

| All Time Squat Rankings | | | | Female | K Formula for Ranking | BWT | Year |
|-------------------------|--------|-------|---------------------|-----------|--|--------|------|
| 1 | 157.5 | 347.2 | Cassidy Conaghan | Canada | $157.5 \times 5.778924 + 209.876647 = 1120.057156$ | 104.3 | 2024 |
| 2 | 157 | 346.1 | Elizabeth Craven | Australia | $157.0 \times 5.238024 + 181.507437 = 1003.877272$ | 117.7 | 2018 |
| 3 | 190 | 418.8 | Lisa Gervais | Canada | $190.0 \times 3.903804 + 191.446145 = 933.168814$ | 183 | 2019 |
| 4 | 185 | 407.8 | Danielle Philibert | Canada | $185.0 \times 3.997727 + 188.399423 = 927.978931$ | 175.7 | 2018 |
| 5 | 177.5 | 391.3 | Miki Cestnik | US-MT | $177.5 \times 4.147902 + 182.153094 = 918.405635$ | 165.26 | 2016 |
| 6 | 222.5 | 490.5 | Yurika Kepae | Nauru | $222.5 \times 3.308161 + 168.630932 = 904.696673$ | 299.1 | 2018 |
| 7 | 167.5 | 369.2 | Kelli Fagan | Australia | $167.5 \times 4.350038 + 174.333752 = 902.965048$ | 153.2 | 2018 |
| 8 | 190.56 | 420.1 | LaRiena Ferguson | US-FL | $190.56 \times 3.690259 + 191.281874 = 894.497608$ | 202.3 | 2023 |
| 9 | 165 | 363.7 | Melissa Buhler | Canada | $165.0 \times 4.348213 + 174.392741 = 891.847865$ | 153.3 | 2019 |
| 10 | 185 | 407.8 | Ogechi Akalegbere | US-MD | $185.0 \times 3.777663 + 192.951298 = 891.818955$ | 193.9 | 2017 |
| 11 | 140 | 308.6 | Breann Thiessen | Canada | $140.0 \times 5.086999 + 175.8053 = 887.98512$ | 122.3 | 2015 |
| 12 | 147.5 | 325.1 | Sherine Thoummarath | Canada | $147.5 \times 4.850276 + 170.004495 = 885.420262$ | 130.5 | 2017 |
| 13 | 155.5 | 342.8 | Naomi Kutin | US-NJ | $155.5 \times 4.586452 + 169.256538 = 882.449783$ | 141.4 | 2022 |
| 14 | 163 | 359.3 | Leah Cameron | Canada | $163.0 \times 4.26882 + 177.201308 = 873.018914$ | 157.8 | 2019 |
| 15 | 182.5 | 402.3 | Kopper Carter | US-VA | $182.5 \times 3.713424 + 191.984872 = 869.684766$ | 200 | |
| 16 | 167.5 | 369.2 | Mackenzie Taylor | US-NC | $167.5 \times 4.064263 + 185.727015 = 866.491096$ | 170.9 | 2023 |
| 17 | 205 | 451.9 | Emily Wingo | US-VA | $205.0 \times 3.400484 + 169.236807 = 866.33603$ | 236.5 | 2017 |
| 18 | 181.4 | 399.9 | Shannon Summers | US-SC | $181.4 \times 3.713424 + 191.984872 = 865.6$ | 200 | |
| 19 | 153.5 | 338.4 | Hai Di | US-MD | $153.5 \times 4.517897 + 170.175089 = 863.672286$ | 144.6 | 2018 |
| 20 | 155 | 341.7 | Lisa Lethbridge | Canada | $155.0 \times 4.460755 + 171.295181 = 862.71222$ | 147.4 | 2019 |
| 21 | 142.5 | 314.1 | Daniella Means | Hong Kong | $142.5 \times 4.839656 + 169.849556 = 859.500475$ | 130.9 | 2018 |
| 22 | 104 | 229.2 | McKenna Kozina | Canada | $104.0 \times 6.070393 + 227.700339 = 859.02123$ | 98.6 | 2019 |
| 23 | 162.5 | 358.2 | Erlinda Gomez | US-TX | $162.5 \times 4.167461 + 181.31833 = 858.530749$ | 164 | 2015 |
| 24 | 135 | 297.6 | Febrose Tsiode | Nauru | $135.0 \times 5.052972 + 174.716593 = 856.867804$ | 123.4 | 2018 |
| 25 | 175 | 385.8 | Paulina Deng | Canada | $175.0 \times 3.785309 + 192.977521 = 855.406559$ | 193.2 | 2019 |
| 26 | 120 | 264.5 | Marie Joaquin | Canada | $120.0 \times 5.503177 + 194.243124 = 854.624334$ | 110.6 | 2018 |
| 27 | 187.5 | 413.3 | Marissa Wilson | US-MD | $187.5 \times 3.56637 + 184.07314 = 852.767578$ | 215.6 | 2018 |
| 28 | 140 | 308.6 | Lisa Suda | US-VA | $140.0 \times 4.869055 + 170.302287 = 851.969953$ | 129.8 | 2016 |
| 29 | 175 | 385.8 | Lizzy Welch | US-KS | $175.0 \times 3.764691 + 192.865734 = 851.686657$ | 195.1 | 2024 |
| 30 | 155 | 341.7 | Aubrey Mester-Webb | US-VA | $155.0 \times 4.370291 + 173.697372 = 851.09244$ | 152.1 | 2015 |
| 31 | 157.5 | 347.2 | Jesse Akister | Australia | $157.5 \times 4.272239 + 177.071411 = 849.949068$ | 157.6 | 2018 |
| 32 | 130 | 286.5 | Jonalyn Barcarse | US-VA | $130.0 \times 5.150871 + 178.051725 = 847.664972$ | 120.3 | 2021 |
| 33 | 165.5 | 364.8 | Carlita Farmer | US-NC | $165.5 \times 3.937582 + 190.485792 = 842.155688$ | 180.3 | 2016 |
| 34 | 130 | 286.5 | Cara Tortoriello | US-PA | $130.0 \times 5.109054 + 176.551863 = 840.728875$ | 121.6 | 2017 |
| 35 | 157.5 | 347.2 | Ashley Szczepaniec | US-VA | $157.5 \times 4.147286 + 182.179462 = 835.37703$ | 165.3 | |
| 36 | 147.5 | 325.1 | Andrea Melito | Canada | $147.5 \times 4.4829 + 170.823394 = 832.051191$ | 146.3 | 2019 |
| 37 | 155 | 341.7 | Alexis Kajencki | US-MD | $155.0 \times 4.202429 + 179.849579 = 831.226097$ | 161.8 | 2023 |
| 38 | 95 | 209.4 | Erica Molieri | US-VA | $95.0 \times 6.22552 + 237.369065 = 828.79345$ | 95.9 | 2014 |
| 39 | 142 | 313 | Abby Hall | Canada | $142.0 \times 4.644903 + 168.843355 = 828.419566$ | 138.8 | 2019 |
| 40 | 172.5 | 380.2 | Kierstyn Bourdeau | US-CT | $172.5 \times 3.671534 + 190.566802 = 823.906393$ | 204.2 | 2021 |
| 41 | 170 | 374.7 | Emily Adams | US-VA | $170.0 \times 3.713424 + 191.984872 = 823.266965$ | 200 | 2015 |
| 42 | 150 | 330.6 | Leanne Knox | Australia | $150.0 \times 4.314053 + 175.545308 = 822.653189$ | 155.2 | 2018 |
| 43 | 167.5 | 369.2 | Aria DeSimini | US-VA | $167.5 \times 3.755072 + 192.76785 = 821.742426$ | 196 | 2018 |
| 44 | 152.5 | 336.2 | Yasmine Halat | Canada | $152.5 \times 4.189591 + 180.384397 = 819.297017$ | 162.6 | 2023 |
| 45 | 150 | 330.6 | Lisa Szabon-Smith | Canada | $150.0 \times 4.275668 + 176.941872 = 818.292126$ | 157.4 | 2018 |
| 46 | 135 | 297.6 | Antonina Burbytko | Ukraine | $135.0 \times 4.805676 + 169.420575 = 818.186846$ | 132.2 | 2014 |
| 47 | 135 | 297.6 | Jennifer Minella | US-NC | $135.0 \times 4.805676 + 169.420575 = 818.186846$ | 132.2 | 2020 |
| 48 | 132.5 | 292.1 | Lauren Conrad | US-PA | $132.5 \times 4.877178 + 170.440444 = 816.66659$ | 129.5 | 2019 |
| 49 | 152.5 | 336.2 | Tierra Tucker | US-MD | $152.5 \times 4.148826 + 182.113525 = 814.809414$ | 165.2 | 2018 |
| 50 | 142.5 | 314.1 | Audrey Carpenter | US-VA | $142.5 \times 4.524173 + 170.071571 = 814.766207$ | 144.3 | 2019 |

| All Time Bench Press Rankings | | | | Female | K Formula for Ranking | BWT | Year |
|-------------------------------|-------|-------|-------------------|--------|--|-------|------|
| 1 | 127 | 279.9 | Jennifer Thompson | US-NC | $127.0 \times 8.139926 + 172.217185 = 1205.987777$ | 132.2 | 2006 |
| 2 | 120 | 264.5 | Febrose Tsiode | Nauru | $120.0 \times 8.51763 + 174.214061 = 1196.329627$ | 123.4 | 2018 |
| 3 | 96 | 211.6 | Giorgia Pratesi | Italy | $96.0 \times 8.51763 + 174.214061 = 991.906514$ | 123.4 | 2012 |
| 4 | 125.5 | 276.6 | Lisa Quevedo | US-CA | $125.5 \times 6.42706 + 177.773703 = 984.369766$ | 200 | 2013 |

| | | | | | | | |
|----|--------|-------|------------------------|-----------|--|-------|------|
| 5 | 124.7 | 274.9 | Shannon Summers | US-SC | $124.7 \times 6.42706 + 177.773703 = 979.228118$ | 200 | |
| 6 | 115 | 253.5 | Allison White | US-VA | $115.0 \times 6.992121 + 173.443786 = 977.537745$ | 170.6 | 2019 |
| 7 | 122.5 | 270 | LaToya Parrish | US-VA | $122.5 \times 6.453407 + 177.476304 = 968.018633$ | 198.4 | 2008 |
| 8 | 105 | 231.4 | Lina Zubritskaya | Ukraine | $105.0 \times 7.563961 + 171.601407 = 965.817305$ | 148.8 | 2012 |
| 9 | 104.6 | 230.6 | Michelle Borzak | US-PA | $104.6 \times 7.563961 + 171.601407 = 962.791721$ | 148.8 | 2005 |
| 10 | 77.5 | 170.8 | Angelina Hong | US-TX | $77.5 \times 9.719852 + 189.128216 = 942.416713$ | 102.7 | 2014 |
| 11 | 112.5 | 248 | Tammy Walker | US-NC | $112.5 \times 6.79072 + 174.613343 = 938.569292$ | 180 | 2014 |
| 12 | 87.5 | 192.9 | Jonalyn Barcarse | US-VA | $87.5 \times 8.666153 + 175.361713 = 933.650063$ | 120.3 | 2021 |
| 13 | 97.5 | 214.9 | Andrea White | US-NY | $97.5 \times 7.815692 + 171.529876 = 933.559825$ | 141 | 2014 |
| 14 | 117.5 | 259 | Jessica Read | US-VA | $117.5 \times 6.42706 + 177.773703 = 932.953284$ | 200 | 2012 |
| 15 | 105 | 231.4 | Alexis Kajencki | US-MD | $105.0 \times 7.198001 + 172.533106 = 928.323167$ | 162 | 2024 |
| 16 | 99.7 | 219.7 | Donna White | US-NC | $99.7 \times 7.563961 + 171.601407 = 925.728312$ | 148.8 | 2003 |
| 17 | 92.5 | 203.9 | Svetlana Dergaputskaya | Ukraine | $92.5 \times 8.139926 + 172.217185 = 925.160333$ | 132.2 | 2014 |
| 18 | 85 | 187.3 | Elizabeth Craven | Australia | $85.0 \times 8.797899 + 176.550491 = 924.371873$ | 117.7 | 2018 |
| 19 | 102.5 | 225.9 | Angela Lewis | Canada | $102.5 \times 7.307266 + 172.160147 = 921.154872$ | 157.8 | 2019 |
| 20 | 91.8 | 202.3 | Amy Perlmutter | US-NJ | $91.8 \times 8.139926 + 172.217185 = 919.462385$ | 132.2 | 2000 |
| 21 | 110 | 242.5 | Lisa Gervais | Canada | $110.0 \times 6.73097 + 175.02293 = 915.4296$ | 183 | 2019 |
| 22 | 108.9 | 240 | Kathy Roberts | US-VA | $108.9 \times 6.754625 + 174.856868 = 910.435517$ | 181.8 | 2006 |
| 23 | 97.5 | 214.9 | Gloria Knight-McNeil | US-NC | $97.5 \times 7.563961 + 171.601407 = 909.087598$ | 148.8 | 1999 |
| 24 | 75 | 165.3 | Cassidy Conaghan | Canada | $75.0 \times 9.605704 + 187.191103 = 907.618921$ | 104.3 | 2024 |
| 25 | 102.5 | 225.9 | Tierra Tucker | US-MD | $102.5 \times 7.162915 + 172.669154 = 906.867903$ | 163.4 | 2020 |
| 26 | 85 | 187.3 | Miranda Chambers | US-PA | $85.0 \times 8.569316 + 174.590204 = 902.98205$ | 122.3 | 2016 |
| 27 | 54.4 | 119.9 | Elizabeth Parker | US-FL | $54.4 \times 12.029613 + 245.215703 = 899.626645$ | 79.8 | 2022 |
| 28 | 107.5 | 236.9 | Tara Steadman | US-CO | $107.5 \times 6.64877 + 175.644068 = 890.386815$ | 187.3 | 2018 |
| 29 | 120.24 | 265 | Anna Stamets | US-FL | $120.24 \times 5.772365 + 194.802793 = 888.871972$ | 262.9 | 2023 |
| 30 | 107.5 | 236.9 | Riki Napiorkowski | US-NY | $107.5 \times 6.611843 + 175.948027 = 886.721192$ | 189.3 | 2018 |
| 31 | 85 | 187.3 | Kerry Self | US-VA | $85.0 \times 8.382006 + 173.34521 = 885.815735$ | 126.4 | 2017 |
| 32 | 82.5 | 181.8 | Natasha Beasley | US-VA | $82.5 \times 8.583603 + 174.698555 = 882.845766$ | 122 | 2018 |
| 33 | 90 | 198.4 | Abby Hall | Canada | $90.0 \times 7.892407 + 171.610301 = 881.926898$ | 138.8 | 2019 |
| 34 | 108.9 | 240 | M. Stack | USA | $108.9 \times 6.453407 + 177.476304 = 880.252301$ | 198.4 | 2003 |
| 35 | 102.5 | 225.9 | Danielle Philibert | Canada | $102.5 \times 6.880057 + 174.057372 = 879.263185$ | 175.7 | 2018 |
| 36 | 102.5 | 225.9 | Missy Gentry | US-MT | $102.5 \times 6.873676 + 174.095011 = 878.646832$ | 176 | 2016 |
| 37 | 112.5 | 248 | Marissa Wilson | US-MD | $112.5 \times 6.190727 + 181.27672 = 877.733451$ | 215.6 | 2018 |
| 38 | 95 | 209.4 | Leah Cameron | Canada | $95.0 \times 7.336925 + 172.072386 = 869.080257$ | 156.7 | 2019 |
| 39 | 110 | 242.5 | Cassidy Comly | US-PA | $110.0 \times 6.248012 + 180.259974 = 867.541277$ | 211.6 | 2018 |
| 40 | 95 | 209.4 | Jesse Akister | Australia | $95.0 \times 7.312625 + 172.143857 = 866.843232$ | 157.6 | 2018 |
| 41 | 97.5 | 214.9 | Joan Gardner | US-VT | $97.5 \times 7.116311 + 172.861982 = 866.702279$ | 165.3 | 2006 |
| 42 | 81 | 178.5 | Amy Eaton | US-NC | $81.0 \times 8.51763 + 174.214061 = 864.142068$ | 123.4 | 2011 |
| 43 | 85 | 187.3 | Antonina Burbytko | Ukraine | $85.0 \times 8.139926 + 172.217185 = 864.110889$ | 132.2 | 2014 |
| 44 | 105 | 231.4 | Ogechi Akalegbere | US-MD | $105.0 \times 6.529865 + 176.68836 = 862.324201$ | 193.9 | 2017 |
| 45 | 112.5 | 248 | Brandi Sneed | US-IN | $112.5 \times 5.983546 + 186.31713 = 859.466028$ | 231.4 | 2017 |
| 46 | 102.5 | 225.9 | Martina Burton | US-MD | $102.5 \times 6.669426 + 175.481111 = 859.097276$ | 186.2 | 2020 |
| 47 | 80 | 176.3 | Julie Puetz | US-NE | $80.0 \times 8.545687 + 174.415165 = 858.070139$ | 122.8 | 2017 |
| 48 | 73.5 | 162 | Bianca Luedeker | US-AZ | $73.5 \times 9.183929 + 180.93747 = 855.95622$ | 110.8 | 2014 |
| 49 | 80 | 176.3 | Michelle Watts | US-CA | $80.0 \times 8.51763 + 174.214061 = 855.624438$ | 123.4 | |
| 50 | 80 | 176.3 | Kelly Moore | US-WI | $80.0 \times 8.51763 + 174.214061 = 855.624438$ | 123.4 | 2009 |

| All Time Deadlift Rankings | | | | Female K Formula for Ranking | | BWT | Year |
|----------------------------|-------|-------|-------------------|------------------------------|---|--------|------|
| 1 | 192.5 | 424.3 | Melissa Barber | US-MD | $192.5 \times 4.659273 + 82.053603 = 978.963634$ | 123.1 | 2016 |
| 2 | 167.5 | 369.2 | Cassidy Conaghan | Canada | $167.5 \times 5.063512 + 129.371085 = 977.509342$ | 104.3 | 2024 |
| 3 | 185 | 407.8 | Elizabeth Craven | Australia | $185.0 \times 4.762179 + 92.03744 = 973.040614$ | 117.7 | 2018 |
| 4 | 202.5 | 446.4 | Tricia Floyd | US-VA | $202.5 \times 4.336074 + 66.575008 = 944.62997$ | 143.7 | 2021 |
| 5 | 170.5 | 375.8 | Laura Siegle | US-VA | $170.5 \times 4.740467 + 89.776751 = 898.026427$ | 118.8 | 2024 |
| 6 | 205 | 451.9 | Carlita Farmer | US-NC | $205.0 \times 3.935738 + 87.540904 = 894.367104$ | 180.3 | 2016 |
| 7 | 210 | 462.9 | Debora Tres | Brazil | $210.0 \times 3.788272 + 98.025037 = 893.562191$ | 198.4 | 2010 |
| 8 | 200 | 440.9 | Miki Cestnik | US-MT | $200.0 \times 4.080359 + 75.878829 = 891.950573$ | 165.26 | 2016 |
| 9 | 190 | 418.8 | Kenyatta Sterling | US-TX | $190.0 \times 4.341499 + 66.591509 = 891.476352$ | 143.3 | 2023 |
| 10 | 175 | 385.8 | Andrea White | US-NY | $175.0 \times 4.630467 + 79.620188 = 889.951972$ | 124.7 | 2014 |

| | | | | | | | |
|----|--------|-------|---------------------|-----------|---|-------|------|
| 11 | 170 | 374.7 | Jonalyn Barcarse | US-VA | $170.0 \times 4.711493 + 86.883073 = 887.836967$ | 120.3 | 2021 |
| 12 | 180 | 396.8 | Natasha Beasley | US-VA | $180.0 \times 4.507695 + 71.355254 = 882.740281$ | 132 | 2020 |
| 13 | 173 | 381.3 | Sandi Burke | Ireland | $173.0 \times 4.630467 + 79.620188 = 880.691037$ | 124.7 | 2018 |
| 14 | 175.5 | 386.9 | Jennifer Coffee | US-VA | $175.5 \times 4.568224 + 74.979587 = 876.70292$ | 128.3 | 2017 |
| 15 | 226.86 | 500.1 | Anna Stamets | US-FL | $226.86 \times 3.473744 + 87.136473 = 875.190005$ | 262.9 | 2023 |
| 16 | 197.5 | 435.4 | Allison White | US-VA | $197.5 \times 4.026341 + 79.969105 = 875.171434$ | 170.6 | 2019 |
| 17 | 200 | 440.9 | Anna McCloskey | US-PA | $200.0 \times 3.922514 + 88.651779 = 873.154482$ | 181.8 | 2009 |
| 18 | 170 | 374.7 | Lori Snyder | US-PA | $170.0 \times 4.653816 + 81.579516 = 872.728246$ | 123.4 | 2005 |
| 19 | 205 | 451.9 | Nicole Jones | US-TX | $205.0 \times 3.776392 + 98.55213 = 872.712449$ | 200 | 2015 |
| 20 | 177.5 | 391.3 | Haley Kothig | Canada | $177.5 \times 4.51248 + 71.607742 = 872.572885$ | 131.7 | 2024 |
| 21 | 190 | 418.8 | Kelli Fagan | Australia | $190.0 \times 4.215105 + 68.589931 = 869.459798$ | 153.2 | 2018 |
| 22 | 175 | 385.8 | Daniella Means | Hong Kong | $175.0 \times 4.525344 + 72.316117 = 864.25124$ | 130.9 | 2018 |
| 23 | 182.5 | 402.3 | Naomi Kutin | US-NJ | $182.5 \times 4.367667 + 66.798856 = 863.898114$ | 141.4 | 2022 |
| 24 | 185 | 407.8 | Suzanne LaForge | US-FL | $185.0 \times 4.306739 + 66.6446 = 863.391292$ | 145.9 | 2018 |
| 25 | 190 | 418.8 | Marlena Morgan | US-FL | $190.0 \times 4.161452 + 70.908392 = 861.584262$ | 157.8 | 2024 |
| 26 | 182.5 | 402.3 | Rebecca Stoddart | Canada | $182.5 \times 4.351063 + 66.642807 = 860.711792$ | 142.6 | 2018 |
| 27 | 195 | 429.8 | Danielle Philibert | Canada | $195.0 \times 3.977567 + 83.996695 = 859.6223$ | 175.7 | 2018 |
| 28 | 183 | 403.4 | Dallas Smith | Canada | $183.0 \times 4.330677 + 66.567669 = 859.081589$ | 144.1 | 2015 |
| 29 | 197.5 | 435.4 | Martina Burton | US-MD | $197.5 \times 3.884837 + 91.718937 = 858.974234$ | 186.2 | 2020 |
| 30 | 160 | 352.7 | Mayra Armijo | US-NM | $160.0 \times 4.780245 + 93.975379 = 858.814659$ | 116.8 | 2014 |
| 31 | 200 | 440.9 | Aria DeSimini | US-VA | $200.0 \times 3.806417 + 97.092969 = 858.376307$ | 196 | 2018 |
| 32 | 187.5 | 413.3 | Aubrey Mester-Webb | US-VA | $187.5 \times 4.204372 + 68.986315 = 857.306084$ | 154.1 | 2016 |
| 33 | 185 | 407.8 | Whitney Johnson | US-NC | $185.0 \times 4.269324 + 67.123848 = 856.948728$ | 148.8 | 2015 |
| 34 | 162.5 | 358.2 | Sherine Thoummarath | Canada | $162.5 \times 4.722997 + 88.014547 = 855.50154$ | 119.7 | 2016 |
| 35 | 212.5 | 468.4 | Rachel Clarke | US-PA | $212.5 \times 3.57983 + 94.533835 = 855.24768$ | 230.2 | 2024 |
| 36 | 183.5 | 404.5 | Lisa Lethbridge | Canada | $183.5 \times 4.287213 + 66.840065 = 853.543613$ | 147.4 | 2019 |
| 37 | 197.5 | 435.4 | Ogechi Akalegbere | US-MD | $197.5 \times 3.822622 + 96.143864 = 851.111703$ | 193.9 | 2017 |
| 38 | 182.5 | 402.3 | Latosha Floyd | US-VA | $182.5 \times 4.275676 + 67.011627 = 847.322517$ | 148.3 | 2014 |
| 39 | 172.3 | 379.8 | Michelle Martucci | USA | $172.3 \times 4.504516 + 71.190878 = 847.319019$ | 132.2 | 2003 |
| 40 | 155 | 341.7 | Donna McBurney | US-MA | $155.0 \times 4.825596 + 99.051202 = 847.018582$ | 114.6 | 2007 |
| 41 | 195 | 429.8 | Riki Napiorkowski | US-NY | $195.0 \times 3.859243 + 93.664325 = 846.216621$ | 189.3 | 2018 |
| 42 | 158 | 348.3 | Suzanne Davis | US-AZ | $158.0 \times 4.768171 + 92.674552 = 846.045541$ | 117.4 | 2014 |
| 43 | 150 | 330.6 | Jasmine McAdams | US-DC | $150.0 \times 4.905925 + 108.689359 = 844.57817$ | 110.9 | 2019 |
| 44 | 192.5 | 424.3 | Cristi Bartlett | US-NC | $192.5 \times 3.922514 + 88.651779 = 843.735631$ | 181.8 | 2010 |
| 45 | 170 | 374.7 | Monty Lenzi | Canada | $170.0 \times 4.530207 + 72.595038 = 842.730198$ | 130.6 | 2024 |
| 46 | 187.5 | 413.3 | Rachel Johnson | US-VA | $187.5 \times 4.085162 + 75.541323 = 841.509287$ | 164.8 | 2018 |
| 47 | 185 | 407.8 | Deana Tollertson | US-AZ | $185.0 \times 4.154668 + 71.2599 = 839.873489$ | 158.4 | 2017 |
| 48 | 185 | 407.8 | Paige Karolak | Canada | $185.0 \times 4.126908 + 72.826506 = 836.304493$ | 160.9 | 2024 |
| 49 | 195 | 429.8 | Kopper Carter | US-VA | $195.0 \times 3.776392 + 98.55213 = 834.948531$ | 200 | |
| 50 | 188.2 | 414.9 | Alexandra Tavalez | US-GA | $188.2 \times 3.994483 + 82.576634 = 834.338328$ | 173.9 | 2023 |

| All Time Total Rankings | | | | Female K Formula for Ranking | | BWT | Year |
|-------------------------|-------|--------|--------------------|------------------------------|---|--------|------|
| 1 | 395 | 870.8 | Cassidy Conaghan | Canada | $395.0 \times 2.34462 + 121.680098 = 1047.805104$ | 104.3 | 2024 |
| 2 | 427 | 941.3 | Elizabeth Craven | Australia | $427.0 \times 2.167627 + 89.40651 = 1014.98342$ | 117.7 | 2018 |
| 3 | 482.5 | 1063.7 | Danielle Philibert | Canada | $482.5 \times 1.733793 + 87.004622 = 923.559916$ | 175.7 | 2018 |
| 4 | 387.5 | 854.2 | Jonalyn Barcarse | US-VA | $387.5 \times 2.138445 + 85.29455 = 913.942154$ | 120.3 | 2021 |
| 5 | 395 | 870.8 | Febrose Tsiode | Nauru | $395.0 \times 2.10544 + 81.198236 = 912.846926$ | 123.4 | 2018 |
| 6 | 465 | 1025.1 | Miki Cestnik | US-MT | $465.0 \times 1.788526 + 81.012681 = 912.677119$ | 165.26 | 2016 |
| 7 | 478 | 1053.7 | Lisa Gervais | Canada | $478.0 \times 1.714042 + 89.074566 = 908.386558$ | 179.8 | 2019 |
| 8 | 487.5 | 1074.7 | Ogechi Akalegbere | US-MD | $487.5 \times 1.65243 + 93.668957 = 899.228508$ | 193.9 | 2017 |
| 9 | 442.5 | 975.5 | Kelli Fagan | Australia | $442.5 \times 1.861204 + 74.585599 = 898.168589$ | 153.2 | 2018 |
| 10 | 385 | 848.7 | Melissa Barber | US-MD | $385.0 \times 2.108553 + 81.557829 = 893.350823$ | 123.1 | 2016 |
| 11 | 385 | 848.7 | Andrea White | US-NY | $385.0 \times 2.092139 + 79.728095 = 885.201643$ | 124.7 | 2014 |
| 12 | 455 | 1003 | Allison White | US-VA | $455.0 \times 1.759687 + 84.151609 = 884.80939$ | 170.6 | 2019 |
| 13 | 397.5 | 876.3 | Daniella Means | Hong Kong | $397.5 \times 2.032683 + 74.561629 = 882.553206$ | 130.9 | 2018 |
| 14 | 462.5 | 1019.6 | Carlita Farmer | US-NC | $462.5 \times 1.711694 + 89.309021 = 880.967627$ | 180.3 | 2016 |
| 15 | 429 | 945.7 | Melissa Buhler | Canada | $429.0 \times 1.860553 + 74.629115 = 872.806538$ | 153.3 | 2019 |
| 16 | 462.5 | 1019.6 | Riki Napiorkowski | US-NY | $462.5 \times 1.671538 + 92.676863 = 865.763028$ | 189.3 | 2018 |

| | | | | | | | |
|----|--------|--------|---------------------|-----------|---|-------|------|
| 17 | 471.7 | 1039.9 | Shannon Summers | US-SC | $471.7 \times 1.628415 + 94.129833 = 862.253051$ | 200 | |
| 18 | 470 | 1036.1 | Kopper Carter | US-VA | $470.0 \times 1.628415 + 94.129833 = 859.484746$ | 200 | |
| 19 | 413.5 | 911.6 | Lisa Lethbridge | Canada | $413.5 \times 1.90054 + 72.533583 = 858.406789$ | 147.4 | 2019 |
| 20 | 465 | 1025.1 | Aria DeSimini | US-VA | $465.0 \times 1.643998 + 93.939577 = 858.398734$ | 196 | 2018 |
| 21 | 471.87 | 1040.2 | LaRiena Ferguson | US-FL | $471.87 \times 1.619725 + 94.045992 = 858.345608$ | 202.3 | 2023 |
| 22 | 440 | 970 | Mackenzie Taylor | US-NC | $440.0 \times 1.758121 + 84.325263 = 857.898627$ | 170.9 | 2023 |
| 23 | 430 | 947.9 | Alexis Kajencki | US-MD | $430.0 \times 1.808242 + 79.001543 = 856.545782$ | 161.8 | 2023 |
| 24 | 425 | 936.9 | Jesse Akister | Australia | $425.0 \times 1.833365 + 76.699181 = 855.879285$ | 157.6 | 2018 |
| 25 | 415 | 914.9 | Aubrey Mester-Webb | US-VA | $415.0 \times 1.868425 + 74.123096 = 849.519392$ | 152.1 | 2015 |
| 26 | 380 | 837.7 | Sherine Thoummarath | Canada | $380.0 \times 2.036333 + 74.808603 = 848.61522$ | 130.5 | 2017 |
| 27 | 347.5 | 766 | Mayra Armijo | US-NM | $347.5 \times 2.178069 + 90.980464 = 847.859529$ | 116.8 | 2014 |
| 28 | 398 | 877.4 | Naomi Kutin | US-NJ | $398.0 \times 1.944797 + 71.668285 = 845.697587$ | 141.4 | 2022 |
| 29 | 407.5 | 898.3 | Latosha Floyd | US-VA | $407.5 \times 1.894226 + 72.783921 = 844.680844$ | 148.3 | 2014 |
| 30 | 350.5 | 772.7 | Laura Siegle | US-VA | $350.5 \times 2.155106 + 87.58903 = 842.953856$ | 118.8 | 2024 |
| 31 | 401 | 884 | Hai Di | US-MD | $401.0 \times 1.920712 + 71.944528 = 842.149906$ | 144.6 | 2018 |
| 32 | 390.5 | 860.8 | Abby Hall | Canada | $390.5 \times 1.971688 + 71.911711 = 841.855921$ | 138 | 2019 |
| 33 | 380 | 837.7 | Antonina Burbytko | Ukraine | $380.0 \times 2.020986 + 73.835431 = 841.81016$ | 132.2 | 2014 |
| 34 | 415 | 914.9 | Leah Cameron | Canada | $415.0 \times 1.838928 + 76.237111 = 839.39233$ | 156.7 | 2019 |
| 35 | 355 | 782.6 | Miranda Chambers | US-PA | $355.0 \times 2.116939 + 82.55473 = 834.067975$ | 122.3 | 2016 |
| 36 | 497.5 | 1096.7 | Emily Wingo | US-VA | $497.5 \times 1.509676 + 82.469829 = 833.533784$ | 236.5 | 2017 |
| 37 | 352.5 | 777.1 | Breann Thiessen | Canada | $352.5 \times 2.116939 + 82.55473 = 828.775628$ | 122.3 | 2015 |
| 38 | 505.9 | 1115.3 | Anna Stamets | US-FL | $505.90000000000003 \times 1.474082 + 82.440898 = 828.178737$ | 262.9 | 2023 |
| 39 | 365.5 | 805.7 | Jennifer Coffee | US-VA | $365.5 \times 2.056851 + 76.37268 = 828.151865$ | 128.3 | 2017 |
| 40 | 415 | 914.9 | Angela Webb | US-VA | $415.0 \times 1.788303 + 81.036232 = 823.181828$ | 165.3 | |
| 41 | 502.5 | 1107.8 | Yurika Kepae | Nauru | $502.5 \times 1.474082 + 82.440898 = 823.16686$ | 299.1 | 2018 |
| 42 | 370.5 | 816.8 | Natasha Beasley | US-VA | $370.5 \times 2.020986 + 73.835431 = 822.610792$ | 132.2 | 2019 |
| 43 | 351 | 773.8 | Marthe Henry | Canada | $351.0 \times 2.106476 + 81.317244 = 820.690213$ | 123.3 | 2019 |
| 44 | 462.5 | 1019.6 | Marissa Wilson | US-MD | $462.5 \times 1.572983 + 91.037672 = 818.542172$ | 215.6 | 2018 |
| 45 | 410 | 903.8 | Tierra Tucker | US-MD | $410.0 \times 1.799019 + 79.923605 = 817.521463$ | 163.4 | 2020 |
| 46 | 362.5 | 799.1 | Lisa Suda | US-VA | $362.5 \times 2.04278 + 75.268096 = 815.775683$ | 129.8 | 2016 |
| 47 | 425 | 936.9 | Jamie Jackson | US-VA | $425.0 \times 1.704729 + 89.985763 = 814.495409$ | 181.8 | |
| 48 | 365.5 | 805.7 | Haley Kothig | Canada | $365.5 \times 2.025455 + 74.101066 = 814.405011$ | 131.7 | 2024 |
| 49 | 362 | 798 | Christine Trac | Canada | $362.0 \times 2.041854 + 75.200307 = 814.351461$ | 129.9 | 2019 |
| 50 | 387.5 | 854.2 | Deanna Fester | Canada | $387.5 \times 1.914139 + 72.100917 = 813.829728$ | 145.5 | 2015 |

| All Time Strict Curl Rankings | | | | Female | K Formula for Ranking | BWT | Year |
|-------------------------------|------|-------|----------------------|--------|--|-------|------|
| 1 | 54.5 | 120.1 | Tricia Floyd | US-VA | $54.5 \times 16.753119 + 100.855626 = 1013.900588$ | 147.5 | 2022 |
| 2 | 55.5 | 122.3 | Alexis Kajencki | US-MD | $55.5 \times 16.34272 + 105.51757 = 1012.538515$ | 158.5 | 2024 |
| 3 | 38.5 | 84.8 | Ashley Christiansen | US-NC | $38.5 \times 19.986606 + 176.680991 = 946.165314$ | 92.8 | 2020 |
| 4 | 50.5 | 111.3 | Tierra Tucker | US-MD | $50.5 \times 16.174992 + 107.57108 = 924.408177$ | 163.4 | 2020 |
| 5 | 41.5 | 91.4 | Britania Williams | US-TX | $41.5 \times 18.980096 + 135.006962 = 922.680933$ | 105.4 | 2024 |
| 6 | 45 | 99.2 | Giorgia Pratesi | Italy | $45.0 \times 17.865889 + 104.244179 = 908.2092$ | 123.4 | 2012 |
| 7 | 52.5 | 115.7 | Nicole Jones | US-TX | $52.5 \times 15.14327 + 100.288337 = 895.31003$ | 200 | 2015 |
| 8 | 49 | 108 | Mackenzie Taylor | US-NC | $49.0 \times 15.887846 + 110.214681 = 888.71914$ | 172.4 | 2023 |
| 9 | 46 | 101.4 | Gianna Ancona | US-CT | $46.0 \times 16.936326 + 99.492652 = 878.56366$ | 143 | 2024 |
| 10 | 47.5 | 104.7 | Stacy Burak | Canada | $47.5 \times 16.135195 + 108.026018 = 874.44776$ | 164.6 | 2024 |
| 11 | 53 | 116.8 | Kierstyn Bourdeau | US-CT | $53.0 \times 14.742331 + 79.771654 = 861.115209$ | 218 | 2021 |
| 12 | 48 | 105.8 | Linda Lee | US-VA | $48.0 \times 15.574515 + 110.047245 = 857.623988$ | 183.2 | 2023 |
| 13 | 44.5 | 98.1 | Danielle Gambardella | US-CT | $44.5 \times 16.97838 + 99.270676 = 854.808566$ | 142 | 2024 |
| 14 | 48 | 105.8 | Jennifer Macon | US-GA | $48.0 \times 15.466091 + 108.806275 = 851.178626$ | 187.2 | 2023 |
| 15 | 45 | 99.2 | Katy Gaglione | US-DE | $45.0 \times 16.24242 + 106.764589 = 837.673502$ | 161.4 | 2024 |
| 16 | 44 | 97 | Natasha Beasley | US-VA | $44.0 \times 16.733348 + 101.037451 = 837.304764$ | 148 | 2020 |
| 17 | 38.5 | 84.8 | Krystal Brown | US-VA | $38.5 \times 18.573353 + 121.203766 = 836.277873$ | 111.4 | 2019 |
| 18 | 45 | 99.2 | Latosha Floyd | US-VA | $45.0 \times 16.112203 + 108.279677 = 833.328801$ | 165.3 | 2014 |
| 19 | 41.5 | 91.4 | Heather Flottmann | US-NY | $41.5 \times 17.610564 + 100.846423 = 831.684844$ | 128.3 | 2024 |
| 20 | 37.5 | 82.6 | McKenna Kozina | Canada | $37.5 \times 18.638407 + 123.242544 = 822.182789$ | 110.4 | 2017 |
| 21 | 47 | 103.6 | Cassidy Comly | US-PA | $47.0 \times 15.252813 + 104.048121 = 820.930318$ | 195.5 | 2018 |
| 22 | 45 | 99.2 | Mary Kate Mercier | US-MA | $45.0 \times 15.756369 + 110.66747 = 819.704073$ | 176.8 | 2016 |

| | | | | | | | |
|----|------|-------|--------------------|---------|---|-------|------|
| 23 | 47.5 | 104.7 | Angela O'Connor | US-NE | $47.5 \times 15.14327 + 100.288337 = 819.593678$ | 200 | 2013 |
| 24 | 43.5 | 95.9 | Lisa Walker | US-VA | $43.5 \times 16.388689 + 104.940775 = 817.848745$ | 157.2 | 2024 |
| 25 | 40.5 | 89.2 | Tacara Baltimore | US-VA | $40.5 \times 17.620653 + 100.950602 = 814.58705$ | 128.1 | 2023 |
| 26 | 43.5 | 95.9 | Sandra Bates | US-NC | $43.5 \times 16.24924 + 106.681124 = 813.523071$ | 161.2 | 2023 |
| 27 | 45 | 99.2 | Tara Maier | US-AZ | $45.0 \times 15.613391 + 110.322666 = 812.925262$ | 181.8 | 2013 |
| 28 | 45 | 99.2 | Loryn Taylor | US-MD | $45.0 \times 15.613391 + 110.322666 = 812.925262$ | 181.8 | 2014 |
| 29 | 40 | 88.1 | Catherine Reynolds | US-VA | $40.0 \times 17.681764 + 101.635083 = 808.905646$ | 126.9 | 2021 |
| 30 | 46.5 | 102.5 | LaToya Parrish | US-VA | $46.5 \times 15.181754 + 101.713756 = 807.665301$ | 198.4 | 2008 |
| 31 | 40.5 | 89.2 | Kelsey Capecci | US-OH | $40.5 \times 17.476983 + 99.704177 = 807.522006$ | 131 | 2018 |
| 32 | 42 | 92.5 | Antonina Burbytko | Ukraine | $42.0 \times 16.70195 + 101.338462 = 802.820353$ | 148.8 | 2013 |
| 33 | 32 | 70.5 | Karen Poyner | US-VA | $32.0 \times 19.793438 + 168.159557 = 801.549569$ | 95 | 2017 |
| 34 | 42.5 | 93.6 | Beth-el Algarin | US-MN | $42.5 \times 16.29738 + 106.085314 = 798.723963$ | 159.8 | 2015 |
| 35 | 40 | 88.1 | Lesley DeAngelo | US-CT | $40.0 \times 17.467278 + 99.638411 = 798.32953$ | 131.2 | 2023 |
| 36 | 41.5 | 91.4 | Suzanne LaForge | US-MA | $41.5 \times 16.70195 + 101.338462 = 794.469379$ | 148.8 | 2014 |
| 37 | 51 | 112.4 | KB Kofsuske | US-CT | $51.0 \times 14.319362 + 63.696637 = 793.984083$ | 257 | 2024 |
| 38 | 38.5 | 84.8 | Nicole Anderson | US-AZ | $38.5 \times 17.865889 + 104.244179 = 792.08092$ | 123.4 | 2012 |
| 39 | 36.5 | 80.4 | Natasha Lange | US-CT | $36.5 \times 18.465108 + 117.971145 = 791.947576$ | 113.1 | 2023 |
| 40 | 36.5 | 80.4 | Kerry Self | US-VA | $36.5 \times 18.421369 + 116.724137 = 789.104104$ | 113.8 | 2024 |
| 41 | 44.5 | 98.1 | Madison Berry | US-NC | $44.5 \times 15.323077 + 105.979664 = 787.856583$ | 192.7 | 2024 |
| 42 | 42 | 92.5 | Shannon Lowery | US-NC | $42.0 \times 16.112203 + 108.279677 = 784.992193$ | 165.3 | 2021 |
| 43 | 45 | 99.2 | Lisa Woodland | US-MD | $45.0 \times 15.181754 + 101.713756 = 784.89267$ | 198.4 | 2015 |
| 44 | 43 | 94.7 | Lisa Gervais | Canada | $43.0 \times 15.649935 + 110.506691 = 783.453892$ | 180.5 | 2017 |
| 45 | 46.5 | 102.5 | Leah Swartz | US-PA | $46.5 \times 14.891651 + 88.368844 = 780.830594$ | 211 | 2024 |
| 46 | 36.5 | 80.4 | Natasha Esteves | US-CT | $36.5 \times 18.286945 + 113.116864 = 780.590355$ | 116 | 2024 |
| 47 | 43 | 94.7 | Rachel Gray | US-CA | $43.0 \times 15.544312 + 109.773617 = 778.179052$ | 184.3 | 2023 |
| 48 | 35.5 | 78.2 | Bianca Luedeker | US-AZ | $35.5 \times 18.522052 + 119.646228 = 777.179084$ | 112.2 | 2016 |
| 49 | 41 | 90.3 | Katrin Ribb | Germany | $41.0 \times 16.335704 + 105.605626 = 775.36948$ | 158.7 | 2023 |
| 50 | 39.5 | 87 | LaKeisha Kanen | US-NC | $39.5 \times 17.020942 + 99.083692 = 771.410887$ | 141 | 2018 |