



USA WOMEN'S POWERLIFTING RECORDS

Updated by Ed Kutin

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3/20/2024

Weight Class: 44 / 97 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|--|---|--|--|
| Open | 105.0 kgs / 231.4 lbs Naomi Kutin (NJ) 11/2013 | 54.4 kgs / 119.9 lbs Ruth Snyder (PA) 1999 | 113.5 kgs / 250.2 lbs Karen Poyner (VA) 8/2017 | 257.5 kgs / 567.6 lbs Naomi Kutin (NJ) 11/2013 |
| 11 and under | 102.5 kgs / 225.9 lbs Naomi Kutin (NJ) 6/2013 | 43.0 kgs / 94.7 lbs Naomi Kutin (NJ) 6/2013 | 105.0 kgs / 231.4 lbs Naomi Kutin (NJ) 6/2013 | 250.5 kgs / 552.2 lbs Naomi Kutin (NJ) 6/2013 |
| 12-13 | 105.0 kgs / 231.4 lbs Naomi Kutin (NJ) 11/2013 | 45.0 kgs / 99.2 lbs Naomi Kutin (NJ) 11/2013 | 113.0 kgs / 249.1 lbs Naomi Kutin (NJ) 11/2013 | 257.5 kgs / 567.6 lbs Naomi Kutin (NJ) 11/2013 |
| 14-15 | 72.5 kgs / 159.8 lbs Ashley Polacek (FL) 3/2024 | 37.5 kgs / 82.6 lbs Ashley Polacek (FL) 3/2024 | 95.0 kgs / 209.4 lbs Ashley Polacek (FL) 3/2024 | 205.0 kgs / 451.9 lbs Ashley Polacek (FL) 3/2024 |
| 16-17 | 92.5 kgs / 203.9 lbs Danielle Tasher (PA) 10/2012 | 46.0 kgs / 101.4 lbs Ashley Christiansen (NC) 8/2016 | 112.5 kgs / 248.0 lbs Danielle Tasher (PA) 10/2012 | 247.5 kgs / 545.6 lbs Danielle Tasher (PA) 10/2012 |
| 18-19 | 37.5 kgs / 82.6 lbs Ashley Christiansen (NC) 11/2018 | 45.0 kgs / 99.2 lbs Ashley Christiansen (NC) 5/2019 | 83.5 kgs / 184.0 lbs Ashley Christiansen (NC) 11/2017 | 160.5 kgs / 353.8 lbs Ashley Christiansen (NC) 6/2017 |
| 20-24 | 72.5 kgs / 159.8 lbs Kibian Vazquez (MD) | 52.5 kgs / 115.7 lbs Ashley Christiansen (NC) 11/2020 | 105.0 kgs / 231.4 lbs Samantha Brickhouse (NC) 11/2014 | 207.5 kgs / 457.4 lbs Samantha Brickhouse (NC) 10/2015 |
| 35-39 | 70.0 kgs / 154.3 lbs Sumaya Shakir (VA) 5/2015 | 54.4 kgs / 119.9 lbs Ruth Snyder (PA) 1999 | 97.5 kgs / 214.9 lbs Dennise Larios (AZ) 6/2016 | 210.0 kgs / 462.9 lbs Sumaya Shakir (VA) 5/2015 |
| 40-44 | 56.6 kgs / 124.7 lbs Paula Lorenzi (PA) 2003 | 40.8 kgs / 89.9 lbs Paula Lorenzi (PA) 2003 | 111.1 kgs / 244.9 lbs Paula Lorenzi (PA) 2003 | 208.6 kgs / 459.8 lbs Paula Lorenzi (PA) 2003 |
| 45-49 | 30.0 kgs / 66.1 lbs Jeanette Savage (NY) 1/2023 | 25.0 kgs / 55.1 lbs Jeanette Savage (NY) 1/2023 | 62.5 kgs / 137.7 lbs Jeanette Savage (NY) 1/2023 | 117.5 kgs / 259.0 lbs Jeanette Savage (NY) 1/2023 |
| 55-59 | 40.0 kgs / 88.1 lbs Rocky Luedeker (AZ) 6/2014 | 35.5 kgs / 78.2 lbs Rocky Luedeker (AZ) 6/2014 | 67.5 kgs / 148.8 lbs Rocky Luedeker (AZ) 8/2014 | 137.5 kgs / 303.1 lbs Rocky Luedeker (AZ) 8/2014 |

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| 60-64 | 75.0 kgs / 165.3 lbs Karen Poyner (VA) 8/2017 | 54.0 kgs / 119.0 lbs Karen Poyner (VA) 8/2018 | 113.5 kgs / 250.2 lbs Karen Poyner (VA) 8/2017 | 237.5 kgs / 523.5 lbs Karen Poyner (VA) 8/2017 |
| 75-79 | 22.6 kgs / 49.8 lbs Susan Bohling (FL) 6/2022 | 16.7 kgs / 36.8 lbs Susan Bohling (FL) 6/2022 | 56.6 kgs / 124.7 lbs Susan Bohling (FL) 6/2022 | 95.9 kgs / 211.4 lbs Susan Bohling (FL) 6/2022 |
| Spec. Oly. | 30.0 kgs / 66.1 lbs Jeanette Savage (NY) 1/2023 | 25.0 kgs / 55.1 lbs Jeanette Savage (NY) 1/2023 | 62.5 kgs / 137.7 lbs Jeanette Savage (NY) 1/2023 | 117.5 kgs / 259.0 lbs Jeanette Savage (NY) 1/2023 |

Weight Class: 48 / 105 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|---|---|---|--|
| Open | 107.5 kgs / 236.9 lbs Naomi Kutin (NJ) 11/2014 | 61.0 kgs / 134.4 lbs Vanessa Ferla (PA) 10/2016 | 138.5 kgs / 305.3 lbs Abigail Scudder (CT) 2002 | 285.0 kgs / 628.3 lbs Keri Davis (VA) 6/2017 |
| 11 and under | 102.5 kgs / 225.9 lbs Naomi Kutin (NJ) 2012 | 45.0 kgs / 99.2 lbs Beth-el Algarin (MN) 7/2011 | 95.0 kgs / 209.4 lbs Naomi Kutin (NJ) 2012 | 225.5 kgs / 497.1 lbs Naomi Kutin (NJ) 2012 |
| 12-13 | 107.5 kgs / 236.9 lbs Naomi Kutin (NJ) 11/2014 | 47.5 kgs / 104.7 lbs Naomi Kutin (NJ) 6/2014 | 120.0 kgs / 264.5 lbs Naomi Kutin (NJ) 11/2014 | 275.0 kgs / 606.2 lbs Naomi Kutin (NJ) 11/2014 |
| 14-15 | 90.72 kgs / 200.0 lbs Natalie Norcross (FL) 12/2023 | 42.5 kgs / 93.6 lbs Jessica Smith (NC) 10/2015 | 111.1 kgs / 244.9 lbs Krystle McKenzie (DC) 12/1999 | 239.95 kgs / 528.9 lbs Natalie Norcross (FL) 12/2023 |
| 16-17 | 90.0 kgs / 198.4 lbs Danielle Tasher (PA) 3/2012 | 48.0 kgs / 105.8 lbs Ashley Christiansen (NC) 11/2016 | 115.0 kgs / 253.5 lbs Danielle Tasher (PA) 3/2012 | 247.5 kgs / 545.6 lbs Danielle Tasher (PA) 3/2012 |
| 18-19 | 57.5 kgs / 126.7 lbs Jessica Lovitt (NC) 2011 | 47.5 kgs / 104.7 lbs Laurel Trail (AZ) 2012 | 105.0 kgs / 231.4 lbs Laurel Trail (AZ) 2012 | 202.5 kgs / 446.4 lbs Laurel Trail (AZ) 3/2012 |
| 20-24 | 85.0 kgs / 187.3 lbs Amanda Hunsucker (AZ) 4/2016 | 60.0 kgs / 132.2 lbs Amanda Hunsucker (AZ) 4/2016 | 127.5 kgs / 281.0 lbs Amanda Hunsucker (AZ) 4/2016 | 272.5 kgs / 600.7 lbs Amanda Hunsucker (AZ) 4/2016 |
| 35-39 | 82.5 kgs / 181.8 lbs Jill Nezirli (NY) 6/2022 | 47.5 kgs / 104.7 lbs Jamie Brissey (VA) 4/2014 | 122.5 kgs / 270.0 lbs Jamie Brissey (VA) 4/2014 | 237.5 kgs / 523.5 lbs Jamie Brissey (VA) 4/2014 |
| 40-44 | 60.0 kgs / 132.2 lbs Vanessa Talbott (VA) 4/2016 | 47.5 kgs / 104.7 lbs Vanessa Talbott (VA) 4/2016 | 97.5 kgs / 214.9 lbs Vanessa Talbott (VA) 4/2016 | 205.0 kgs / 451.9 lbs Vanessa Talbott (VA) 4/2016 |
| 45-49 | 83.9 kgs / 184.9 lbs Abigail Scudder (CT) 2002 | 56.6 kgs / 124.7 lbs Karen Poyner (VA) 6/2005 | 138.5 kgs / 305.3 lbs Abigail Scudder (CT) 2002 | 267.6 kgs / 589.9 lbs Abigail Scudder (CT) 2002 |
| 50-54 | 86.1 kgs / 189.8 lbs Karen Poyner (VA) | 58.9 kgs / 129.8 lbs Karen Poyner (VA) | 120.2 kgs / 264.9 lbs Karen Poyner (VA) | 265.3 kgs / 584.8 lbs Karen Poyner (VA) |
| 55-59 | 90.0 kgs / 198.4 lbs Karen Poyner (VA) 6/2011 | 58.0 kgs / 127.8 lbs Karen Poyner (VA) 2013 | 122.5 kgs / 270.0 lbs Karen Poyner (VA) 6/2011 | 270.0 kgs / 595.2 lbs Karen Poyner (VA) 6/2011 |
| 60-64 | 80.5 kgs / 177.4 lbs Karen Poyner (VA) 4/2016 | 53.5 kgs / 117.9 lbs Karen Poyner (VA) 4/2016 | 112.5 kgs / 248.0 lbs Kimberly Price (VA) 11/2023 | 245.0 kgs / 540.1 lbs Karen Poyner (VA) 4/2016 |
| 65-69 | 45.0 kgs / 99.2 lbs Jenny Telles (NM) 11/2014 | 27.5 kgs / 60.6 lbs Jenny Telles (NM) 11/2014 | 67.5 kgs / 148.8 lbs Jenny Telles (NM) 11/2014 | 140.0 kgs / 308.6 lbs Jenny Telles (NM) 11/2014 |

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| Police/Fire/Mil | 82.5 kgs / 181.8 lbs Elizabeth Zeuschel (NC) 8/2014 | 42.5 kgs / 93.6 lbs Elizabeth Zeuschel (NC) 8/2014 | 90.0 kgs / 198.4 lbs Elizabeth Zeuschel (NC) 8/2014 | 212.5 kgs / 468.4 lbs Elizabeth Zeuschel (NC) 8/2014 |
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Weight Class: 52 / 114 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|---|---|---|--|
| Open | 112.5 kgs / 248.0 lbs Naomi Kutin (NJ) 6/2015 | 76.0 kgs / 167.5 lbs Natasha Beasley (VA) 10/2017 | 152.5 kgs / 336.2 lbs Donna McBurney (MA) 2008 | 318.5 kgs / 702.1 lbs Natasha Beasley (VA) 10/2017 |
| 11 and under | 72.5 kgs / 159.8 lbs Madison Berry (NC) 1/2021 | 38.0 kgs / 83.7 lbs Mackenzie Taylor (NC) 9/2019 | 90.0 kgs / 198.4 lbs Mackenzie Taylor (NC) 9/2019 | 187.5 kgs / 413.3 lbs Sarah Hunt (PA) 2011 |
| 12-13 | 112.5 kgs / 248.0 lbs Naomi Kutin (NJ) 6/2015 | 60.0 kgs / 132.2 lbs Miranda Chambers (PA) 3/2014 | 130.0 kgs / 286.5 lbs Miranda Chambers (PA) 3/2014 | 290.0 kgs / 639.3 lbs Miranda Chambers (PA) 3/2014 |
| 14-15 | 92.5 kgs / 203.9 lbs Samantha Salemno (PA) 6/2015 | 48.5 kgs / 106.9 lbs Adrienne Zimmerman (PA) 2007 | 107.5 kgs / 236.9 lbs Natalie Norcross (FL) 11/2023 | 235.0 kgs / 518.0 lbs Adrienne Zimmerman (PA) 2007 |
| 16-17 | 95.5 kgs / 210.5 lbs Kaylum Mills (NC) 5/2023 | 55.0 kgs / 121.2 lbs Kaylum Mills (NC) 5/2023 | 123.0 kgs / 271.1 lbs Kaylum Mills (NC) 5/2023 | 273.5 kgs / 602.9 lbs Kaylum Mills (NC) 5/2023 |
| 18-19 | 107.5 kgs / 236.9 lbs Kestrel Coon (VT) 12/2010 | 57.5 kgs / 126.7 lbs Kayla Johnson (NC) 2/2015 | 140.0 kgs / 308.6 lbs Kestrel Coon (VT) 12/2010 | 300.5 kgs / 662.4 lbs Kestrel Coon (VT) 12/2010 |
| 20-24 | 107.5 kgs / 236.9 lbs Izaba Paras (VA) 6/2017 | 60.0 kgs / 132.2 lbs Elizabeth Cameron (AZ) 2012 | 140.0 kgs / 308.6 lbs Izaba Paras (VA) 6/2017 | 293.0 kgs / 645.9 lbs Izaba Paras (VA) 6/2017 |
| 35-39 | 102.5 kgs / 225.9 lbs Misty Posey (VA) 2/2015 | 76.0 kgs / 167.5 lbs Natasha Beasley (VA) 10/2017 | 150.0 kgs / 330.6 lbs Natasha Beasley (VA) 10/2017 | 318.5 kgs / 702.1 lbs Natasha Beasley (VA) 10/2017 |
| 40-44 | 92.5 kgs / 203.9 lbs Donna McBurney (MA) 2008 | 72.5 kgs / 159.8 lbs Donna McBurney (MA) 2008 | 152.5 kgs / 336.2 lbs Donna McBurney (MA) 2008 | 317.5 kgs / 699.9 lbs Donna McBurney (MA) 2008 |
| 45-49 | 92.5 kgs / 203.9 lbs Benita Steffan (PA) 4/2013 | 52.5 kgs / 115.7 lbs Kim Roberts (FL) 6/2018 | 127.5 kgs / 281.0 lbs Benita Steffan (PA) 4/2013 | 271.0 kgs / 597.4 lbs Benita Steffan (PA) 4/2013 |
| 50-54 | 90.0 kgs / 198.4 lbs Benita Steffan (PA) 11/2013 | 47.5 kgs / 104.7 lbs Janet Huntley (PA) 10/2015 | 110.0 kgs / 242.5 lbs Benita Steffan (PA) 11/2013 | 240.0 kgs / 529.1 lbs Benita Steffan (PA) 11/2013 |
| 55-59 | 87.5 kgs / 192.9 lbs Ginger Enderson (NC) 8/2014 | 50.5 kgs / 111.3 lbs Janet Huntley (PA) 10/2021 | 115.0 kgs / 253.5 lbs Kimberly Price (VA) 11/2020 | 240.0 kgs / 529.1 lbs Ginger Enderson (NC) 8/2014 |
| 60-64 | 70.0 kgs / 154.3 lbs Janet Huntley (PA) 4/2023 | 48.5 kgs / 106.9 lbs Janet Huntley (PA) 4/2023 | 102.5 kgs / 225.9 lbs Janet Huntley (PA) 4/2023 | 221.0 kgs / 487.2 lbs Janet Huntley (PA) 4/2023 |
| 65-69 | 58.0 kgs / 127.8 lbs Mary Ann Little (PA) 4/2014 | 36.0 kgs / 79.3 lbs Mary Ann Little (PA) 2013 | 81.0 kgs / 178.5 lbs Mary Ann Little (PA) 2013 | 174.0 kgs / 383.6 lbs Mary Ann Little (PA) 4/2014 |
| 70-74 | 61.0 kgs / 134.4 lbs Mary Ann Little (PA) 10/2015 | 35.0 kgs / 77.1 lbs Mary Ann Little (PA) 11/2014 | 78.0 kgs / 171.9 lbs Mary Ann Little (PA) 3/2016 | 169.5 kgs / 373.6 lbs Mary Ann Little (PA) 10/2015 |

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|-----------------|--|---|--|--|
| Police/Fire/Mil | 102.5 kgs / 225.9 lbs Misty Posey (VA) 2/2015 | 55.0 kgs / 121.2 lbs Misty Posey (VA) 2/2015 | 140.0 kgs / 308.6 lbs Misty Posey (VA) 2/2015 | 297.5 kgs / 655.8 lbs Misty Posey (VA) 2/2015 |
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| Weight Class: 56 / 123 Female / Powerlifting | | | | |
|---|--|--|---|---|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 132.5 kgs / 292.1 lbs Naomi Kutin (NJ) 6/2016 | 87.5 kgs / 192.9 lbs Jonalyn Barcarse (VA) 6/2021 | 192.5 kgs / 424.3 lbs Melissa Barber (MD) 5/2016 | 387.5 kgs / 854.2 lbs Jonalyn Barcarse (VA) 6/2021 |
| 11 and under | 82.5 kgs / 181.8 lbs Beth-el Algarin (MN) 6/2012 | 57.5 kgs / 126.7 lbs Beth-el Algarin (MN) 6/2012 | 100.0 kgs / 220.4 lbs Beth-el Algarin (MN) 6/2012 | 240.0 kgs / 529.1 lbs Beth-el Algarin (MN) 6/2012 |
| 12-13 | 80.0 kgs / 176.3 lbs Mackenzie Taylor (NC) 8/2020 | 48.5 kgs / 106.9 lbs Mackenzie Taylor (NC) 8/2020 | 114.0 kgs / 251.3 lbs Mackenzie Taylor (NC) 8/2020 | 230.0 kgs / 507.0 lbs Mackenzie Taylor (NC) 8/2020 |
| 14-15 | 132.5 kgs / 292.1 lbs Naomi Kutin (NJ) 6/2016 | 70.0 kgs / 154.3 lbs Miranda Chambers (PA) 11/2014 | 147.5 kgs / 325.1 lbs Naomi Kutin (NJ) 6/2016 | 332.5 kgs / 733.0 lbs Naomi Kutin (NJ) 6/2016 |
| 16-17 | 120.0 kgs / 264.5 lbs Miranda Chambers (PA) 6/2016 | 85.0 kgs / 187.3 lbs Miranda Chambers (PA) 10/2016 | 155.0 kgs / 341.7 lbs Miranda Chambers (PA) 10/2016 | 355.0 kgs / 782.6 lbs Miranda Chambers (PA) 10/2016 |
| 18-19 | 104.3 kgs / 229.9 lbs Leslie Kutner (FL) 2008 | 70.3 kgs / 154.9 lbs Leslie Kutner (FL) 2008 | 135.0 kgs / 297.6 lbs Kendra Green (VA) 7/2018 | 290.3 kgs / 639.9 lbs Leslie Kutner (FL) 2008 |
| 20-24 | 130.0 kgs / 286.5 lbs Cara Tortoriello (PA) 7/2017 | 87.5 kgs / 192.9 lbs Jonalyn Barcarse (VA) 6/2021 | 170.0 kgs / 374.7 lbs Jonalyn Barcarse (VA) 6/2021 | 387.5 kgs / 854.2 lbs Jonalyn Barcarse (VA) 6/2021 |
| 35-39 | 120.2 kgs / 264.9 lbs Lori Snyder (PA) 2005 | 80.5 kgs / 177.4 lbs Natasha Beasley (VA) 6/2018 | 170.0 kgs / 374.7 lbs Lori Snyder (PA) 2005 | 345.5 kgs / 761.6 lbs Natasha Beasley (VA) 6/2018 |
| 40-44 | 115.0 kgs / 253.5 lbs Melissa Klein (IL) 2013 | 67.5 kgs / 148.8 lbs Melissa Klein (IL) 2013 | 158.0 kgs / 348.3 lbs Suzanne Davis (AZ) 3/2014 | 325.5 kgs / 717.5 lbs Suzanne Davis (AZ) 3/2014 |
| 45-49 | 110.0 kgs / 242.5 lbs Kelly Moore (WI) 2009 | 80.0 kgs / 176.3 lbs Kelly Moore (WI) 2009 | 157.5 kgs / 347.2 lbs Kelly Moore (WI) 2009 | 327.5 kgs / 722.0 lbs Kelly Moore (WI) 2009 |
| 50-54 | 100.0 kgs / 220.4 lbs Maxine Ferris (NC) 2/2018 | 72.5 kgs / 159.8 lbs Diane Brill (NV) 10/2012 | 130.0 kgs / 286.5 lbs Maxine Ferris (NC) 2/2018 | 291.0 kgs / 641.5 lbs Maxine Ferris (NC) 2/2018 |
| 55-59 | 87.5 kgs / 192.9 lbs Lori McMahan (PA) 12/2022 | 74.8 kgs / 164.9 lbs Lisa Hoyt (WA) 6/2022 | 120.0 kgs / 264.5 lbs Susan Drach (VA) 4/2014 | 274.3 kgs / 604.7 lbs Lisa Hoyt (WA) 6/2022 |
| 60-64 | 92.5 kgs / 203.9 lbs Patty Failla (NE) 12/2016 | 60.5 kgs / 133.3 lbs Susan Drach (VA) 4/2019 | 126.5 kgs / 278.8 lbs Susan Drach (VA) 4/2019 | 267.5 kgs / 589.7 lbs Patty Failla (NE) 12/2016 |
| 65-69 | 67.0 kgs / 147.7 lbs Marcia Anderson (VA) 7/2019 | 42.5 kgs / 93.6 lbs Trish Kirkland (FL) 6/2019 | 85.0 kgs / 187.3 lbs Trish Kirkland (FL) 6/2019 | 185.0 kgs / 407.8 lbs Trish Kirkland (FL) 6/2019 |
| 70-74 | 77.5 kgs / 170.8 lbs Marcia Anderson (VA) 11/2022 | 41.0 kgs / 90.3 lbs Marcia Anderson (VA) 7/2021 | 103.0 kgs / 227.0 lbs Marcia Anderson (VA) 11/2022 | 220.5 kgs / 486.1 lbs Marcia Anderson (VA) 11/2022 |

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|-----------------|--|---|--|--|
| 75-79 | 27.2 kgs / 59.9 lbs Dorothy Johnson (PA) 2008 | 18.1 kgs / 39.9 lbs Dorothy Johnson (PA) 3/2008 | 72.5 kgs / 159.8 lbs Dorothy Johnson (PA) 3/2008 | 113.3 kgs / 249.7 lbs Dorothy Johnson (PA) 2008 |
| Police/Fire/Mil | 120.0 kgs / 264.5 lbs Misty Posey (VA) 10/2015 | 60.0 kgs / 132.2 lbs Yvonne Young (VA) 8/2012 | 142.5 kgs / 314.1 lbs Misty Posey (VA) 10/2015 | 315.0 kgs / 694.4 lbs Misty Posey (VA) 10/2015 |

Weight Class: 60 / 132 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|--|---|--|---|
| Open | 140.0 kgs / 308.6 lbs Lisa Suda (VA) 6/2016 | 85.5 kgs / 188.4 lbs Natasha Beasley (VA) 6/2019 | 180.0 kgs / 396.8 lbs Natasha Beasley (VA) 3/2020 | 385.0 kgs / 848.7 lbs Andrea White (NY) 6/2014 |
| 11 and under | 95.0 kgs / 209.4 lbs Madison Berry (NC) 11/2021 | 48.5 kgs / 106.9 lbs Madison Berry (NC) 10/2021 | 106.0 kgs / 233.6 lbs Madison Berry (NC) 11/2021 | 245.5 kgs / 541.2 lbs Madison Berry (NC) 11/2021 |
| 12-13 | 90.0 kgs / 198.4 lbs Leann Piekut (PA) 3/2016 | 65.0 kgs / 143.2 lbs Beth-el Algarin (MN) 10/2012 | 127.5 kgs / 281.0 lbs Mackenzie Taylor (NC) 1/2021 | 260.5 kgs / 574.2 lbs Mackenzie Taylor (NC) 1/2021 |
| 14-15 | 92.0 kgs / 202.8 lbs Madison Hendricks (PA) 3/2014 | 57.5 kgs / 126.7 lbs Nena Pfeffer (PA) 12/2023 | 145.0 kgs / 319.6 lbs Madison Hendricks (PA) 3/2014 | 282.5 kgs / 622.7 lbs Madison Hendricks (PA) 3/2014 |
| 16-17 | 117.5 kgs / 259.0 lbs Shannon Faircloth (VA) 6/2023 | 65.7 kgs / 144.8 lbs Tausha Oxer (VA) 2/2000 | 153.5 kgs / 338.4 lbs Sammantha Perrine (PA) 10/2012 | 306.0 kgs / 674.6 lbs Sammantha Perrine (PA) 10/2012 |
| 18-19 | 111.5 kgs / 245.8 lbs Krystal Stanczyk (PA) 11/2014 | 62.5 kgs / 137.7 lbs Krystal Stanczyk (PA) 4/2014 | 143.0 kgs / 315.2 lbs Danielle Carr (NE) 12/2016 | 312.5 kgs / 688.9 lbs Krystal Stanczyk (PA) 11/2014 |
| 20-24 | 132.5 kgs / 292.1 lbs Lauren Conrad (PA) 4/2019 | 77.5 kgs / 170.8 lbs Rebekah Rendino (NJ) 1/2023 | 155.5 kgs / 342.8 lbs Lauren Conrad (PA) 4/2019 | 353.0 kgs / 778.2 lbs Lauren Conrad (PA) 4/2019 |
| 35-39 | 125.0 kgs / 275.5 lbs Andrea White (NY) 6/2014 | 85.5 kgs / 188.4 lbs Natasha Beasley (VA) 6/2019 | 180.0 kgs / 396.8 lbs Natasha Beasley (VA) 3/2020 | 385.0 kgs / 848.7 lbs Andrea White (NY) 6/2014 |
| 40-44 | 135.0 kgs / 297.6 lbs Jennifer Minella (NC) 11/2020 | 77.5 kgs / 170.8 lbs Jennifer Minella (NC) 11/2020 | 142.5 kgs / 314.1 lbs Jennifer Higgins (AZ) 6/2012 | 352.5 kgs / 777.1 lbs Jennifer Minella (NC) 11/2020 |
| 45-49 | 115.0 kgs / 253.5 lbs Laura Clancy (VA) 6/2015 | 66.5 kgs / 146.6 lbs Laura Clancy (VA) 2013 | 130.0 kgs / 286.5 lbs Rhonda Jones (NM) 3/2014 | 302.5 kgs / 666.8 lbs Laura Clancy (VA) 6/2014 |
| 50-54 | 124.7 kgs / 274.9 lbs Ellen Stein (NY) 12/2007 | 77.5 kgs / 170.8 lbs Patti McKee (AZ) 5/2015 | 151.9 kgs / 334.8 lbs Ellen Stein (NY) 12/2007 | 340.1 kgs / 749.7 lbs Ellen Stein (NY) 12/2007 |
| 55-59 | 92.5 kgs / 203.9 lbs Annemarie Kemmerer (PA) 6/2013 | 60.0 kgs / 132.2 lbs Annemarie Kemmerer (PA) 6/2013 | 135.0 kgs / 297.6 lbs Annemarie Kemmerer (PA) 6/2013 | 287.5 kgs / 633.8 lbs Annemarie Kemmerer (PA) 6/2013 |
| 60-64 | 87.0 kgs / 191.8 lbs Annemarie Kemmerer (PA) 3/2014 | 60.0 kgs / 132.2 lbs Annemarie Kemmerer (PA) 3/2014 | 117.0 kgs / 257.9 lbs Annemarie Kemmerer (PA) 3/2014 | 265.0 kgs / 584.2 lbs Annemarie Kemmerer (PA) 3/2014 |
| 65-69 | 65.0 kgs / 143.2 lbs Linda Leightley (VA) 6/2014 | 37.5 kgs / 82.6 lbs Linda Leightley (VA) 6/2014 | 112.5 kgs / 248.0 lbs Linda Leightley (VA) 6/2014 | 215.0 kgs / 473.9 lbs Linda Leightley (VA) 6/2014 |

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|-----------------|---|---|--|---|
| 70-74 | 76.0 kgs / 167.5 lbs Linda Leightley (VA) 11/2019 | 45.5 kgs / 100.3 lbs Linda Leightley (VA) 3/2019 | 125.0 kgs / 275.5 lbs Linda Leightley (VA) 11/2019 | 243.5 kgs / 536.8 lbs Linda Leightley (VA) 11/2019 |
| 75-79 | 70.0 kgs / 154.3 lbs Linda Leightley (VA) 10/2021 | 45.0 kgs / 99.2 lbs Linda Leightley (VA) 3/2020 | 125.0 kgs / 275.5 lbs Linda Leightley (VA) 10/2021 | 240.0 kgs / 529.1 lbs Linda Leightley (VA) 10/2021 |
| 80+ | 40.0 kgs / 88.1 lbs Ruth Coak (AZ) 6/2014 | 35.0 kgs / 77.1 lbs Ruth Coak (AZ) 6/2014 | 95.0 kgs / 209.4 lbs Ruth Coak (AZ) 6/2014 | 170.0 kgs / 374.7 lbs Ruth Coak (AZ) 6/2014 |
| Police/Fire/Mil | 102.5 kgs / 225.9 lbs Kristi Juneau (NH) 6/2017 | 54.4 kgs / 119.9 lbs Gina Shubeta (OH) | 122.5 kgs / 270.0 lbs Kristi Juneau (NH) 6/2017 | 270.0 kgs / 595.2 lbs Kristi Juneau (NH) 6/2017 |

Weight Class: 67.5 / 148 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|--|---|---|--|
| Open | 155.5 kgs / 342.8 lbs Naomi Kutin (NJ) 1/2022 | 97.5 kgs / 214.9 lbs Andrea White (NY) 11/2014 | 200.0 kgs / 440.9 lbs Tricia Floyd (VA) 3/2018 | 412.5 kgs / 909.3 lbs Andrea White (NY) 11/2014 |
| 11 and under | 115.0 kgs / 253.5 lbs Madison Berry (NC) 5/2023 | 67.5 kgs / 148.8 lbs Madison Berry (NC) 5/2023 | 130.0 kgs / 286.5 lbs Madison Berry (NC) 5/2023 | 312.5 kgs / 688.9 lbs Madison Berry (NC) 5/2023 |
| 12-13 | 110.0 kgs / 242.5 lbs Mackenzie Taylor (NC) 5/2021 | 63.5 kgs / 139.9 lbs Mackenzie Taylor (NC) 5/2021 | 138.0 kgs / 304.2 lbs Mackenzie Taylor (NC) 5/2021 | 305.5 kgs / 673.5 lbs Mackenzie Taylor (NC) 5/2021 |
| 14-15 | 129.8 kgs / 286.1 lbs Ashley Buck (PA) 2004 | 70.3 kgs / 154.9 lbs Angie Miller (PA) 2003 | 150.0 kgs / 330.6 lbs Lindsey Brill (NV) 10/2012 | 337.9 kgs / 744.9 lbs Ashley Buck (PA) 2004 |
| 16-17 | 145.0 kgs / 319.6 lbs Naomi Kutin (NJ) 6/2019 | 79.4 kgs / 175.0 lbs Angie Miller (PA) 2004 | 175.0 kgs / 385.8 lbs Courtney Young (NE) 3/2017 | 360.0 kgs / 793.6 lbs Naomi Kutin (NJ) 10/2018 |
| 18-19 | 147.5 kgs / 325.1 lbs Naomi Kutin (NJ) 6/2021 | 72.5 kgs / 159.8 lbs Sarah Dolson (DC) 9/2001 | 172.5 kgs / 380.2 lbs Naomi Kutin (NJ) 6/2021 | 377.5 kgs / 832.2 lbs Naomi Kutin (NJ) 6/2021 |
| 20-24 | 155.5 kgs / 342.8 lbs Naomi Kutin (NJ) 1/2022 | 85.0 kgs / 187.3 lbs Tara Steadman (AZ) 10/2010 | 183.0 kgs / 403.4 lbs Naomi Kutin (NJ) 11/2022 | 398.0 kgs / 877.4 lbs Naomi Kutin (NJ) 1/2022 |
| 35-39 | 137.5 kgs / 303.1 lbs Rosa Rodriguez (MD) 8/2019 | 97.5 kgs / 214.9 lbs Andrea White (NY) 11/2014 | 200.0 kgs / 440.9 lbs Tricia Floyd (VA) 3/2018 | 412.5 kgs / 909.3 lbs Andrea White (NY) 11/2014 |
| 40-44 | 130.0 kgs / 286.5 lbs Victoria Tasher (PA) 10/2013 | 72.5 kgs / 159.8 lbs Christie Burnett (AZ) 2009 | 145.0 kgs / 319.6 lbs Victoria Tasher (PA) 10/2013 | 340.0 kgs / 749.5 lbs Victoria Tasher (PA) 3/2014 |
| 45-49 | 130.0 kgs / 286.5 lbs Laura Clancy (VA) 2012 | 73.5 kgs / 162.0 lbs Mary Ann Wieckowski (PA) 6/2012 | 148.0 kgs / 326.2 lbs Lori Bailey (NC) 8/2018 | 327.5 kgs / 722.0 lbs Lori Bailey (NC) 6/2018 |
| 50-54 | 132.5 kgs / 292.1 lbs Suzanne LaForge (MA) 11/2014 | 72.5 kgs / 159.8 lbs Suzanne LaForge (MA) 11/2014 | 167.5 kgs / 369.2 lbs Suzanne LaForge (MA) 11/2014 | 372.5 kgs / 821.2 lbs Suzanne LaForge (MA) 11/2014 |
| 55-59 | 110.0 kgs / 242.5 lbs Suzanne LaForge (FL) 10/2019 | 65.7 kgs / 144.8 lbs Cynthia Hochstetler (IL) 2010 | 145.0 kgs / 319.6 lbs Suzanne LaForge (FL) 10/2019 | 317.5 kgs / 699.9 lbs Suzanne LaForge (FL) 10/2019 |
| 60-64 | 117.9 kgs / 259.9 lbs Suzanne LaForge (FL) 6/2022 | 65.7 kgs / 144.8 lbs Suzanne LaForge (FL) 6/2022 | 151.9 kgs / 334.8 lbs Suzanne LaForge (FL) 6/2022 | 335.5 kgs / 739.6 lbs Suzanne LaForge (FL) 6/2022 |

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|-----------------|---|---|---|--|
| 65-69 | 40.8 kgs / 89.9 lbs Dottie Mikoloski (MD) 9/2001 | 40.8 kgs / 89.9 lbs Dottie Mikoloski (MD) 9/2001 | 95.2 kgs / 209.8 lbs Dottie Mikoloski (MD) 9/2001 | 176.9 kgs / 389.9 lbs Dottie Mikoloski (MD) 9/2001 |
| 70-74 | 47.5 kgs / 104.7 lbs Tonnie Alliance (OH) 10/2016 | 45.5 kgs / 100.3 lbs Tonnie Alliance (OH) 10/2016 | 122.5 kgs / 270.0 lbs Tonnie Alliance (OH) 4/2016 | 212.5 kgs / 468.4 lbs Tonnie Alliance (OH) 10/2016 |
| 75-79 | 57.5 kgs / 126.7 lbs Janet Reynolds (FL) 7/2021 | 47.5 kgs / 104.7 lbs Janet Reynolds (FL) 7/2021 | 90.0 kgs / 198.4 lbs Janet Reynolds (FL) 7/2021 | 195.0 kgs / 429.8 lbs Janet Reynolds (FL) 7/2021 |
| 80+ | 56.6 kgs / 124.7 lbs Janet Reynolds (FL) 6/2022 | 41.7 kgs / 91.9 lbs Janet Reynolds (FL) 6/2022 | 87.5 kgs / 192.9 lbs Bonnie Thurston (FL) 7/2021 | 162.5 kgs / 358.2 lbs Bonnie Thurston (FL) 7/2021 |
| Police/Fire/Mil | 120.0 kgs / 264.5 lbs Callie Kessler (VA) 10/2015 | 67.5 kgs / 148.8 lbs Deeanna Burnah (MD) 6/2016 | 135.0 kgs / 297.6 lbs Kayla Irwin (PA) 10/2016 | 310.0 kgs / 683.4 lbs Kayla Irwin (PA) 10/2016 |

Weight Class: 75 / 165 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|---|--|---|--|
| Open | 177.5 kgs / 391.3 lbs Miki Cestnik (MT) 2/2016 | 102.5 kgs / 225.9 lbs Tierra Tucker (MD) 3/2020 | 200.0 kgs / 440.9 lbs Miki Cestnik (MT) 2/2016 | 465.0 kgs / 1025.1 lbs Miki Cestnik (MT) 2/2016 |
| 11 and under | 130.0 kgs / 286.5 lbs Madison Berry (NC) 11/2023 | 73.0 kgs / 160.9 lbs Madison Berry (NC) 11/2023 | 140.0 kgs / 308.6 lbs Madison Berry (NC) 11/2023 | 343.0 kgs / 756.1 lbs Madison Berry (NC) 11/2023 |
| 12-13 | 123.0 kgs / 271.1 lbs Mackenzie Taylor (NC) 11/2021 | 67.5 kgs / 148.8 lbs Mackenzie Taylor (NC) 10/2021 | 141.0 kgs / 310.8 lbs Mackenzie Taylor (NC) 10/2021 | 326.0 kgs / 718.6 lbs Mackenzie Taylor (NC) 10/2021 |
| 14-15 | 160.0 kgs / 352.7 lbs Mackenzie Taylor (NC) 5/2023 | 90.0 kgs / 198.4 lbs Mackenzie Taylor (NC) 5/2023 | 173.0 kgs / 381.3 lbs Mackenzie Taylor (NC) 5/2023 | 423.0 kgs / 932.5 lbs Mackenzie Taylor (NC) 5/2023 |
| 16-17 | 117.9 kgs / 259.9 lbs Ashley Buck (PA) 2005 | 74.8 kgs / 164.9 lbs Ashley Buck (PA) 2005 | 146.5 kgs / 322.9 lbs Hanna Holden (NC) 6/2016 | 317.5 kgs / 699.9 lbs Kelly Miller (USA) |
| 18-19 | 147.5 kgs / 325.1 lbs Jamie Augustine (PA) 11/2022 | 80.0 kgs / 176.3 lbs Jamie Augustine (PA) 11/2022 | 160.0 kgs / 352.7 lbs Jamie Augustine (PA) 11/2022 | 387.5 kgs / 854.2 lbs Jamie Augustine (PA) 11/2022 |
| 20-24 | 155.0 kgs / 341.7 lbs Aubrey Mester-Webb (VA) 10/2015 | 85.0 kgs / 187.3 lbs Andrea Marsh (NY) 9/2015 | 182.5 kgs / 402.3 lbs Aubrey Mester-Webb (VA) 10/2015 | 415.0 kgs / 914.9 lbs Aubrey Mester-Webb (VA) 10/2015 |
| 35-39 | 137.5 kgs / 303.1 lbs Erlinda Gomez (TX) 6/2014 | 82.5 kgs / 181.8 lbs Erlinda Gomez (TX) 6/2014 | 195.0 kgs / 429.8 lbs Tricia Floyd (VA) 3/2019 | 377.5 kgs / 832.2 lbs Tricia Floyd (VA) 3/2019 |
| 40-44 | 162.5 kgs / 358.2 lbs Erlinda Gomez (TX) 5/2015 | 100.0 kgs / 220.4 lbs Alexis Kajencki (MD) 11/2023 | 175.0 kgs / 385.8 lbs Alexis Kajencki (MD) 11/2023 | 430.0 kgs / 947.9 lbs Alexis Kajencki (MD) 11/2023 |
| 45-49 | 112.5 kgs / 248.0 lbs Sharon Schwartz (PA) 2013 | 76.0 kgs / 167.5 lbs Mary Ann Wieckowski (PA) 6/2013 | 155.0 kgs / 341.7 lbs Ruth Douglas (PA) | 325.0 kgs / 716.4 lbs Ruth Douglas (PA) |
| 50-54 | 115.0 kgs / 253.5 lbs Megan Martin (NE) 6/2017 | 97.5 kgs / 214.9 lbs Joan Gardner (VT) 12/2006 | 157.5 kgs / 347.2 lbs Megan Martin (NE) 6/2017 | 330.0 kgs / 727.5 lbs Megan Martin (NE) 6/2017 |

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|-----------------|--|--|---|---|
| 55-59 | 99.7 kgs / 219.7 lbs Cynthia Hochstetler (IL) 9/2011 | 72.5 kgs / 159.8 lbs Cynthia Hochstetler (IL) 9/2011 | 136.0 kgs / 299.8 lbs Cynthia Hochstetler (IL) 9/2011 | 308.4 kgs / 679.8 lbs Cynthia Hochstetler (IL) 9/2011 |
| 60-64 | 100.0 kgs / 220.4 lbs Despina Belle-Isle (VA) 3/2019 | 60.0 kgs / 132.2 lbs Geneva Koutas (VA) 6/2013 | 130.0 kgs / 286.5 lbs Despina Belle-Isle (VA) 3/2019 | 282.5 kgs / 622.7 lbs Despina Belle-Isle (VA) 3/2019 |
| 70-74 | 67.5 kgs / 148.8 lbs Linda Odum (VA) 4/2019 | 35.0 kgs / 77.1 lbs Linda Odum (VA) 7/2018 | 112.5 kgs / 248.0 lbs Linda Odum (VA) 4/2019 | 212.5 kgs / 468.4 lbs Linda Odum (VA) 4/2019 |
| Police/Fire/Mil | 137.5 kgs / 303.1 lbs Nichola Diaz (VA) 8/2014 | 82.5 kgs / 181.8 lbs Nichola Diaz (VA) 8/2014 | 160.0 kgs / 352.7 lbs Nichola Diaz (VA) 8/2014 | 380.0 kgs / 837.7 lbs Nichola Diaz (VA) 8/2014 |

Weight Class: 82.5 / 181 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|--|---|--|---|
| Open | 167.5 kgs / 369.2 lbs Mackenzie Taylor (NC) 11/2023 | 115.0 kgs / 253.5 lbs Allison White (VA) 5/2019 | 205.0 kgs / 451.9 lbs Carlita Farmer (NC) 10/2016 | 462.5 kgs / 1019.6 lbs Carlita Farmer (NC) 10/2016 |
| 11 and under | 136.5 kgs / 300.9 lbs Madison Berry (NC) 3/2024 | 75.0 kgs / 165.3 lbs Madison Berry (NC) 3/2024 | 140.0 kgs / 308.6 lbs Madison Berry (NC) 3/2024 | 351.5 kgs / 774.9 lbs Madison Berry (NC) 3/2024 |
| 12-13 | 79.3 kgs / 174.8 lbs Brittany Zimmerman (PA) 2002 | 57.5 kgs / 126.7 lbs Victoria Vasquez (MD) | 115.6 kgs / 254.8 lbs Solita Williams (NC) 12/2000 | 233.6 kgs / 514.9 lbs Solita Williams (NC) 12/2000 |
| 14-15 | 167.5 kgs / 369.2 lbs Mackenzie Taylor (NC) 11/2023 | 93.4 kgs / 205.9 lbs Mackenzie Taylor (NC) 6/2023 | 180.0 kgs / 396.8 lbs Mackenzie Taylor (NC) 11/2023 | 440.0 kgs / 970.0 lbs Mackenzie Taylor (NC) 11/2023 |
| 16-17 | 163.0 kgs / 359.3 lbs Mackenzie Taylor (NC) 3/2024 | 92.5 kgs / 203.9 lbs Mackenzie Taylor (NC) 3/2024 | 170.0 kgs / 374.7 lbs Mackenzie Taylor (NC) 2/2024 | 420.0 kgs / 925.9 lbs Mackenzie Taylor (NC) 2/2024 |
| 18-19 | 125.0 kgs / 275.5 lbs Alana Amantine (PA) 8/2019 | 70.0 kgs / 154.3 lbs Alana Amantine (PA) 8/2019 | 160.0 kgs / 352.7 lbs Alana Amantine (PA) 8/2019 | 355.0 kgs / 782.6 lbs Alana Amantine (PA) 8/2019 |
| 20-24 | 165.5 kgs / 364.8 lbs Carlita Farmer (NC) 10/2016 | 95.0 kgs / 209.4 lbs Carlita Farmer (NC) 10/2016 | 205.0 kgs / 451.9 lbs Carlita Farmer (NC) 10/2016 | 462.5 kgs / 1019.6 lbs Carlita Farmer (NC) 10/2016 |
| 35-39 | 147.5 kgs / 325.1 lbs Allison White (VA) 5/2019 | 115.0 kgs / 253.5 lbs Allison White (VA) 5/2019 | 197.5 kgs / 435.4 lbs Allison White (VA) 5/2019 | 455.0 kgs / 1003.0 lbs Allison White (VA) 5/2019 |
| 40-44 | 140.6 kgs / 309.9 lbs Kari Saban (FL) | 97.5 kgs / 214.9 lbs Kari Saban (FL) | 181.4 kgs / 399.9 lbs Kari Saban (FL) | 419.5 kgs / 924.8 lbs Kari Saban (FL) |
| 45-49 | 125.0 kgs / 275.5 lbs Karen Zamostny (MD) 9/2017 | 77.1 kgs / 169.9 lbs Michelle Omokaiye (NC) 2005 | 150.0 kgs / 330.6 lbs Chris Redmond (PA) 4/2019 | 335.0 kgs / 738.5 lbs Karen Zamostny (MD) 9/2017 |
| 50-54 | 120.0 kgs / 264.5 lbs Laura Reagle (AZ) 6/2014 | 80.0 kgs / 176.3 lbs Mary Ann Wieckowski (PA) 11/2014 | 142.5 kgs / 314.1 lbs Laura Reagle (AZ) 6/2014 | 320.0 kgs / 705.4 lbs Mary Ann Wieckowski (PA) 6/2014 |
| 55-59 | 93.0 kgs / 205.0 lbs Kim Doutt (PA) 10/2016 | 75.0 kgs / 165.3 lbs Linda Lee (VA) 6/2019 | 150.0 kgs / 330.6 lbs Linda Lee (VA) 8/2019 | 310.0 kgs / 683.4 lbs Linda Lee (VA) 8/2019 |

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| 60-64 | 95.0 kgs / 209.4 lbs Gloria Knight-McNeil (NC) 10/2023 | 82.5 kgs / 181.8 lbs Gloria Knight-McNeil (NC) 10/2023 | 115.0 kgs / 253.5 lbs Nancy Breen (VA) 10/2023 | 285.0 kgs / 628.3 lbs Gloria Knight-McNeil (NC) 10/2023 |
| 65-69 | 87.5 kgs / 192.9 lbs Patricia Kroken (NM) 9/2013 | 50.0 kgs / 110.2 lbs Susan Gregory (NE) 11/2022 | 107.5 kgs / 236.9 lbs Patricia Kroken (NM) 9/2013 | 230.0 kgs / 507.0 lbs Patricia Kroken (NM) 9/2013 |
| 70-74 | 130.5 kgs / 287.7 lbs Linda Arvey (PA) 4/2023 | 72.5 kgs / 159.8 lbs Linda Arvey (PA) 4/2023 | 157.5 kgs / 347.2 lbs Linda Arvey (PA) 4/2023 | 355.5 kgs / 783.7 lbs Linda Arvey (PA) 4/2023 |
| Police/Fire/Mil | 135.0 kgs / 297.6 lbs Jade Massey (NE) 6/2017 | 80.0 kgs / 176.3 lbs Franky Moore (NC) 5/2015 | 162.5 kgs / 358.2 lbs Franky Moore (NC) 5/2015 | 352.5 kgs / 777.1 lbs Franky Moore (NC) 5/2015 |
| Spec. Oly. | 70.0 kgs / 154.3 lbs Joni Talavera (PA) 6/2015 | 50.0 kgs / 110.2 lbs Joni Talavera (PA) 6/2015 | 100.0 kgs / 220.4 lbs Joni Talavera (PA) 6/2015 | 220.0 kgs / 485.0 lbs Joni Talavera (PA) 6/2015 |
| Handicapped | 107.5 kgs / 236.9 lbs Alexis Rowley (PA) 4/2023 | 67.5 kgs / 148.8 lbs Alexis Rowley (PA) 4/2023 | 125.0 kgs / 275.5 lbs Alexis Rowley (PA) 4/2023 | 300.0 kgs / 661.3 lbs Alexis Rowley (PA) 4/2023 |

Weight Class: 90 / 198 Female / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|--------------|--|--|--|---|
| Open | 185.0 kgs / 407.8 lbs Ogechi Akalegbere (MD) 8/2017 | 113.3 kgs / 249.7 lbs Shannon Summers (SC) 2/2000 | 200.0 kgs / 440.9 lbs Aria DeSimini (VA) 7/2018 | 487.5 kgs / 1074.7 lbs Ogechi Akalegbere (MD) 8/2017 |
| 11 and under | 85.0 kgs / 187.3 lbs Olivia Stedman (NC) 2/2023 | 52.5 kgs / 115.7 lbs Olivia Stedman (NC) 2/2023 | 101.0 kgs / 222.6 lbs Olivia Stedman (NC) 2/2023 | 225.5 kgs / 497.1 lbs Olivia Stedman (NC) 2/2023 |
| 12-13 | 79.3 kgs / 174.8 lbs Solita Williams (NC) | 58.9 kgs / 129.8 lbs Tori Vasquez (MD) 2009 | 115.6 kgs / 254.8 lbs Solita Williams (NC) | 247.2 kgs / 544.9 lbs Solita Williams (NC) |
| 14-15 | 167.8 kgs / 369.9 lbs Shannon Summers (SC) 2/2000 | 113.3 kgs / 249.7 lbs Shannon Summers (SC) 2/2000 | 163.2 kgs / 359.7 lbs Shannon Summers (SC) 2/2000 | 444.5 kgs / 979.9 lbs Shannon Summers (SC) 2/2000 |
| 16-17 | 122.5 kgs / 270.0 lbs Rachel Hess (PA) 10/2012 | 55.0 kgs / 121.2 lbs Alicia Van Western (USA) | 143.0 kgs / 315.2 lbs Allyson Sarnowski (NC) 4/2017 | 315.0 kgs / 694.4 lbs Rachel Hess (PA) 10/2012 |
| 18-19 | 112.5 kgs / 248.0 lbs Ashley Lindsey (NC) 8/2022 | 65.0 kgs / 143.2 lbs Ashley Lindsey (NC) 8/2022 | 150.0 kgs / 330.6 lbs Ashley Lindsey (NC) 8/2022 | 325.0 kgs / 716.4 lbs Ashley Lindsey (NC) 8/2022 |
| 20-24 | 167.5 kgs / 369.2 lbs Aria DeSimini (VA) 7/2018 | 97.5 kgs / 214.9 lbs Aria DeSimini (VA) 7/2018 | 200.0 kgs / 440.9 lbs Aria DeSimini (VA) 7/2018 | 465.0 kgs / 1025.1 lbs Aria DeSimini (VA) 7/2018 |
| 35-39 | 145.0 kgs / 319.6 lbs Rebecca Tucker (NY) 6/2018 | 102.5 kgs / 225.9 lbs Martina Burton (MD) 3/2020 | 197.5 kgs / 435.4 lbs Martina Burton (MD) 3/2020 | 420.0 kgs / 925.9 lbs Martina Burton (MD) 3/2020 |
| 40-44 | 172.3 kgs / 379.8 lbs LaRiena Ferguson (FL) 6/2022 | 99.7 kgs / 219.7 lbs Kari Saban (FL) 8/2006 | 183.7 kgs / 404.9 lbs Kari Saban (FL) 8/2006 | 435.4 kgs / 959.8 lbs Kari Saban (FL) 8/2006 |
| 45-49 | 122.5 kgs / 270.0 lbs Cindy Stritzinger (PA) 4/2021 | 73.0 kgs / 160.9 lbs Charlotte Baker (VA) 4/2018 | 167.5 kgs / 369.2 lbs Charlotte Baker (VA) 4/2018 | 355.5 kgs / 783.7 lbs Charlotte Baker (VA) 4/2018 |

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|-----------------|---|--|---|---|
| 50-54 | 102.5 kgs / 225.9 lbs Linda Kubiak (AZ) 6/2016 | 60.0 kgs / 132.2 lbs Amy Traver (CT) 6/2021 | 150.0 kgs / 330.6 lbs Amy Traver (CT) 6/2018 | 295.0 kgs / 650.3 lbs Linda Kubiak (AZ) 6/2016 |
| 55-59 | 120.0 kgs / 264.5 lbs Kathleen Carpenter (VA) 7/2018 | 70.0 kgs / 154.3 lbs Kathleen Carpenter (VA) 7/2018 | 140.0 kgs / 308.6 lbs Joell Frantz (VA) 3/2019 | 315.0 kgs / 694.4 lbs Kathleen Carpenter (VA) 7/2018 |
| 60-64 | 100.0 kgs / 220.4 lbs Gloria Knight-McNeil (NC) 11/2023 | 83.0 kgs / 182.9 lbs Gloria Knight-McNeil (NC) 11/2023 | 145.5 kgs / 320.7 lbs Hyacinth Joseph (NC) 4/2018 | 303.0 kgs / 667.9 lbs Gloria Knight-McNeil (NC) 11/2023 |
| 65-69 | 68.0 kgs / 149.9 lbs Karen Hansen (VA) 6/2017 | 53.0 kgs / 116.8 lbs Karen Hansen (VA) 6/2017 | 132.5 kgs / 292.1 lbs Karen Hansen (VA) 9/2015 | 246.0 kgs / 542.3 lbs Karen Hansen (VA) 6/2017 |
| 70-74 | 82.5 kgs / 181.8 lbs Karen Hansen (VA) 3/2019 | 57.5 kgs / 126.7 lbs Karen Hansen (VA) 10/2018 | 126.0 kgs / 277.7 lbs Karen Hansen (VA) 6/2018 | 257.5 kgs / 567.6 lbs Karen Hansen (VA) 3/2019 |
| Police/Fire/Mil | 112.5 kgs / 248.0 lbs Tomi Dement (VA) 2/2024 | 82.5 kgs / 181.8 lbs Hyacinth Joseph (NC) 11/2017 | 160.0 kgs / 352.7 lbs Tomi Dement (VA) 2/2024 | 342.5 kgs / 755.0 lbs Tomi Dement (VA) 2/2024 |
| Spec. Oly. | 85.0 kgs / 187.3 lbs Joni Talavera (PA) 6/2016 | 52.5 kgs / 115.7 lbs Joni Talavera (PA) 6/2016 | 102.5 kgs / 225.9 lbs Joni Talavera (PA) 6/2016 | 240.0 kgs / 529.1 lbs Joni Talavera (PA) 6/2016 |
| Handicapped | 97.5 kgs / 214.9 lbs Alexis Rowley (PA) 12/2023 | 70.0 kgs / 154.3 lbs Alexis Rowley (PA) 12/2023 | 127.5 kgs / 281.0 lbs Alexis Rowley (PA) 12/2023 | 295.0 kgs / 650.3 lbs Alexis Rowley (PA) 12/2023 |

| Weight Class: 90+ / 198+ Female / Powerlifting | | | | |
|---|---|--|--|---|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 205.0 kgs / 451.9 lbs Emily Wingo (VA) 10/2017 | 125.5 kgs / 276.6 lbs Lisa Quevedo (CA) 10/2013 | 226.86 kgs / 500.1 lbs Anna Stamets (FL) 3/2023 | 505.90000000000003 kgs / 1115.3 lbs Anna Stamets (FL) 3/2023 |
| 11 and under | 87.5 kgs / 192.9 lbs Olivia Stedman (NC) 5/2023 | 57.5 kgs / 126.7 lbs Olivia Stedman (NC) 5/2023 | 107.5 kgs / 236.9 lbs Olivia Stedman (NC) 5/2023 | 252.5 kgs / 556.6 lbs Olivia Stedman (NC) 5/2023 |
| 12-13 | 100.0 kgs / 220.4 lbs Victoria Vasquez (MD) 7/2010 | 68.5 kgs / 151.0 lbs Victoria Vasquez (MD) 7/2010 | 137.5 kgs / 303.1 lbs Victoria Vasquez (MD) 7/2010 | 306.0 kgs / 674.6 lbs Victoria Vasquez (MD) 7/2010 |
| 14-15 | 160.0 kgs / 352.7 lbs Samantha Davis (OH) 4/2021 | 104.3 kgs / 229.9 lbs Shannon Summers (SC) 12/1998 | 172.5 kgs / 380.2 lbs Samantha Davis (OH) 4/2021 | 432.5 kgs / 953.4 lbs Samantha Davis (OH) 4/2021 |
| 16-17 | 181.4 kgs / 399.9 lbs Shannon Summers (SC) 12/1999 | 124.7 kgs / 274.9 lbs Shannon Summers (SC) 12/1999 | 175.0 kgs / 385.8 lbs Lindsay Field (NY) 4/2017 | 471.7 kgs / 1039.9 lbs Shannon Summers (SC) 12/1999 |
| 18-19 | 142.5 kgs / 314.1 lbs Lindsay Field (NY) 10/2018 | 75.0 kgs / 165.3 lbs Brittany Luzier (PA) 4/2017 | 177.5 kgs / 391.3 lbs Lindsay Field (NY) 10/2017 | 372.5 kgs / 821.2 lbs Lindsay Field (NY) 10/2018 |
| 20-24 | 182.5 kgs / 402.3 lbs Kopper Carter (VA) 10/2016 | 125.5 kgs / 276.6 lbs Lisa Quevedo (CA) 10/2013 | 205.0 kgs / 451.9 lbs Kopper Carter (VA) 6/2017 | 490.0 kgs / 1080.2 lbs Kopper Carter (VA) 6/2017 |
| 35-39 | 170.0 kgs / 374.7 lbs Brandi Sneed (IN) 10/2016 | 105.0 kgs / 231.4 lbs Brandi Sneed (IN) 10/2016 | 200.0 kgs / 440.9 lbs Malesia Taylor (VA) 11/2023 | 450.0 kgs / 992.0 lbs Malesia Taylor (VA) 11/2023 |

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|-----------------|---|---|---|--|
| 40-44 | 190.56 kgs / 420.1 lbs LaRiena Ferguson (FL) 3/2023 | 99.7 kgs / 219.7 lbs Kari Saban (FL) | 186.03 kgs / 410.1 lbs LaRiena Ferguson (FL) 3/2023 | 471.87 kgs / 1040.2 lbs LaRiena Ferguson (FL) 3/2023 |
| 45-49 | 147.5 kgs / 325.1 lbs Suzanne Ady (MT) 8/2016 | 87.5 kgs / 192.9 lbs Shri Drake (AZ) 2010 | 155.0 kgs / 341.7 lbs Kim Elletson (NC) 4/2019 | 372.5 kgs / 821.2 lbs Suzanne Ady (MT) 8/2016 |
| 50-54 | 158.8 kgs / 350.0 lbs Anna Stamets (FL) 3/2023 | 120.24 kgs / 265.0 lbs Anna Stamets (FL) 3/2023 | 226.86 kgs / 500.1 lbs Anna Stamets (FL) 3/2023 | 505.90000000000003 kgs / 1115.3 lbs Anna Stamets (FL) 3/2023 |
| 55-59 | 122.5 kgs / 270.0 lbs Charlotte Baker (VA) 2/2024 | 73.0 kgs / 160.9 lbs Charlotte Baker (VA) 11/2023 | 158.0 kgs / 348.3 lbs Charlotte Baker (VA) 2/2024 | 350.5 kgs / 772.7 lbs Charlotte Baker (VA) 2/2024 |
| 60-64 | 110.0 kgs / 242.5 lbs Karen Repino (PA) 11/2023 | 65.0 kgs / 143.2 lbs Karen Repino (PA) 11/2023 | 127.5 kgs / 281.0 lbs Karen Repino (PA) 11/2023 | 302.5 kgs / 666.8 lbs Karen Repino (PA) 11/2023 |
| 65-69 | 106.5 kgs / 234.7 lbs Beatrice Temple (FL) 6/2022 | 54.4 kgs / 119.9 lbs Beatrice Temple (FL) 6/2022 | 136.0 kgs / 299.8 lbs Beatrice Temple (FL) 6/2022 | 296.9 kgs / 654.5 lbs Beatrice Temple (FL) 6/2022 |
| Police/Fire/Mil | 122.5 kgs / 270.0 lbs Charlotte Baker (VA) 2/2024 | 87.5 kgs / 192.9 lbs Shri Drake (AZ) 2010 | 158.0 kgs / 348.3 lbs Charlotte Baker (VA) 2/2024 | 350.5 kgs / 772.7 lbs Charlotte Baker (VA) 2/2024 |
| Spec. Oly. | 72.5 kgs / 159.8 lbs Joni Talavera (PA) 12/2023 | 47.5 kgs / 104.7 lbs Joni Talavera (PA) 12/2023 | 105.0 kgs / 231.4 lbs Joni Talavera (PA) 12/2023 | 225.0 kgs / 496.0 lbs Joni Talavera (PA) 12/2023 |