



2020 Women's Rankings

Updated 12/31/2020 Ed Kutin

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2020 Squat Rankings Female

Weight Class: 97				Squat				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	45	99.2	Ashley Christiansen	US-NC	OBX Open	Jarvisburg	NC		
2	37	81.5	Sofia Corridean	US-NC	2020 Southern Open	Jarvisburg	NC		
3	30	66.1	Bella Butler	US-PA	Central PA Open	Clearfield	PA		
4	25	55.1	Percys Alvarez	US-NC	NC State Championships	Raleigh	NC		
5	20	44	Gracie Bushee	US-NC	OBX Open	Jarvisburg	NC		

Weight Class: 105				Squat				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	85	187.3	Susanna Nucci	Italy	Italian Single Lift Championship		Santegedio		
2	80	176.3	Jill Neziri	US-NY	Central PA Open	Clearfield	PA		
3	35	77.1	Alaska Pratt	US-NC	OBX Open	Jarvisburg	NC		

Weight Class: 114				Squat				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	97.5	214.9	Katherine Lizarraga	US-VA	NJ Open Championships	Fair Lawn	NJ		
2	75	165.3	Rachel Perry	US-VA	Potomac Open	Tysons Corner	VA		
3	67.5	148.8	Brooke Zak	US-NC	NC State Championships	Raleigh	NC		
4	65	143.2	Kimberly Price	US-VA	Shenandoah Open	Woodstock	VA		
5	62.5	137.7	Mariela Oilvares	US-MD	Potomac Open	Tysons Corner	VA		
6	45	99.2	Jodi Beth McCain	US-MD	Potomac Open	Tysons Corner	VA		
7	35	77.1	Madison Berry	US-NC	OBX Open	Jarvisburg	NC		

Weight Class: 123				Squat				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	105	231.4	Elizabeth Hertzler-McCain	US-MD	Potomac Open	Tysons Corner	VA		
2	85	187.3	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner	VA		
3	80	176.3	MacKenzie Taylor	US-NC	2020 Southern Open	Jarvisburg	NC		
4	72.5	159.8	Brittany Ezratty	US-NJ	NJ Open Championships	Fair Lawn	NJ		
5	70	154.3	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC		
	70	154.3	Olesya Ramsey	US-VA	OBX Open	Jarvisburg	NC		

Weight Class: 132				Squat				Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location			
1	135	297.6	Jennifer Minella	US-NC	OBX Open	Jarvisburg	NC		
2	122.5	270	Jenn Lee	Canada	Ramped Up Raw Open		Alberta		
3	105	231.4	Natasha Beasley	US-VA	Potomac Open	Tysons Corner	VA		
4	97.5	214.9	Shea Herbstritt	US-PA	2020 Power Day	Bigler	PA		
5	85.5	188.4	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg	NC		
6	77.5	170.8	Jennifer Zak	US-NC	NC State Championships	Raleigh	NC		
7	72.5	159.8	Jennifer Green	US-DC	Potomac Open	Tysons Corner	VA		

8 62.5 137.7 Linda Leightley US-VA Potomac Open Tysons Corner VA

Weight Class: 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Virginia Forcellese	Italy	Italian Single Lift Championship	Santegedio	
2	110	242.5	Jamie Augustine	US-PA	Central PA Open	Clearfield	PA
3	107.5	236.9	Tricia Floyd	US-VA	Potomac Open	Tysons Corner	VA
4	92.5	203.9	Sherry Pridgen	US-NC	NC State Championships	Raleigh	NC
5	80	176.3	Jane Bickel	US-PA	Central PA Open	Clearfield	PA
6	65	143.2	Veronica Robertson	US-DC	Potomac Open	Tysons Corner	VA
	65	143.2	Geri-Lyn Hoffman	US-PA	Central PA Open	Clearfield	PA
8	62.5	137.7	Vanessa McAdams	US-FL	Potomac Open	Tysons Corner	VA
9	60	132.2	Linda Eggleston	US-NY	NJ Open Championships	Fair Lawn	NJ

Weight Class: 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Tierra Tucker	US-MD	Potomac Open	Tysons Corner	VA
2	132.5	292.1	Simona Razzetti	Italy	Italian Single Lift Championship	Santegedio	
3	102.5	225.9	Maegan Sady	US-DC	Potomac Open	Tysons Corner	VA
	102.5	225.9	Jennifer Ross	US-NC	2020 Southern Open	Jarvisburg	NC
5	65	143.2	Kim Pollock	US-PA	Central PA Open	Clearfield	PA
6	62.5	137.7	Jennifer Tillet	US-NC	NC State Championships	Raleigh	NC

Weight Class: 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Holly Sutton	US-NC	NC State Championships	Raleigh	NC
2	80	176.3	Danielle Smoak	US-MD	Fall Micro Meet 2	Waldorf	MD
3	62.5	137.7	Nicole Green	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Martina Burton	US-MD	Potomac Open	Tysons Corner	VA
2	103	227	Lara Christie	Canada	Ramped Up Raw Open	Alberta	
3	96	211.6	Patricia Frankson	US-VA	OBX Open	Jarvisburg	NC

Weight Class: 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Rebecca Brown	US-NY	NJ Open Championships	Fair Lawn	NJ
2	122.5	270	Kirsten Ross	US-VA	Mid Atlantic Open	Powhatan	VA
3	120	264.5	Jontisha Goode	US-VA	Potomac Open	Tysons Corner	VA
4	102.5	225.9	Michelle Lawson	US-PA	Central PA Open	Clearfield	PA
	102.5	225.9	Liberty Buccello	US-NY	Central PA Open	Clearfield	PA

2020 Bench Press Rankings Female

Weight Class: 97				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	52.5	115.7	Ashley Christiansen	US-NC	OBX Open	Jarvisburg	NC
2	36	79.3	Jade Nguyen	US-VA	Potomac Open	Tysons Corner	VA
3	20	44	Bella Butler	US-PA	Central PA Open	Clearfield	PA
4	18.5	40.7	Sofia Corridean	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
5	17.5	38.5	Gracie Bushee	US-NC	OBX Open	Jarvisburg	NC
6	12.5	27.5	Percys Alvarez	US-NC	NC State Championships	Raleigh	NC

Weight Class: 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Susanna Nucci	Italy	Italian Single Lift Championship	Santegedio	

2	47.5	104.7	Tiffany Barney	US-CT	NY Single Lift Challenge	Vestal	NY
3	42.5	93.6	Jill Neziri	US-NY	Central PA Open	Clearfield	PA
4	37.5	82.6	Alison Bullock	US-VA	Mid Atlantic Open	Powhatan	VA
5	20	44	Alaska Pratt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Mariela Oilvares	US-MD	Potomac Open	Tysons Corner	VA
2	50	110.2	Katherine Lizarraga	US-VA	NJ Open Championships	Fair Lawn	NJ
3	45	99.2	Rachel Perry	US-VA	Potomac Open	Tysons Corner	VA
4	42.5	93.6	Tiffany Barney	US-CT	NJ Open Championships	Fair Lawn	NJ
	42.5	93.6	Kimberly Price	US-VA	Shenandoah Open	Woodstock	VA
6	40	88.1	Laurie Hall	US-VA	Virginia Open	Woodstock	VA
	40	88.1	Brooke Zak	US-NC	NC State Championships	Raleigh	NC
8	37.5	82.6	Jodi Beth McCain	US-MD	Potomac Open	Tysons Corner	VA
	37.5	82.6	Angela Krom	US-CT	NY Single Lift Challenge	Vestal	NY
10	29.5	65	Madison Berry	US-NC	OBX Open	Jarvisburg	NC
11	27.5	60.6	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 123		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	57.5	126.7	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner	VA
2	52.5	115.7	Elizabeth Hertzler-McCain	US-MD	Potomac Open	Tysons Corner	VA
3	48.5	106.9	Mackenzie Taylor	US-NC	2020 Southern Open	Jarvisburg	NC
4	47.5	104.7	Brittany Ezratty	US-NJ	NJ Open Championships	Fair Lawn	NJ
	47.5	104.7	Beth Ogne	US-MD	Fall Micro Meet 2	Waldorf	MD
6	45	99.2	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC
7	42.5	93.6	Olesya Ramsey	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
	42.5	93.6	Angela Krom	US-CT	Christmas Classic	Cheshire	CT
9	30	66.1	Karola Meyer	US-MD	Fall Micro Meet 2	Waldorf	MD

Weight Class: 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Natasha Beasley	US-VA	Potomac Open	Tysons Corner	VA
2	77.5	170.8	Jennifer Minella	US-NC	OBX Open	Jarvisburg	NC
3	65	143.2	Jenn Lee	Canada	Ramped Up Raw Open		Alberta
4	57.5	126.7	Lesley DeAngelo	US-CT	Christmas Classic	Cheshire	CT
5	52.5	115.7	Shea Herbstritt	US-PA	2020 Power Day	Bigler	PA
	52.5	115.7	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC
7	50	110.2	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg	NC
8	45	99.2	Jennifer Green	US-MD	Potomac Open	Tysons Corner	VA
	45	99.2	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA
10	42.5	93.6	Sherry Rowe	US-VA	Mid Atlantic Open	Powhatan	VA
11	40	88.1	Gigi Gaber	US-VA	Virginia Open	Woodstock	VA

Weight Class: 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Natasha Beasley	US-VA	USA Championships	Plainville	MA
2	77.5	170.8	Vanessa McAdams	US-FL	Potomac Open	Tysons Corner	VA
3	70	154.3	Virginia Forcellese	Italy	Italian Single Lift Championship		Santegedio
4	62.5	137.7	Jamie Augustine	US-PA	2020 Power Day	Bigler	PA
5	60.5	133.3	LaKeisha Kanen	US-NC	Virginia Open	Woodstock	VA
6	55	121.2	Lesley DeAngelo	US-CT	USA Championships	Plainville	MA
	55	121.2	Tricia Floyd	US-VA	Potomac Open	Tysons Corner	VA
	55	121.2	Sherry Pridgen	US-NC	NC State Championships	Raleigh	NC
9	50	110.2	Linda Eggleston	US-NY	NJ Open Championships	Fair Lawn	NJ
	50	110.2	Nikki Dorval	US-CT	2020 Single Lift Worlds	Virginia Beach	VA

11	42.5	93.6	Veronica Robertson	US-DC	Potomac Open	Tysons Corner	VA
	42.5	93.6	Jane Bickel	US-PA	Central PA Open	Clearfield	PA
13	40	88.1	Geri-Lyn Hoffman	US-PA	Central PA Open	Clearfield	PA
14	33	72.7	Diane Hiller	US-NY	NY Single Lift Challenge	Vestal	NY

Weight Class: 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Tierra Tucker	US-MD	Potomac Open	Tysons Corner	VA
2	88.5	195.1	Cynthia Crossland	US-OK	NC State Championships	Raleigh	NC
3	70	154.3	Simona Razzetti	Italy	Italian Single Lift Championship		Santegedio
	70	154.3	Isabella Anderlini	Italy	Italian Single Lift Championship		Santegedio
5	62.5	137.7	Jennifer Tillet	US-NC	2020 Southern Open	Jarvisburg	NC
	62.5	137.7	Jennifer Tillet	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
7	60	132.2	Claire Cooney	Canada	Ramped Up Raw Open		Alberta
	60	132.2	Kim Pollock	US-PA	Central PA Open	Clearfield	PA
9	57.5	126.7	Jennifer Ross	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
10	55	121.2	Maegan Sady	US-DC	Potomac Open	Tysons Corner	VA
	55	121.2	Jillian Puorro	US-VA	Mid Atlantic Open	Powhatan	VA
	55	121.2	Taylor Gromko	US-CT	Christmas Classic	Cheshire	CT
13	50	110.2	Roseanne Miller	US-VA	Virginia Open	Woodstock	VA
	50	110.2	Brenda Harrington	US-NY	NY Single Lift Challenge	Vestal	NY
15	35	77.1	Alyce Urban	US-PA	2020 Power Day	Bigler	PA
16	32.5	71.6	Michelle Hutt	US-NC	NJ Open Championships	Fair Lawn	NJ

Weight Class: 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	83	182.9	Mona Espinosa	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	82.5	181.8	Holly Sutton	US-NC	NC State Championships	Raleigh	NC
3	67.5	148.8	Meredith Gunning	US-NY	NY Single Lift Challenge	Vestal	NY
4	63	138.8	Christine Boczar	US-VA	Mid Atlantic Open	Powhatan	VA
5	55	121.2	Amy Traver	US-CT	NJ Open Championships	Fair Lawn	NJ
6	52.5	115.7	Danielle Smoak	US-MD	Fall Micro Meet 2	Waldorf	MD
7	50	110.2	Nicole Green	US-DC	Potomac Open	Tysons Corner	VA
8	37.5	82.6	Lizette Jowett	US-MD	Southern MD Single Lift Open	White Plains	MD
	37.5	82.6	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 198		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Martina Burton	US-MD	Potomac Open	Tysons Corner	VA
2	86	189.5	Mona Espinosa	US-VA	Fall Micro Meet 2	Waldorf	MD
3	82.5	181.8	Linda Lee	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
4	71	156.5	Mary Hodge	US-VA	Shenandoah Open	Woodstock	VA
5	70.5	155.4	Crystal Bridgforth	US-VA	Mid Atlantic Open	Powhatan	VA
6	67.5	148.8	Leslie Wright	US-NC	NC State Championships	Raleigh	NC
7	62.5	137.7	Lara Christie	Canada	Ramped Up Raw Open		Alberta
8	57.5	126.7	Amy Traver	US-CT	2020 Single Lift Worlds	Virginia Beach	VA
9	52.5	115.7	Patricia Frankson	US-VA	OBX Open	Jarvisburg	NC
10	47.5	104.7	Tanya Radford	US-DC	Potomac Open	Tysons Corner	VA
11	45	99.2	Denise Morelli	US-DC	Potomac Open	Tysons Corner	VA
	45	99.2	Helena Pettit	US-MD	Fall Micro Meet 2	Waldorf	MD

Weight Class: 198+		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Jontisha Goode	US-VA	Potomac Open	Tysons Corner	VA
2	95	209.4	Kierstyn Bourdeau	US-CT	Christmas Classic	Cheshire	CT
3	85	187.3	Leslie Wright	US-NC	OBX Open	Jarvisburg	NC
4	75	165.3	Kirsten Ross	US-VA	Mid Atlantic Open	Powhatan	VA

5	70	154.3	Rebecca Brown	US-NY	NJ Open Championships	Fair Lawn	NJ
6	57.5	126.7	Michelle Lawson	US-PA	Central PA Open	Clearfield	PA
	57.5	126.7	Liberty Buccello	US-NY	Central PA Open	Clearfield	PA
	57.5	126.7	Amy Traver	US-CT	Christmas Classic	Cheshire	CT
9	50	110.2	Amy Dunn-Brown	US-VA	Virginia Open	Woodstock	VA
10	42.5	93.6	Laura Lofton	US-VA	Virginia Open	Woodstock	VA

2020 Deadlift Rankings Female

Weight Class: 97				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	90	198.4	Ashley Christiansen	US-NC	NC State Championships	Raleigh	NC				
2	62.5	137.7	Sofia Corridean	US-NC	2020 Single Lift Worlds	Virginia Beach	VA				
3	57.5	126.7	Selah Quinn	US-DC	Potomac Open	Tysons Corner	VA				
4	45	99.2	Gracie Bushee	US-NC	OBX Open	Jarvisburg	NC				
5	42.5	93.6	Bella Butler	US-PA	Central PA Open	Clearfield	PA				
6	35	77.1	Percys Alvarez	US-NC	NC State Championships	Raleigh	NC				
7	22.5	49.6	Adera Wright	US-DC	Potomac Open	Tysons Corner	VA				

Weight Class: 105				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	117.5	259	Susanna Nucci	Italy	Italian Single Lift Championship		Santegedio				
2	107.5	236.9	Jill Neziri	US-NY	Central PA Open	Clearfield	PA				
3	95	209.4	Alison Bullock	US-VA	Mid Atlantic Open	Powhatan	VA				
4	62.5	137.7	Alaska Pratt	US-NC	OBX Open	Jarvisburg	NC				
5	50	110.2	Zy'kera Tucker	US-DC	Potomac Open	Tysons Corner	VA				

Weight Class: 114				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	122.5	270	Katherine Lizarraga	US-VA	NJ Open Championships	Fair Lawn	NJ				
2	115	253.5	Kimberly Price	US-VA	Shenandoah Open	Woodstock	VA				
3	105.5	232.5	Brooke Zak	US-NC	NC State Championships	Raleigh	NC				
4	105	231.4	Ripple Kaila	Canada	Ramped Up Raw Open		Alberta				
5	100	220.4	Laurie Hall	US-VA	Virginia Open	Woodstock	VA				
6	92.5	203.9	Mariela Oilvares	US-MD	Potomac Open	Tysons Corner	VA				
7	87.5	192.9	Rachel Perry	US-VA	Potomac Open	Tysons Corner	VA				
8	82.5	181.8	Jodi Beth McCain	US-MD	Potomac Open	Tysons Corner	VA				
9	80	176.3	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD				
10	62.5	137.7	Madison Berry	US-NC	OBX Open	Jarvisburg	NC				
11	52.5	115.7	Neila Wright	US-DC	Potomac Open	Tysons Corner	VA				

Weight Class: 123				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	142.5	314.1	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner	VA				
2	137.5	303.1	Elizabeth Hertzler-McCain	US-MD	Potomac Open	Tysons Corner	VA				
3	114	251.3	MacKenzie Taylor	US-NC	2020 Southern Open	Jarvisburg	NC				
4	112.5	248	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC				
5	100	220.4	Brittany Ezratty	US-NJ	NJ Open Championships	Fair Lawn	NJ				
6	97.5	214.9	Olesya Ramsey	US-VA	OBX Open	Jarvisburg	NC				
7	92.5	203.9	Beth Ogne	US-MD	Fall Micro Meet 2	Waldorf	MD				
8	87.5	192.9	Karola Meyer	US-MD	Fall Micro Meet 2	Waldorf	MD				
9	77.5	170.8	Anna Zak	US-NC	OBX Open	Jarvisburg	NC				

Weight Class: 132				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	180	396.8	Natasha Beasley	US-VA	Potomac Open	Tysons Corner	VA				
2	142.5	314.1	Jennifer Minella	US-NC	OBX Open	Jarvisburg	NC				

3	140	308.6	Gaetana Farano	Italy	Italian Single Lift Championship		Santegedio
4	124	273.3	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg	NC
5	122.5	270	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA
6	118	260.1	Sherry Rowe	US-VA	Shenandoah Open	Woodstock	VA
7	117.5	259	Jenn Lee	Canada	Ramped Up Raw Open		Alberta
8	112.5	248	Jennifer Green	US-DC	Potomac Open	Tysons Corner	VA
9	110	242.5	Shea Herbstritt	US-PA	2020 Power Day	Bigler	PA
10	97.5	214.9	Gigi Gaber	US-VA	Virginia Open	Woodstock	VA
11	70	154.3	Amarie Jones	US-DC	Potomac Open	Tysons Corner	VA
12	62.5	137.7	Jennifer Zak	US-NC	NC State Championships	Raleigh	NC

Weight Class: 148							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Tricia Floyd	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	175	385.8	Natasha Beasley	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
3	155	341.7	Virginia Forcellese	Italy	Italian Single Lift Championship		Santegedio
4	142.5	314.1	Christie Tankersley	US-NC	2020 Southern Open	Jarvisburg	NC
5	130	286.5	Sherry Pridgeon	US-NC	NC State Championships	Raleigh	NC
	130	286.5	Sherry Pridgen	US-NC	NC State Championships	Raleigh	NC
	130	286.5	Jamie Augustine	US-PA	2020 Power Day	Bigler	PA
8	122.5	270	LaKeisha Kanen	US-NC	Virginia Open	Woodstock	VA
9	117.5	259	Jane Bickel	US-PA	Central PA Open	Clearfield	PA
10	115	253.5	Linda Eggleston	US-NY	NJ Open Championships	Fair Lawn	NJ
11	112.5	248	Vanessa McAdams	US-FL	Potomac Open	Tysons Corner	VA
	112.5	248	Geri-Lyn Hoffman	US-PA	Central PA Open	Clearfield	PA
13	95	209.4	Veronica Robertson	US-DC	Potomac Open	Tysons Corner	VA
14	92.5	203.9	Leigha Spraggins	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 165							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Tierra Tucker	US-MD	Potomac Open	Tysons Corner	VA
2	145	319.6	Janelle Olliverve	US-DC	Potomac Open	Tysons Corner	VA
3	137.5	303.1	Maegan Sady	US-DC	Potomac Open	Tysons Corner	VA
	137.5	303.1	Jennifer Ross	US-NC	2020 Southern Open	Jarvisburg	NC
5	125	275.5	Simona Razzetti	Italy	Italian Single Lift Championship		Santegedio
6	107.5	236.9	Jillian Puorro	US-VA	Mid Atlantic Open	Powhatan	VA
7	105	231.4	Jennifer Tillet	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
8	102.5	225.9	Roseanne Miller	US-VA	Virginia Open	Woodstock	VA
9	100	220.4	Jennifer Tillet	US-NC	NC State Championships	Raleigh	NC
10	87.5	192.9	Kim Pollock	US-PA	Central PA Open	Clearfield	PA
11	82.5	181.8	Irene Girgente	US-VA	Mid Atlantic Open	Powhatan	VA

Weight Class: 181							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	152.5	336.2	Daniela Rispoli	Italy	Italian Single Lift Championship		Santegedio
2	147.5	325.1	Amy Traver	US-CT	NY Single Lift Challenge	Vestal	NY
3	145	319.6	Holly Sutton	US-NC	NC State Championships	Raleigh	NC
4	142.5	314.1	Danielle Smoak	US-MD	Fall Micro Meet 2	Waldorf	MD
5	132.5	292.1	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD
	132.5	292.1	Meredith Gunning	US-NY	NY Single Lift Challenge	Vestal	NY
7	117.5	259	Nicole Green	US-DC	Potomac Open	Tysons Corner	VA
8	102.5	225.9	Lizette Jowett	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 198							
Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	197.5	435.4	Martina Burton	US-MD	Potomac Open	Tysons Corner	VA
2	152.5	336.2	Linda Lee	US-VA	2020 Single Lift Worlds	Virginia Beach	VA

3	145	319.6	Amy Traver	US-CT	2020 Single Lift Worlds	Virginia Beach	VA
4	138	304.2	Leslie Wright	US-NC	NC State Championships	Raleigh	NC
5	135	297.6	Crystal Bridgforth	US-VA	Mid Atlantic Open	Powhatan	VA
	135	297.6	Patricia Frankson	US-VA	OBX Open	Jarvisburg	NC
7	130	286.5	Mary Hodge	US-VA	Shenandoah Open	Woodstock	VA
8	125	275.5	Lara Christie	Canada	Ramped Up Raw Open		Alberta
9	122.5	270	Tanya Radford	US-DC	Potomac Open	Tysons Corner	VA
10	102.5	225.9	Denise Morelli	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 198+				Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	175	385.8	Letizia Pace	Italy	Italian Single Lift Championship	Santegedio					
2	160	352.7	Kirsten Ross	US-VA	Mid Atlantic Open	Powhatan	VA				
3	157.5	347.2	Rebecca Brown	US-NY	NJ Open Championships	Fair Lawn	NJ				
	157.5	347.2	Jontisha Goode	US-VA	Potomac Open	Tysons Corner	VA				
5	142.5	314.1	Leslie Wright	US-NC	OBX Open	Jarvisburg	NC				
6	130	286.5	Michelle Lawson	US-PA	Central PA Open	Clearfield	PA				
7	127.5	281	Liberty Buccello	US-NY	NJ Open Championships	Fair Lawn	NJ				
8	90.5	199.5	Laura Lofton	US-VA	Virginia Open	Woodstock	VA				
9	87.5	192.9	Amy Dunn-Brown	US-VA	Virginia Open	Woodstock	VA				
10	85	187.3	Arianna Going	US-DC	Potomac Open	Tysons Corner	VA				

2020 Total Rankings				Female							
Weight Class: 97				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	185	407.8	Ashley Christiansen	US-NC	OBX Open	Jarvisburg	NC				
2	114	251.3	Sofia Corridean	US-NC	2020 Southern Open	Jarvisburg	NC				
3	92.5	203.9	Bella Butler	US-PA	Central PA Open	Clearfield	PA				
4	82.5	181.8	Gracie Bushee	US-NC	OBX Open	Jarvisburg	NC				
5	72.5	159.8	Percys Alvarez	US-NC	NC State Championships	Raleigh	NC				

Weight Class: 105				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	230	507	Jill Neziri	US-NY	Central PA Open	Clearfield	PA				
2	117.5	259	Alaska Pratt	US-NC	OBX Open	Jarvisburg	NC				

Weight Class: 114				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	270	595.2	Katherine Lizarraga	US-VA	NJ Open Championships	Fair Lawn	NJ				
2	230	507	Mariela Oilvares	US-MD	Potomac Open	Tysons Corner	VA				
3	222.5	490.5	Kimberly Price	US-VA	Shenandoah Open	Woodstock	VA				
4	207.5	457.4	Rachel Perry	US-VA	Potomac Open	Tysons Corner	VA				
5	205.5	453	Brooke Zak	US-NC	NC State Championships	Raleigh	NC				
6	165	363.7	Jodi Beth McCain	US-MD	Potomac Open	Tysons Corner	VA				
7	117.5	259	Madison Berry	US-NC	OBX Open	Jarvisburg	NC				

Weight Class: 123				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	295	650.3	Elizabeth Hertzler-McCain	US-MD	Potomac Open	Tysons Corner	VA				
2	285	628.3	Jasmine McAdams	US-DC	Potomac Open	Tysons Corner	VA				
3	230	507	MacKenzie Taylor	US-NC	2020 Southern Open	Jarvisburg	NC				
4	225	496	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC				
5	220	485	Brittany Ezratty	US-NJ	NJ Open Championships	Fair Lawn	NJ				
6	210	462.9	Olesya Ramsey	US-VA	OBX Open	Jarvisburg	NC				

Weight Class: 132				Total				Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	365	804.6	Natasha Beasley	US-VA	Potomac Open	Tysons Corner	VA
2	352.5	777.1	Jennifer Minella	US-NC	OBX Open	Jarvisburg	NC
3	305	672.4	Jenn Lee	Canada	Ramped Up Raw Open		Alberta
4	260	573.1	Shea Herbstritt	US-PA	2020 Power Day	Bigler	PA
5	245	540.1	MacKenzie Taylor	US-NC	OBX Open	Jarvisburg	NC
6	230	507	Jennifer Green	US-DC	Potomac Open	Tysons Corner	VA
	230	507	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA
8	190	418.8	Jennifer Zak	US-NC	NC State Championships	Raleigh	NC

Weight Class: 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	342.5	755	Tricia Floyd	US-VA	Potomac Open	Tysons Corner	VA
2	300	661.3	Jamie Augustine	US-PA	2020 Power Day	Bigler	PA
3	272.5	600.7	Sherry Pridgen	US-NC	NC State Championships	Raleigh	NC
4	252.5	556.6	Vanessa McAdams	US-FL	Potomac Open	Tysons Corner	VA
5	240	529.1	Jane Bickel	US-PA	Central PA Open	Clearfield	PA
6	225	496	Linda Eggleston	US-NY	NJ Open Championships	Fair Lawn	NJ
7	217.5	479.5	Geri-Lyn Hoffman	US-PA	Central PA Open	Clearfield	PA
8	202.5	446.4	Veronica Robertson	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	410	903.8	Tierra Tucker	US-MD	Potomac Open	Tysons Corner	VA
2	295	650.3	Maegan Sady	US-DC	Potomac Open	Tysons Corner	VA
	295	650.3	Jennifer Ross	US-NC	2020 Southern Open	Jarvisburg	NC
4	217.5	479.5	Jennifer Tillet	US-NC	NC State Championships	Raleigh	NC
5	212.5	468.4	Kim Pollock	US-PA	Central PA Open	Clearfield	PA

Weight Class: 181			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	340	749.5	Holly Sutton	US-NC	NC State Championships	Raleigh	NC
2	275	606.2	Danielle Smoak	US-MD	Fall Micro Meet 2	Waldorf	MD
3	230	507	Nicole Green	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 198			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	420	925.9	Martina Burton	US-MD	Potomac Open	Tysons Corner	VA
2	290.5	640.4	Lara Christie	Canada	Ramped Up Raw Open		Alberta
3	278.5	613.9	Patricia Frankson	US-VA	OBX Open	Jarvisburg	NC

Weight Class: 198+			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	397.5	876.3	Rebecca Brown	US-NY	NJ Open Championships	Fair Lawn	NJ
2	377.5	832.2	Jontisha Goode	US-VA	Potomac Open	Tysons Corner	VA
3	357.5	788.1	Kirsten Ross	US-VA	Mid Atlantic Open	Powhatan	VA
4	290	639.3	Michelle Lawson	US-PA	Central PA Open	Clearfield	PA
5	285	628.3	Liberty Buccello	US-NY	Central PA Open	Clearfield	PA

2020 Strict Curl Rankings				Female			
Weight Class: 97			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38.5	84.8	Ashley Christiansen	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
2	14	30.8	Carly Cooper	US-NC	2020 Southern Open	Jarvisburg	NC
3	11	24.2	Gracie Bushee	US-NC	OBX Open	Jarvisburg	NC
4	10	22	Sofia Corridean	US-NC	2020 Single Lift Worlds	Virginia Beach	VA

Weight Class: 105		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	29	63.9	Tiffany Barney	US-CT	USA Championships	Plainville	MA
2	14	30.8	Carly Cooper	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
3	12	26.4	Alaska Pratt	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 114		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	29	63.9	Tiffany Barney	US-CT	New England Championships	Cheshire	CT
2	28.5	62.8	Angela Krom	US-CT	New England Championships	Cheshire	CT
	28.5	62.8	Mia Denhart	US-CT	Christmas Classic	Cheshire	CT
4	27.5	60.6	Kimberly Price	US-VA	Shenandoah Open	Woodstock	VA
5	26	57.3	Brooke Zak	US-NC	NC State Championships	Raleigh	NC
6	23	50.7	Laurie Hall	US-VA	Virginia Open	Woodstock	VA
7	20.5	45.1	Jill Sheakley	US-PA	2020 Single Lift Worlds	Virginia Beach	VA
8	19	41.8	Karola Meyer	US-MD	Southern MD Single Lift Open	White Plains	MD
9	12	26.4	Madison Berry	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 123		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Krystal Brown	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	28.5	62.8	Angela Krom	US-CT	Christmas Classic	Cheshire	CT
3	28	61.7	Brooke Zak	US-NC	OBX Open	Jarvisburg	NC
4	26.5	58.4	Corey Gawronski	US-CT	Christmas Classic	Cheshire	CT
5	24.5	54	Mackenzie Taylor	US-NC	2020 Southern Open	Jarvisburg	NC
6	23.5	51.8	Maddie Dudeck	US-CT	Christmas Classic	Cheshire	CT
7	21	46.2	Anna Zak	US-NC	NC State Championships	Raleigh	NC
8	20.5	45.1	Olesya Ramsey	US-VA	2020 Single Lift Worlds	Virginia Beach	VA

Weight Class: 132		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Natasha Beasley	US-VA	Potomac Open	Tysons Corner	VA
2	37	81.5	Nikki Dorval	US-CT	New England Championships	Cheshire	CT
3	35.5	78.2	Lesley DeAngelo	US-CT	Christmas Classic	Cheshire	CT
4	30	66.1	Daron Gawronski	US-CT	New England Championships	Cheshire	CT
5	28.5	62.8	Jennifer Zak	US-NC	OBX Open	Jarvisburg	NC
6	28	61.7	Dia Gawronski	US-CT	Christmas Classic	Cheshire	CT
7	27	59.5	Nicole Costantino	US-PA	Central PA Open	Clearfield	PA
8	25	55.1	Gigi Gaber	US-VA	Virginia Open	Woodstock	VA
	25	55.1	Linda Leightley	US-VA	Potomac Open	Tysons Corner	VA
	25	55.1	Sylvia Elmquist	US-PA	2020 Power Day	Bigler	PA
	25	55.1	Mackenzie Taylor	US-NC	OBX Open	Jarvisburg	NC

Weight Class: 148		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46.5	102.5	Tricia Floyd	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
2	44	97	Natasha Beasley	US-VA	New England Championships	Cheshire	CT
3	35.5	78.2	Lesley DeAngelo	US-CT	USA Championships	Plainville	MA
4	35	77.1	LaKeisha Kanen	US-NC	Virginia Open	Woodstock	VA
5	34	74.9	Nikki Dorval	US-CT	2020 Single Lift Worlds	Virginia Beach	VA
6	32	70.5	Jamie Augustine	US-PA	Central PA Open	Clearfield	PA
7	31.5	69.4	Georgianna Orseno	US-MA	NY Single Lift Challenge	Vestal	NY
8	25.5	56.2	Tanja Rivoire	US-MD	Southern MD Single Lift Open	White Plains	MD
9	19.5	42.9	Diane Hiller	US-NY	NY Single Lift Challenge	Vestal	NY

Weight Class: 165		Strict Curl		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50.5	111.3	Tierra Tucker	US-MD	Potomac Open	Tysons Corner	VA
2	36.5	80.4	Jillian Puorro	US-VA	Mid Atlantic Open	Powhatan	VA
	36.5	80.4	Kim Pollock	US-PA	Central PA Open	Clearfield	PA
4	32	70.5	Roseanne Miller	US-VA	Virginia Open	Woodstock	VA
5	31	68.3	Jennifer Ross	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
6	30.5	67.2	Maegan Sady	US-DC	Potomac Open	Tysons Corner	VA
	30.5	67.2	Taylor Gromko	US-CT	Christmas Classic	Cheshire	CT
8	27.5	60.6	Jennifer Tillett	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
9	26	57.3	Jennifer Tillet	US-NC	2020 Southern Open	Jarvisburg	NC

Weight Class: 181 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Amy Traver	US-CT	USA Championships	Plainville	MA
2	36.5	80.4	Mona Espinosa	US-VA	2020 Single Lift Worlds	Virginia Beach	VA
3	26.5	58.4	Helena Pettit	US-MD	Southern MD Single Lift Open	White Plains	MD
4	25.5	56.2	Molly McManus	US-CT	Christmas Classic	Cheshire	CT
5	24.5	54	Lizette Jowett	US-MD	Southern MD Single Lift Open	White Plains	MD

Weight Class: 198 Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Mary Hodge	US-VA	Shenandoah Open	Woodstock	VA
2	38.5	84.8	Amy Traver	US-CT	2020 Single Lift Worlds	Virginia Beach	VA
3	37.5	82.6	Leslie Wright	US-NC	NC State Championships	Raleigh	NC
4	34	74.9	Mona Espinosa	US-VA	Garage Gang Micro Meet	Waldorf	MD
	34	74.9	Jennifer Tramontano	US-CT	New England Championships	Cheshire	CT
6	33.5	73.8	Jennifer Tramonano	US-CT	NY Single Lift Challenge	Vestal	NY
7	20	44	Denise Morelli	US-DC	Potomac Open	Tysons Corner	VA

Weight Class: 198+ Strict Curl Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Kierstyn Bourdeau	US-CT	Christmas Classic	Cheshire	CT
2	39.5	87	Leslie Wright	US-NC	2020 Single Lift Worlds	Virginia Beach	VA
3	37	81.5	Jeannie Iavarona	US-CT	New England Championships	Cheshire	CT
4	36.5	80.4	Kirsten Ross	US-VA	Mid Atlantic Open	Powhatan	VA
5	35	77.1	Jennifer Tramontano	US-CT	2020 Single Lift Worlds	Virginia Beach	VA
6	34.5	76	Liberty Buccello	US-NY	Central PA Open	Clearfield	PA
7	28.5	62.8	Amy Dunn-Brown	US-VA	Virginia Open	Woodstock	VA
8	22.5	49.6	Laura Lofton	US-VA	Virginia Open	Woodstock	VA