

2006 Squat Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet	Site	
1	145	Carol Buchan	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
2	105	Veronica Buzynski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	99.2	Holli Ann Smith	2006 World Championships	Burlington	VT

2006 Bench Press Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet	Site	
1	180	Kerry Self	Virginia State Bench Press	Stanardsville	VA
2	132.5	Karen Poyner	2006 World Bench Press Championships	Currituck	NC
3	120	Julianne Tomasello	Beau Moore Bench Press Classic	Tampa	FL
4	110	Jessica McBride	2006 World Bench Press Championships	Currituck	NC
5	100	Cheri Grant	International Cup Bench Press Championship	Raleigh	NC
6	95	Shannon Deatley	2006 World Bench Press Championships	Currituck	NC
7	90	Carol Buchan	2006 Southern Open	Jarvisburg	NC
8	86	Holli Ann Smith	2006 World Championships	Burlington	VT
9	60	Veronica Buzynski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Deadlift Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet	Site	
1	280	Carol Buchan	2006 Southern Open	Jarvisburg	NC
2	158.7	Holli Ann Smith	2006 World Championships	Burlington	VT
3	145	Veronica Buzynski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Total Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet	Site	
1	475	Carol Buchan	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
2	343.9	Holli Ann Smith	2006 World Championships	Burlington	VT
3	310	Veronica Buzynski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Squat Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet	Site	
1	210	Lindsey Gurly	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Bench Press Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet	Site	
1	280	Jennifer Thompson	2006 National Bench Press Championships	Orlando	FL
2	165	Kelly Wescott	International Cup Bench Press Championship	Raleigh	NC
3	150	Rebecca Bullard	Wilmington Bench Press Classic	Wilmington	NC
4	145	Jan Shultis	2006 World Bench Press Championships	Currituck	NC
5	125	Lindsey Gurly	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
6	105	Cherie Grant	Wilmington Bench Press Classic	Wilmington	NC
7	75	Teresa Wiles	2006 World Bench Press Championships	Currituck	NC

2006 Deadlift Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet	Site	
1	295	Lindsey Gurly	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Total Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet	Site	
1	630	Lindsey Gurly	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Squat Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	203.9	Nona Hubbard	2006 World Championships	Burlington	VT
2	190	Courtney Veal	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	180	Hannah Strong	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
4	155	Erin Buchan	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Bench Press Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	143.3	Nona Hubbard	2006 World Championships	Burlington	VT
2	130	Courtney Veal	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	125	Janet Whetstone	2006 World Bench Press Championships	Currituck	NC
4	115	Jenna Swails	Illinois Raw Open	Elgin	IL
5	100	Hannah Strong	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
6	95	Christiane Buczynski	Currituck Open Bench Press Championships	Currituck	NC
7	90	Erin Buchan	2006 World Bench Press Championships	Currituck	NC
8	80	Richie Robertson	Wilmington Bench Press Classic	Wilmington	NC
9	75	Kathy McGee	2006 World Bench Press Championships	Currituck	NC

2006 Deadlift Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	265	Hannah Strong	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
2	264.5	Nona Hubbard	2006 World Championships	Burlington	VT
3	235	Erin Buchan	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
4	230	Courtney Veal	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Total Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	606.3	Nona Hubbard	2006 World Championships	Burlington	VT
2	550	Courtney Veal	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	545	Hannah Strong	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
4	475	Erin Buchan	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Squat Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	137.8	Joan Gardner	2006 World Championships	Burlington	VT

2006 Bench Press Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	206.1	Joan Gardner	2006 World Championships	Burlington	VT
2	205	Lynne Nelson	Virginia State Bench Press	Stanardsville	VA
3	185	Nicole Miller	2006 World Bench Press Championships	Currituck	NC
4	155	Melody Stocks	2006 World Bench Press Championships	Currituck	NC
5	135	Rachel Bonds	2006 World Bench Press Championships	Currituck	NC
6	125	Janet Whetstone	International Cup Bench Press Championship	Raleigh	NC
7	98	Jennifer Zak	2006 World Bench Press Championships	Currituck	NC
8	85	Abby Lopp	Virginia State Bench Press	Stanardsville	VA

2006 Deadlift Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	320	Rachael Bonds	2006 Southern Open	Jarvisburg	NC
2	303.1	Joan Gardner	2006 World Championships	Burlington	VT

2006 Total Rankings

Weight Class: 165 lb

Rank	Lift	Lifter	Meet	Site	
1	647.1	Joan Gardner	2006 World Championships	Burlington	VT

2006 Squat Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Meet	Site	
1	314	K. Sharp	2006 Nebraska State Powerlifting Championships	Omaha	NE
2	137	B. Bishop	2006 Nebraska State Powerlifting Championships	Omaha	NE

2006 Bench Press Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Meet	Site	
1	170	Michelle Omokaiye	Wilmington Bench Press Classic	Wilmington	NC
	170	K. Sharp	2006 Nebraska State Powerlifting Championships	Omaha	NE
3	99	B. Bishop	2006 Nebraska State Powerlifting Championships	Omaha	NE

2006 Deadlift Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Meet	Site	
1	358	K. Sharp	2006 Nebraska State Powerlifting Championships	Omaha	NE
2	159	B. Bishop	2006 Nebraska State Powerlifting Championships	Omaha	NE

2006 Total Rankings

Weight Class: 181 lb

Rank	Lift	Lifter	Meet	Site	
1	843	K. Sharp	2006 Nebraska State Powerlifting Championships	Omaha	NE
2	396	B. Bishop	2006 Nebraska State Powerlifting Championships	Omaha	NE

2006 Squat Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Meet	Site	
1	335	Kari Sabin	2006 National Powerlifting Championships	Orlando	FL
2	187.4	Cathleen Cooper	2006 World Championships	Burlington	VT
3	135	Leslie Elliot	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Bench Press Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Meet	Site	
1	220	Kari Sabin	2006 National Powerlifting Championships	Orlando	FL
2	190	Karen Stone	International Cup Bench Press Championship	Raleigh	NC
3	121.3	Cathleen Cooper	2006 World Championships	Burlington	VT
4	110	Leslie Elliott	Currituck Open Bench Press Championships	Currituck	NC
5	95	Lisa Lesinski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Deadlift Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Meet	Site	
1	405	Kari Sabin	2006 National Powerlifting Championships	Orlando	FL
2	295	Lisa Lesinski	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	275	Leslie Elliot	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC
4	264.6	Cathleen Cooper	2006 World Championships	Burlington	VT

2006 Total Rankings

Weight Class: 198 lb

Rank	Lift	Lifter	Meet	Site	
1	960	Kari Sabin	2006 National Powerlifting Championships	Orlando	FL
2	573.2	Cathleen Cooper	2006 World Championships	Burlington	VT
3	520	Leslie Elliot	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Squat Rankings

Weight Class:		SHW Ib			
Rank	Lift	Lifter	Meet	Site	
1	190	Solita Williams	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Bench Press Rankings

Weight Class:		SHW Ib			
Rank	Lift	Lifter	Meet	Site	
1	135	Solita Williams	Currituck Open Bench Press Championships	Currituck	NC

2006 Deadlift Rankings

Weight Class:		SHW Ib			
Rank	Lift	Lifter	Meet	Site	
1	320	Solita Williams	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC

2006 Total Rankings

Weight Class:		SHW Ib			
Rank	Lift	Lifter	Meet	Site	
1	645	Solita Williams	2006 North Carolina Teenage State Powerlifting Championships	Currituck	NC