



## 2023 Women's Rankings

Updated 12/23/2023 Ed Kutin

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### 2023 Squat Rankings

### Female

Weight Class: 44 / 97				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	68.95	152	Ashley Polacek	US-FL	Patriots Power Day	Melbourne	FL				
2	68	149.9	Gracie Bushee	US-NC	2023 American Challenge - NC	Elizabeth City	NC				
3	60	132.2	Bella Butler	US-PA	2023 Central PA Open	Clearfield	PA				
4	55	121.2	Gabbi Saunders	US-NC	2023 OBX Open Championships	Jarvisburg	NC				
5	52.5	115.7	Kylie May	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA				
6	49.9	110	Zoey Davis	US-FL	Patriots Power Day	Melbourne	FL				
7	46.6	102.7	Emma Bilak	US-FL	2023 American Challenge - FL	South Daytona	FL				
8	45	99.2	Ashtyn Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA				
9	37.5	82.6	Gabrielle Saunders	US-NC	NC State Championships	Raleigh	NC				
10	35	77.1	Gianna Beacham	US-NC	2023 American Challenge - NC	Elizabeth City	NC				
11	34.02	75	Avigayil Lundgren	US-FL	Patriots Power Day	Melbourne	FL				
12	32.67	72	Finleigh Caldwell	US-FL	Florida State Championships	Viera	FL				
	32.67	72	Ari Aude	US-FL	Florida State Championships	Viera	FL				
14	30	66.1	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY				
15	25	55.1	Daenerys DeWolfe	Canada	Summer Smash 2023		Canada				
16	24.95	55	Saige Vergara	US-FL	Patriots Power Day	Melbourne	FL				
17	18.15	40	Sofia Reyes	US-FL	Florida State Championships	Viera	FL				

Weight Class: 48 / 105				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	90.72	200	Natalie Norcross	US-FL	Patriots Power Day	Melbourne	FL				
2	74	163.1	Jill Keilty	Canada	Gathering of Nations		Canada				
3	70	154.3	Gracie Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA				
4	65	143.2	Kimberly Price	US-VA	2023 Masters Powerlifting Nationals	York	PA				
5	61.23	134.9	Emma Bilak	US-FL	Patriots Power Day	Melbourne	FL				
6	53	116.8	Khloe Bodiford	US-FL	2023 American Challenge - FL	South Daytona	FL				
7	52.1	114.8	Maddie Welton	US-FL	2023 American Challenge - FL	South Daytona	FL				
8	47.5	104.7	Gianna Beacham	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA				

Weight Class: 52 / 114				Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	100	220.4	Christina Lahey	Canada	Gathering of Nations		Canada				
2	95.5	210.5	Kaylum Mills	US-NC	2023 American Challenge - NC	Elizabeth City	NC				
3	95	209.4	Allison Freeman	US-NC	NC State Championships	Raleigh	NC				
	95	209.4	Angela Goldstein	US-MD	2023 American Challenge - MD	Silver Springs	MD				
5	92.5	203.9	Courtney Krauss	Canada	Summer Smash 2023		Canada				
6	82.5	181.8	Natalie Norcross	US-FL	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA				
7	79.38	175	Kamryn Davis	US-FL	Patriots Power Day	Melbourne	FL				
8	73.5	162	Eliana Burrs	US-FL	Florida State Championships	Viera	FL				
9	72.5	159.8	Kinlee Fahselt	Canada	Summer Smash 2023		Canada				
10	70.33	155	Mariam Mizyed	US-FL	Florida State Championships	Viera	FL				

11	70	154.3	Janet Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
12	61.2	134.9	Kendall Booth	US-FL	2023 American Challenge - FL	South Daytona	FL
13	57.5	126.7	Jodi McCain	US-MD	2023 American Challenge - MD	Silver Springs	MD
14	52.1	114.8	Madi Hadley	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 56 / 123		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Laura Siegle	US-VA	2023 Eastern USA Open	Richmond	VA
	97.5	214.9	Carolyn Le	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	97.5	214.9	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	90	198.4	Dana Sackett	US-OH	2023 Great Lakes Championships	Erie	PA
5	85	187.3	Rylea Yanke	Canada	Gathering of Nations		Canada
	85	187.3	Caroline Lee	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
	85	187.3	Reny Choi	Canada	Summer Smash 2023		Canada
8	67.5	148.8	Rebekah Wolters	US-PA	2023 Great Lakes Championships	Erie	PA
9	63.5	139.9	Madi Hadley	US-FL	Patriots Power Day	Melbourne	FL
10	62.5	137.7	Kayla Benko	Canada	Summer Smash 2023		Canada
11	52.5	115.7	Miranda Kassa	US-NY	2023 NJ State Championships	Fair Lawn	NJ
12	47.5	104.7	Cadence Tryggestad	US-NC	2023 American Challenge - NC	Elizabeth City	NC

Weight Class: 60 / 132		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Azlin Ferguson	Canada	Spring Showdown		Canada
2	117.5	259	Shannon Faircloth	US-VA	2023 American Challenge - VA	Woodstock	VA
3	112.5	248	Rebekah Rendino	US-NJ	2023 NJ State Championships	Fair Lawn	NJ
4	102.5	225.9	Jordan Wathen	Canada	Valhalla Rising		Canada
5	100	220.4	Tatiana Onyschtschuk	Canada	Gathering of Nations		Canada
6	90	198.4	Molly Jensen	US-NY	2023 American Challenge - NY	Owego	NY
7	88	194	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
8	85	187.3	Reagan Charlton	US-NC	NC State Championships	Raleigh	NC
	85	187.3	Sagirah Brown	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	85	187.3	Nena Pfeffer	US-PA	2023 Central PA Open	Clearfield	PA
11	80	176.3	Wanda Bradbury	Canada	Valhalla Rising		Canada
12	75	165.3	Ava Lucenti	US-NY	2023 American Challenge - NY	Owego	NY
13	72.5	159.8	Sofia Corridean	US-NC	2023 Southern Open	Jarvisburg	NC
14	70	154.3	Vanaja Nair	UAE	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
15	60	132.2	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
	60	132.2	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
17	57.5	126.7	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
18	52.5	115.7	Kai Sheppard	US-NY	2023 NJ State Championships	Fair Lawn	NJ
19	47.5	104.7	Karina Harris	Canada	Spring Showdown		Canada
20	27.5	60.6	Norma Jean Teufel	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 67.5 / 148		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Lisa Lethbridge	Canada	Valhalla Rising		Canada
2	142.5	314.1	Naomi Kutin	US-NJ	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	115	253.5	Madison Berry	US-NC	2023 American Challenge - NC	Elizabeth City	NC
4	110	242.5	Christine Blythe	Canada	Spring Showdown		Canada
5	107.5	236.9	Skylar Yanke	Canada	Gathering of Nations		Canada
6	105	231.4	Gabrielle Reid	Canada	Summer Smash 2023		Canada
7	100	220.4	Mia Gaylord	US-NY	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	100	220.4	Alyssa Kerstetter	US-PA	2023 Central PA Open	Clearfield	PA
9	95	209.4	Lou Dipetta	US-NY	Owego Winter Classic 2023	Owego	NY
10	90	198.4	Angelica Steffy	US-NC	2023 American Challenge - NC	Elizabeth City	NC
11	85	187.3	Emma Pollard	Canada	Spring Showdown		Canada
	85	187.3	Karen Ogilvie	Canada	Valhalla Rising		Canada
13	82.5	181.8	Marlee Hull	US-PA	2023 Great Lakes Championships	Erie	PA

	82.5	181.8	Rachel Hoffman	Canada	Summer Smash 2023		Canada
15	77.5	170.8	Madelynn Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
16	75	165.3	Suzanne Jeffers	US-NY	2023 Great Lakes Championships	Erie	PA
	75	165.3	Kathryn Laird	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
	75	165.3	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
19	72.5	159.8	Taralyn Mile	Canada	Valhalla Rising		Canada
	72.5	159.8	Michaela Dilorenzo	US-NY	2023 American Challenge - NY	Owego	NY
	72.5	159.8	Yara Perez	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 75 / 165							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Mackenzie Taylor	US-NC	2023 American Challenge - NC	Elizabeth City	NC
2	155	341.7	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	152.5	336.2	Yasmine Halat	Canada	Gathering of Nations		Canada
4	130	286.5	Madison Berry	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	117.5	259	Malori Stan	Canada	Gathering of Nations		Canada
6	112.5	248	Linda Arvey	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	107.5	236.9	Samantha Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
	107.5	236.9	Caileigh Sanderson	Canada	Gathering of Nations		Canada
9	97.5	214.9	Isabella Smith	US-NY	2023 NJ State Championships	Fair Lawn	NJ
	97.5	214.9	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
11	95	209.4	Sarah Ellis	Canada	Valhalla Rising		Canada
12	92.9	204.8	Taylor Tucker	US-FL	2023 American Challenge - FL	South Daytona	FL
13	92.5	203.9	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
	92.5	203.9	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
15	90	198.4	Mia Gaylord	US-NY	2023 American Challenge - NY	Owego	NY
16	85	187.3	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
17	83.94	185	Erika Roman	US-FL	Florida State Championships	Viera	FL
18	72.5	159.8	Madelynn Bengel	US-PA	2023 Central PA Open	Clearfield	PA
	72.5	159.8	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA
20	62.5	137.7	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH

Weight Class: 82.5 / 181							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Mackenzie Taylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	136	299.8	Alexandra Tavalez	US-GA	2023 American Challenge - FL	South Daytona	FL
3	130.5	287.7	Linda Arvey	US-PA	2023 Masters Powerlifting Nationals	York	PA
4	130	286.5	Kaity Letwiniuk	Canada	Spring Showdown		Canada
5	120	264.5	Hannah Morris	US-VA	2023 Eastern USA Open	Richmond	VA
	120	264.5	Hannah Gross	US-PA	2023 Great Lakes Championships	Erie	PA
7	115	253.5	Patti Presson	US-NC	NC State Championships	Raleigh	NC
	115	253.5	Sue O'Connell	Canada	Valhalla Rising		Canada
	115	253.5	Sayda Cardenas	US-VA	2023 OBX Open Championships	Jarvisburg	NC
10	107.5	236.9	Alexis Rowley	US-PA	2023 Great Lakes Championships	Erie	PA
11	105	231.4	Kathy Brennan	Canada	Valhalla Rising		Canada
12	95	209.4	Gloria Knight-McNeil	US-NC	2023 OBX Open Championships	Jarvisburg	NC
13	90	198.4	Lori McWatters	Canada	Gathering of Nations		Canada
	90	198.4	Nancy Breen	US-VA	2023 OBX Open Championships	Jarvisburg	NC
	90	198.4	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
16	82.5	181.8	Claire Bires	US-PA	2023 Great Lakes Championships	Erie	PA
17	54.43	119.9	Cindy Rea	US-FL	Patriots Power Day	Melbourne	FL

Weight Class: 90 / 198							
Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	145	319.6	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
2	142.5	314.1	Arianna Rochester	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	122.5	270	Mandi Johnson	US-PA	2023 Great Lakes Championships	Erie	PA
4	104.36	230	Taylor McQuesten	US-FL	Florida State Championships	Viera	FL

5	104	229.2	Megan Andrews	Canada	Summer Smash 2023		Canada
6	102.26	225.4	Diana Phillips	US-FL	Patriots Power Day	Melbourne	FL
7	100	220.4	Gloria Knight-McNeil	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
8	97.5	214.9	Alexis Rowley	US-PA	2023 Central PA Open	Clearfield	PA
9	85	187.3	Olivia Stedman	US-NC	NC State Championships	Raleigh	NC
10	67.5	148.8	Olive Langlois	US-NC	2023 American Challenge - NC	Elizabeth City	NC
11	65	143.2	Sasha Lynn Payne	US-VA	2023 OBX Open Championships	Jarvisburg	NC
12	60	132.2	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA
13	52.1	114.8	Naomi Jaquish	US-FL	2023 American Challenge - FL	South Daytona	FL
14	45	99.2	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs	MD

Weight Class: 90+ / 198+ Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190.56	420.1	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
2	158.8	350	Anna Stamets	US-FL	Florida State Championships	Viera	FL
3	152.5	336.2	Malesia Taylor	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	150	330.6	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	145	319.6	Kristy Hughes	Canada	Valhalla Rising		Canada
6	142.5	314.1	Anna Henderson	US-PA	2023 Central PA Open	Clearfield	PA
	142.5	314.1	Leah Swartz	US-PA	2023 Central PA Open	Clearfield	PA
8	137.5	303.1	Kierstyn Bourdeau	US-CT	Owego Winter Classic 2023	Owego	NY
9	132.5	292.1	Erin Scott	US-OH	2023 Ohio State Championships	Bedford	OH
	132.5	292.1	Rachel Clarke	US-PA	2023 Central PA Open	Clearfield	PA
11	130	286.5	Demetria Sarafis	US-NC	NC State Championships	Raleigh	NC
12	125	275.5	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
13	122.5	270	Arianna Rochester	US-PA	2023 Great Lakes Championships	Erie	PA
14	120	264.5	Charlotte Baker	US-VA	2023 American Challenge - VA	Woodstock	VA
15	117.5	259	Savannah Glanville	US-NC	2023 American Challenge - NC	Elizabeth City	NC
16	115	253.5	Jill Engler	Canada	Gathering of Nations		Canada
17	112.5	248	Sarita Tams	Canada	Summer Smash 2023		Canada
18	110	242.5	Liberty Buccello	US-PA	2023 Masters Powerlifting Nationals	York	PA
	110	242.5	Karen Repino	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
20	107.5	236.9	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA

## 2023 Bench Press Rankings Female

Weight Class: 44 / 97 Bench Press Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Karen Poyner	US-VA	2023 Battle of the Border	Currituck	NC
2	38.56	85	Ashley Polacek	US-FL	Patriots Power Day	Melbourne	FL
3	36.5	80.4	Kylie May	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	30	66.1	Gracie Bushee	US-NC	NC State Championships	Raleigh	NC
	30	66.1	Gabbi Saunders	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	27.5	60.6	Gianna Beacham	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	27.5	60.6	Ashtyn Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	27.5	60.6	Bella Butler	US-PA	2023 Central PA Open	Clearfield	PA
9	27.21	59.9	Zoey Davis	US-FL	Patriots Power Day	Melbourne	FL
10	25	55.1	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY
11	24.9	54.8	Emma Bilak	US-FL	2023 American Challenge - FL	South Daytona	FL
12	22.5	49.6	Gabrielle Saunders	US-NC	NC State Championships	Raleigh	NC
13	18.15	40	Finleigh Caldwell	US-FL	Florida State Championships	Viera	FL
14	16.79	37	Ari Aude	US-FL	Florida State Championships	Viera	FL
15	14.51	31.9	Saige Vergara	US-FL	Patriots Power Day	Melbourne	FL
	14.51	31.9	Avigayil Lundgren	US-FL	Patriots Power Day	Melbourne	FL
17	12.5	27.5	Daenerys DeWolfe	Canada	Summer Smash 2023		Canada
18	9.07	19.9	Sofia Reyes	US-FL	Florida State Championships	Viera	FL

Weight Class: 48 / 105 Bench Press Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	59	130	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	42.5	93.6	Kimberly Price	US-VA	2023 Masters Powerlifting Nationals	York	PA
3	39.46	86.9	Natalie Norcross	US-FL	Patriots Power Day	Melbourne	FL
4	32.5	71.6	Gracie Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	30	66.1	Gianna Beacham	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	29.4	64.8	Maddie Welton	US-FL	2023 American Challenge - FL	South Daytona	FL
7	28.12	61.9	Emma Bilak	US-FL	Patriots Power Day	Melbourne	FL
8	23.5	51.8	Khloe Bodiford	US-FL	2023 American Challenge - FL	South Daytona	FL

**Weight Class: 52 / 114 Bench Press Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	62.5	137.7	Christina Lahey	Canada	Gathering of Nations		Canada
2	60	132.2	Bianca Rivera	US-NY	Owego Winter Classic 2023	Owego	NY
	60	132.2	Yessica Lopez	US-NC	Henderson Open	Henderson	NC
4	55	121.2	Lela Pensyl	US-PA	2023 Great Lakes Championships	Erie	PA
	55	121.2	Kaylum Mills	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	55	121.2	Courtney Krauss	Canada	Summer Smash 2023		Canada
7	52.5	115.7	Allison Freeman	US-NC	NC State Championships	Raleigh	NC
8	50	110.2	Angela Goldstein	US-MD	2023 American Challenge - MD	Silver Springs	MD
9	48.5	106.9	Janet Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
10	45	99.2	Alison Bullock	US-VA	2023 Eastern USA Open	Richmond	VA
	45	99.2	Kinlee Fahselt	Canada	Summer Smash 2023		Canada
	45	99.2	Karina Harris	Canada	Summer Smash 2023		Canada
13	43	94.7	Natasha Lange	US-CT	2023 American Challenge - CT	Cheshire	CT
14	42.5	93.6	Victoria Giorgi	US-MD	2023 Patriots Open	Fredericksburg	VA
15	40.82	89.9	Kamryn Davis	US-FL	Patriots Power Day	Melbourne	FL
16	40	88.1	Marci VanHorn	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
17	39.47	87	Eliana Burrs	US-FL	Florida State Championships	Viera	FL
18	37.5	82.6	Natalie Norcross	US-FL	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
19	35	77.1	Sofia Corridean	US-NC	2023 Battle of the Border	Currituck	NC
	35	77.1	Marci Vanhorn	US-VA	2023 Patriots Open	Fredericksburg	VA

**Weight Class: 56 / 123 Bench Press Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	67.5	148.8	Bianca Luedeker	US-AZ	West Coast Challenge	Peoria	AZ
2	65	143.2	Rylea Yanke	Canada	Gathering of Nations		Canada
3	62.5	137.7	Caroline Lee	US-NY	Owego Winter Classic 2023	Owego	NY
	62.5	137.7	Laura Siegle	US-VA	2023 Eastern USA Open	Richmond	VA
5	60	132.2	Mariela Olivares	US-MD	DMV Classic	Alexandria	VA
6	55	121.2	Giuliana Hess	US-NJ	2023 NJ State Championships	Fair Lawn	NJ
7	50	110.2	Carolyn Le	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	50	110.2	Reny Choi	Canada	Summer Smash 2023		Canada
9	47.5	104.7	Angela Krom	US-CT	New England Championships	Cheshire	CT
10	45	99.2	Jo Hendon	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA
	45	99.2	Isabella Costantino	US-PA	2023 Central PA Open	Clearfield	PA
12	42.5	93.6	Dana Sackett	US-OH	2023 Great Lakes Championships	Erie	PA
	42.5	93.6	Victoria Giorgi	US-MD	2023 American Challenge - VA	Woodstock	VA
14	32.5	71.6	Cadence Tryggestad	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	32.5	71.6	Kayla Benko	Canada	Summer Smash 2023		Canada
16	28.12	61.9	Madi Hadley	US-FL	Patriots Power Day	Melbourne	FL
17	27.5	60.6	Miranda Kassa	US-NY	2023 NJ State Championships	Fair Lawn	NJ
	27.5	60.6	Rebekah Wolters	US-PA	2023 Great Lakes Championships	Erie	PA

**Weight Class: 60 / 132 Bench Press Female**

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	77.5	170.8	Rebekah Rendino	US-NJ	2023 NJ State Championships	Fair Lawn	NJ
2	71.5	157.6	Azlin Ferguson	Canada	Summer Smash 2023		Canada

3	70	154.3	Tatiana Onyschtschuk	Canada	Gathering of Nations		Canada
4	67.5	148.8	Tacara Baltimore	US-VA	2023 Christmas Classic	Woodstock	VA
5	62.5	137.7	Wanda Bradbury	Canada	Valhalla Rising		Canada
	62.5	137.7	Bethany Miller	Canada	Gathering of Nations		Canada
7	60.5	133.3	Lesley DeAngelo	US-CT	New England Championships	Cheshire	CT
	60.5	133.3	Shannon Faircloth	US-VA	2023 American Challenge - VA	Woodstock	VA
9	60	132.2	Jordan Wathen	Canada	Valhalla Rising		Canada
	60	132.2	Molly Jensen	US-NY	2023 American Challenge - NY	Owego	NY
11	59.5	131.1	Savreen Singh	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
12	57.5	126.7	Nena Pfeffer	US-PA	2023 Central PA Open	Clearfield	PA
13	55.5	122.3	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
14	55	121.2	Ava Lucenti	US-NY	2023 American Challenge - NY	Owego	NY
	55	121.2	Sagirah Brown	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
16	50	110.2	Krystal Brown	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA
17	47.5	104.7	Karina Harris	Canada	Spring Showdown		Canada
18	45	99.2	Reagan Charlton	US-NC	2023 Battle of the Border	Currituck	NC
19	42.5	93.6	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
20	40	88.1	Vanaja Nair	UAE	Dubai International Championships		Dubai
	40	88.1	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 67.5 / 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80.5	177.4	Lisa Lethbridge	Canada	Valhalla Rising		Canada
2	75	165.3	Heather Flottmann	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
3	72.5	159.8	Skylar Yanke	Canada	Gathering of Nations		Canada
4	70	154.3	Gabrielle Reid	Canada	Summer Smash 2023		Canada
5	67.5	148.8	Madison Berry	US-NC	2023 American Challenge - NC	Elizabeth City	NC
6	65	143.2	Kimberly Capers	US-MD	DMV Classic	Alexandria	VA
	65	143.2	Karen Ogilvie	Canada	Valhalla Rising		Canada
	65	143.2	Carol Levasseur	US-MA	2023 American Challenge - MD	Silver Springs	MD
	65	143.2	Rachel Covey	US-VA	2023 Christmas Classic	Woodstock	VA
10	62.5	137.7	Alyssa Kerstetter	US-PA	2023 Great Lakes Championships	Erie	PA
11	60	132.2	Emma Pollard	Canada	Spring Showdown		Canada
	60	132.2	Christine Blythe	Canada	Spring Showdown		Canada
	60	132.2	Naomi Kutin	US-NJ	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	60	132.2	Mia Gaylord	US-NY	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
15	57.5	126.7	Madelynn Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
16	55	121.2	Shawn Eure	US-VA	2023 Patriots Open	Fredericksburg	VA
17	53	116.8	Suzanne Jeffers	US-NY	United States Open	York	PA
18	52.5	115.7	Angelica Steffy	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	52.5	115.7	Linda Eggleston	US-NY	2023 American Challenge - NY	Owego	NY
	52.5	115.7	Nicole Costantino	US-PA	United States Open	York	PA
	52.5	115.7	Rachel Hoffman	Canada	Summer Smash 2023		Canada

Weight Class: 75 / 165		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	100	220.4	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	90	198.4	Mackenzie Taylor	US-NC	2023 American Challenge - NC	Elizabeth City	NC
3	87.5	192.9	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	86.18	189.9	Kinsey Cribbs	US-FL	Patriots Power Day	Melbourne	FL
5	77.5	170.8	Cynthia Crossland	US-OK	NC State Championships	Raleigh	NC
6	75.5	166.4	Ninoshka Guerra	US-VA	DMV Classic	Alexandria	VA
7	75	165.3	Tammy Ranney	US-AZ	West Coast Challenge	Peoria	AZ
8	74.8	164.9	Taylor Tucker	US-FL	2023 American Challenge - FL	South Daytona	FL
9	73	160.9	Madison Berry	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
10	72.5	159.8	Malori Stan	Canada	Gathering of Nations		Canada
	72.5	159.8	Yasmine Halat	Canada	Gathering of Nations		Canada
12	67.5	148.8	Veronica Paylor	US-NC	2023 OBX Open Championships	Jarvisburg	NC

13	62.5	137.7	Mia Gaylord	US-NY	2023 American Challenge - NY	Owego	NY
14	60	132.2	Lindsey Clouse	US-VA	2023 Virginia State Open	Woodstock	VA
	60	132.2	Sarah Ellis	Canada	Valhalla Rising		Canada
	60	132.2	Caileigh Sanderson	Canada	Gathering of Nations		Canada
17	57.5	126.7	Lisa Walker	US-VA	2023 Virginia State Open	Woodstock	VA
	57.5	126.7	Samantha Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
19	55	121.2	Nancy Breen	US-VA	2023 Christmas Classic	Woodstock	VA
	55	121.2	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH

Weight Class: 82.5 / 181 Bench Press Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	93.4	205.9	Mackenzie Taylor	US-NC	2023 American Challenge - FL	South Daytona	FL
2	82.5	181.8	Gloria Knight-McNeil	US-NC	Henderson Open	Henderson	NC
3	80	176.3	Mona Espinosa	US-VA	DMV Classic	Alexandria	VA
4	72.5	159.8	Linda Arvey	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA
	72.5	159.8	Hannah Gross	US-PA	2023 Great Lakes Championships	Erie	PA
	72.5	159.8	Madison Berry	US-NC	2023 Christmas Classic	Woodstock	VA
7	70.3	154.9	Alexandra Tavalez	US-GA	2023 American Challenge - FL	South Daytona	FL
8	70	154.3	Linda Lee	US-VA	2023 Virginia State Open	Woodstock	VA
	70	154.3	Hannah Morris	US-VA	2023 Eastern USA Open	Richmond	VA
	70	154.3	Kaity Letwiniuk	Canada	Spring Showdown		Canada
	70	154.3	Veronica Paylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	70	154.3	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
13	67.5	148.8	Sue O'Connell	Canada	Valhalla Rising		Canada
	67.5	148.8	Alexis Rowley	US-PA	2023 Great Lakes Championships	Erie	PA
15	65	143.2	Grace Dunigan	US-PA	United States Open	York	PA
16	62.5	137.7	Tyra Giutierrez	US-NC	2023 Battle of the Border	Currituck	NC
17	60	132.2	Patti Presson	US-NC	NC State Championships	Raleigh	NC
18	57.5	126.7	Laura Willson	US-CT	New England Championships	Cheshire	CT
	57.5	126.7	Kathy Brennan	Canada	Valhalla Rising		Canada
	57.5	126.7	Lori McWatters	Canada	Gathering of Nations		Canada

Weight Class: 90 / 198 Bench Press Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	83	182.9	Gloria Knight-McNeil	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	80	176.3	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
3	74.86	165	Taylor McQuesten	US-FL	Florida State Championships	Viera	FL
4	72.5	159.8	Mandi Johnson	US-PA	2023 Great Lakes Championships	Erie	PA
	72.5	159.8	Megan Andrews	Canada	Summer Smash 2023		Canada
6	70	154.3	Dorothy Sosnicki	US-AZ	2023 American Challenge - AZ	Phoenix	AZ
	70	154.3	Alexis Rowley	US-PA	2023 Central PA Open	Clearfield	PA
8	62.5	137.7	Arianna Rochester	US-PA	2023 American Challenge - OH	Bedford	OH
9	52.5	115.7	Olivia Stedman	US-NC	NC State Championships	Raleigh	NC
10	52.16	114.9	Diana Phillips	US-FL	Patriots Power Day	Melbourne	FL
11	50	110.2	Alli Mrgan	US-VA	2023 Christmas Classic	Woodstock	VA
12	47.5	104.7	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA
13	38.5	84.8	Naomi Jaquish	US-FL	2023 American Challenge - FL	South Daytona	FL
14	35	77.1	Olive Langlois	US-NC	2023 American Challenge - NC	Elizabeth City	NC
15	30	66.1	Sasha Lynn Payne	US-VA	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 90+ / 198+ Bench Press Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120.24	265	Anna Stamets	US-FL	Florida State Championships	Viera	FL
2	105	231.4	Kierstyn Bourdeau	US-CT	New England Championships	Cheshire	CT
3	97.5	214.9	Leah Swartz	US-PA	United States Open	York	PA
	97.5	214.9	Malesia Taylor	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	95.28	210	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
6	80	176.3	Kristy Hughes	Canada	Valhalla Rising		Canada

7	77.5	170.8	Jaclyn Anne-Sachs	US-MD	DMV Classic	Alexandria	VA
8	76	167.5	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
9	75	165.3	Erica Rojek	US-MD	2023 Masters Strict Curl and Ironman Nationals	York	PA
10	73	160.9	Charlotte Baker	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
11	72.5	159.8	Monika Steczkowski	US-CT	Owego Winter Classic 2023	Owego	NY
	72.5	159.8	Savannah Glanville	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	72.5	159.8	Erin Scott	US-OH	2023 Ohio State Championships	Bedford	OH
14	70	154.3	Dorothy Sosnicki	US-AZ	West Coast Challenge	Peoria	AZ
15	67.5	148.8	Christine Royer	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
16	65	143.2	Demetria Sarafis	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	65	143.2	Karen Repino	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
18	62.5	137.7	Jill Engler	Canada	Gathering of Nations		Canada
	62.5	137.7	Terri Korba	US-NY	2023 American Challenge - NY	Owego	NY
	62.5	137.7	Sarita Tams	Canada	Summer Smash 2023		Canada

## 2023 Deadlift Rankings Female

Weight Class: 44 / 97		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	91.63	202	Ashley Polacek	US-FL	Patriots Power Day	Melbourne	FL
2	90	198.4	Gabbi Saunders	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	87.5	192.9	Kylie May	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	87	191.8	Karen Poyner	US-VA	2023 Battle of the Border	Currituck	NC
5	82.5	181.8	Gracie Bushee	US-NC	NC State Championships	Raleigh	NC
6	75	165.3	Gabrielle Saunders	US-NC	NC State Championships	Raleigh	NC
7	72.5	159.8	Bella Butler	US-PA	2023 Central PA Open	Clearfield	PA
8	65.7	144.8	Emma Bilak	US-FL	2023 American Challenge - FL	South Daytona	FL
9	62.5	137.7	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY
	62.5	137.7	Ashtyn Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
11	56.7	125	Zoey Davis	US-FL	Patriots Power Day	Melbourne	FL
12	55	121.2	Gianna Beacham	US-NC	2023 American Challenge - NC	Elizabeth City	NC
13	53.09	117	Finleigh Caldwell	US-FL	Florida State Championships	Viera	FL
14	48.55	107	Ari Aude	US-FL	Florida State Championships	Viera	FL
15	43.09	94.9	Avigayil Lundgren	US-FL	Patriots Power Day	Melbourne	FL
16	42.5	93.6	Lesly Quinteros	US-VA	DMV Classic	Alexandria	VA
17	40	88.1	Daenerys DeWolfe	Canada	Summer Smash 2023		Canada
18	32.67	72	Sofia Reyes	US-FL	Florida State Championships	Viera	FL
19	32.66	72	Saige Vergara	US-FL	Patriots Power Day	Melbourne	FL

Weight Class: 48 / 105		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	112.5	248	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	112.5	248	Kimberly Price	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	109.77	241.9	Natalie Norcross	US-FL	Patriots Power Day	Melbourne	FL
4	75.7	166.8	Khloe Bodiford	US-FL	2023 American Challenge - FL	South Daytona	FL
5	74.84	164.9	Emma Bilak	US-FL	Patriots Power Day	Melbourne	FL
6	70.33	155	Maddie Welton	US-FL	Florida State Championships	Viera	FL
7	70	154.3	Tarandeep Kaur	India	Dubai International Championships		Dubai
	70	154.3	Gracie Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
9	60	132.2	Gianna Beacham	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 52 / 114		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	123	271.1	Kaylum Mills	US-NC	2023 American Challenge - NC	Elizabeth City	NC
2	115	253.5	Christina Lahey	Canada	Gathering of Nations		Canada
3	110	242.5	Allison Freeman	US-NC	NC State Championships	Raleigh	NC
	110	242.5	Angela Goldstein	US-MD	2023 American Challenge - MD	Silver Springs	MD
5	107.5	236.9	Courtney Krauss	Canada	Summer Smash 2023		Canada



	107.5	236.9	Natalie Norcross	US-FL	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	102.5	225.9	Janet Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
8	102.09	225	Eliana Burrs	US-FL	Florida State Championships	Viera	FL
9	100	220.4	Sofia Corridean	US-NC	2023 Battle of the Border	Currituck	NC
10	97.5	214.9	Alison Bullock	US-VA	2023 Eastern USA Open	Richmond	VA
11	90.74	200	Mariam Mizyed	US-FL	Florida State Championships	Viera	FL
12	90	198.4	Kinlee Fahselt	Canada	Summer Smash 2023		Canada
13	85	187.3	Victoria Giorgi	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
14	80	176.3	Karina Harris	Canada	Summer Smash 2023		Canada
15	78.02	172	Kamryn Davis	US-FL	Patriots Power Day	Melbourne	FL
16	73.4	161.8	Kendall Booth	US-FL	2023 American Challenge - FL	South Daytona	FL
17	70	154.3	Tarandeep Kaur	India	India Paul Bossi Classic		India
18	66.6	146.8	Madi Hadley	US-FL	2023 American Challenge - FL	South Daytona	FL
19	57.5	126.7	Marci VanHorn	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 56 / 123		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	165	363.7	Laura Siegle	US-VA	2023 Eastern USA Open	Richmond	VA
2	135	297.6	Reny Choi	Canada	Summer Smash 2023		Canada
3	117.5	259	Dana Sackett	US-OH	2023 Great Lakes Championships	Erie	PA
4	115	253.5	Carolyn Le	US-NC	2023 American Challenge - NC	Elizabeth City	NC
5	110	242.5	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	100	220.4	Caroline Lee	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
	100	220.4	Kayla Benko	Canada	Summer Smash 2023		Canada
	100	220.4	Jo Hendon	US-VA	2023 Patriots Open	Fredericksburg	VA
9	97.5	214.9	Rebekah Wolters	US-PA	2023 Great Lakes Championships	Erie	PA
10	95	209.4	Rylea Yanke	Canada	Gathering of Nations		Canada
11	91	200.6	Lori Christ	US-NM	Down South Pull Classic	Houston	TX
12	85	187.3	Miranda Kassa	US-NY	2023 NJ State Championships	Fair Lawn	NJ
	85	187.3	Isabella Costantino	US-PA	2023 Central PA Open	Clearfield	PA
14	77.11	169.9	Madi Hadley	US-FL	Patriots Power Day	Melbourne	FL
15	72.5	159.8	Victoria Giorgi	US-MD	2023 American Challenge - VA	Woodstock	VA
16	60	132.2	Cadence Tryggestad	US-NC	2023 American Challenge - NC	Elizabeth City	NC

Weight Class: 60 / 132		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	151	332.8	Tacara Baltimore	US-VA	2023 Christmas Classic	Woodstock	VA
2	147.5	325.1	Rebekah Rendino	US-NJ	2023 NJ State Championships	Fair Lawn	NJ
3	142.5	314.1	Jordan Wathen	Canada	Valhalla Rising		Canada
4	140	308.6	Azlin Ferguson	Canada	Spring Showdown		Canada
5	132.5	292.1	Sagirah Brown	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	128	282.1	Sherry Rowe	US-VA	2023 Eastern USA Open	Richmond	VA
7	127.5	281	Tatiana Onyschtschuk	Canada	Gathering of Nations		Canada
8	112.5	248	Denise Jaffe	US-OH	2023 Tri-State Championship	Solon	OH
9	110	242.5	Molly Jensen	US-NY	2023 American Challenge - NY	Owego	NY
	110	242.5	Emily Merhavy	US-NY	2023 American Challenge - NY	Owego	NY
	110	242.5	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
12	105	231.4	Wanda Bradbury	Canada	Valhalla Rising		Canada
	105	231.4	Rachel Forbes	Canada	Valhalla Rising		Canada
	105	231.4	Ashlyn Croak	US-OH	2023 Ohio State Championships	Bedford	OH
15	102.5	225.9	Shannon Faircloth	US-VA	2023 American Challenge - VA	Woodstock	VA
	102.5	225.9	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
17	100	220.4	Ava Lucenti	US-NY	2023 American Challenge - NY	Owego	NY
18	97.5	214.9	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
	97.5	214.9	Reagan Charlton	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
	97.5	214.9	Nena Pfeffer	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 67.5 / 148		Deadlift		Female			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Kenyatta Sterling	US-TX	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	177.5	391.3	Lisa Lethbridge	Canada	Valhalla Rising		Canada
3	167.5	369.2	Naomi Kutin	US-NJ	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	157.5	347.2	Christine Blythe	Canada	Spring Showdown		Canada
5	155	341.7	Rachel Covey	US-VA	2023 Christmas Classic	Woodstock	VA
6	150.5	331.7	Kay Dellagrotta	US-VT	2023 American Challenge - CT	Cheshire	CT
7	145	319.6	Amberine Brown	US-NC	2023 American Challenge - NC	Elizabeth City	NC
8	137.5	303.1	Karen Ogilvie	Canada	Valhalla Rising		Canada
	137.5	303.1	Marlee Hull	US-PA	2023 Great Lakes Championships	Erie	PA
10	135	297.6	Angelica Steffy	US-NC	2023 American Challenge - NC	Elizabeth City	NC
11	130	286.5	Madison Berry	US-NC	2023 American Challenge - NC	Elizabeth City	NC
	130	286.5	Nicole Costantino	US-PA	2023 Central PA Open	Clearfield	PA
13	127.5	281	Madelynn Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
14	125	275.5	Alyssa Kerstetter	US-PA	2023 Central PA Open	Clearfield	PA
15	122.5	270	Orianna Clayton	US-VA	2023 Eastern USA Open	Richmond	VA
	122.5	270	Kimberly Thibeau	US-CT	2023 Masters Powerlifting Nationals	York	PA
	122.5	270	Skylar Yanke	Canada	Gathering of Nations		Canada
18	121	266.7	Shawn Eure	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
19	120	264.5	Rachel Hoffman	Canada	Summer Smash 2023		Canada
20	117.5	259	Gabrielle Reid	Canada	Summer Smash 2023		Canada

Weight Class: 75 / 165		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Alexis Kajencki	US-MD	2023 American Challenge - VA	Woodstock	VA
2	173	381.3	Mackenzie Taylor	US-NC	2023 American Challenge - NC	Elizabeth City	NC
3	170	374.7	Yasmine Halat	Canada	Gathering of Nations		Canada
4	150	330.6	Linda Arvey	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	142.5	314.1	Caileigh Sanderson	Canada	Gathering of Nations		Canada
6	140	308.6	Samantha Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
	140	308.6	Madison Berry	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
8	137.5	303.1	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
9	135	297.6	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
10	127.5	281	Malori Stan	Canada	Gathering of Nations		Canada
	127.5	281	Mia Gaylord	US-NY	2023 American Challenge - NY	Owego	NY
12	125	275.5	Brittney Bean	US-TX	2023 American Challenge - TX	Houston	TX
13	124.74	275	Kinsey Cribbs	US-FL	Patriots Power Day	Melbourne	FL
14	122.5	270	Lindsey Clouse	US-VA	2023 Virginia State Open	Woodstock	VA
	122.5	270	Isabella Smith	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
16	122.4	269.8	Taylor Tucker	US-FL	2023 American Challenge - FL	South Daytona	FL
17	120.24	265	Erika Roman	US-FL	Florida State Championships	Viera	FL
18	120	264.5	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
	120	264.5	Nancy Breen	US-VA	2023 Christmas Classic	Woodstock	VA
20	117.5	259	Madelynn Bengel	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 82.5 / 181		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	188.2	414.9	Alexandra Tavalez	US-GA	2023 American Challenge - FL	South Daytona	FL
2	180	396.8	Mackenzie Taylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	167.5	369.2	Sue O'Connell	Canada	Valhalla Rising		Canada
4	157.5	347.2	Linda Arvey	US-PA	2023 Masters Powerlifting Nationals	York	PA
	157.5	347.2	Hannah Gross	US-PA	2023 Great Lakes Championships	Erie	PA
6	152.5	336.2	Patti Presson	US-NC	NC State Championships	Raleigh	NC
7	150	330.6	Kaitly Letwiniuk	Canada	Spring Showdown		Canada
8	145	319.6	Hannah Morris	US-VA	2023 Eastern USA Open	Richmond	VA
9	142.5	314.1	Janelle Ollivierre	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
10	140	308.6	Madison Berry	US-NC	2023 Christmas Classic	Woodstock	VA
11	130	286.5	Claire Bires	US-PA	2023 Great Lakes Championships	Erie	PA

12	127.5	281	Kathy Brennan	Canada	Valhalla Rising		Canada
13	125	275.5	Alexis Rowley	US-PA	2023 Great Lakes Championships	Erie	PA
14	122.5	270	Sayda Cardenas	US-VA	2023 OBX Open Championships	Jarvisburg	NC
	122.5	270	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
16	120	264.5	Lori McWatters	Canada	Gathering of Nations		Canada
	120	264.5	Veronica Paylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
18	115	253.5	Grace Dunigan	US-PA	United States Open	York	PA
	115	253.5	Gloria Knight-McNeil	US-NC	2023 OBX Open Championships	Jarvisburg	NC
	115	253.5	Nancy Breen	US-VA	2023 OBX Open Championships	Jarvisburg	NC

Weight Class: 90 / 198		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	185	407.8	Arianna Rochester	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	175	385.8	Mandi Johnson	US-PA	2023 Great Lakes Championships	Erie	PA
3	165	363.7	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
4	145.19	320	Taylor McQuesten	US-FL	Florida State Championships	Viera	FL
5	127.5	281	Alexis Rowley	US-PA	2023 Central PA Open	Clearfield	PA
6	125	275.5	Megan Andrews	Canada	Summer Smash 2023		Canada
7	120	264.5	Gloria Knight-McNeil	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
8	115.67	255	Diana Phillips	US-FL	Patriots Power Day	Melbourne	FL
9	101	222.6	Olivia Stedman	US-NC	NC State Championships	Raleigh	NC
10	92.5	203.9	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA
11	90	198.4	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs	MD
12	82.5	181.8	Sasha Lynn Payne	US-VA	2023 OBX Open Championships	Jarvisburg	NC
13	79.3	174.8	Naomi Jaquish	US-FL	2023 American Challenge - FL	South Daytona	FL
14	70	154.3	Olive Langlois	US-NC	2023 American Challenge - NC	Elizabeth City	NC

Weight Class: 90+ / 198+		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	226.86	500.1	Anna Stamets	US-FL	Florida State Championships	Viera	FL
2	200	440.9	Malesia Taylor	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	195	429.8	Rachel Clarke	US-PA	2023 Central PA Open	Clearfield	PA
4	192.5	424.3	Leah Swartz	US-PA	2023 Central PA Open	Clearfield	PA
5	186.03	410.1	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
6	175	385.8	Kierstyn Bourdeau	US-CT	Owego Winter Classic 2023	Owego	NY
	175	385.8	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
8	170	374.7	Demetria Sarafis	US-NC	2023 American Challenge - NC	Elizabeth City	NC
9	167.5	369.2	Arianna Rochester	US-PA	2023 Great Lakes Championships	Erie	PA
10	162.5	358.2	Charlotte Baker	US-VA	2023 Christmas Classic	Woodstock	VA
11	152.5	336.2	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
12	147.5	325.1	Jill Engler	Canada	Gathering of Nations		Canada
	147.5	325.1	Erin Scott	US-OH	2023 Ohio State Championships	Bedford	OH
	147.5	325.1	Anna Henderson	US-PA	2023 Central PA Open	Clearfield	PA
15	145	319.6	Kristy Hughes	Canada	Valhalla Rising		Canada
16	140	308.6	Liberty Buccello	US-PA	2023 American Challenge - NJ	Fair Lawn	NJ
17	137.5	303.1	Latonya Taylor	US-TX	Down South Pull Classic	Houston	TX
	137.5	303.1	Christine Royer	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
19	130	286.5	Sarita Tams	Canada	Summer Smash 2023		Canada
20	127.5	281	Karen Repino	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

2023 Total Rankings				Female			
Weight Class: 44 / 97		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	199.14	439	Ashley Polacek	US-FL	Patriots Power Day	Melbourne	FL
2	176.5	389.1	Kylie May	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	175	385.8	Gracie Bushee	US-NC	NC State Championships	Raleigh	NC
4	172.5	380.2	Gabbi Saunders	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

5	160	352.7	Bella Butler	US-PA	2023 Central PA Open	Clearfield	PA
6	137.2	302.4	Emma Bilak	US-FL	2023 American Challenge - FL	South Daytona	FL
7	135	297.6	Gabrielle Saunders	US-NC	NC State Championships	Raleigh	NC
		135	Ashtyn Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
9	133.81	294.9	Zoey Davis	US-FL	Patriots Power Day	Melbourne	FL
10	117.5	259	Jeanette Savage	US-NY	Owego Winter Classic 2023	Owego	NY
	117.5	259	Gianna Beacham	US-NC	2023 American Challenge - NC	Elizabeth City	NC
12	103.91	229	Finleigh Caldwell	US-FL	Florida State Championships	Viera	FL
13	98.01	216	Ari Aude	US-FL	Florida State Championships	Viera	FL
14	91.62	201.9	Avigayil Lundgren	US-FL	Patriots Power Day	Melbourne	FL
15	77.5	170.8	Daenerys DeWolfe	Canada	Summer Smash 2023		Canada
16	72.12	158.9	Saige Vergara	US-FL	Patriots Power Day	Melbourne	FL
17	59.89	132	Sofia Reyes	US-FL	Florida State Championships	Viera	FL

Weight Class: 48 / 105		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	244	537.9	Jill Keilty	Canada	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	239.95	528.9	Natalie Norcross	US-FL	Patriots Power Day	Melbourne	FL
3	219.5	483.9	Kimberly Price	US-VA	2023 Masters Powerlifting Nationals	York	PA
4	172.5	380.2	Gracie Bushee	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	164.19	361.9	Emma Bilak	US-FL	Patriots Power Day	Melbourne	FL
6	152.2	335.5	Khloe Bodiford	US-FL	2023 American Challenge - FL	South Daytona	FL
7	147.2	324.5	Maddie Welton	US-FL	2023 American Challenge - FL	South Daytona	FL
8	137.5	303.1	Gianna Beacham	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 52 / 114		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	277.5	611.7	Christina Lahey	Canada	Gathering of Nations		Canada
2	273.5	602.9	Kaylum Mills	US-NC	2023 American Challenge - NC	Elizabeth City	NC
3	257.5	567.6	Allison Freeman	US-NC	NC State Championships	Raleigh	NC
4	255	562.1	Angela Goldstein	US-MD	2023 American Challenge - MD	Silver Springs	MD
		255	Courtney Krauss	Canada	Summer Smash 2023		Canada
6	227.5	501.5	Natalie Norcross	US-FL	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	221	487.2	Janet Huntley	US-PA	2023 Masters Powerlifting Nationals	York	PA
8	215.06	474.1	Eliana Burrs	US-FL	Florida State Championships	Viera	FL
9	202.5	446.4	Kinlee Fahselt	Canada	Summer Smash 2023		Canada
10	198.22	436.9	Kamryn Davis	US-FL	Patriots Power Day	Melbourne	FL
11	196.01	432.1	Mariam Mizyed	US-FL	Florida State Championships	Viera	FL
12	168.6	371.6	Kendall Booth	US-FL	2023 American Challenge - FL	South Daytona	FL
13	145.9	321.6	Madi Hadley	US-FL	2023 American Challenge - FL	South Daytona	FL

Weight Class: 56 / 123		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	325	716.4	Laura Siegle	US-VA	2023 Eastern USA Open	Richmond	VA
2	265	584.2	Reny Choi	Canada	Summer Smash 2023		Canada
		265	Mariela Olivares	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	262.5	578.7	Carolyn Le	US-NC	2023 American Challenge - NC	Elizabeth City	NC
5	250	551.1	Dana Sackett	US-OH	2023 Great Lakes Championships	Erie	PA
6	247.5	545.6	Caroline Lee	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
7	245	540.1	Rylea Yanke	Canada	Gathering of Nations		Canada
8	195	429.8	Kayla Benko	Canada	Summer Smash 2023		Canada
9	192.5	424.3	Rebekah Wolters	US-PA	2023 Great Lakes Championships	Erie	PA
10	168.73	371.9	Madi Hadley	US-FL	Patriots Power Day	Melbourne	FL
11	165	363.7	Miranda Kassa	US-NY	2023 NJ State Championships	Fair Lawn	NJ
12	140	308.6	Cadence Tryggstad	US-NC	2023 American Challenge - NC	Elizabeth City	NC

Weight Class: 60 / 132		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	337.5	744	Rebekah Rendino	US-NJ	2023 NJ State Championships	Fair Lawn	NJ
	337.5	744	Azlin Ferguson	Canada	Spring Showdown		Canada
3	305	672.4	Jordan Wathen	Canada	Valhalla Rising		Canada
4	297.5	655.8	Tatiana Onyschtschuk	Canada	Gathering of Nations		Canada
5	280.5	618.3	Shannon Faircloth	US-VA	2023 American Challenge - VA	Woodstock	VA
6	272.5	600.7	Sagirah Brown	US-DC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	260	573.1	Molly Jensen	US-NY	2023 American Challenge - NY	Owego	NY
8	247.5	545.6	Wanda Bradbury	Canada	Valhalla Rising		Canada
9	246	542.3	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
10	240	529.1	Nena Pfeffer	US-PA	2023 Central PA Open	Clearfield	PA
11	230	507	Ava Lucenti	US-NY	2023 American Challenge - NY	Owego	NY
12	225	496	Reagan Charlton	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
13	207.5	457.4	Geri-Lyn Hoffman	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
14	195	429.8	Geri Lyn Hoffman	US-PA	2023 Great Lakes Championships	Erie	PA
	195	429.8	Kathleen Pacifici	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
	195	429.8	Vanaja Nair	UAE	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
17	192.5	424.3	Sofia Corridean	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
18	175	385.8	Karina Harris	Canada	Spring Showdown		Canada
19	142.5	314.1	Kai Sheppard	US-NY	2023 NJ State Championships	Fair Lawn	NJ
20	135	297.6	Norma Jean Teufel	US-PA	2023 Central PA Open	Clearfield	PA

Weight Class: 67.5 / 148		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	403	888.4	Lisa Lethbridge	Canada	Valhalla Rising		Canada
2	370	815.7	Naomi Kutin	US-NJ	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	322.5	710.9	Christine Blythe	Canada	Spring Showdown		Canada
4	312.5	688.9	Madison Berry	US-NC	2023 American Challenge - NC	Elizabeth City	NC
5	302.5	666.8	Skylar Yanke	Canada	Gathering of Nations		Canada
6	292.5	644.8	Gabrielle Reid	Canada	Summer Smash 2023		Canada
7	287.5	633.8	Karen Ogilvie	Canada	Valhalla Rising		Canada
	287.5	633.8	Alyssa Kerstetter	US-PA	2023 Central PA Open	Clearfield	PA
9	277.5	611.7	Angelica Steffy	US-NC	2023 American Challenge - NC	Elizabeth City	NC
10	275	606.2	Mia Gaylord	US-NY	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
11	270	595.2	Marlee Hull	US-PA	2023 Great Lakes Championships	Erie	PA
12	262.5	578.7	Madelynn Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
13	257.5	567.6	Emma Pollard	Canada	Spring Showdown		Canada
14	255	562.1	Lou Dipetta	US-NY	Owego Winter Classic 2023	Owego	NY
	255	562.1	Rachel Hoffman	Canada	Summer Smash 2023		Canada
16	230	507	Suzanne Jeffers	US-NY	2023 Great Lakes Championships	Erie	PA
17	220	485	Jane Bickel	US-PA	2023 Central PA Open	Clearfield	PA
18	217.73	480	Hadley Winslow	US-FL	Patriots Power Day	Melbourne	FL
19	217.5	479.5	Michaela Dilorenzo	US-NY	2023 American Challenge - NY	Owego	NY
20	215	473.9	Taralyn Mile	Canada	Valhalla Rising		Canada
	215	473.9	Haydee Ortega	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

Weight Class: 75 / 165		Total		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	430	947.9	Alexis Kajencki	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	423	932.5	Mackenzie Taylor	US-NC	2023 American Challenge - NC	Elizabeth City	NC
3	395	870.8	Yasmine Halat	Canada	Gathering of Nations		Canada
4	343	756.1	Madison Berry	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
5	317.5	699.9	Malori Stan	Canada	Gathering of Nations		Canada
6	310	683.4	Caileigh Sanderson	Canada	Gathering of Nations		Canada
	310	683.4	Katrin Ribb	Germany	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
8	305	672.4	Samantha Bengel	US-PA	2023 Great Lakes Championships	Erie	PA
9	290.1	639.5	Taylor Tucker	US-FL	2023 American Challenge - FL	South Daytona	FL
10	280	617.2	Mia Gaylord	US-NY	2023 American Challenge - NY	Owego	NY
11	267.5	589.7	Sarah Ellis	Canada	Valhalla Rising		Canada

12	265	584.2	Andrea Yeung-Meadows	Canada	Valhalla Rising		Canada
13	260	573.1	Eileen Mole	US-OH	2023 Ohio State Championships	Bedford	OH
14	257.5	567.6	Isabella Smith	US-NY	2023 NJ State Championships	Fair Lawn	NJ
15	251.82	555.1	Erika Roman	US-FL	Florida State Championships	Viera	FL
16	242.5	534.6	Madelynn Bengel	US-PA	2023 Central PA Open	Clearfield	PA
17	237.5	523.5	Kayleen McDonald	US-FL	2023 American Challenge - OH	Bedford	OH
18	235	518	Christine Cedzo	US-PA	2023 American Challenge - OH	Bedford	OH
19	227.5	501.5	Christina Milie	US-PA	2023 Central PA Open	Clearfield	PA
20	200.48	441.9	Mindi Hadley	US-FL	Patriots Power Day	Melbourne	FL

<b>Weight Class: 82.5 / 181</b>		<b>Total</b>		<b>Female</b>			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	440	970	Mackenzie Taylor	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
2	394.5	869.7	Alexandra Tavalez	US-GA	2023 American Challenge - FL	South Daytona	FL
3	355.5	783.7	Linda Arvey	US-PA	2023 Masters Powerlifting Nationals	York	PA
4	350	771.6	Kaity Letwiniuk	Canada	Spring Showdown		Canada
	350	771.6	Sue O'Connell	Canada	Valhalla Rising		Canada
	350	771.6	Hannah Gross	US-PA	2023 Great Lakes Championships	Erie	PA
7	335	738.5	Hannah Morris	US-VA	2023 Eastern USA Open	Richmond	VA
8	327.5	722	Patti Presson	US-NC	NC State Championships	Raleigh	NC
9	300	661.3	Alexis Rowley	US-PA	2023 Great Lakes Championships	Erie	PA
10	290	639.3	Kathy Brennan	Canada	Valhalla Rising		Canada
11	287.5	633.8	Sayda Cardenas	US-VA	2023 OBX Open Championships	Jarvisburg	NC
12	285	628.3	Gloria Knight-McNeil	US-NC	2023 OBX Open Championships	Jarvisburg	NC
13	282.5	622.7	Tara LePage	US-NY	2023 Central PA Open	Clearfield	PA
14	267.5	589.7	Lori McWatters	Canada	Gathering of Nations		Canada
15	265	584.2	Claire Bires	US-PA	2023 Great Lakes Championships	Erie	PA
16	255	562.1	Nancy Breen	US-VA	2023 OBX Open Championships	Jarvisburg	NC
17	164.2	361.9	Cindy Rea	US-FL	Patriots Power Day	Melbourne	FL

<b>Weight Class: 90 / 198</b>		<b>Total</b>		<b>Female</b>			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	390	859.7	Sasha Kone	US-PA	Owego Winter Classic 2023	Owego	NY
	390	859.7	Arianna Rochester	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
3	370	815.7	Mandi Johnson	US-PA	2023 Great Lakes Championships	Erie	PA
4	324.41	715.1	Taylor McQuesten	US-FL	Florida State Championships	Viera	FL
5	303	667.9	Gloria Knight-McNeil	US-NC	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
6	295	650.3	Alexis Rowley	US-PA	2023 Central PA Open	Clearfield	PA
7	292.5	644.8	Megan Andrews	Canada	Summer Smash 2023		Canada
8	270.09	595.4	Diana Phillips	US-FL	Patriots Power Day	Melbourne	FL
9	225.5	497.1	Olivia Stedman	US-NC	NC State Championships	Raleigh	NC
10	200	440.9	Carin Shollenberger	US-PA	2023 Central PA Open	Clearfield	PA
11	177.5	391.3	Sasha Lynn Payne	US-VA	2023 OBX Open Championships	Jarvisburg	NC
12	172.5	380.2	Olive Langlois	US-NC	2023 American Challenge - NC	Elizabeth City	NC
13	169.9	374.5	Naomi Jaquish	US-FL	2023 American Challenge - FL	South Daytona	FL

<b>Weight Class: 90+ / 198+</b>		<b>Total</b>		<b>Female</b>			
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	505.9	1115.3	Anna Stamets	US-FL	Florida State Championships	Viera	FL
2	471.87	1040.2	LaRiena Ferguson	US-FL	Florida State Championships	Viera	FL
3	450	992	Malesia Taylor	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
4	430	947.9	Leah Swartz	US-PA	2023 Central PA Open	Clearfield	PA
5	410	903.8	Kierstyn Bourdeau	US-CT	Owego Winter Classic 2023	Owego	NY
6	395	870.8	Erica Rojek	US-MD	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
7	387.5	854.2	Rachel Clarke	US-PA	2023 Central PA Open	Clearfield	PA
8	370	815.7	Kristy Hughes	Canada	Valhalla Rising		Canada
9	362.5	799.1	Demetria Sarafis	US-NC	2023 American Challenge - NC	Elizabeth City	NC
10	353.5	779.3	Crystal Bridgforth	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA

11	347.5	766	Arianna Rochester	US-PA	2023 Great Lakes Championships	Erie	PA
	347.5	766	Anna Henderson	US-PA	2023 Central PA Open	Clearfield	PA
13	345.5	761.6	Charlotte Baker	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
14	345	760.5	Erin Scott	US-OH	2023 Ohio State Championships	Bedford	OH
15	325	716.4	Jill Engler	Canada	Gathering of Nations		Canada
16	307.5	677.9	Christine Royer	US-VA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
17	305	672.4	Sarita Tams	Canada	Summer Smash 2023		Canada
18	302.5	666.8	Liberty Buccello	US-PA	2023 Masters Powerlifting Nationals	York	PA
	302.5	666.8	Karen Repino	US-PA	2023 World Youth and Womens Powerlifting Ch	Virginia Beach	VA
20	285	628.3	Michelle Lawson	US-PA	2023 Masters Powerlifting Nationals	York	PA
	285	628.3	Callista Puchmeyer	US-OH	2023 American Challenge - OH	Bedford	OH

## 2023 Strict Curl Rankings Female

Weight Class: 44 / 97		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	25	55.1	Karen Poyner	US-VA	2023 Battle of the Border	Currituck	NC
2	21	46.2	Gracie Bushee	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC
3	16	35.2	Gabbi Saunders	US-NC	2023 OBX Open Championships	Jarvisburg	NC
		16	Ashtyn Bushee	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
5	13.5	29.7	Lesly Quinteros	US-VA	2023 Eastern USA Open	Richmond	VA
6	10.5	23.1	Zana Zimmerman	US-CA	Curlifornia		CA

Weight Class: 48 / 105		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	39	85.9	Ashley Christiansen	US-NC	2023 Arnold Invitational Strict Curl	Columbus	OH
2	35.5	78.2	Britania Williams	US-TX	Down South Pull Classic	Houston	TX
3	22.5	49.6	Gracie Bushee	USA	2023 OBX Open Championships	Jarvisburg	NC
4	18	39.6	Kimberly Price	US-VA	2023 Masters Strict Curl and Ironman Nationals	York	PA

Weight Class: 52 / 114		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Natasha Lange	US-CT	2023 American Challenge - CT	Cheshire	CT
2	34	74.9	Angela Goldstein	US-MD	2023 American Challenge - MD	Silver Springs	MD
3	33.5	73.8	Allison Freeman	US-NC	NC State Championships	Raleigh	NC
4	31.5	69.4	Bianca Rivera	US-NY	Owego Winter Classic 2023	Owego	NY
5	28	61.7	Karina Harris	Canada	Summer Smash 2023		Canada
6	27.5	60.6	Isabella Costantino	US-PA	United States Open	York	PA
7	25	55.1	Victoria Giorgi	US-MD	2023 Strict Curl Worlds	Virginia Beach	VA
8	23	50.7	Avaya Berge	US-NC	2023 Battle of the Border	Currituck	NC
9	22.5	49.6	Marci Vanhorn	US-VA	2023 Patriots Open	Fredericksburg	VA
10	20.5	45.1	Sofia Corridean	US-NC	2023 Battle of the Border	Currituck	NC
	20.5	45.1	Marci VanHorn	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 56 / 123		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35.5	78.2	Krystal Brown	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH
2	34	74.9	Reagan Charlton	US-NC	2023 Arnold Invitational Strict Curl	Columbus	OH
		34	Angela Krom	US-CT	2023 American Challenge - CT	Cheshire	CT
4	33	72.7	Mariela Olivares	US-MD	DMV Classic	Alexandria	VA
		33	Lori Christ	US-NM	Curlifornia		CA
6	32.5	71.6	Kerry Self	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH
7	30.5	67.2	Jo Hendon	US-VA	2023 Patriots Open	Fredericksburg	VA
8	30	66.1	Bianca Luedeker	US-AZ	West Coast Challenge	Peoria	AZ
		30	Isabella Costantino	US-PA	2023 Central PA Open	Clearfield	PA
10	29	63.9	Karina Haris	Canada	Gathering of Nations		Canada
11	25	55.1	Victoria Giorgi	US-MD	2023 American Challenge SC - VA	Woodstock	VA
	25	55.1	Rose Kennedy	US-CA	Curlifornia		CA

13 21 46.2 Raine Babcock US-CA Curlfornia CA

Weight Class: 60 / 132		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	40.5	89.2	Tacara Baltimore	US-VA	2023 Christmas Classic	Woodstock	VA
2	40	88.1	Lesley DeAngelo	US-CT	New England Championships	Cheshire	CT
3	37	81.5	Krystal Brown	US-VA	2023 American Challenge SC - VA	Woodstock	VA
4	36.5	80.4	Reagan Charlton	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
5	33.5	73.8	Jennifer Zak	US-NC	2023 OBX Open Championships	Jarvisburg	NC
6	32.5	71.6	Savreen Singh	US-NY	2023 Masters Strict Curl and Ironman Nationals	York	PA
7	31.5	69.4	Georgianna Orseno	US-MA	2023 American Challenge - NJ	Fair Lawn	NJ
8	30.5	67.2	Denise Jaffe	US-OH	2023 Tri-State Championship	Solon	OH
9	24	52.9	Vanaja Nair	UAE	Dubai International Championships		Dubai

Weight Class: 67.5 / 148		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54	119	Tricia Floyd	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH
2	42	92.5	Heather Flottmann	US-NY	2023 American Challenge - CT	Cheshire	CT
3	41.5	91.4	Heather Flottman	US-NY	2023 Arnold Invitational Strict Curl	Columbus	OH
4	41	90.3	Natasha Beasley	US-VA	2023 Arnold Invitational Strict Curl	Columbus	OH
5	38	83.7	Carol Levasseur	US-MA	2023 American Challenge - MD	Silver Springs	MD
6	37	81.5	Madison Berry	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC
7	36.5	80.4	Nicole Costantino	US-PA	United States Open	York	PA
	36.5	80.4	Madison Jaffe	US-OH	2023 Ohio State Championships	Bedford	OH
9	34	74.9	Kenyatta Sterling	US-TX	Down South Pull Classic	Houston	TX
	34	74.9	Cori Lynn	US-TX	Down South Pull Classic	Houston	TX
	34	74.9	Mia Gaylord	US-NY	2023 Strict Curl Worlds	Virginia Beach	VA
12	33.5	73.8	Linda Eggleston	US-NY	2023 American Challenge - NY	Owego	NY
	33.5	73.8	Annette Ashby-Knox	US-MD	2023 American Challenge - MD	Silver Springs	MD
14	33	72.7	Kimberly Capers	US-MD	DMV Classic	Alexandria	VA
15	31	68.3	Savreen Singh	US-NY	New England Championships	Cheshire	CT
16	28	61.7	Tanya Loffreno	US-NY	2023 American Challenge - NJ	Fair Lawn	NJ
17	27.5	60.6	Diane Hiller	US-NY	Owego Winter Classic 2023	Owego	NY
	27.5	60.6	Orianna Clayton	US-VA	2023 Eastern USA Open	Richmond	VA
	27.5	60.6	Shawn Eure	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
20	25.5	56.2	Jahaira Cintron	US-NY	2023 NJ State Championships	Fair Lawn	NJ
	25.5	56.2	Suzanne Jeffers	US-NY	United States Open	York	PA
	25.5	56.2	Tiffany Pridgen	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 75 / 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	53.5	117.9	Alexis Kajencki	US-MD	Pro Strict Curl Championship	Virginia Beach	VA
2	46	101.4	Mackenzie Taylor	US-NC	NC State Championships	Raleigh	NC
3	43.5	95.9	Sandra Bates	US-NC	2023 Arnold Invitational Strict Curl	Columbus	OH
4	43	94.7	Linda Lee	US-VA	2023 Christmas Classic	Woodstock	VA
5	41	90.3	Ninoshka Guerra	US-VA	DMV Classic	Alexandria	VA
	41	90.3	Katrin Ribb	Germany	Dubai International Championships		Dubai
7	40	88.1	Lisa Walker	US-VA	2023 Eastern USA Open	Richmond	VA
8	38.5	84.8	Carol Levasseur	US-MA	HardKore Strict Curl Open	Rockland	MA
9	37.5	82.6	Madison Berry	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
10	36.5	80.4	Linda Arvey	US-PA	2023 Strict Curl Worlds	Virginia Beach	VA
11	36	79.3	Tammy Ranney	US-AZ	West Coast Challenge	Peoria	AZ
12	35	77.1	Miranda Valentin	US-CA	Curlfornia		CA
13	34.5	76	Veronica Paylor	US-NC	2023 OBX Open Championships	Jarvisburg	NC
14	34	74.9	Linda Eggleston	US-NY	2023 Shenandoah Open	Woodstock	VA
15	33.5	73.8	Amber Geraldini	US-CT	2023 American Challenge - CT	Cheshire	CT
16	33	72.7	Mia Gaylord	US-NY	2023 American Challenge - NY	Owego	NY
17	32	70.5	Lindsey Clouse	US-VA	2023 Virginia State Open	Woodstock	VA



18	31	68.3	Brittney Bean	US-TX	2023 American Challenge - TX	Houston	TX
19	30	66.1	Diane Hiller	US-NY	2023 American Challenge - NY	Owego	NY
20	29	63.9	Diamond Carter	US-AZ	Curlifornia		CA

Weight Class: 82.5 / 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	49	108	Mackenzie Taylor	US-NC	2023 Battle of the Border	Currituck	NC
2	46	101.4	Linda Lee	US-VA	2023 Shenandoah Open	Woodstock	VA
3	41.5	91.4	Mary Hodge	US-VA	2023 Eastern USA Open	Richmond	VA
4	41	90.3	Gloria Knight-McNeil	US-NC	Henderson Open	Henderson	NC
5	40.5	89.2	Laura Willson	US-CT	2023 American Challenge - CT	Cheshire	CT
6	40	88.1	Mona Espinosa	US-VA	DMV Classic	Alexandria	VA
	40	88.1	Linda Arvey	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA
8	39	85.9	Lisa Cynkin-Hardy	US-CA	Curlifornia		CA
9	38	83.7	Mona Espinoza	US-VA	2023 Christmas Classic	Woodstock	VA
10	36.5	80.4	Kimberly Iheka	US-TX	Down South Pull Classic	Houston	TX
11	34	74.9	Jennifer Sabol	US-PA	2023 American Challenge - NJ	Fair Lawn	NJ
12	30	66.1	Lori McWatters	Canada	Summer Smash 2023		Canada
13	29.5	65	Patti Presson	US-NC	2023 Battle of the Border	Currituck	NC
14	24	52.9	Brenda Swan	US-TX	Down South Pull Classic	Houston	TX

Weight Class: 90 / 198		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	48	105.8	Linda Lee	US-VA	2023 American Challenge SC - VA	Woodstock	VA
	48	105.8	Jennifer Macon	US-GA	2023 American Challenge - TX	Houston	TX
3	43	94.7	Leslie Wright	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC
	43	94.7	Rachel Gray	US-CA	Curlifornia		CA
5	42	92.5	Gloria Knight-McNeil	US-NC	2023 Strict Curl Worlds	Virginia Beach	VA
6	39	85.9	Dorothy Sosnicki	US-AZ	2023 American Challenge - AZ	Phoenix	AZ
7	32.5	71.6	Gwen Bailey	US-MD	2023 American Challenge - MD	Silver Springs	MD
8	32	70.5	Alli Mrgan	US-VA	2023 Christmas Classic	Woodstock	VA
	32	70.5	Dorielle Holly	US-CA	Curlifornia		CA
10	27.5	60.6	Shannon Vavalle	US-NY	2023 American Challenge - NY	Owego	NY
11	26	57.3	Olivia Stedman	US-NC	NC State Championships	Raleigh	NC
12	24	52.9	Jennifer Sable	US-PA	2023 Battle of the Border	Currituck	NC
13	23	50.7	Tanya Renne	US-DC	2023 American Challenge - MD	Silver Springs	MD

Weight Class: 90+ / 198+		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54.5	120.1	Kierstyn Bourdeau	US-CT	2023 Arnold Invitational Strict Curl	Columbus	OH
2	47.5	104.7	Demetria Sarafis	US-NC	2023 Battle of the Border	Currituck	NC
3	46.5	102.5	Erica Rojek	US-MD	2023 Masters Strict Curl and Ironman Nationals	York	PA
4	45	99.2	Leah Swartz	US-PA	United States Open	York	PA
5	43.5	95.9	Jeannie Iavarona	US-CT	2023 American Challenge - CT	Cheshire	CT
6	43	94.7	Jaelyn Anne-Sachs	US-MD	DMV Classic	Alexandria	VA
7	42.5	93.6	Monika Steczkowski	US-CT	New England Championships	Cheshire	CT
	42.5	93.6	Dorothy Sosnicki	US-AZ	West Coast Challenge	Peoria	AZ
9	41	90.3	Latonya Taylor	US-TX	Down South Pull Classic	Houston	TX
10	39	85.9	Bessilynn Spikes	US-TX	Down South Pull Classic	Houston	TX
11	37	81.5	Liberty Buccello	US-PA	2023 American Challenge - NJ	Fair Lawn	NJ
12	33	72.7	Kathleen Delaine	Canada	2023 Strict Curl Worlds	Virginia Beach	VA
13	30.5	67.2	Joycelyn Johnson	US-TX	2023 American Challenge - TX	Houston	TX
	30.5	67.2	Christine Royer	US-VA	2023 Strict Curl Worlds	Virginia Beach	VA
15	29.5	65	Karen Repino	US-PA	2023 Masters Strict Curl and Ironman Nationals	York	PA
16	29	63.9	Sarai Macedo	US-TX	Down South Pull Classic	Houston	TX
17	28.5	62.8	Olivia Stedman	US-NC	2023 American Challenge SC - NC	Elizabeth City	NC
	28.5	62.8	Roxanne Alanis	US-TX	Down South Pull Classic	Houston	TX
19	27.5	60.6	Keisha Jackson	US-TX	Down South Pull Classic	Houston	TX

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55.1 Stormy Willrich

US-TX

Down South Pull Classic

Houston

TX