/2017	SP	43	131.9	226	Dawn Bogart	4/22/2017	SP	43	131.9	402	Dawn Bogart	4/22/2017	SP	43	131.9	959	Dawn Bogart	4/22/2017
SP	54	132	331	Priscilla Pardue	4/20/2018	SP	54	132	165	Priscilla Pardue	4/20/2018	SP	54	132	265	Priscilla Pardue	4/20/2018	SP	54	132	761	Priscilla Pardue	4/20/2018
MP	59	129.6	132	JoJo Brasseaux	10/21/2023																		
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs					
MP	49	142.2	551	Melissa Smith	10/21/2023	MP	48	141.3	331	Melissa Smith	7/22/2023	MP	21	148.2	425	Madeleine Giess	1/21/2017	MP	49	142.2	1245	Melissa Smith	10/21/2023
MP	21	148.2	405	Madeleine Giess	1/21/2017	MP	21	148.2	245	Madeleine Giess	1/21/2017	MP	46	141.8	375	Melissa Smith	10/17/2020	MP	21	148.2	1075	Madeleine Giess	1/21/2017
SP	55	142.5	303	Priscilla Pardue	5/11/2019	SP	55	142.5	176	Priscilla Pardue	5/11/2019	SP	55	142.5	281	Priscilla Pardue	5/11/2019	SP	55	142.5	755	Priscilla Pardue	5/11/2019
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs					
SP	56	154.1	358	Candice Maness	10/27/2018	SP	46	157	275.6	Christina McDowell	11/19/2016	SP	56	154.1	281	Candice Maness	10/27/2018	SP	56	154.1	909	Candice Maness	10/27/2018
						SP	56	154.1	270	Candice Maness	10/27/2018												
						SP	61	164.5	209	Cindy Meeker	4/23/2022												
						SP	63	154.4	204	Maureen Clary	2/15/2020												
82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs					
MP	32	177.6	505	Jasmine Jenkins	10/30/2016	MP	50	181.6	441	GI Gi Eiler	10/16/2021	SP	27	179.4	470	Helen Romero	6/2/2018	MP	32	177.6	1325	Jasmine Jenkins	10/30/2016
SP	27	179.4	415	Helen Romero	6/2/2018	MP	32	177.6	355	Jasmine Jenkins	10/30/2016	MP	32	177.6	465	Jasmine Jenkins	10/30/2016	SP	27	179.4	1120	Helen Romero	6/2/2018
						SP	27	179.4	265	Helen Romero	6/2/2018	SP	43	177.3	309	Christina Lauffer	4/23/2022						
						SP	43	177.3	253	Christina Lauffer	4/23/2022	MP	47	180.1	303	Jennifer Wagner	4/15/2023						
						SP	62	169.1	215	Cindy Meeker	5/7/2023												
						MP	47	180.1	165	Jennifer Wagner	4/15/2023												
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs					
MP	47	198	672	Shelley Yates	10/22/2022	MP	48	196.4	452	Shelley Yates	7/22/2023	MP	47	198	457	Shelley Yates	10/22/2022	MP	48	196.4	1538	Shelley Yates	7/22/2023
MP	46	184.1	419	Jeanine Russell	7/22/2023	MP	46	184.1	253	Jeanine Russell	7/22/2023	MP	46	184.1	408	Jeanine Russell	7/22/2023	MP	46	184.1	1080	Jeanine Russell	7/22/2023
						SP	42	198.2	253	Anika Harper	10/22/2022	SP	42	190.9	336	Anika Harper	4/23/2022						
						SP	43	189.8	220	Christina Lauffer	1/22/2022	SP	43	189.8	308	Christina Lauffer	1/22/2022						
100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs					
MP	46	198.7	650	Shelley Yates	4/23/2022	MP	46	198.7	375	Shelley Yates	4/23/2022	MP	45	216	452	Shelley Yates	10/17/2020	MP	46	198.7	1449	Shelley Yates	4/23/2022
SP	33	217.6	243	Morgan Leddy	6/25/2022	SP	43	215.4	270	Anika Harper	7/22/2023	SP	41	216.5	402	Anika Harper	7/24/2021	SP	33	217.6	689	Morgan Leddy	6/25/2022
						SP	33	217.6	132	Morgan Leddy	6/25/2022	SP	33	217.6	314	Morgan Leddy	6/25/2022						

### FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
MP	20	123.4	248	Josefina Bueno	3/5/2022	MP	20	123.4	127	Josefina Bueno	3/5/2022	MP	20	123.4	297	Josefina Bueno	3/5/2022	MP	20	123.4	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs					
MP	21	148.2	405	Madeleine Giess	1/21/2017	MP	21	148.2	245	Madeleine Giess	1/21/2017	MP	21	148.2	425	Madeleine Giess	1/21/2017	MP	21	148.2	1075	Madeleine Giess	1/21/2017

### FEMALE M/P/F (Gear Listed)

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									
M/P/F Divisional Leaders						M/P/F Divisional Leaders						M/P/F Divisional Leaders						M/P/F Divisional Leaders									
Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date				
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs									
	33	104.3	193	Stephanie Washington	7/10/2021		33	104.3	110	Stephanie Washington	7/10/2021		33	104.3	226	Stephanie Washington	7/10/2021		33	104.3	529	Stephanie Washington	7/10/2021				
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
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs									
						BP	MP	59	129.6	132	JoJo Brasseaux	10/21/2023															
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs									
	36	139.4	215	LaDetra Cole	10/29/2022		36	139.4	116	LaDetra Cole	10/29/2022		36	139.4	336	LaDetra Cole	10/29/2022		36	139.4	667	LaDetra Cole	10/29/2022				
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs									
FP	R	27	161.2	275	Mikhayla Dunn	12/18/2021	FP	R	33	160	187	Heather Ingalls	8/12/2017	FP	R	35	154.7	380	LaDetra Cole	3/5/2022	FP	R	35	154.7	771	LaDetra Cole	3/5/2022
FP	R	35	154.7	253	LaDetra Cole	3/5/2022	FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021	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	35	154.7	138	LaDetra Cole	3/5/2022	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	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	220	Pamela Buskirk	3/5/2022	PP	R	39	174.4	132	Pamela Buskirk	7/24/2021	PP	R	39	178	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									
FP	RC	34	250	308	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	782	Tarra Farnham	5/22/2021

### FEMALE MASTERS (Gear Listed)

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 - Masters						Female - Masters						Female - Masters						Female - Masters													
Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date								
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs													
						R	55-59	55	98	132	Nina Kiuru	7/30/2022							R	55-59	55	98	237	Nina Kiuru	7/30/2022						



52kg/114.5lbs					52kg/114.5lbs					52kg/114.5lbs					52kg/114.5lbs												
RC	45-49	46	111.8	264	Missy Taylor	4/23/2022	R	45-49	46	111.8	182	Missy Taylor	4/23/2022	RC	45-49	46	111.8	292	Missy Taylor	4/23/2022	RC	45-49	46	111.8	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	259	Missy Taylor	7/24/2021	R	45-49	46	112.2	160	Missy Taylor	7/24/2021	R	45-49	46	112.2	275	Missy Taylor	7/24/2021	R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	70-74	73	106.3	154	Linda Costello	4/23/2022	R	60-64	62	108.2	105	Sue Ann Hurlbert	10/21/2023	R	60-64	62	110.7	224	Sue Ann Hurlbert	7/22/2023	R	60-64	62	110.7	464	Sue Ann Hurlbert	7/22/2023
R	60-64	62	108.2	149	Sue Ann Hurlbert	10/21/2023	R	70-74	73	106.3	83	Linda Costello	4/23/2022	R	70-74	73	106.3	220	Linda Costello	4/23/2022	R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					56kg/123.5lbs					56kg/123.5lbs					56kg/123.5lbs												
R	45-49	48	122.4	314	Missy Taylor	5/6/2023	R	45-49	48	122.4	209	Missy Taylor	5/6/2023	R	45-49	48	122.4	331	Missy Taylor	5/6/2023	SP	45-49	48	122.4	854	Missy Taylor	5/6/2023
SP	40-44	42	121.8	265	Dawn Bogart	4/9/2016	R	40-44	42	121.8	175	Dawn Bogart	4/9/2016	SP	40-44	42	121.8	295	Dawn Bogart	4/9/2016	SP	40-44	42	121.8	735	Dawn Bogart	4/9/2016
R	50-54	54	119.6	182	Lisa Baker	12/19/2020	R	55-59	56	118.6	116	Dawn Williams	7/24/2021	R	50-54	54	119.6	237	Lisa Baker	12/19/2020	R	55-59	56	118.6	518	Dawn Williams	7/24/2021
R	55-59	56	118.6	176	Lisa Williams	7/24/2021	R	50-54	54	119.6	94	Lisa Baker	12/19/2020	R	55-59	56	118.6	226	Dawn Williams	7/24/2021	R	50-54	54	119.6	518	Lisa Baker	12/19/2020
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018	R	45-49	46	118.9	88	Kathy Wilson	12/8/2018	RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018	RC	45-49	46	118.9	435	Kathy Wilson	12/8/2018
							R	60-64	62	123	66	Nina Snipes	10/21/2023														
60kg/132.2lbs					60kg/132.2lbs					60kg/132.2lbs					60kg/132.2lbs												
SP	40-44	43	131.9	331	Dawn Bogart	4/22/2017	SP	40-44	43	131.9	226	Dawn Bogart	4/22/2017	SP	40-44	43	131.9	402	Dawn Bogart	4/22/2017	SP	40-44	43	131.9	959	Dawn Bogart	4/22/2017
SP	50-54	54	132	331	Priscilla Pardue	4/20/2018	R	40-44	42	130	205	Dawn Bogart	7/9/2016	R	40-44	42	130	350	Dawn Bogart	7/9/2016	R	40-44	42	130	851	Dawn Bogart	7/9/2016
RC	50-54	53	132.2	308	Priscilla Pardue	10/28/2017	R	55-59	57	131.3	185	Jami Bozzuto	10/2/2022	R	55-59	57	131.3	325	Jami Bozzuto	10/2/2022	SP	50-54	53	132.2	765	Priscilla Pardue	4/20/2018
R	40-44	42	130	300	Dawn Bogart	7/9/2016	R	45-49	47	127.2	180	Bela Ghosh	6/11/2016	R	45-49	47	127.2	315	Bela Ghosh	6/11/2016	RC	50-54	53	132.2	711	Priscilla Pardue	10/28/2017
RC	45-49	47	131.4	105	Angie Terry	10/29/2016	SP	50-54	54	132	165	Priscilla Pardue	4/20/2018	SP	50-54	54	132	265	Priscilla Pardue	4/20/2018	R	55-59	57	131.3	510	Jami Bozzuto	10/2/2022
							R	50-54	53	132.2	143	Priscilla Pardue	10/28/2017	RC	50-54	53	132.2	259	Priscilla Pardue	10/28/2017	R	45-49	47	127.2	495	Bela Ghosh	6/11/2016
							MP	55-59	59	129.8	132	JoJo Brasseaux	10/21/2023	RC	45-49	47	131.4	155	Angie Terry	10/29/2016	RC	45-49	47	131.4	305	Angie Terry	10/29/2016
							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					67.5kg/148.7lbs					67.5kg/148.7lbs					67.5kg/148.7lbs												
MP	45-49	49	142.2	551	Melissa Smith	10/21/2023	MP	45-49	48	141.3	331	Melissa Smith	7/22/2023	MP	45-49	46	141.8	375	Melissa Smith	10/17/2020	MP	45-49	49	142.2	1245	Melissa Smith	10/21/2023
R	40-44	43	147.5	359	Emily Lilly	5/6/2023	R	40-44	43	147.5	231	Emily Lilly	3/4/2023	R	40-44	43	147.5	369	Emily Lilly	5/6/2023	R	40-44	43	147.5	955	Emily Lilly	5/6/2023
SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019	R	60-64	61	148.6	226	Maureen Clary	4/22/2017	R	60-64	60	148.4	360	Maureen Clary	4/22/2017	R	60-64	61	148.6	876	Maureen Clary	4/22/2017
R	40-44	40	144.4	303	Nicole Qualls	3/5/2022	R	65-69	65	148.7	211	Maureen Clary	1/22/2022	R	65-69	65	148.7	320	Maureen Clary	1/22/2022	R	65-69	65	148.7	801	Maureen Clary	1/22/2022
RC	60-64	61	148.6	298	Maureen Clary	4/22/2017	SP	55-59	55	142.5	176	Priscilla Pardue	5/11/2019	RC	40-44	40	144.4	309	Alexandra Gray	4/15/2023	R	40-44	40	144.4	766	Nicole Qualls	3/5/2022
RC	40-44	40	137.8	281	Alexandra Gray	4/15/2023	R	45-49	48	145.3	165	Alysha Hayes	1/22/2022	R	45-49	45	140	303	Gina Casper	5/27/2023	SP	55-59	55	142.5	755	Priscilla Pardue	5/11/2019
R	50-54	53	139.1	270	Yvette Bushard	10/16/2021	R	50-54	53	139.1	160	Yvette Bushard	10/16/2021	R	40-44	40	144.4	303	Nicole Qualls	3/5/2022	RC	40-44	40	137.8	744	Alexandra Gray	4/15/2023
R	65-69	65	148.7	270	Maureen Clary	1/22/2022	R	40-44	40	144.4	160	Nicole Qualls	3/5/2022	R	55-59	55	139.8	292	Yvette Bushard	5/6/2023	R	50-54	53	139.1	711	Yvette Bushard	10/16/2021
RC	50-54	52	145.4	265	Priscilla Pardue	10/29/2016	R	40-44	40	137.8	154	Alexandra Gray	4/15/2023	R	45-49	48	145.3	292	Alysha Hayes	1/22/2022	R	55-59	55	139.8	689	Yvette Bushard	5/6/2023
R	55-59	55	139.8	253	Yvette Bushard	5/6/2023	R	45-49	45	140	149	Gina Casper	5/27/2023	R	50-54	53	139.1	281	Yvette Bushard	10/16/2021	R	45-49	45	140	689	Gina Casper	5/27/2023
R	45-49	45	144.8	248	Sharon Crook	6/25/2022	R	45-49	45	144.8	149	Sharon Crook	6/25/2022	SP	55-59	55	142.5	281	Priscilla Pardue	5/11/2019	R	45-49	45	144.8	647	Sharon Crook	6/25/2022
R	45-49	45	140	237	Gina Casper	5/27/2023	R	55-59	55	139.8	143	Yvette Bushard	5/6/2023	R	45-49	45	144.8	270	Sharon Crook	6/25/2022	RC	50-54	53	144.2	645	Priscilla Pardue	4/22/2017
R	50-54	53	147.9	220	Sonja Drury	10/21/2023	R	40-44	40	140.4	138	Misty Bruce	1/22/2022	R	50-54	51	138.2	259	Sue Welker	6/10/2017	R	50-54	53	147.9	562	Sonja Drury	10/21/2023
R	40-44	43	146.5	176	Jennifer Rush	12/19/2020	R	50-54	53	144.2	132	Priscilla Pardue	4/22/2017	R	50-54	53	144.2	253	Priscilla Pardue	4/22/2017	R	40-44	40	140.4	496	Misty Bruce	1/22/2022
R	40-44	40	140.4	149	Misty Bruce	1/22/2022	R	50-54	51	148.6	121	Kelly Padgett	10/16/2021	R	50-54	51	148.6	237	Kelly Padgett	10/16/2021	R	40-44	43	146.5	485	Jennifer Rush	12/19/2020
							R	50-54	53	147.9	116	Sonja Drury	10/21/2023	R	50-54	53	147.9	231	Sonja Drury	7/22/2023							
														R	40-44	40	140.4	209	Misty Bruce	1/22/2022							
75kg/165.2lbs					75kg/165.2lbs					75kg/165.2lbs					75kg/165.2lbs												
RC	40-44	42	165	402	Reyhan Roybal	10/17/2020	SP	45-49	46	157	275.6	Christina McDowell	11/19/2016	RC	40-44	42	165	430	Reyhan Roybal	10/17/2020	RC	40-44	42	165	1056	Reyhan Roybal	10/17/2020
R	40-44	44	159	380	Emily Lilly	10/21/2023	SP	55-59	56	154.1	270	Candice Maness	10/27/2018	R	40-44	44	157.4	402	Hilary Clark	8/25/2018	R	40-44	44	159	1003	Emily Lilly	10/21/2023
SP	55-59	56	154.1	358	Candice Maness	10/27/2018	R	40-44	44	159	242	Emily Lilly	10/21/2023	R	40-44	44	158.3	386	Jennifer Zwaan	7/22/2023	SP	55-59	56	154.1	904	Candice Maness	10/27/2018
R	45-49	45	157	325	Jennifer Zwaan	10/21/2023	R	40-44	42	165	240	Reyhan Roybal	10/17/2020	R	40-44	44	159	380	Emily Lilly	10/21/2023	R	40-44	44	157.4	909	Hilary Clark	8/25/2018
R	40-44	44	157.4	325	Hilary Clark	8/25/2018	R	65-69	65	162.7	231	Maureen Clary	6/5/2021	R	45-49	45	157	358	Jennifer Zwaan	10/21/2023	R	40-44	44	158.3	898	Jennifer Zwaan	7/22/2023
R	40-44	44	158.3	320	Jennifer Zwaan	7/22/2023	R	65-69	67	160.4	209	Barbara Haiden	12/9/2017	R	40-44	41	164.8	347	Tara Peele	10/27/2018	R	45-49	48	164.6	816	Bonnie Mosley	10/17/2020
R	45-49	48	164.6	314	Bonnie Mosley	10/17/2020	SP	60-64	61	164.5	209	Cindy Meeker	4/23/2022	R	45-49	48	164.6	331	Bonnie Mosley	10/17/2020	RC	55-59	55	156.8	799	Candice Maness	10/28/2017
RC	55-59	55	156.8	309	Candice Maness	10/28/2017	SP	60-64	63	154.4	204	Maureen Clary	2/15/2020	RC	65-69	67	160.4	298	Barbara Haiden	12/9/2017	RC	65-69	67	160.4	782	Barbara Haiden	12/9/2017
RC	65-69	67	160.4	275	Barbara Haiden	12/9/2017	R	55-59	55	156.8	192	Candice Maness	10/28/2017	R	40-44	41	164.8	777	Tara Peele	10/27/2018	R	40-44	41	164.8	777	Tara Peele	10/27/2018
R	40-44	41	164.8	270	Tara Peele	10/27/2018	R	40-44	44	158.3	192	Jennifer Zwaan	7/22/2023	RC	65-69	67	160.4	298	Barbara Haiden	12/9/2017	R	55-59	57	152	689	Paige Hitt	12/4/2021
R	55-59	57	152	259	Paige Hitt																						

