



2024 Women's Rankings

Updated 04/25/2024 Ed Kutin

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2024 Squat Rankings				Female			
Weight Class: 44 / 97		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	57.5	126.7	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	32.5	71.6	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	30	66.1	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
5	13.6078	29.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 48 / 105		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Cassidy Conaghan	Canada	2024 Icebreaker		Canada
2	70	154.3	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA
3	57.5	126.7	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 52 / 114		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Katherine Lizarraga	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	85	187.3	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
3	82.5	181.8	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada
4	45	99.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	40	88.1	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
6	37.5	82.6	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Laura Siegle	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	92.5	203.9	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA
3	87.5	192.9	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA
4	70	154.3	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	65	143.2	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 60 / 132		Squat		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
2	115	253.5	Tatiana Onyschtschuk	Canada	2024 Icebreaker		Canada
3	107.5	236.9	Mica Tiongan	Canada	2024 Icebreaker		Canada
4	100.5	221.5	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA
5	92.5	203.9	Sydney Worley	US-PA	2024 Great Lakes Championships	Erie	PA
6	87	191.8	Ella Zeitner	Canada	2024 Icebreaker		Canada
7	75	165.3	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Heights	OH
8	62.5	137.7	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
2	117.5	259	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
3	115	253.5	Gabrielle Reid	Canada	2024 Icebreaker		Canada
4	102.5	225.9	Katie Fraser	Canada	Lift 4 Kids Open		Canada
5	95	209.4	Julie Grey	Canada	Lift 4 Kids Open		Canada
	95	209.4	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
7	75	165.3	Kelly Gilson	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
8	70	154.3	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
9	67.5	148.8	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
10	65	143.2	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
11	47.5	104.7	Lynne Michaud	Canada	2024 Icebreaker		Canada
12	42.5	93.6	Cynthia Kremenik	US-PA	2024 Great Lakes Championships	Erie	PA
13	40	88.1	Karina Harris	Canada	2024 Icebreaker		Canada

Weight Class: 75 / 165				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	130	286.5	Malori Stan	Canada	2024 Icebreaker		Canada
2	110	242.5	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
3	107.5	236.9	Emma Pollard	Canada	2024 Icebreaker		Canada
4	105	231.4	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
5	90	198.4	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA
	90	198.4	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
7	65	143.2	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	163	359.3	Mackenzie Taylor	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	136.5	300.9	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	130.5	287.7	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
4	112.5	248	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
5	110.5	243.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
6	105	231.4	Janais Turuk	Canada	2024 Icebreaker		Canada
7	97.5	214.9	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
8	92.5	203.9	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
9	90	198.4	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
10	77.5	170.8	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ
11	75	165.3	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
12	67.5	148.8	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
13	52	114.6	Sonya Jones	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 90 / 198				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	137.5	303.1	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
2	112.5	248	Tomi Dement	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	107.5	236.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
4	105	231.4	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	75	165.3	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
6	55	121.2	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
7	32.5	71.6	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90+ / 198+				Squat		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Rachel Clarke	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	142.5	314.1	Ivy Lander	US-PA	2024 Great Lakes Championships	Erie	PA

3	127.5	281	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	120	264.5	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
5	117.5	259	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
	117.5	259	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
7	112.5	248	Maria Anderson	Canada	Lift 4 Kids Open		Canada
8	105	231.4	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
9	87.5	192.9	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA
10	85	187.3	Kristin Smith	Canada	Lift 4 Kids Open		Canada
	85	187.3	Elaine Ostrander	US-MD	2024 Masters Nationals - Powerlifting	York	PA
12	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
13	62.5	137.7	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
14	60	132.2	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada

2024 Bench Press Rankings Female

Weight Class: 44 / 97				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42.5	93.6	Karen Poyner	US-VA	2024 Battle of the Border	Currituck	NC
2	37.5	82.6	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
	37.5	82.6	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	17.5	38.5	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
5	15.8757	34.9	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
6	6.80389	14.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 48 / 105				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	70	154.3	Cassidy Conaghan	Canada	2024 Icebreaker		Canada
2	42.5	93.6	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA
3	35.5	78.2	Gianna Beacham	US-NC	2024 Battle of the Border	Currituck	NC
4	30	66.1	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 52 / 114				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	60.5	133.3	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada
2	52.5	115.7	Katherine Lizarraga	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	42.5	93.6	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	40	88.1	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
	40	88.1	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
6	28.1227	61.9	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
7	27.5	60.6	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA
8	21.3188	46.9	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 56 / 123				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	65	143.2	Laura Siegle	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	55	121.2	Lela Pensyl	US-PA	2024 Great Lakes Championships	Erie	PA
3	50	110.2	Natasha Esteves	US-CT	Owego Winter Classic 2024	Owego	NY
4	47.5	104.7	Jo Hendon	US-VA	Ironbuilt 804 Classic	Ashland	VA
	47.5	104.7	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
	47.5	104.7	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA
7	42.5	93.6	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
8	32.5	71.6	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 60 / 132				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	72.5	159.8	Tatiana Onyschtschuk	Canada	2024 Icebreaker		Canada
	72.5	159.8	Monty Lenzi	Canada	Lift 4 Kids Open		Canada

3	70	154.3	Mica Tiongan	Canada	2024 Icebreaker		Canada
4	65	143.2	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA
5	57.5	126.7	Ella Zeitner	Canada	2024 Icebreaker		Canada
6	52.5	115.7	Sydney Worley	US-PA	2024 Great Lakes Championships	Erie	PA
7	45	99.2	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Hieghts	OH
8	40	88.1	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 67.5 / 148			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	80	176.3	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
2	75	165.3	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY
	75	165.3	Gabrielle Reid	Canada	2024 Icebreaker		Canada
	75	165.3	Katie Fraser	Canada	Lift 4 Kids Open		Canada
5	72.5	159.8	Danielle Gambardella	US-CT	Owego Winter Classic 2024	Owego	NY
6	68	149.9	Giuliana Hess	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
7	67.5	148.8	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
8	57.5	126.7	Sue Kish	Canada	2024 Icebreaker		Canada
	57.5	126.7	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
10	55	121.2	Linda Eggleston	US-NY	Owego Winter Classic 2024	Owego	NY
11	50	110.2	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	50	110.2	Julie Grey	Canada	Lift 4 Kids Open		Canada
13	47.5	104.7	Kelly Gilson	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
14	45	99.2	Lynne Michaud	Canada	2024 Icebreaker		Canada
	45	99.2	Madison Jaffe	US-OH	2024 Tri-State Championship	Bedford Hieghts	OH
	45	99.2	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
17	43	94.7	Karina Harris	Canada	2024 Icebreaker		Canada
18	42.5	93.6	Diane Hiller	US-NY	Owego Winter Classic 2024	Owego	NY
19	37.5	82.6	Patricia Fedoryk	US-VA	Ironbuilt 804 Classic	Ashland	VA
20	35	77.1	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 75 / 165			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	Alexis Kajencki	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
2	75	165.3	Stacy Burak	Canada	2024 Icebreaker		Canada
3	70	154.3	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
4	67.5	148.8	Malori Stan	Canada	2024 Icebreaker		Canada
5	65	143.2	Jane Thompson	Canada	2024 Icebreaker		Canada
6	62.5	137.7	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
	62.5	137.7	Mia Gaylord	US-NY	Owego Winter Classic 2024	Owego	NY
	62.5	137.7	Emma Pollard	Canada	2024 Icebreaker		Canada
9	60	132.2	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA
	60	132.2	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
11	57.5	126.7	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
12	50	110.2	Michaela Dilorenzo	US-NY	Owego Winter Classic 2024	Owego	NY
13	35	77.1	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	92.5	203.9	Mackenzie Taylor	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
2	80	176.3	Courtney Johnston	Canada	2024 Icebreaker		Canada
	80	176.3	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
4	75	165.3	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
	75	165.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
6	67.5	148.8	Colleen Woods	US-NY	Owego Winter Classic 2024	Owego	NY
7	65	143.2	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
8	60	132.2	Taylor Friesen	Canada	Lift 4 Kids Open		Canada

	60	132.2	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
10	55	121.2	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
11	52.5	115.7	Janais Turuk	Canada	2024 Icebreaker		Canada
	52.5	115.7	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
13	47.5	104.7	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
	47.5	104.7	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
	47.5	104.7	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
16	45	99.2	Sonya Jones	US-VA	Ironbuilt 804 Classic	Ashland	VA
17	37.5	82.6	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ

Weight Class: 90 / 198				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
2	77.5	170.8	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	70	154.3	Tomi Dement	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	65	143.2	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
5	60	132.2	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY
6	55	121.2	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
7	47.5	104.7	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
8	42.5	93.6	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
9	29.4835	64.9	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 90+ / 198+				Bench Press		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	105	231.4	KB Kofsuske	US-CT	Owego Winter Classic 2024	Owego	NY
2	77	169.7	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	75	165.3	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
	75	165.3	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
5	73.5	162	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
6	72.5	159.8	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
7	70	154.3	Rachel Clarke	US-PA	2024 Masters Nationals - Powerlifting	York	PA
8	67.5	148.8	Maria Anderson	Canada	Lift 4 Kids Open		Canada
	67.5	148.8	Ivy Lander	US-PA	2024 Great Lakes Championships	Erie	PA
10	65	143.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
11	62.5	137.7	Sydney Katz	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
12	55	121.2	Kristin Smith	Canada	Lift 4 Kids Open		Canada
13	52.5	115.7	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA
14	50	110.2	Rachel Ryan	Canada	2024 Icebreaker		Canada
15	47.5	104.7	Elaine Ostrander	US-MD	2024 Masters Nationals - Powerlifting	York	PA
16	42.5	93.6	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
17	32.5	71.6	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

2024 Deadlift Rankings Female

Weight Class: 44 / 97				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
2	87.5	192.9	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
3	46	101.4	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	37.5	82.6	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
5	29.4835	64.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 48 / 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Cassidy Conaghan	Canada	2024 Icebreaker		Canada
2	113	249.1	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA
3	72.5	159.8	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

4 67.5 148.8 Gianna Beacham US-NC 2024 Battle of the Border Currituck NC

Weight Class: 52 / 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Katherine Lizarraga	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	105	231.4	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada
	105	231.4	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
4	90	198.4	Alexandra Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
5	80	176.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
6	75	165.3	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA
7	65	143.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
8	62.5	137.7	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
9	52.5	115.7	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA

Weight Class: 56 / 123				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	162.5	358.2	Laura Siegle	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	105	231.4	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
	105	231.4	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA
4	102.5	225.9	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
	102.5	225.9	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
2	130	286.5	Mica Tiongan	Canada	2024 Icebreaker		Canada
	130	286.5	Tatiana Onyschtschuk	Canada	2024 Icebreaker		Canada
4	115	253.5	Ella Zeitner	Canada	2024 Icebreaker		Canada
5	107.5	236.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
	107.5	236.9	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA
7	100	220.4	Sydney Worley	US-PA	2024 Great Lakes Championships	Erie	PA
8	93	205	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Heights	OH

Weight Class: 67.5 / 148				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	155	341.7	Danielle Gambardella	US-CT	Owego Winter Classic 2024	Owego	NY
2	150.5	331.7	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY
3	145	319.6	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
4	141.5	311.9	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
5	140	308.6	Gabrielle Reid	Canada	2024 Icebreaker		Canada
6	132.5	292.1	Katie Fraser	Canada	Lift 4 Kids Open		Canada
7	130	286.5	Cristen Byerly	US-NC	2024 Battle of the Border	Currituck	NC
8	115	253.5	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
9	102.5	225.9	Linda Eggleston	US-NY	Owego Winter Classic 2024	Owego	NY
	102.5	225.9	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	102.5	225.9	Julie Grey	Canada	Lift 4 Kids Open		Canada
12	100	220.4	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
13	97.5	214.9	Lynne Michaud	Canada	2024 Icebreaker		Canada
14	92.5	203.9	Kelly Gilson	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
15	91	200.6	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
16	90	198.4	Karina Harris	Canada	2024 Icebreaker		Canada
17	70	154.3	Cynthia Kremenik	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	147.5	325.1	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA

2	135	297.6	Malori Stan	Canada	2024 Icebreaker		Canada
3	132.5	292.1	Mia Gaylord	US-NY	Owego Winter Classic 2024	Owego	NY
	132.5	292.1	Jane Thompson	Canada	2024 Icebreaker		Canada
5	127.5	281	Madelynn Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
6	125	275.5	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
7	117.5	259	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
	117.5	259	Emma Pollard	Canada	2024 Icebreaker		Canada
9	112.5	248	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA
10	110	242.5	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
11	82.5	181.8	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	172.5	380.2	Courtney Johnston	Canada	2024 Icebreaker		Canada
2	170	374.7	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC
3	158	348.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
4	145.5	320.7	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	140	308.6	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
6	135	297.6	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
7	130	286.5	Colleen Woods	US-NY	Owego Winter Classic 2024	Owego	NY
8	128	282.1	Jennifer Tramontano	US-CT	Owego Winter Classic 2024	Owego	NY
9	122.5	270	Janais Turuk	Canada	2024 Icebreaker		Canada
	122.5	270	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
11	115	253.5	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
12	112.5	248	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
13	110	242.5	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
14	107.5	236.9	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
15	105	231.4	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ
	105	231.4	Sonya Jones	US-VA	2024 Eastern Open	Woodstock	PA
17	102.5	225.9	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY

Weight Class: 90 / 198				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	177.5	391.3	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
2	160	352.7	Tomi Dement	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	150	330.6	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
4	117.5	259	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
5	115	253.5	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
6	85	187.3	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
7	67.5	148.8	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY
8	20	44	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	205	451.9	Rachel Clarke	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	177.5	391.3	Erica Rojek	US-MD	Ironbuilt 804 Classic	Ashland	VA
3	175	385.8	KB Kofsuske	US-CT	Owego Winter Classic 2024	Owego	NY
4	162.5	358.2	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
	162.5	358.2	Ivy Lander	US-PA	2024 Great Lakes Championships	Erie	PA
6	147.5	325.1	Maria Anderson	Canada	Lift 4 Kids Open		Canada
7	145	319.6	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
	145	319.6	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
9	130	286.5	Amanda Dellinger	US-VA	2024 Masters Nationals - Powerlifting	York	PA
	130	286.5	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
11	122.5	270	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
12	120	264.5	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC

	120	264.5	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA
14	110	242.5	Elaine Ostrander	US-MD	2024 Masters Nationals - Powerlifting	York	PA
15	105	231.4	Rachel Ryan	Canada	2024 Icebreaker		Canada
16	102.5	225.9	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
17	92.5	203.9	Sonya Stengel	US-OH	2024 Tri-State Championship	Bedford Hieghts	OH
18	87.5	192.9	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	87.5	192.9	Kristin Smith	Canada	Lift 4 Kids Open		Canada

2024 Total Rankings Female

Weight Class: 44 / 97				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	205	451.9	Ashley Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				
2	182.5	402.3	Kylie May	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL				
3	94.3757	208	Avigayil Lundgren	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				
4	85	187.3	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA				
5	49.89519	109.9	Caitlyn Cowley	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				

Weight Class: 48 / 105				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	354.5	781.5	Cassidy Conaghan	Canada	2024 Icebreaker		Canada				
2	225.5	497.1	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA				
3	160	352.7	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				

Weight Class: 52 / 114				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	277.5	611.7	Katherine Lizarraga	US-VA	Ironbuilt 804 Classic	Ashland	VA				
2	248	546.7	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada				
3	230	507	Natalie Norcross	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				
4	160	352.7	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA				
5	138.1227	304.5	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				
6	121.3188	267.4	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL				

Weight Class: 56 / 123				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	342.5	755	Laura Siegle	US-VA	Ironbuilt 804 Classic	Ashland	VA				
2	245	540.1	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA				
3	222.5	490.5	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA				
		222.5	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA				
5	210	462.9	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA				

Weight Class: 60 / 132				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	362.5	799.1	Monty Lenzi	Canada	Lift 4 Kids Open		Canada				
2	317.5	699.9	Tatiana Onyschtschuk	Canada	2024 Icebreaker		Canada				
3	307.5	677.9	Mica Tiongan	Canada	2024 Icebreaker		Canada				
4	273	601.8	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA				
5	257	566.5	Ella Zeitner	Canada	2024 Icebreaker		Canada				
6	245	540.1	Sydney Worley	US-PA	2024 Great Lakes Championships	Erie	PA				
7	210	462.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA				
8	197.5	435.4	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Hieghts	OH				

Weight Class: 67.5 / 148				Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location					
1	355	782.6	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA				
2	330	727.5	Gabrielle Reid	Canada	2024 Icebreaker		Canada				
3	326.5	719.8	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA				

4	310	683.4	Katie Fraser	Canada	Lift 4 Kids Open		Canada
5	267.5	589.7	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
6	247.5	545.6	Julie Grey	Canada	Lift 4 Kids Open		Canada
7	222.5	490.5	Hadley Winslow	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
8	215	473.9	Kelly Gilson	US-NJ	2024 NJ State Championships	Fair Lawn	NJ
9	212.5	468.4	Christina Milie	US-PA	2024 Masters Nationals - Powerlifting	York	PA
10	191	421	Carly Cooper	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
11	190	418.8	Lynne Michaud	Canada	2024 Icebreaker		Canada
12	173	381.3	Karina Harris	Canada	2024 Icebreaker		Canada
13	142.5	314.1	Cynthia Kremenik	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 75 / 165				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	332.5	733	Malori Stan	Canada	2024 Icebreaker		Canada
2	315	694.4	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
3	300	661.3	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
4	287.5	633.8	Emma Pollard	Canada	2024 Icebreaker		Canada
5	262.5	578.7	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA
6	260	573.1	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
7	182.5	402.3	Debbie Polacek	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

Weight Class: 82.5 / 181				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	420	925.9	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	363.5	801.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
3	351.5	774.9	Madison Berry	US-NC	2024 Youth & Teenage National Championships	Melbourne	FL
4	321	707.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
5	282.5	622.7	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
6	280	617.2	Janais Turuk	Canada	2024 Icebreaker		Canada
7	272.5	600.7	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
8	260	573.1	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
9	252.5	556.6	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
10	250	551.1	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
11	235	518	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
12	220	485	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ
13	182	401.2	Sonya Jones	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 90 / 198				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	397.5	876.3	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
2	342.5	755	Tomi Dement	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	322.5	710.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
4	275	606.2	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
5	240	529.1	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
6	146.9835	324	Sarah Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
7	117.5	259	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA

Weight Class: 90+ / 198+				Total		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	425	936.9	Rachel Clarke	US-PA	2024 Masters Nationals - Powerlifting	York	PA
2	372.5	821.2	Ivy Lander	US-PA	2024 Great Lakes Championships	Erie	PA
3	363.5	801.3	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	342	753.9	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
5	327.5	722	Maria Anderson	Canada	Lift 4 Kids Open		Canada
6	322.5	710.9	Janelle Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
7	310	683.4	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC

8	302.5	666.8	Erin Gorney	US-PA	2024 Great Lakes Championships	Erie	PA
9	275	606.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA
10	260	573.1	Janis Ferguson	US-PA	2024 Great Lakes Championships	Erie	PA
11	242.5	534.6	Elaine Ostrander	US-MD	2024 Masters Nationals - Powerlifting	York	PA
12	227.5	501.5	Kristin Smith	Canada	Lift 4 Kids Open		Canada
13	205	451.9	Jennelle Thomson	Canada	Lift 4 Kids Open		Canada
14	182.5	402.3	Danielle Diecidue	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL

2024 Strict Curl Rankings Female

Weight Class: 30 / 66				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	7.5	16.5	Sylvia Hunter	US-NY	Owego Winter Classic 2024	Owego	NY

Weight Class: 44 / 97				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	25	55.1	Karen Poyner	US-VA	2024 Battle of the Border	Currituck	NC

Weight Class: 52 / 114				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	26	57.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
2	15	33	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA

Weight Class: 56 / 123				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Natasha Esteves	US-CT	Owego Winter Classic 2024	Owego	NY
2	32.5	71.6	Denise Jaffe	US-OH	2024 Tri-State Championship	Bedfor Hieghts	OH
3	32	70.5	Mariela Olivares	US-MD	Ironbuilt 804 Classic	Ashland	VA
4	25.5	56.2	Jo Hendon	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 60 / 132				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36	79.3	Reagan Charlton	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	35.5	78.2	Krystal Brown	US-VA	2024 Masters Nationals - SC - Ironman	York	PA

Weight Class: 67.5 / 148				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	46	101.4	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY
2	44.5	98.1	Danielle Gambardella	US-CT	Owego Winter Classic 2024	Owego	NY
3	39.5	87	Linda Lee	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
4	34	74.9	Madison Jaffe	US-OH	2024 Tri-State Championship	Bedfor Hieghts	OH
5	33	72.7	Linda Eggleston	US-NY	Owego Winter Classic 2024	Owego	NY
6	29.5	65	Diane Hiller	US-NY	Owego Winter Classic 2024	Owego	NY
	29.5	65	Karina Harris	Canada	2024 Icebreaker		Canada
8	28.5	62.8	Sue Kish	Canada	2024 Icebreaker		Canada
9	23	50.7	Patricia Fedoryk	US-VA	Ironbuilt 804 Classic	Ashland	VA

Weight Class: 75 / 165				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	54	119	Alexis Kajencki	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
2	43.5	95.9	Stacy Burak	Canada	2024 Icebreaker		Canada
3	41	90.3	Linda Lee	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	39	85.9	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
5	34	74.9	Mia Gaylord	US-NY	Owego Winter Classic 2024	Owego	NY
6	26	57.3	Michaela Dilorenzo	US-NY	Owego Winter Classic 2024	Owego	NY

Weight Class: 82.5 / 181				Strict Curl		Female	
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Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	43.5	95.9	Mackenzie Taylor	US-NC	Fitness Warehouse Open	Elizabeth City	NC
2	40	88.1	Jennifer Tramontano	US-CT	Owego Winter Classic 2024	Owego	NY
3	38.5	84.8	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
4	38	83.7	Linda Arvey	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
5	36.5	80.4	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
6	29.5	65	Colleen Woods	US-NY	Owego Winter Classic 2024	Owego	NY
7	23	50.7	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ

Weight Class: 90 / 198			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41	90.3	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA
2	31	68.3	Gwen Bailey	US-MD	Ironbuilt 804 Classic	Ashland	VA
3	26.5	58.4	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY

Weight Class: 90+ / 198+			Strict Curl	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	51	112.4	KB Kofsuske	US-CT	Owego Winter Classic 2024	Owego	NY
2	45	99.2	Sydney Katz	US-MD	2024 Masters Nationals - SC - Ironman	York	PA
3	34.5	76	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
4	25	55.1	Sonya Stengel	US-OH	2024 Tri-State Championship	Bedford Hieghts	OH