



All Time Women's Rankings

Updated 10/26/2024 Ed Kutin

edkutin@gmail.com

All Time Squat Rankings			Female		
Weight Class: 44 / 97			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	105	231.4	Naomi Kutin	US-NJ	2013
2	95	209.4	Ericka Molieri	US-VA	
3	92.5	203.9	Danielle Tasher	US-PA	2012
4	82.5	181.8	Catherine Beninger	Canada	2018
5	77.5	170.8	Maribeth Lino	Philippines	2013
6	75	165.3	Sumaya Shakir	India	2014
	75	165.3	Karen Poyner	US-VA	2017
8	73.9	162.9	Beth-el Algarin	US-MN	2011
9	72.5	159.8	Kibian Vazquez	US-MD	
	72.5	159.8	Ashley Polacek	US-FL	2024
11	70.7	155.8	Abigail Scudder	US-CT	
12	70	154.3	Maria Kuchikian	Armenia	2010
	70	154.3	McKenna Kozina	Canada	2016
	70	154.3	Natalie Norcross	US-FL	2022
15	68	149.9	Gracie Bushee	US-NC	2023
16	65	143.2	Jill Neziri	US-NY	2017
	65	143.2	Mia Spragis-McMullen	US-FL	2022
18	62.5	137.7	Samantha Brickhouse	US-NC	
19	60	132.2	Ruth Snyder	US-PA	1999
	60	132.2	Bella Butler	US-PA	2023

Weight Class: 48 / 105			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	150	330.6	Cassidy Conaghan	Canada	2024
2	107.5	236.9	Naomi Kutin	US-NJ	2014
3	105	231.4	McKenna Kozina	Canada	2017
4	100	220.4	Jeanne Liu	US-VA	2018
5	95	209.4	Keri Davis	US-VA	2017
6	92.5	203.9	Kaitlyn Davis	US-NE	2018
7	90.72	200	Natalie Norcross	US-FL	2023
8	90	198.4	Karen Poyner	US-VA	
	90	198.4	Danielle Tasher	US-PA	2012
	90	198.4	Christina Lam	Canada	2016
11	87.5	192.9	Vanessa Ferla	US-PA	2016
12	85	187.3	Amanda Hunsucker	US-AZ	2016
	85	187.3	Susanna Nucci	Italy	2020
14	83.9	184.9	Abigail Scudder	US-CT	2002
15	82.5	181.8	Elizabeth Zeutschel	US-NC	
	82.5	181.8	Lauren Freeman	US-VA	
	82.5	181.8	Kimberly Ryman	US-VA	
	82.5	181.8	Jessica Smith	US-NC	2015

	82.5	181.8	Jill Neziri	US-NY	2022
20	81.6	179.8	Krystle McKenzie	US-DC	1999

Weight Class: 52 / 114			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	120	264.5	Marie Joaquin	Canada	2018
2	115	253.5	Hannah Kaminski	Canada	2018
3	113	249.1	Amanda Johner	Canada	2019
4	112.5	248	Naomi Kutin	US-NJ	2015
5	107.5	236.9	Kestrel Coon	US-VT	
	107.5	236.9	Izaba Paras	US-VA	2017
7	105	231.4	Elizabeth Cameron	US-AZ	2012
	105	231.4	Sharon O'Sullivan	Ireland	2017
9	102.5	225.9	Misty Posey	US-VA	
	102.5	225.9	Dianna Lugo	US-AZ	2015
	102.5	225.9	Arielle Sie-Mah	Canada	2015
	102.5	225.9	Allison Cross	US-VA	2016
	102.5	225.9	Erica Wang	US-MD	2019
	102.5	225.9	Gloria Leo	Italy	2021
15	100	220.4	Miranda Chambers	US-PA	2014
	100	220.4	Gloria Cheung	Canada	2018
	100	220.4	Christina Lahey	Canada	2023
18	97.5	214.9	Keri Davis	US-VA	2018
	97.5	214.9	Katherine Lizarraga	US-VA	2020
20	95.5	210.5	Kaylum Mills	US-NC	2023

Weight Class: 56 / 123			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	157	346.1	Elizabeth Craven	Australia	2018
2	140	308.6	Breann Thiessen	Canada	2015
3	135	297.6	Febrose Tsiode	Nauru	2018
4	132.5	292.1	Naomi Kutin	US-NJ	2016
5	130	286.5	Cara Tortoriello	US-PA	2017
	130	286.5	Jonalyn Barcarse	US-VA	2021
7	125	275.5	Melissa Barber	US-MD	2016
	125	275.5	Sherine Thoummarath	Canada	2017
	125	275.5	Marthe Henry	Canada	2019
10	120.2	264.9	Lori Snyder	US-PA	2005
11	120	264.5	Misty Posey	US-VA	
	120	264.5	Miranda Chambers	US-PA	2016
	120	264.5	Skylar Yanke	Canada	2019
14	117.5	259	Toni Herrmann	US-VA	2016
15	115	253.5	Melissa Klein	US-IL	
	115	253.5	Amanda Johner	Canada	2019
	115	253.5	Laura Siegle	US-VA	2021
	115	253.5	Haley-Jo Kenny	US-NY	2021
19	112.5	248	Mayra Armijo	US-NM	2014
	112.5	248	Jennifer Coffee	US-VA	2016
	112.5	248	Jenny Hua	Canada	2022

Weight Class: 60 / 132			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	147.5	325.1	Sherine Thoummarath	Canada	2017
2	142.5	314.1	Daniella Means	Hong Kong	2018
3	140	308.6	Lisa Suda	US-VA	2016
4	135	297.6	Antonina Burbytko	Ukraine	2014
	135	297.6	Jennifer Minella	US-NC	2020
6	132.5	292.1	Lauren Conrad	US-PA	2019

	132.5	292.1	Azlin Ferguson	Canada	2023
8	130	286.5	Megan Bain	Canada	2019
	130	286.5	Christine Trac	Canada	2019
	130	286.5	Jenn Lee	Canada	2019
11	127.5	281	Tiffany Hui	Canada	2019
12	125	275.5	Andrea White	US-NY	2014
	125	275.5	Miranda Weiter	US-KY	2017
14	124.7	274.9	Ellen Stein	US-NY	2007
15	122.5	270	Lara Evans-Mills	US-AZ	2015
	122.5	270	Lara Mills	US-AZ	2015
	122.5	270	Lindsay Ferzoco	US-MA	2016
	122.5	270	Ashley Enns	Canada	2019
	122.5	270	Haley Kothig	Canada	2024
20	122	268.9	Skylar Yanke	Canada	2019

Weight Class: 67.5 / 148			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	155.5	342.8	Naomi Kutin	US-NJ	2022
2	155	341.7	Lisa Lethbridge	Canada	2019
3	153.5	338.4	Hai Di	US-MD	2018
4	152.5	336.2	Aubrey Mester-Webb	US-VA	2015
5	147.5	325.1	Andrea Melito	Canada	2019
6	146	321.8	Leah Cameron	Canada	2018
7	145	319.6	Angela Webb	US-VA	
8	142.5	314.1	Latosha Floyd	US-VA	2014
	142.5	314.1	Deanna Fester	Canada	2015
	142.5	314.1	Audrey Carpenter	US-VA	2019
11	142	313	Abby Hall	Canada	2019
12	140.5	309.7	Rachelle Forget	Canada	2019
13	140	308.6	Sarah Cowley	Canada	2018
14	137.5	303.1	Maggie Moore	US-OH	2016
	137.5	303.1	Rosa Rodriguez	US-MD	2019
	137.5	303.1	Rachel Papson	US-PA	2024
17	135	297.6	Assumpta Feeney	Ireland	2016
	135	297.6	Michelle Wurschmidt	US-OH	2017
19	132.5	292.1	Suzanne LaForge	US-MA	
	132.5	292.1	Andrea White	US-NY	2014
	132.5	292.1	Dallas Smith	Canada	2015
	132.5	292.1	Virginia Forcellese	Italy	2020

Weight Class: 75 / 165			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	177.5	391.3	Miki Cestnik	US-MT	2016
2	167.5	369.2	Kelli Fagan	Australia	2018
3	165	363.7	Melissa Buhler	Canada	2019
4	163	359.3	Leah Cameron	Canada	2019
5	162.5	358.2	Erlinda Gomez	US-TX	2015
6	160	352.7	Mackenzie Taylor	US-NC	2023
7	157.5	347.2	Ashley Szczepaniec	US-VA	
	157.5	347.2	Jesse Akister	Australia	2018
9	155	341.7	Aubrey Mester-Webb	US-VA	2015
	155	341.7	Alexis Kajencki	US-MD	2023
11	152.5	336.2	Tierra Tucker	US-MD	2018
	152.5	336.2	Yasmine Halat	Canada	2023
13	150	330.6	Lisa Szabon-Smith	Canada	2018
	150	330.6	Leanne Knox	Australia	2018
15	147.5	325.1	Jesa Jenkins	US-OH	2016
	147.5	325.1	Angela Lewis	Canada	2019

	147.5	325.1	Jamie Augustine	US-PA	2022
18	145	319.6	Latosha Floyd	US-HI	2014
19	142.5	314.1	Deana Tollertson	US-AZ	2017
	142.5	314.1	Maria Rojas	US-VA	2019

Weight Class: 82.5 / 181			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	185.5	408.9	Lisa Gervais	Canada	2019
2	185	407.8	Danielle Philibert	Canada	2018
3	167.5	369.2	Mackenzie Taylor	US-NC	2023
4	165.5	364.8	Carlita Farmer	US-NC	
5	157.5	347.2	Darlene Phan	Australia	2018
6	150	330.6	Kathleen MacDonald	Canada	2019
7	149.6	329.8	Kacie Sharp	US-NE	2007
8	147.5	325.1	Allison White	US-VA	2019
9	147	324	Sara Burwash	Canada	2019
10	145	319.6	Jamie Jackson	US-VA	
	145	319.6	Angie Hobbs	US-NE	2014
12	141	310.8	Kari Saban	US-FL	2007
13	140	308.6	Courtney Dill	Canada	2018
14	137.5	303.1	Nicole Chavez	US-AZ	2014
	137.5	303.1	Alison Ludlow	Canada	2016
	137.5	303.1	Kristi Rowley	US-VA	2017
	137.5	303.1	Kristel Barber	US-VA	2018
	137.5	303.1	Heather Juachon	US-VA	2018
	137.5	303.1	Jordan Keehn	Canada	2018
	137.5	303.1	Monique Barba	US-AZ	2019
	137.5	303.1	Madison Berry	US-NC	2024

Weight Class: 90 / 198			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	190	418.8	Lisa Gervais	Canada	2019
2	185	407.8	Ogechi Akalegbere	US-MD	2017
3	175.5	386.9	Paulina Deng	Canada	2019
4	172.3	379.8	LaRiena Ferguson	US-FL	2022
5	167.8	369.9	Shannon Summers	US-SC	2000
6	167.5	369.2	Aria DeSimini	US-VA	2018
7	160	352.7	Riki Napiorkowski	US-NY	2018
8	155	341.7	Brandi Sneed	US-IN	2016
9	152.5	336.2	Katrina Diaz	US-IL	2014
	152.5	336.2	Sara Burwash	Canada	2019
11	152.3	335.7	Kari Saban	US-FL	2006
12	150	330.6	Angie Hobbs	US-NE	2016
	150	330.6	Rebecca Tucker	US-NY	2017
	150	330.6	Tara Steadman	US-CO	2018
15	147.5	325.1	Kelly Christian	US-VA	2019
16	145	319.6	Makayla Rozsa-Grover	Canada	2022
	145	319.6	Sasha Kone	US-PA	2023
18	142.5	314.1	Kacie Moser	US-NE	2015
	142.5	314.1	Marsha DiPeppe	US-VA	2018
	142.5	314.1	Alyssa DeWolfe	Canada	2019
	142.5	314.1	Arianna Rochester	US-PA	2023
	142.5	314.1	Madison Berry	US-NC	2024

Weight Class: 90+ / 198+			Squat	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	222.5	490.5	Yurika Kepae	Nauru	2018
2	205	451.9	Emily Wingo	US-VA	2017

3	190.56	420.1	LaRiena Ferguson	US-FL	2023
4	187.5	413.3	Marissa Wilson	US-MD	2018
5	182.5	402.3	Kopper Carter	US-VA	
	182.5	402.3	Sharalee Bustamante	Canada	2018
	182.5	402.3	Sarah Heminger	US-MA	2018
8	181.4	399.9	Shannon Summers	US-SC	
9	172.5	380.2	Emily Adams	US-VA	2015
	172.5	380.2	Kierstyn Bourdeau	US-CT	2021
11	170	374.7	Brandi Sneed	US-IN	2016
	170	374.7	Rebecca Brown	US-NY	2020
13	167.5	369.2	Alyssa Nelson	Canada	2021
14	162.5	358.2	Peri Evanoff	US-VA	2018
15	160	352.7	Shannon Scott	US-NC	2018
	160	352.7	Joanna Borecki	Canada	2019
	160	352.7	Samantha Davis	US-OH	2021
18	158.8	350	Anna Stamets	US-FL	2023
19	157.5	347.2	R Callen	US-VA	
	157.5	347.2	Robin Callan	US-VA	2016

All Time Bench Press Rankings

Female

Weight Class: 44 / 97

Bench Press			Female		
Rank	Lift	lbs	Lifter	Country	Year
1	67.5	148.8	Angelina Hong	US-TX	2015
2	54.4	119.9	Ruth Snyder	US-PA	1999
	54.4	119.9	Elizabeth Parker	US-FL	2022
4	54	119	Karen Poyner	US-VA	2017
5	52.5	115.7	Ashley Christiansen	US-NC	2020
6	51	112.4	Jessica McBride	US-NY	2007
7	50	110.2	Erica Molieri	US-VA	
	50	110.2	Heather Feingold	US-VA	2015
	50	110.2	Catherine Beninger	Canada	2018
10	47.5	104.7	Xenia Voloshin	Ukraine	2012
	47.5	104.7	Beth-el Algarin	US-MN	2011
12	45	99.2	Naomi Kutin	US-NJ	2013
	45	99.2	Sumaya Shakir	US-VA	2015
14	43.5	95.9	Samantha Brickhouse	US-NC	
15	42.9	94.5	Abigail Scudder	US-CT	
16	42.5	93.6	Kristine Connelly	US-IL	2007
	42.5	93.6	Valentine Klimentenko	Ukraine	2012
	42.5	93.6	Danielle Tasher	US-PA	2012
	42.5	93.6	Maribeth Lino	Philippines	2013
	42.5	93.6	Jill Nezir	US-NY	2017
	42.5	93.6	Rocky Luedeker	US-AZ	2018

Weight Class: 48 / 105

Bench Press			Female		
Rank	Lift	lbs	Lifter	Country	Year
1	77.5	170.8	Angelina Hong	US-TX	2014
2	70	154.3	Cassidy Conaghan	Canada	2024
3	64	141	McKenna Kozina	Canada	2017
4	63.5	139.9	Linda Richard	US-VA	2007
5	62.5	137.7	Jill Keilty	Canada	2014
6	61	134.4	Vanessa Ferla	US-PA	2016
7	60.5	133.3	Amanda Lajeunesse	US-AZ	2018
8	60.1	132.4	Karen Poyner	US-VA	2006
9	60	132.2	Amanda Hunsucker	US-AZ	2016
10	58.5	128.9	Marzia Girardi	Italy	2012
11	57.5	126.7	Lauren Freeman	US-VA	

	57.5	126.7	Lauren Rodriquez	US-VA	
	57.5	126.7	Viktoriya Kruglyak	Ukraine	2014
	57.5	126.7	Christina Lam	Canada	2016
	57.5	126.7	Rylea Yanke	Canada	2016
	57.5	126.7	Keri Davis	US-VA	2017
	57.5	126.7	Ashley Christiansen	US-NC	2024
18	56.7	125	Theresa Gill	US-OH	2007
19	55.4	122.1	Ruth Snyder	US-PA	2008
20	55	121.2	Catherine Sableva	Ukraine	2013
	55	121.2	Kaitlyn Davis	US-NE	2018
	55	121.2	Susanna Nucci	Italy	2020

Weight Class: 52 / 114			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	77.5	170.8	Kerry Self	US-VA	2017
2	76	167.5	Natasha Beasley	US-VA	2017
3	75	165.3	Julie Puetz	US-NE	2017
4	74.8	164.9	Deborah Flanagan	US-NC	2003
5	73.5	162	Bianca Luedeker	US-AZ	2014
6	72.5	159.8	Donna McBurney	US-MA	
	72.5	159.8	Olga Dombrovska	Ukraine	2014
8	70	154.3	Alevtina Lyakh	Ukraine	2014
	70	154.3	Steph Nesich	Australia	2017
	70	154.3	Amanda Johner	Canada	2019
11	68.5	151	Elizabeth Cameron	US-AZ	2011
12	65.5	144.4	Lisa Scheffmaier	Canada	2014
13	65	143.2	Rylea Yanke	Canada	2018
	65	143.2	Lori McMahon	US-PA	2021
15	63.5	139.9	Doreen Wofford	US-NC	2008
16	62.5	137.7	Jill Keilty	Canada	2014
	62.5	137.7	Diana Vall-Ilobera	US-VA	2015
	62.5	137.7	Jennifer Coffee	US-VA	2015
	62.5	137.7	Allison Cross	US-VA	2016
	62.5	137.7	Marie Joaquin	Canada	2018
	62.5	137.7	Christina Lahey	Canada	2023

Weight Class: 56 / 123			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	120	264.5	Febrose Tsiode	Nauru	2018
2	96	211.6	Giorgia Pratesi	Italy	2012
3	87.5	192.9	Jonalyn Barcarse	US-VA	2021
4	85	187.3	Miranda Chambers	US-PA	2016
	85	187.3	Elizabeth Craven	Australia	2018
6	82.5	181.8	Kerry Self	US-VA	2017
	82.5	181.8	Natasha Beasley	US-VA	2018
8	81	178.5	Amy Eaton	US-NC	2011
9	80	176.3	Michelle Watts	US-CA	
	80	176.3	Kelly Moore	US-WI	2009
	80	176.3	Melissa Hexter	US-MD	2015
	80	176.3	Julie Puetz	US-NE	2017
13	79.3	174.8	Gina Benton	US-NC	2007
14	78	171.9	Skylar Yanke	Canada	2019
15	77.5	170.8	Breann Thiessen	Canada	2015
	77.5	170.8	Taryn Haggerstone	Canada	2019
17	75	165.3	Bianca Luedeker	US-AZ	2013
	75	165.3	Mayra Armijo	US-NM	2014
	75	165.3	Jackie Hong	US-TX	2014
	75	165.3	Olga Dombrovska	Ukraine	2014

Weight Class: 60 / 132			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	127	279.9	Jennifer Thompson	US-NC	2006
2	92.5	203.9	Svetlana Dergaputskaya	Ukraine	2014
3	91.8	202.3	Amy Perlmutter	US-NJ	2000
4	85.5	188.4	Natasha Beasley	US-VA	2019
5	85	187.3	Antonina Burbytko	Ukraine	2014
	85	187.3	Andrea White	US-NY	2014
	85	187.3	Kerry Self	US-VA	2017
8	82.5	181.8	Amanda Brady	US-NM	2014
	82.5	181.8	Kimberly Beitzell	US-MD	2015
10	80	176.3	Daniella Means	Hong Kong	2018
11	79.3	174.8	Kelly Wescott	US-NC	2007
12	79	174.1	Patti McKee	US-AZ	2014
	79	174.1	Skylar Yanke	Canada	2019
14	77.5	170.8	Lindsay Ferzoco	US-MA	2016
	77.5	170.8	Lisa Suda	US-VA	2016
	77.5	170.8	Taryn Haggerstone	Canada	2018
	77.5	170.8	Megan Bain	Canada	2019
	77.5	170.8	Jennifer Minella	US-NC	2020
	77.5	170.8	Rebekah Rendino	US-NJ	2023
20	77	169.7	Christine Trac	Canada	2019

Weight Class: 67.5 / 148			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	105	231.4	Lina Zubritskaya	Ukraine	2012
2	104.6	230.6	Michelle Borzak	US-PA	2005
3	99.7	219.7	Donna White	US-NC	2003
4	97.5	214.9	Gloria Knight-McNeil	US-NC	1999
	97.5	214.9	Andrea White	US-NY	2014
6	90	198.4	Svetlana Dergaputskaya	Ukraine	2014
	90	198.4	Svetlana Pikalova	Ukraine	2014
	90	198.4	Abby Hall	Canada	2019
9	87.5	192.9	Kimberly Beitzell	US-MD	2016
10	86	189.5	Antonina Burbytko	Ukraine	2013
11	85	187.3	Latrese Reames	US-NC	2007
	85	187.3	Tara Steadman	US-AZ	2010
	85	187.3	Serena Imbriaco	Italy	2019
	85	187.3	Natasha Beasley	US-VA	2020
	85	187.3	Taylor Clarke	US-FL	2024
16	84.1	185.4	Marie Pritzl	US-FL	2008
17	82.5	181.8	Latosha Floyd	US-VA	
	82.5	181.8	Kelly Chance	US-VA	2015
	82.5	181.8	Lyn Pendley	US-VA	2018
	82.5	181.8	Hai Di	US-MD	2018

Weight Class: 75 / 165			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	105	231.4	Alexis Kajencki	US-MD	2024
2	102.5	225.9	Angela Lewis	Canada	2019
	102.5	225.9	Tierra Tucker	US-MD	2020
4	97.5	214.9	Joan Gardner	US-VT	2006
	97.5	214.9	Tammy Walker	US-NC	2009
	97.5	214.9	Tara Steadman	US-AZ	2010
7	95	209.4	Jesse Akister	Australia	2018
	95	209.4	Leah Cameron	Canada	2019
9	93.5	206.1	Joy Gardner	US-VT	

10	93	205	Lynne Nelson	US-VA	2006
11	92	202.8	Melissa Buhler	Canada	2019
12	90	198.4	Hayley Bloom	US-IA	2017
	90	198.4	Mackenzie Taylor	US-NC	2023
14	88.5	195.1	Cynthia Crossland	US-OK	2020
15	87.5	192.9	Ogechi Akalegbere	US-MD	2015
	87.5	192.9	Beth-el Algarin	US-MN	2015
	87.5	192.9	Miki Cestnik	US-MT	2016
	87.5	192.9	Andrea Maush	US-MD	2016
	87.5	192.9	Katrin Ribb	Germany	2023
20	86.6	190.9	T. Encarnacion	USA	2001

Weight Class: 82.5 / 181			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	115	253.5	Allison White	US-VA	2019
2	112.5	248	Tammy Walker	US-NC	2014
3	108.9	240	Kathy Roberts	US-VA	2006
4	107.5	236.9	Lisa Gervais	Canada	2019
5	106.6	235	LaToya Parrish	US-VA	2007
6	102.5	225.9	Missy Gentry	US-MT	2016
	102.5	225.9	Danielle Philibert	Canada	2018
8	100	220.4	Cristi Bartlett	US-NC	2010
9	97.7	215.3	Kari Saban	US-FL	2007
10	97.5	214.9	Kim Hodges	US-VA	2015
11	95	209.4	Carlita Farmer	US-NC	
	95	209.4	Hayley Bloom	US-IA	2017
13	93.4	205.9	Mackenzie Taylor	US-NC	2023
14	92.5	203.9	Sophia Hussary	US-AZ	2013
	92.5	203.9	Tara Maier	US-AZ	2013
	92.5	203.9	Sara Burwash	Canada	2015
	92.5	203.9	Erika Grill	US-AZ	2016
	92.5	203.9	Emily Raymond	US-NY	2024
19	90	198.4	Jamie Jackson	US-VA	
20	87.5	192.9	Patricia Rusinek	US-OH	2011
	87.5	192.9	Kristina-Marie Coleman	US-VA	2016
	87.5	192.9	Cynthia Crossland	US-OK	2018
	87.5	192.9	Jordan Keehn	Canada	2018

Weight Class: 90 / 198			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	122.5	270	LaToya Parrish	US-VA	2008
2	113.3	249.7	Shannon Summers	US-SC	2000
3	110	242.5	Lisa Gervais	Canada	2019
4	108.9	240	M. Stack	USA	2003
5	107.5	236.9	Riki Napiorkowski	US-NY	2018
	107.5	236.9	Tara Steadman	US-CO	2018
7	105	231.4	Ogechi Akalegbere	US-MD	2017
8	102.5	225.9	Nikki Creecy	US-NC	2013
	102.5	225.9	Sara Burwash	Canada	2018
	102.5	225.9	Cassidy Comly	US-PA	2018
	102.5	225.9	Martina Burton	US-MD	2020
12	102.1	225	Ramona Gilbert	US-NC	
13	102	224.8	America Marrow	US-NC	2007
14	100	220.4	Kari Saban	US-FL	2006
	100	220.4	Lisa Woodland	US-MD	2015
	100	220.4	Brandi Sneed	US-IN	2016
17	97.5	214.9	Kim Hodges	US-VA	2013
	97.5	214.9	Kacie Sharp	US-NE	2011

97.5	214.9	Farrah Tate	US-AZ	2015
97.5	214.9	Aria DeSimini	US-VA	2018
97.5	214.9	Mackenzie Taylor	US-NC	2024

Weight Class: 90+ / 198+			Bench Press	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	125.5	276.6	Lisa Quevedo	US-CA	2013
2	124.7	274.9	Shannon Summers	US-SC	
3	120.24	265	Anna Stamets	US-FL	2023
4	117.5	259	Jessica Read	US-VA	2012
5	112.5	248	Brandi Sneed	US-IN	2017
	112.5	248	Marissa Wilson	US-MD	2018
7	110	242.5	Cassidy Comly	US-PA	2018
8	107.5	236.9	Rochelle Comly-Dubbs	US-PA	2018
	107.5	236.9	Jontisha Goode	US-VA	2021
10	105	231.4	Rochelle Dubbs	US-PA	2018
	105	231.4	Yurika Kepae	Nauru	2018
	105	231.4	Kierstyn Bourdeau	US-CT	2023
	105	231.4	KB Kofsuske	US-CT	2024
14	102.5	225.9	Kopper Carter	US-VA	2017
15	100	220.4	Leslie Irwin	US-VA	2018
	100	220.4	Jontisha Goode	US-VA	2020
	100	220.4	Samantha Davis	US-OH	2021
18	99.7	219.7	Kari Saban	US-FL	
19	98.5	217.1	Michelle Carlsen	US-NY	2011
20	97.5	214.9	Latonia Brown	US-NC	2017
	97.5	214.9	Bonnie Petersen	US-NE	2018
	97.5	214.9	Shannon Scott	US-NC	2019
	97.5	214.9	Leah Swartz	US-PA	2023
	97.5	214.9	Malesia Taylor	US-VA	2023
	97.5	214.9	Michelle Pushinsky	US-PA	2024

All Time Deadlift Rankings			Female		
Weight Class: 44 / 97			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	113.5	250.2	Karen Poyner	US-VA	2017
2	113	249.1	Naomi Kutin	US-NJ	2013
3	112.5	248	Danielle Tasher	US-PA	2010
4	111.1	244.9	Paula Lorenzi	US-PA	2003
5	110	242.5	Koube Ngaaje	US-VA	2017
6	105.1	231.7	Abigail Scudder	US-CT	
7	105	231.4	Samantha Brickhouse	US-NC	
8	102.5	225.9	Ericka Molieri	US-VA	
9	97.5	214.9	Dennise Larios	US-AZ	2016
	97.5	214.9	Jill Neziri	US-NY	2017
	97.5	214.9	Dennise Childers	US-AZ	2017
	97.5	214.9	Catherine Beninger	Canada	2017
13	95	209.4	Olga Derderyan	Armenia	2010
	95	209.4	Maria Kuchikian	Armenia	2010
	95	209.4	Valentine Klimenko	Ukraine	2012
	95	209.4	Sumaya Shakir	US-VA	2015
	95	209.4	Natalie Norcross	US-FL	2022
	95	209.4	Ashley Polacek	US-FL	2024
19	92.5	203.9	Maribeth Lino	Philippines	2013
20	90.7	199.9	Kibian Vazquez	US-MD	1999

Weight Class: 48 / 105			Deadlift	Female	
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Rank	Lift	lbs	Lifter	Country	Year
1	160	352.7	Cassidy Conaghan	Canada	2024
2	138.5	305.3	Abigail Scudder	US-CT	2001
3	135	297.6	Keri Davis	US-VA	2017
4	130	286.5	Kimberly Ryman	US-VA	
5	128	282.1	Christina Lam	Canada	2016
6	127.5	281	Amanda Hunsucker	US-AZ	2016
	127.5	281	Kaitlyn Davis	US-NE	2017
8	122.5	270	Jamie Brissey	US-VA	
	122.5	270	Karen Poyner	US-VA	
	122.5	270	Kimberly Price	US-VA	2012
11	120	264.5	Naomi Kutin	US-NJ	2014
	120	264.5	Jeanne Liu	US-VA	2018
13	117.9	259.9	Benita Steffan	US-PA	2002
14	117.5	259	Vanessa Ferla	US-PA	2016
	117.5	259	Susanna Nucci	Italy	2020
16	115	253.5	Danielle Tasher	US-PA	2012
	115	253.5	Jill Nezir	US-NY	2022
18	112.5	248	Samantha Brickhouse	US-NC	
	112.5	248	Lauren Rodriquez	US-VA	
	112.5	248	McKenna Kozina	Canada	2018
	112.5	248	Jill Keilty	Canada	2023

Weight Class: 52 / 114			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	155	341.7	Donna McBurney	US-MA	2007
2	152.5	336.2	Natasha Beasley	US-VA	
3	150	330.6	Jasmine McAdams	US-DC	2019
4	147.5	325.1	Steph Nesich	Australia	2017
5	143	315.2	Parisa Souvannavong	US-VA	2016
6	142.8	314.8	Rebecca Skal	US-PA	1999
7	142.5	314.1	Keri Davis	US-VA	2019
8	140.5	309.7	Nicolle Lynskey	Ireland	2018
9	140	308.6	Kestrel Coon	US-VT	
	140	308.6	Misty Posey	US-VA	
	140	308.6	Izaba Paras	US-VA	2017
12	137.5	303.1	Kari Sakamoto	US-NE	2013
	137.5	303.1	Jennifer Coffee	US-VA	2015
14	135.5	298.7	Bianca Luedeker	US-AZ	2017
15	135	297.6	Michelle Lopez	US-AZ	2016
	135	297.6	Natasha Navarro	US-FL	2016
	135	297.6	Allison Cross	US-VA	2016
18	132.5	292.1	Leah Gitterman	Canada	2013
	132.5	292.1	Amanda Feist	US-NM	2015
20	130.5	287.7	Emily Mawaja	US-NE	2017

Weight Class: 56 / 123			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	192.5	424.3	Melissa Barber	US-MD	2016
2	185	407.8	Elizabeth Craven	Australia	2018
3	170.5	375.8	Laura Siegle	US-VA	2024
4	170	374.7	Lori Snyder	US-PA	2005
	170	374.7	Jonalyn Barcarse	US-VA	2021
6	165	363.7	Natasha Beasley	US-VA	2018
7	163	359.3	Sherine Thoummarath	Canada	2017
8	160	352.7	Mayra Armijo	US-NM	2014
9	158	348.3	Suzanne Davis	US-AZ	2014
	158	348.3	Marthe Henry	Canada	2019

11	157.5	347.2	Kelly Moore	US-WI	2009
12	155	341.7	Miranda Chambers	US-PA	2016
13	154.2	339.9	Rebecca Skal	US-PA	1999
14	152.5	336.2	Breann Thiessen	Canada	2015
	152.5	336.2	Jasmine McAdams	US-DC	2019
16	150	330.6	Jennifer Coffee	US-VA	
	150	330.6	Jenny Hua	Canada	2022
18	147.5	325.1	Tensley Clowser	US-VA	
	147.5	325.1	Sammantha Perrine	US-PA	2012
	147.5	325.1	Naomi Kutin	US-NJ	2016

Weight Class: 60 / 132			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	180	396.8	Natasha Beasley	US-VA	2020
2	177.5	391.3	Sandi Burke	Ireland	2019
	177.5	391.3	Haley Kothig	Canada	2024
4	175.5	386.9	Jennifer Coffee	US-VA	2017
5	175	385.8	Andrea White	US-NY	2014
	175	385.8	Daniella Means	Hong Kong	2018
7	172.5	380.2	Sherine Thoummarath	Canada	2017
8	172.3	379.8	Michelle Martucci	USA	2003
9	170	374.7	Monty Lenzi	Canada	2024
10	167.8	369.9	M Matuszewski	US-PA	2001
11	167.5	369.2	Amy Shedrick	US-VT	2012
12	160	352.7	Antonina Burbytko	Ukraine	2014
	160	352.7	Laura Campbell	Ireland	2018
	160	352.7	Giusy Zaffino	Italy	2019
15	157.5	347.2	Lisa Suda	US-VA	2016
	157.5	347.2	Tonya Motyka	Canada	2019
	157.5	347.2	Tiffany Hui	Canada	2019
18	155.5	342.8	Lauren Conrad	US-PA	2019
19	155	341.7	T. Weinhamer	US-PA	1998
	155	341.7	Selena Gavins	Canada	2014
	155	341.7	Anissa Colbert-Butler	US-MD	2015
	155	341.7	Sarah Sickert	US-PA	2018
	155	341.7	Christine Trac	Canada	2019
	155	341.7	Nicole Turturro	US-NJ	2021

Weight Class: 67.5 / 148			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	202.5	446.4	Tricia Floyd	US-VA	2021
2	190	418.8	Kenyatta Sterling	US-TX	2023
3	185	407.8	Whitney Johnson	US-NC	2015
	185	407.8	Suzanne LaForge	US-FL	2018
	185	407.8	Natasha Beasley	US-VA	2019
6	183.5	404.5	Lisa Lethbridge	Canada	2019
7	183	403.4	Dallas Smith	Canada	2015
	183	403.4	Naomi Kutin	US-NJ	2022
9	182.5	402.3	Latosha Floyd	US-VA	
	182.5	402.3	Andrea White	US-NY	2014
	182.5	402.3	Rebecca Stoddart	Canada	2018
12	175	385.8	Jamie King	Canada	2015
	175	385.8	Assumpta Feeney	Ireland	2016
	175	385.8	Courtney Young	US-NE	2017
15	172.5	380.2	Aubrey Mester-Webb	US-VA	2015
	172.5	380.2	Emily Weber	US-NE	2017
17	170	374.7	Sammantha Perrine	US-PA	2013
	170	374.7	Suzanne Spero	US-MA	2012

	170	374.7	Kendra Chevalier	US-NH	2021
20	167.5	369.2	Amy Shedrick	US-VT	
	167.5	369.2	Deanna Fester	Canada	2015
	167.5	369.2	Katherine Carrier	US-NC	2017
	167.5	369.2	Carmen Jolliff	US-OH	2017
	167.5	369.2	Erin Matheson	Canada	2018

Weight Class: 75 / 165			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	200	440.9	Miki Cestnik	US-MT	2016
2	195	429.8	Tricia Floyd	US-VA	2019
3	190	418.8	Kelli Fagan	Australia	2018
4	187.5	413.3	Latosha Floyd	US-VA	
	187.5	413.3	Aubrey Mester-Webb	US-VA	2016
	187.5	413.3	Rachel Johnson	US-VA	2018
7	185	407.8	Deana Tollertson	US-AZ	2017
	185	407.8	Marlena Morgan	US-FL	2024
	185	407.8	Paige Karolak	US-CA	2024
10	182.5	402.3	Dallas Smith	Canada	2015
	182.5	402.3	Jyoti Dahiya	India	2021
12	181.4	399.9	Kathy Roberts	US-VA	2005
13	180	396.8	Melanie Wonitoy	Canada	2017
14	177.5	391.3	Kimberley Clark	US-MA	
	177.5	391.3	Bonni Rodgers	Canada	2016
16	175	385.8	Emily Weber	US-NE	2018
	175	385.8	Alexis Kajencki	US-MD	2023
18	173	381.3	Mackenzie Taylor	US-NC	2023
19	172.5	380.2	Andrea Marsh	US-NY	2016
	172.5	380.2	Bonni Rogers	Canada	2016
	172.5	380.2	Jesse Akister	Australia	2018

Weight Class: 82.5 / 181			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	205	451.9	Carlita Farmer	US-NC	
2	200	440.9	Anna McCloskey	US-PA	2009
3	197.5	435.4	Allison White	US-VA	2019
4	195	429.8	Danielle Philibert	Canada	2017
5	192.5	424.3	Cristi Bartlett	US-NC	2010
6	190	418.8	Jamie Jackson	US-VA	
7	188.2	414.9	Alexandra Tavalez	US-GA	2023
8	185	407.8	Lisa Gervais	Canada	2016
9	182.5	402.3	Angie Hobbs	US-NE	2015
10	181.8	400.7	Kari Saban	US-FL	2007
11	180	396.8	Mackenzie Taylor	US-NC	2023
12	176.9	389.9	Kathy Roberts	US-VA	2007
13	175	385.8	Tara Maier	US-AZ	2013
	175	385.8	Tara Meier	US-AZ	2013
	175	385.8	Darlene Phan	Australia	2018
16	172.5	380.2	Kashona Singleton	US-NY	2015
	172.5	380.2	Courtney Johnston	Canada	2024
18	170	374.7	Agatha Cretzu	US-MA	2017
	170	374.7	Jordan Keehn	Canada	2018
	170	374.7	Monique Barba	US-AZ	2019

Weight Class: 90 / 198			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	210	462.9	Debora Tres	Brazil	2010
2	200	440.9	Aria DeSimini	US-VA	2018

3	197.5	435.4	Ogechi Akalegbere	US-MD	2017
	197.5	435.4	Martina Burton	US-MD	2020
5	195	429.8	Riki Napiorkowski	US-NY	2018
6	192.5	424.3	Kacie Sharp	US-NE	2011
7	185.9	409.8	Kathy Roberts	US-VA	2010
8	185	407.8	Nicole Jones	US-TX	2009
	185	407.8	Angie Hobbs	US-NE	2016
	185	407.8	Jacquelin Wuiff	US-NE	2017
	185	407.8	Arianna Rochester	US-PA	2023
12	184.1	405.8	Kari Saban	US-FL	2006
13	180	396.8	Rebecca Tucker	US-NY	2015
14	177.5	391.3	Brandi Sneed	US-IN	2016
	177.5	391.3	Christina Dean	US-PA	2017
	177.5	391.3	Mandi Johnson	US-PA	2024
17	175.5	386.9	Alyssa DeWolfe	Canada	2019
18	175	385.8	Elizabeth Gregory	US-NE	2015
	175	385.8	Reyna Florentino	US-NY	2018
	175	385.8	Paulina Deng	Canada	2019
	175	385.8	Lisa Gervais	Canada	2019

Weight Class: 90+ / 198+			Deadlift	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	226.86	500.1	Anna Stamets	US-FL	2023
2	206	454.1	Emily Wingo	US-VA	2017
3	205	451.9	Nicole Jones	US-TX	2015
	205	451.9	Kopper Carter	US-VA	2017
	205	451.9	Rachel Clarke	US-PA	2024
6	200	440.9	Malesia Taylor	US-VA	2023
7	192.5	424.3	Kacie Sharp	US-NE	2011
	192.5	424.3	Leah Swartz	US-PA	2023
9	187.5	413.3	Sarah Siegel	US-VA	2015
10	186.03	410.1	LaRiena Ferguson	US-FL	2023
11	185	407.8	Rebecca Tucker	US-NY	2016
	185	407.8	Jazmyne Claggett	US-MD	2018
13	183.9	405.4	Tammy Bukousky	US-PA	2006
14	183.7	404.9	Kari Saban	US-FL	
	183.7	404.9	Teresa Thompson	US-ID	2022
16	182.5	402.3	Maryann Reid	US-MA	2012
	182.5	402.3	Brandi Sneed	US-NC	2015
	182.5	402.3	Ebony Jones	US-MD	2017
	182.5	402.3	Felisha Fine	US-IA	2017
	182.5	402.3	Sarah Heminger	US-MA	2018
	182.5	402.3	Savannah Bragg	US-NC	2024

All Time Total Rankings			Female		
Weight Class: 44 / 97			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	257.5	567.6	Naomi Kutin	US-NJ	2013
2	247.5	545.6	Erica Molieri	US-VA	
	247.5	545.6	Danielle Tasher	US-PA	2012
4	237.5	523.5	Karen Poyner	US-VA	2017
5	231.8	511	Abigail Scudder	US-CT	
6	220	485	Catherine Beninger	Canada	2017
7	210	462.9	Sumaya Shakir	US-VA	2015
8	208.6	459.8	Paula Lorenzi	US-PA	2003
9	207.5	457.4	Samantha Brickhouse	US-NC	
10	205	451.9	Maribeth Lino	Philippines	2013

	205	451.9	Jill Nezir	US-NY	2017
	205	451.9	Ashley Polacek	US-FL	2024
13	197.5	435.4	Natalie Norcross	US-FL	2022
14	195	429.8	Maria Kuchikian	Armenia	2010
15	187.5	413.3	McKenna Kozina	Canada	2016
16	185	407.8	Ashley Christiansen	US-NC	2020
17	183.7	404.9	Ruth Snyder	US-PA	1999
18	182.5	402.3	Beth-el Algarin	US-MN	2010
	182.5	402.3	Kylie May	US-NC	2024
20	175	385.8	Gracie Bushee	US-NC	2023

Weight Class: 48 / 105			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	380	837.7	Cassidy Conaghan	Canada	2024
2	285	628.3	Keri Davis	US-VA	2017
3	275	606.2	Naomi Kutin	US-NJ	2014
4	274	604	McKenna Kozina	Canada	2017
5	272.5	600.7	Amanda Hunsucker	US-AZ	2016
	272.5	600.7	Kaitlyn Davis	US-NE	2018
7	271	597.4	Christina Lam	Canada	2016
8	270	595.2	Karen Poyner	US-VA	2011
9	267.6	589.9	Abigail Scudder	US-CT	2002
10	260	573.1	Vanessa Ferla	US-PA	2016
11	257.5	567.6	Jeanne Liu	US-VA	2018
12	252.5	556.6	Jamie Brissey	US-VA	
13	247.5	545.6	Danielle Tasher	US-PA	2012
14	244	537.9	Jill Keilty	Canada	2023
15	242.5	534.6	Kimberly Ryman	US-VA	
16	239.95	528.9	Natalie Norcross	US-FL	2023
17	237.5	523.5	Lauren Freeman	US-VA	
18	235	518	Yuliya Myrnaya	Ukraine	2014
19	232.5	512.5	Viktoriya Kruglyak	Ukraine	2014
	232.5	512.5	Jill Nezir	US-NY	2022

Weight Class: 52 / 114			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	318.5	702.1	Natasha Beasley	US-VA	2017
2	317.5	699.9	Donna McBurney	US-MA	
3	307.5	677.9	Steph Nesich	Australia	2017
4	307	676.8	Amanda Johner	Canada	2019
5	306	674.6	Marie Joaquin	Canada	2018
6	300.5	662.4	Kestrel Coon	US-VT	
7	300	661.3	Allison Cross	US-VA	2016
8	297.5	655.8	Misty Posey	US-VA	
	297.5	655.8	Hannah Kaminski	Canada	2018
10	293	645.9	Izaba Paras	US-VA	2017
11	292.5	644.8	Bianca Luedeker	US-AZ	2017
12	290.3	639.9	Rebecca Skal	US-PA	1999
13	290	639.3	Miranda Chambers	US-PA	2014
14	287.5	633.8	Elizabeth Cameron	US-AZ	2012
15	282.5	622.7	Keri Davis	US-MD	2019
16	277.5	611.7	Christina Lahey	Canada	2023
	277.5	611.7	Katherine Lizarraga	US-VA	2024
18	275	606.2	Naomi Kutin	US-NJ	2015
	275	606.2	Michelle Lopez	US-AZ	2016
20	273.5	602.9	Kaylum Mills	US-NC	2023

Weight Class: 56 / 123			Total	Female	
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Rank	Lift	lbs	Lifter	Country	Year
1	427	941.3	Elizabeth Craven	Australia	2018
2	395	870.8	Febrose Tsiode	Nauru	2018
3	387.5	854.2	Jonalyn Barcarse	US-VA	2021
4	385	848.7	Melissa Barber	US-MD	2016
5	355	782.6	Miranda Chambers	US-PA	2016
6	352.5	777.1	Breann Thiessen	Canada	2015
7	351	773.8	Marthe Henry	Canada	2019
8	350.5	772.7	Laura Siegle	US-VA	2024
9	347.5	766	Mayra Armijo	US-NM	2014
	347.5	766	Sherine Thoummarath	Canada	2016
11	345.5	761.6	Natasha Beasley	US-VA	2018
12	344.7	759.9	Lori Snyder	US-PA	2005
13	340.5	750.6	Skylar Yanke	Canada	2019
14	332.5	733	Naomi Kutin	US-NJ	2016
	332.5	733	Cara Tortoriello	US-PA	2017
16	327.5	722	Kelly Moore	US-WI	2009
17	325.5	717.5	Suzanne Davis	US-AZ	2014
18	325	716.4	Taryn Haggerstone	Canada	2019
	325	716.4	Jenny Hua	Canada	2022
20	320	705.4	Jennifer Coffee	US-VA	
	320	705.4	Kristen Vidale	US-VA	

Weight Class: 60 / 132			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	397.5	876.3	Daniella Means	Hong Kong	2018
2	385	848.7	Andrea White	US-NY	2014
3	380	837.7	Antonina Burbytko	Ukraine	2014
	380	837.7	Sherine Thoummarath	Canada	2017
5	370.5	816.8	Natasha Beasley	US-VA	2019
6	365.5	805.7	Jennifer Coffee	US-VA	2017
	365.5	805.7	Haley Kothig	Canada	2024
8	365	804.6	Lisa Suda	US-VA	2016
9	362.5	799.1	Monty Lenzi	Canada	2024
10	362	798	Christine Trac	Canada	2019
11	360	793.6	Megan Bain	Canada	2019
12	356	784.8	Sandi Burke	Ireland	2019
13	353	778.2	Lauren Conrad	US-PA	2019
14	352.5	777.1	Svetlana Dergaputskaya	Ukraine	2014
	352.5	777.1	Tonya Motyka	Canada	2019
	352.5	777.1	Jennifer Minella	US-NC	2020
17	346	762.7	Skylar Yanke	Canada	2019
18	342.5	755	Tiffany Hui	Canada	2019
19	340.2	750	Ellen Stein	US-NY	2007
20	340	749.5	Taryn Haggerstone	Canada	2018

Weight Class: 67.5 / 148			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	413.5	911.6	Lisa Lethbridge	Canada	2019
2	412.5	909.3	Andrea White	US-NY	2014
3	407.5	898.3	Latosha Floyd	US-VA	
4	401	884	Hai Di	US-MD	2018
5	398	877.4	Naomi Kutin	US-NJ	2022
6	395	870.8	Aubrey Mester-Webb	US-VA	2015
7	390.5	860.8	Abby Hall	Canada	2019
8	387.5	854.2	Deanna Fester	Canada	2015
	387.5	854.2	Assumpta Feeney	Ireland	2016
	387.5	854.2	Natasha Beasley	US-VA	2021

11	380.5	838.8	Dallas Smith	Canada	2015
	380.5	838.8	Andrea Melito	Canada	2018
13	377.5	832.2	Rebecca Stoddart	Canada	2018
14	376.5	830	Leah Cameron	Canada	2018
15	375	826.7	Tricia Floyd	US-VA	2018
	375	826.7	Audrey Carpenter	US-VA	2019
17	372.5	821.2	Suzanne LaForge	US-MA	
18	370.5	816.8	Marie Pritzl	US-FL	2008
19	369.5	814.5	Rachelle Forget	Canada	2019
20	367.5	810.1	Rachel Papson	US-PA	2024

Weight Class: 75 / 165			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	465	1025.1	Miki Cestnik	US-MT	2016
2	442.5	975.5	Kelli Fagan	Australia	2018
3	430	947.9	Alexis Kajencki	US-MD	2023
4	429	945.7	Melissa Buhler	Canada	2019
5	425	936.9	Jesse Akister	Australia	2018
6	423	932.5	Mackenzie Taylor	US-NC	2023
7	415	914.9	Angela Webb	US-VA	
	415	914.9	Aubrey Mester-Webb	US-VA	2015
	415	914.9	Leah Cameron	Canada	2019
10	412.5	909.3	Latosha Floyd	US-HI	2014
11	410	903.8	Tierra Tucker	US-MD	2020
12	407.5	898.3	Erlinda Gomez	US-TX	2015
13	402.5	887.3	Angela Lewis	Canada	2019
14	400	881.8	Paige Karolak	US-CA	2024
15	395	870.8	Yasmine Halat	Canada	2023
16	390	859.7	Deana Tollertson	US-AZ	2017
	390	859.7	Lisa Szabon-Smith	Canada	2018
18	387.5	854.2	Jamie Augustine	US-PA	2022
19	382.5	843.2	Marlena Morgan	US-FL	2024
20	380	837.7	Nichola Diaz	US-VA	2014
	380	837.7	Dallas Smith	Canada	2015
	380	837.7	Leanne Knox	Australia	2018

Weight Class: 82.5 / 181			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	482.5	1063.7	Danielle Philibert	Canada	2018
2	478	1053.7	Lisa Gervais	Canada	2019
3	462.6	1019.8	Carlita Farmer	US-NC	
4	455	1003	Allison White	US-VA	2019
5	440	970	Mackenzie Taylor	US-NC	2023
6	425	936.9	Jamie Jackson	US-VA	
7	420.5	927	Kari Saban	US-FL	2007
8	417.5	920.4	Darlene Phan	Australia	2018
9	400	881.8	Angie Hobbs	US-NE	2015
10	399.1	879.8	Kacie Sharp	US-NE	2007
11	398	877.4	Sara Burwash	Canada	2019
12	395	870.8	Jordan Keehn	Canada	2018
13	394.5	869.7	Alexandra Tavalez	US-GA	2023
14	385	848.7	Kathleen MacDonald	Canada	2019
15	368.5	812.3	Patty Pretorius	South Africa	2017
16	368	811.2	Monique Barba	US-AZ	2019
17	367.5	810.1	Kristel Barber	US-VA	2018
18	365	804.6	Elizabeth Gregory	US-NE	2015
19	363.5	801.3	Linda Arvey	US-PA	2024
20	362.5	799.1	Christina Dean	US-PA	2014

362.5	799.1	Jessica Maloy	US-PA	2015
362.5	799.1	Alison Ludlow	Canada	2016

Weight Class: 90 / 198			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	487.5	1074.7	Ogechi Akalegbere	US-MD	2017
2	475	1047.1	Lisa Gervais	Canada	2019
3	465	1025.1	Aria DeSimini	US-VA	2018
4	462.5	1019.6	Riki Napiorkowski	US-NY	2018
5	444.5	979.9	Shannon Summers	US-SC	2000
6	436.4	962	Kari Saban	US-FL	2006
7	430.7	949.5	LaRiena Ferguson	US-FL	2022
8	430.5	949	Paulina Deng	Canada	2019
9	425	936.9	Brandi Sneed	US-IN	2016
10	422.5	931.4	Rebecca Tucker	US-NY	2017
11	420	925.9	Martina Burton	US-MD	2020
12	417.5	920.4	Tara Steadman	US-CO	2018
	417.5	920.4	Sara Burwash	Canada	2018
14	415	914.9	Angie Hobbs	US-NE	2016
15	405	892.8	Jacquelin Wuiff	US-NE	2017
16	397.5	876.3	Alyssa DeWolfe	Canada	2019
	397.5	876.3	Mandi Johnson	US-PA	2024
18	396.5	874.1	Kacie Sharp	US-NE	
19	392.5	865.3	Farrah Tate	US-AZ	2015
	392.5	865.3	Elizabeth Gregory	US-NE	2015

Weight Class: 90+ / 198+			Total	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	505.9	1115.3	Anna Stamets	US-FL	2023
2	502.5	1107.8	Yurika Kepae	Nauru	2018
3	497.5	1096.7	Emily Wingo	US-VA	2017
4	490	1080.2	Kopper Carter	US-VA	2017
5	471.87	1040.2	LaRiena Ferguson	US-FL	2023
6	471.7	1039.9	Shannon Summers	US-SC	
7	462.5	1019.6	Marissa Wilson	US-MD	2018
8	450	992	Malesia Taylor	US-VA	2023
9	447.5	986.5	Brandi Sneed	US-IN	2016
	447.5	986.5	Sarah Heminger	US-MA	2018
11	435.4	959.8	Kari Saban	US-FL	
12	432.5	953.4	Samantha Davis	US-OH	2021
13	430	947.9	Rebecca Tucker	US-NY	2016
	430	947.9	Leah Swartz	US-PA	2023
15	427.5	942.4	Kierstyn Bourdeau	US-CT	2021
16	425	936.9	Rachel Clarke	US-PA	2024
17	420	925.9	Lisa Quevedo	US-CA	2013
	420	925.9	Sharalee Bustamante	Canada	2018
19	417.2	919.7	Teresa Thompson	US-ID	2022
20	415	914.9	Emily Adams	US-VA	2015
	415	914.9	Shannon Scott	US-NC	2018

All Time Strict Curl Rankings Female

Weight Class: 30 / 66			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	7.5	16.5	Sylvia Hunter	US-NY	2024

Weight Class: 44 / 97			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year

1	38.5	84.8	Ashley Christiansen	US-NC	2020
2	32	70.5	Karen Poyner	US-VA	2017
3	27.5	60.6	Aimee Leclerc	US-ME	2013
4	25	55.1	Heather Feingold	US-VA	2015
5	24	52.9	Jill Nezir	US-NY	2017
6	22.5	49.6	Beth-el Algarin	US-MN	2011
7	21.5	47.3	Brooke Zak	US-NC	2018
8	21	46.2	Gracie Bushee	US-NC	2023
9	20.5	45.1	Rocky Luedeker	US-AZ	2014
	20.5	45.1	Alexandra Wilson	US-MD	2017
11	20	44	Laurel Trail	US-AZ	2010
	20	44	Samantha Brickhouse	US-NC	2014
	20	44	McKenna Kozina	Canada	2015
	20	44	Chloe Eckard	US-AZ	2016
15	19.5	42.9	Ella Antonishek	US-MD	2017
	19.5	42.9	Jade Nguen	US-VA	2021
17	18.5	40.7	Avaya Berge	US-NC	2021
18	18	39.6	Sumaya Shakir	India	2014
19	17.5	38.5	Monika .	India	2019
20	16.5	36.3	Mackenzie Taylor	US-NC	2018
	16.5	36.3	Tiffani Teeter	US-PA	2018

Weight Class: 48 / 105			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	40	88.1	Britania Williams	US-TX	2024
2	39	85.9	Ashley Christiansen	US-NC	2023
3	34	74.9	Karen Poyner	US-VA	2011
4	32	70.5	Mia Denhart	US-CT	2021
5	31	68.3	Amanda Lajeunesse	US-AZ	2018
	31	68.3	Tiffany Barney	US-CT	2019
7	30.2	66.5	Jill Keilty	Canada	2014
8	30	66.1	Kimberly Price	US-VA	2013
	30	66.1	Amanda Hunsucker	US-AZ	2016
	30	66.1	McKenna Kozina	Canada	2017
11	27.5	60.6	Meghan Merino	US-AZ	2012
	27.5	60.6	Jamie Brissey	US-VA	2014
	27.5	60.6	Jill Nezir	US-NY	2017
	27.5	60.6	Pragati Sadafule	India	2019
15	26	57.3	Haley-Jo Kenny	US-NY	2017
16	25	55.1	Jessica Lovitt	US-NC	2011
17	24	52.9	Heather Wayland	US-PA	2019
18	23.5	51.8	Rebeka Harsanyi	US-MD	2017
19	22.5	49.6	Laurel Trail	US-AZ	2011
	22.5	49.6	Neetu Jogi	India	2019
	22.5	49.6	Gracie Bushee	USA	2023

Weight Class: 52 / 114			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	38.5	84.8	Krystal Brown	US-VA	2019
2	38	83.7	Natasha Beasley	US-VA	2017
3	37.5	82.6	McKenna Kozina	Canada	2017
4	36.5	80.4	Natasha Lange	US-CT	2023
	36.5	80.4	Kerry Self	US-VA	2024
6	35.5	78.2	Bianca Luedeker	US-AZ	2016
7	35	77.1	Olga Dombrovska	Ukraine	2014
8	34	74.9	Angela Goldstein	US-MD	2023
9	33.5	73.8	Allison Freeman	US-NC	2023
10	33.2	73.1	Julie Puetz	US-NE	2017

11	31.5	69.4	Bianca Rivera	US-NY	2023
12	30.5	67.2	Angela Curtis	US-ME	2019
13	30.2	66.5	Jill Keilty	Canada	2014
14	30	66.1	Paula Tomitz	US-AZ	2012
	30	66.1	Iryna Gorskaya	Ukraine	2014
	30	66.1	Jennifer Waldron	US-KY	2018
17	29.5	65	Doreen Wofford	US-NC	2008
	29.5	65	Paige Johnson	US-CT	2018
19	29.3	64.5	Marcella Cameron	Canada	2013
20	29	63.9	Tiffany Barney	US-CT	2020

Weight Class: 56 / 123			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	45	99.2	Giorgia Pratesi	Italy	2012
2	39.5	87	Natasha Beasley	US-VA	2018
3	38.5	84.8	Nicole Anderson	US-AZ	2012
4	38	83.7	Krystal Brown	US-VA	2020
5	36.5	80.4	Natasha Esteves	US-CT	2024
6	36	79.3	Kerry Self	US-VA	2022
7	35.5	78.2	Olga Dombrovska	Ukraine	2014
8	35	77.1	Bianca Luedeker	US-AZ	2018
	35	77.1	Lacretta Incorvaia	US-OH	2019
	35	77.1	Angela Goldstein	US-MD	2024
11	34.5	76	Allison Freeman	US-NC	2022
12	34	74.9	Reagan Charlton	US-NC	2023
	34	74.9	Angela Krom	US-CT	2023
14	33.5	73.8	Mariela Olivares	US-MD	2024
15	33	72.7	Amberine Brown	US-NC	2017
	33	72.7	Lori Christ	US-NM	2023
17	32.5	71.6	Carla McComb	US-MA	2008
	32.5	71.6	Angela Curtis	US-ME	2014
	32.5	71.6	Diane Brill	US-NV	2017
	32.5	71.6	Denise Jaffe	US-OH	2024

Weight Class: 60 / 132			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	41.5	91.4	Heather Flottmann	US-NY	2024
2	41	90.3	Natasha Beasley	US-VA	2019
3	40.5	89.2	Kelsey Capecci	US-OH	2018
	40.5	89.2	Tacara Baltimore	US-VA	2023
5	40	88.1	Catherine Reynolds	US-VA	2021
	40	88.1	Lesley DeAngelo	US-CT	2023
7	39	85.9	Krystal Brown	US-VA	2021
8	37	81.5	Nikki Dorval	US-CT	2020
9	36.5	80.4	Heather Austin	US-VA	2018
	36.5	80.4	LaKeisha Kanen	US-NC	2018
	36.5	80.4	Reagan Charlton	US-NC	2023
	36.5	80.4	Linda Lee	US-VA	2024
13	36	79.3	Antonina Burbytko	Ukraine	2013
14	35.7	78.7	April Garcia	US-NM	2014
15	35.5	78.2	Sherine Thoummarath	Canada	2017
16	34	74.9	Darline Buchannon	US-VA	2010
	34	74.9	Meghan Salafia	US-MD	2013
	34	74.9	Angela Paulovits	US-NC	2016
	34	74.9	Nicole Rakes	US-FL	2021
	34	74.9	Allison Freeman	US-NC	2022

Weight Class: 67.5 / 148			Strict Curl	Female	
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Rank	Lift	lbs	Lifter	Country	Year
1	54.5	120.1	Tricia Floyd	US-VA	2022
2	46	101.4	Gianna Ancona	US-CT	2024
3	44.5	98.1	Danielle Gambardella	US-CT	2024
4	44	97	Natasha Beasley	US-VA	2020
5	42.5	93.6	Krystal Brown	US-VA	2018
6	42	92.5	Antonina Burbytko	Ukraine	2013
		92.5	Heather Flottmann	US-NY	2023
8	41.5	91.4	Suzanne LaForge	US-MA	2014
	41.5	91.4	Heather Flottman	US-NY	2023
10	40	88.1	Kimberly Franklin	US-VA	2014
	40	88.1	Lori Bailey	US-NC	2018
12	39.5	87	LaKeisha Kanen	US-NC	2018
	39.5	87	Linda Lee	US-VA	2024
14	38	83.7	Tierney Wallace	US-NY	2010
	38	83.7	Kelsey Capecci	US-OH	2018
	38	83.7	Christina Lawton	US-VA	2018
	38	83.7	Carol Levasseur	US-MA	2023
18	37.5	82.6	Angela Webb	US-VA	2013
	37.5	82.6	Casey Ridings	US-VA	2014
20	37	81.5	Madison Berry	US-NC	2023

Weight Class: 75 / 165			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	55	121.2	Alexis Kajencki	US-MD	2024
2	50.5	111.3	Tierra Tucker	US-MD	2020
3	47.5	104.7	Stacy Burak	Canada	2024
4	46	101.4	Mackenzie Taylor	US-NC	2023
5	45	99.2	Latosha Floyd	US-VA	2014
6	43.5	95.9	Sandra Bates	US-NC	2023
7	43	94.7	Linda Lee	US-VA	2023
8	42.5	93.6	Beth-el Algarin	US-MN	2015
9	42	92.5	Shannon Lowery	US-NC	2021
	42	92.5	Lisa Walker	US-VA	2024
11	41	90.3	Ninoshka Guerra	US-VA	2023
	41	90.3	Katrin Ribb	Germany	2023
13	40	88.1	Suzanne Spero	US-MA	2012
	40	88.1	Bonni Rogers	Canada	2015
	40	88.1	Bonni Rodgers	Canada	2016
	40	88.1	Aubrey Mester-Webb	US-VA	2016
17	39.5	87	Jamie Augustine	US-PA	2022
18	39	85.9	Lesley Deangelo	US-CT	2024
19	38.5	84.8	Mary Ann Wieckowski	US-PA	2013
	38.5	84.8	Tricia Floyd	US-VA	2018
	38.5	84.8	Cynthia Virgil	US-VA	2022
	38.5	84.8	Carol Levasseur	US-MA	2023

Weight Class: 82.5 / 181			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	49	108	Mackenzie Taylor	US-NC	2023
2	46	101.4	Linda Lee	US-VA	2023
3	45	99.2	Tara Maier	US-AZ	2013
	45	99.2	Loryn Taylor	US-MD	2014
	45	99.2	Mary Kate Mercier	US-MA	2016
6	43	94.7	Lisa Gervais	Canada	2017
7	41.5	91.4	Mary Hodge	US-VA	2023
8	41	90.3	Gloria Knight-McNeil	US-NC	2023
	41	90.3	Madison Berry	US-NC	2024

10	40.5	89.2	Laura Willson	US-CT	2023
11	40	88.1	Mona Espinosa	US-VA	2023
	40	88.1	Linda Arvey	US-PA	2023
	40	88.1	Jennifer Tramontano	US-CT	2024
14	39.5	87	Sara Mayes	US-PA	2019
	39.5	87	Sandra Bates	US-NC	2022
16	39	85.9	Hanna Holden	US-NC	2017
	39	85.9	Lisa Cynkin-Hardy	US-CA	2023
18	38.5	84.8	Mona Espinoza	US-VA	2024
19	37.5	82.6	Rebecca Sorenson	US-VT	2012
	37.5	82.6	Kim Pollock	US-PA	2019
	37.5	82.6	Amy Traver	US-CT	2020

Weight Class: 90 / 198			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	49.5	109.1	Nicole Jones	US-TX	2009
2	48	105.8	Linda Lee	US-VA	2023
	48	105.8	Jennifer Macon	US-GA	2023
4	47	103.6	Cassidy Comly	US-PA	2018
5	46.5	102.5	LaToya Parrish	US-VA	2008
6	45	99.2	Angela O'Connor	US-NE	2011
	45	99.2	Lisa Woodland	US-MD	2015
	45	99.2	Mackenzie Taylor	US-NC	2024
9	44.5	98.1	Madison Berry	US-NC	2024
10	43	94.7	Leslie Wright	US-NC	2023
	43	94.7	Rachel Gray	US-CA	2023
12	42	92.5	Tara Steadman	US-CO	2018
	42	92.5	Gloria Knight-McNeil	US-NC	2023
14	41	90.3	Heather Moyers	US-OH	2012
	41	90.3	Mona Espinosa	US-VA	2024
16	40.8	89.9	Kathy Wetenhall	US-OH	2008
17	40	88.1	Ashley Lindsey	US-NC	2022
18	39.5	87	Amy Traver	US-CT	2021
	39.5	87	Mary Hodge	US-VA	2021
20	39	85.9	Dorothy Sosnicki	US-AZ	2023

Weight Class: 90+ / 198+			Strict Curl	Female	
Rank	Lift	lbs	Lifter	Country	Year
1	54.5	120.1	Kierstyn Bourdeau	US-CT	2023
2	52.5	115.7	Nicole Jones	US-TX	2015
3	51	112.4	KB Kofsuske	US-CT	2024
4	50	110.2	Cassidy Comly	US-PA	2018
5	49	108	Sydney Katz	US-MD	2024
6	47.5	104.7	Angela O'Connor	US-NE	2013
	47.5	104.7	Demetria Sarafis	US-NC	2023
8	46.5	102.5	Erica Rojek	US-MD	2023
	46.5	102.5	Leah Swartz	US-PA	2024
10	46	101.4	Gwenasia Herring	US-NC	2022
11	45.5	100.3	Dorothy Sosnicki	US-AZ	2022
12	43.5	95.9	Jeannie Iavarona	US-CT	2023
	43.5	95.9	Latonya Taylor	US-TX	2024
14	43	94.7	Jaclyn Anne-Sachs	US-MD	2023
15	42.5	93.6	Brandi Sneed	US-NC	2015
	42.5	93.6	Monika Steczkowski	US-CT	2023
17	42	92.5	Mona Espinoza	US-VA	2024
18	41.5	91.4	Latonia Brown	US-NC	2019
19	41	90.3	Leslie Wright	US-NC	2021
20	40.7	89.7	Mary Grandick	US-IA	2016