



2024 Women's Rankings

Updated 01/14/2025 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	42.5	93.6	Kennedy Nautel	US-NY	2024 American Challenge - NY	Owego	NY	
4	34.93	77	Avigayil Lundgren	US-FL	2024 American Challenge - FL	Melbourne	FL	
5	30	66.1	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA	
6	27.5	60.6	Jeaniva Milie	US-PA	Eerie Power	Erie	PA	
7	25	55.1	Daenerys DeWolfe	Canada	Iron Challenge Medicine Hat Alberta		Alberta	
8	24.95	55	Caitlyn Cowley	US-FL	2024 American Challenge - FL	Melbourne	FL	
9	23	50.7	Mia Saretsky	Canada	Liftmas	Calgary	Alberta	

Weight Class: 48 / 105				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	157.5	347.2	Cassidy Conaghan	Canada	2024 Powerlifting World Championships	Virginia Beach	VA	
2	86.18	189.9	Natalie Norcross	US-FL	2024 American Challenge - FL	Melbourne	FL	
3	72.5	159.8	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
	72.5	159.8	Bella Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA	
5	62.5	137.7	Logan White	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
6	57.5	126.7	Emma Bilak	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
	57.5	126.7	Gianna Beacham	US-NC	2024 American Challenge - NC	Barco	NC	

Weight Class: 52 / 114				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	100	220.4	Katherine Lizarraga	US-VA	2024 Powerlifting World Championships	Virginia Beach	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	75	165.3	Allison Freeman	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
5	65	143.2	Victoria Wood	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
6	50	110.2	Jennah ElBardicy	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA	
7	45	99.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
8	40	88.1	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA	
9	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	
	115	253.5	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA	
3	110	242.5	Angela Goldstein	US-MD	2024 American Challenge - MD		MD	
4	107.5	236.9	Savi Win	US-CA	2024 American Challenge - FL Miami Mahem	Miami	FL	
5	100	220.4	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA	
6	92.5	203.9	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA	
7	87.5	192.9	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA	

8	80.5	177.4	Vanity- Jay Martinez	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
9	70	154.3	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA
	70	154.3	Alison Bulluck	US-VA	Ironbuilt DAV Open	Ashland	VA
	70	154.3	Julie Schroeder	US-PA	Eerie Power	Erie	PA
12	62.5	137.7	Niley Camilo	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
	62.5	137.7	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
14	55	121.2	Kai Sheppard	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
15	52.5	115.7	Jennifer Bowe	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
16	42.5	93.6	Alexis Wright	US-PA	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 60 / 132 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	122.5	270	Haley Kothig	Canada	Tower of Power	Calgary	Alberta
2	120	264.5	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
3	117.5	259	Tatiana Onyschtschuk	Canada	Tower of Power	Calgary	Alberta
4	115	253.5	Nena Pfeffer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
5	107.5	236.9	Mica Tiongan	Canada	2024 Icebreaker		Canada
6	105	231.4	Sydney Worley	US-PA	Ohio State Championships	Bedford Heights	OH
7	100	220.4	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
	100	220.4	Taylor Clarke	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
	100	220.4	Alexandria Wood	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
10	97.5	214.9	Madina Nugaliyeva	Canada	Tower of Power	Calgary	Alberta
11	95	209.4	Audrey Martos	US-NV	2024 American Challenge - FL Miami Mahem	Miami	FL
12	90	198.4	Allison Freeman	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
13	88.5	195.1	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
14	87	191.8	Ella Zeitner	Canada	2024 Icebreaker		Canada
15	80	176.3	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	80	176.3	Erin Buchart	US-NC	2024 OBX Open	Jarvisburg	NC
17	75	165.3	Kristin Gulling	US-OH	2024 Tri-State Championship	Bedford Heights	OH
18	72.5	159.8	Sofia Corridean	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
19	70	154.3	Vanaja Nair	UAE	Dubai International Open		Dubai
	70	154.3	Caitlyn Curran	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 67.5 / 148 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	142.5	314.1	Naomi Kutin	US-NJ	2024 American Challenge - NJ	Fair Lawn	NJ
2	137.5	303.1	Rachel Papon	US-PA	2024 American Challenge - MD		MD
3	130	286.5	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
4	122.5	270	Cydney Amoroso	US-PA	Eerie Power	Erie	PA
5	117.5	259	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
6	115	253.5	Gabrielle Reid	Canada	2024 Icebreaker		Canada
	115	253.5	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
8	102.5	225.9	Katie Fraser	Canada	Lift 4 Kids Open		Canada
9	95	209.4	Julie Grey	Canada	Lift 4 Kids Open		Canada
	95	209.4	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
11	92.5	203.9	Rachel Hoffman	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	92.5	203.9	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
	92.5	203.9	Chris Nicole	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
14	90	198.4	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
15	87.5	192.9	Taylor Clarke	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	87.5	192.9	Anna Elliott	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
17	85	187.3	Ava Lucenti	US-NY	2024 American Challenge - NY	Owego	NY
	85	187.3	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
	85	187.3	Sofia Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
20	82.5	181.8	Allison Freeman	US-NC	2024 American Challenge - NC	Barco	NC

Weight Class: 75 / 165 Squat Female

Rank	Lift	lbs	Lifter	Country	Meet	Location	
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1	135	297.6	Paige Karolak	Canada	2024 American Challenge - FL Miami Mahem	Miami	FL
2	132.5	292.1	Teresa Lei	Canada	Iron Challenge Medicine Hat Alberta		Alberta
3	130	286.5	Malori Stan	Canada	2024 Icebreaker		Canada
4	127.5	281	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	127.5	281	McKenzie Davis	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
	127.5	281	Marlena Morgan	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
7	117.5	259	Tania De La Torre Pena	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
8	110	242.5	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
	110	242.5	Nancy Breen	US-VA	2024 American Challenge - VA	Woodstock	VA
10	107.5	236.9	Emma Pollard	Canada	2024 Icebreaker		Canada
11	105	231.4	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
	105	231.4	Abby Bergren	US-MD	2024 American Challenge - MD		MD
13	102.5	225.9	Mia Gaylord	US-NY	2024 American Challenge - NY	Owego	NY
14	92.5	203.9	Georgia Huck	US-PA	Eerie Power	Erie	PA
	92.5	203.9	Raya Eilert	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
16	90	198.4	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
17	87.5	192.9	Savannah Higgins	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
18	82.5	181.8	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
19	80	176.3	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA
	80	176.3	Lisa Walker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

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	137.5	303.1	Madison Berry	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
3	130.5	287.7	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
4	127.5	281	Colleen Woods	US-NY	2024 American Challenge - NY	Owego	NY
5	112.5	248	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
6	110.5	243.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
7	105	231.4	Janais Turuk	Canada	2024 Icebreaker		Canada
8	97.5	214.9	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
9	92.5	203.9	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
10	90	198.4	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
	90	198.4	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
12	77.5	170.8	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ
13	75	165.3	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
14	67.5	148.8	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
15	60	132.2	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA

Weight Class: 90 / 198 Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	175	385.8	Lizzy Welch	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
2	142.5	314.1	Madison Berry	US-NC	2024 OBX Open	Jarvisburg	NC
3	140	308.6	Sydnee Jackson	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
4	137.5	303.1	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
5	125	275.5	Mackenzie Taylor	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
6	112.5	248	Tomi Dement	US-VA	Ironbuilt 804 Classic	Ashland	VA
	112.5	248	Casey Powell	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA
8	107.5	236.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
	107.5	236.9	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
10	105	231.4	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
11	75	165.3	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
12	55	121.2	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
13	38.56	85	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 90+ / 198+ Squat Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	160	352.7	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA

	160	352.7	Rachel Clarke	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
3	155	341.7	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
	155	341.7	Cynthia Schaefer	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
5	152.5	336.2	Leah Swartz	US-PA	2024 American Challenge - VA	Woodstock	VA
6	145	319.6	Ivy Lander	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
7	142.5	314.1	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
8	137.5	303.1	Charlotte Baker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
9	122.5	270	Savannah Bragg	US-NC	2024 American Challenge - NC	Barco	NC
10	120	264.5	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
	120	264.5	Savannah Glanville	US-NC	2024 American Challenge - NC	Barco	NC
	120	264.5	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
13	112.5	248	Maria Anderson	Canada	Lift 4 Kids Open		Canada
	112.5	248	Christine Royer	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
	112.5	248	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
16	110	242.5	Michelle Lawson	US-PA	Eerie Power	Erie	PA
17	107.5	236.9	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
18	97.5	214.9	Kaitlyn Dortch	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
19	95	209.4	Joni Talavera	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
20	92.5	203.9	Elaine Ostrander	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA

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	30	66.1	Kennedy Nautel	US-NY	2024 American Challenge - NY	Owego	NY
5	20	44	Daenerys DeWolfe	Canada	Iron Challenge Medicine Hat Alberta		Alberta
6	17.5	38.5	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA
	17.5	38.5	Jeaniva Milie	US-PA	Eerie Power	Erie	PA
8	15.88	35	Avigayil Lundgren	US-FL	2024 American Challenge - FL	Melbourne	FL
9	13.6	29.9	Caitlyn Cowley	US-FL	2024 American Challenge - FL	Melbourne	FL
10	12.5	27.5	Mia Saretsky	Canada	Liftmas	Calgary	Alberta

Weight Class: 48 / 105		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	75	165.3	Cassidy Conaghan	Canada	2024 Powerlifting World Championships	Virginia Beach	VA
2	57.5	126.7	Ashley Christiansen	US-NC	2024 American Challenge - NC	Barco	NC
3	42.5	93.6	Kimberly Price	US-VA	2024 Masters Nationals - Powerlifting	York	PA
4	41.73	91.9	Natalie Norcross	US-FL	2024 American Challenge - FL	Melbourne	FL
5	40	88.1	Logan White	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
6	35.5	78.2	Gianna Beacham	US-NC	2024 American Challenge - NC	Barco	NC
7	35	77.1	Bella Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
8	30.39	66.9	Emma Bilak	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 52 / 114		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	74.5	164.2	Kerry Self	US-VA	2024 World Ironman Championships	York	PA
2	60.5	133.3	Jill Keilty-Dilling	Canada	2024 Icebreaker		Canada
3	52.5	115.7	Katherine Lizarraga	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	47.5	104.7	Allison Freeman	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
	47.5	104.7	Elva Dudley	US-NJ	2024 Powerlifting World Championships	Virginia Beach	VA
6	42.5	93.6	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA
7	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
9	38.75	85.4	Jennah ElBardicy	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
10	30	66.1	Ashlee Crawford-Bauer	US-NY	2024 American Challenge - NY	Owego	NY

11	28.1227	61.9	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
12	27.5	60.6	Corinne King	US-VA	2024 Eastern Open	Woodstock	PA
13	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	76	167.5	Kerry Self	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
2	65	143.2	Laura Siegle	US-VA	Ironbuilt 804 Classic	Ashland	VA
3	60	132.2	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
4	57.5	126.7	Mariela Olivares	US-MD	2024 American Challenge - MD		MD
5	55	121.2	Lela Pensyl	US-PA	2024 Great Lakes Championships	Erie	PA
	55	121.2	Angela Goldstein	US-MD	2024 American Challenge - MD		MD
	55	121.2	Sarah Rudo	US-MD	2024 World Ironman Championships	York	PA
8	50	110.2	Natasha Esteves	US-CT	Owego Winter Classic 2024	Owego	NY
	50	110.2	Jennifer Bowe	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
10	48	105.8	Vanity- Jay Martinez	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
11	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
	47.5	104.7	Savi Win	US-CA	2024 American Challenge - FL Miami Mahem	Miami	FL
15	42.5	93.6	Alison Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
16	40	88.1	Sarabjeet Kaur Bunwait	India	Dubai International Open		Dubai
	40	88.1	Julie Schroeder	US-PA	Eerie Power	Erie	PA
	40	88.1	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
19	32.5	71.6	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA
	32.5	71.6	Niley Camilo	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
	32.5	71.6	Corinne King	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA

Weight Class: 60 / 132		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	82.5	181.8	Taylor Clarke	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
2	75	165.3	Tatiana Onyschtschuk	Canada	Tower of Power	Calgary	Alberta
3	72.5	159.8	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
4	70	154.3	Mica Tiongan	Canada	2024 Icebreaker		Canada
	70	154.3	Haley Kothig	Canada	Tower of Power	Calgary	Alberta
6	67.5	148.8	Nena Pfeffer	US-PA	2024 Great Lakes Championships	Erie	PA
	67.5	148.8	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
8	62.5	137.7	Sydney Worley	US-PA	Ohio State Championships	Bedford Heights	OH
9	60.5	133.3	Linda Lee	US-VA	2024 World Ironman Championships	York	PA
10	57.5	126.7	Ella Zeitner	Canada	2024 Icebreaker		Canada
11	56.5	124.5	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
12	52.5	115.7	Alexandria Wood	US-NC	2024 American Challenge - NC	Barco	NC
	52.5	115.7	Allison Freeman	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
14	50	110.2	Madina Nugaliyeva	Canada	Tower of Power	Calgary	Alberta
15	47.5	104.7	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	47.5	104.7	Kristin Gulling	US-PA	2024 American Challenge - OH	Bedford Heights	OH
17	45	99.2	Audrey Martos	US-NV	2024 American Challenge - FL Miami Mahem	Miami	FL
18	42.5	93.6	Vanaja Nair	UAE	Dubai International Open		Dubai
19	40	88.1	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
	40	88.1	Erin Buchart	US-NC	2024 OBX Open	Jarvisburg	NC

Weight Class: 67.5 / 148		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	85	187.3	Taylor Clarke	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
2	82.5	181.8	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	80	176.3	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
4	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
	75	165.3	Giuliana Hess	US-NJ	2024 American Challenge - NJ	Fair Lawn	NJ
8	72.5	159.8	Danielle Gambardella	US-CT	Owego Winter Classic 2024	Owego	NY
	72.5	159.8	Rachel Papson	US-PA	2024 American Challenge - MD		MD
10	67.5	148.8	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
11	65	143.2	Anna Elliott	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
	65	143.2	Linda Lee	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
13	62.5	137.7	Ava Lucenti	US-NY	2024 American Challenge - NY	Owego	NY
	62.5	137.7	Naomi Kutin	US-NJ	2024 American Challenge - NJ	Fair Lawn	NJ
	62.5	137.7	Lilian Kao	Canada	Liftmas	Calgary	Alberta
16	57.5	126.7	Sue Kish	Canada	2024 Icebreaker		Canada
	57.5	126.7	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
18	55	121.2	Linda Eggleston	US-NY	Owego Winter Classic 2024	Owego	NY
	55	121.2	Rachel Hoffman	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	55	121.2	Cydney Amoroso	US-PA	Erie Power	Erie	PA

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	85	187.3	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
3	80	176.3	Marlena Morgan	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	80	176.3	Paige Karolak	Canada	2024 American Challenge - FL Miami Mahem	Miami	FL
5	77.5	170.8	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
6	72.5	159.8	Raya Eilert	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
	72.5	159.8	Sarah Beech	US-OH	Ohio State Championships	Bedford Heights	OH
8	70	154.3	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
9	67.5	148.8	Malori Stan	Canada	2024 Icebreaker		Canada
	67.5	148.8	Abby Bergren	US-MD	2024 American Challenge - MD		MD
	67.5	148.8	McKenzie Davis	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
12	65.5	144.4	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC
13	65	143.2	Jane Thompson	Canada	2024 Icebreaker		Canada
	65	143.2	Mia Gaylord	US-NY	2024 American Challenge - NY	Owego	NY
15	62.5	137.7	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
	62.5	137.7	Emma Pollard	Canada	2024 Icebreaker		Canada
	62.5	137.7	Tania De La Torre Pena	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
18	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
	60	132.2	Susan Shofner	US-OH	Ohio State Championships	Bedford Heights	OH

Weight Class: 82.5 / 181		Bench Press		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	95	209.4	Mackenzie Taylor	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
2	92.5	203.9	Emily Raymond	US-NY	2024 American Challenge - NY	Owego	NY
3	82	180.7	Madison Berry	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
4	80	176.3	Courtney Johnston	Canada	2024 Icebreaker		Canada
	80	176.3	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
6	75	165.3	Linda Arvey	US-PA	2024 Masters Nationals - Powerlifting	York	PA
7	67.5	148.8	Colleen Woods	US-NY	Owego Winter Classic 2024	Owego	NY
8	65	143.2	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
9	60	132.2	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
	60	132.2	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA
11	57.5	126.7	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
12	55	121.2	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
13	52.5	115.7	Janais Turuk	Canada	2024 Icebreaker		Canada
	52.5	115.7	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
15	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

	47.5	104.7	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA
19	45	99.2	Emerie Merritt	US-NC	2024 American Challenge - NC	Barco	NC
20	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	98	216	Mackenzie Taylor	US-NC	2024 Christmas Classic	Woodstock	VA
2	87.5	192.9	Madison Berry	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
3	82.5	181.8	Mandi Johnson	US-PA	2024 Great Lakes Championships	Erie	PA
4	80	176.3	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
5	77.5	170.8	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA
6	75	165.3	Lizzy Welch	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
	75	165.3	Tomi Dement	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
8	70	154.3	Sydnee Jackson	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
9	65	143.2	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
10	62.5	137.7	Casey Powell	US-AZ	2024 American Challenge - FL Miami Mahem	Miami	FL
11	60	132.2	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY
12	55	121.2	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
13	47.5	104.7	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
14	43	94.7	Celestyne D'Almeida	US-NH	NH Record Setters	Laconia	NH
15	42.5	93.6	Carin Shollenberger	US-PA	2024 Great Lakes Championships	Erie	PA
16	30.39	66.9	Sarah Mallett	US-FL	2024 American Challenge - FL	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	97.5	214.9	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
3	95	209.4	Leah Swartz	US-PA	2024 American Challenge - VA	Woodstock	VA
4	92.5	203.9	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
5	80	176.3	Mona Espinoza	US-VA	2024 Patriot Open	Woodstock	VA
	80	176.3	Mona Espinosa	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
7	77.5	170.8	Savannah Glanville	US-NC	2024 American Challenge - NC	Barco	NC
	77.5	170.8	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
	77.5	170.8	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
	77.5	170.8	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
11	77	169.7	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
12	75	165.3	Rachel Clarke	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
13	73.5	162	Charlotte Baker	US-VA	2024 Masters Nationals - Powerlifting	York	PA
	73.5	162	Dorothy Sosnicki	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA
15	72.5	159.8	Savannah Bragg	US-NC	2024 American Challenge - NC	Barco	NC
	72.5	159.8	Jordan Estes	US-DC	2024 World Ironman Championships	York	PA
17	70	154.3	Christine Royer	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
	70	154.3	Cynthia Schaefer	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
19	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
	67.5	148.8	Latonya Taylor	US-TX	2024 American Challenge - TX	Houston	TX

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	77.5	170.8	Kennedy Nautel	US-NY	2024 American Challenge - NY	Owego	NY
4	46.27	102	Avigayil Lundgren	US-FL	2024 American Challenge - FL	Melbourne	FL
5	42.5	93.6	Daenerys DeWolfe	Canada	Iron Challenge Medicine Hat Alberta		Alberta
6	40	88.1	Jeaniva Milie	US-PA	Eerie Power	Erie	PA
7	37.5	82.6	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA

8	35	77.1	Mia Saretsky	Canada	Liftmas	Calgary	Alberta
9	34.93	77	Caitlyn Cowley	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 48 / 105				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	167.5	369.2	Cassidy Conaghan	Canada	2024 Powerlifting World Championships	Virginia Beach	VA
2	113.5	250.2	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	105	231.4	Ashley Christiansen	US-NC	2024 American Challenge - NC	Barco	NC
4	104.33	230	Natalie Norcross	US-FL	2024 American Challenge - FL	Melbourne	FL
5	100	220.4	Logan White	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
6	78	171.9	Gianna Beacham	US-NC	2024 American Challenge - NC	Barco	NC
7	75	165.3	Bella Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
8	72.58	160	Emma Bilak	US-FL	2024 American Challenge - FL	Melbourne	FL

Weight Class: 52 / 114				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	132.5	292.1	Katherine Lizarraga	US-VA	2024 Powerlifting World Championships	Virginia Beach	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	92.5	203.9	Ashlee Crawford-Bauer	US-NY	2024 American Challenge - NY	Owego	NY
5	90	198.4	Alexandra Bulluck	US-VA	Ironbuilt 804 Classic	Ashland	VA
	90	198.4	Allison Freeman	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
7	80	176.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
8	75	165.3	Kimberly Ortiz	US-VA	Ironbuilt 804 Classic	Ashland	VA
9	72.5	159.8	Jennah ElBardicy	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
	72.5	159.8	Victoria Wood	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
11	65	143.2	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
12	62.5	137.7	Kyleigh Mallett	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
13	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	170.5	375.8	Laura Siegle	US-VA	Ironbuilt DAV Open	Ashland	VA
2	132.5	292.1	Savi Win	US-CA	2024 American Challenge - FL Miami Mahem	Miami	FL
3	130	286.5	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
4	127.5	281	Angela Goldstein	US-MD	2024 American Challenge - MD		MD
5	115	253.5	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
6	107.5	236.9	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
7	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
9	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
	102.5	225.9	Vanity- Jay Martinez	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
12	95	209.4	Jennifer Bowe	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
13	87.5	192.9	Niley Camilo	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
14	85	187.3	Alexis Wright	US-PA	Eerie Power	Erie	PA
15	82.5	181.8	Julie Schroeder	US-PA	Eerie Power	Erie	PA
16	80	176.3	Sarabjeet Kaur Bunwait	India	Dubai International Open		Dubai
17	78	171.9	Dhruvi Hasmukhbai	India	Dubai International Open		Dubai
18	72.5	159.8	Corinne King	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
19	62.5	137.7	Kai Sheppard	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ

Weight Class: 60 / 132				Deadlift		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	177.5	391.3	Haley Kothig	Canada	Tower of Power	Calgary	Alberta
2	170	374.7	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
3	140	308.6	Taylor Clarke	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
4	135	297.6	Alexandria Wood	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA

5	132.5	292.1	Tatiana Onyschtschuk	Canada	Tower of Power	Calgary	Alberta
6	130	286.5	Mica Tiongan	Canada	2024 Icebreaker		Canada
7	127.5	281	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
8	117.5	259	Nena Pfeffer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
9	115	253.5	Ella Zeitner	Canada	2024 Icebreaker		Canada
10	112.5	248	Audrey Martos	US-NV	2024 American Challenge - FL Miami Mahem	Miami	FL
	112.5	248	Sydney Worley	US-PA	Ohio State Championships	Bedford Heights	OH
12	110	242.5	Erin Buchart	US-NC	2024 OBX Open	Jarvisburg	NC
13	107.5	236.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
	107.5	236.9	Allison Freeman	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
	107.5	236.9	Madina Nugaliyeva	Canada	Tower of Power	Calgary	Alberta
16	100	220.4	Sofia Corridean	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
17	95	209.4	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
	95	209.4	Vanaja Nair	India	2024 Powerlifting World Championships	Virginia Beach	VA
	95	209.4	Caitlyn Curran	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
20	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	172.5	380.2	Naomi Kutin	US-NJ	2024 American Challenge - NJ	Fair Lawn	NJ
	172.5	380.2	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	157.5	347.2	Rachel Papson	US-PA	2024 American Challenge - MD		MD
4	155	341.7	Danielle Gambardella	US-CT	Owego Winter Classic 2024	Owego	NY
5	150.5	331.7	Gianna Ancona	US-CT	Owego Winter Classic 2024	Owego	NY
6	145	319.6	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
7	141.5	311.9	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
8	140	308.6	Gabrielle Reid	Canada	2024 Icebreaker		Canada
9	137.5	303.1	Taylor Clarke	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
	137.5	303.1	Cydney Amoroso	US-PA	Eerie Power	Erie	PA
11	132.5	292.1	Katie Fraser	Canada	Lift 4 Kids Open		Canada
	132.5	292.1	Chris Nicole	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
13	130	286.5	Cristen Byerly	US-NC	2024 Battle of the Border	Currituck	NC
14	127.5	281	Rachel Hoffman	Canada	Iron Challenge Medicine Hat Alberta		Alberta
15	125	275.5	Anna Elliott	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
16	115	253.5	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
17	112.5	248	Ava Lucenti	US-NY	2024 American Challenge - NY	Owego	NY
	112.5	248	Sofia Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
	112.5	248	Christina Milie	US-PA	Eerie Power	Erie	PA
20	105	231.4	Linda Eggleston	US-NY	2024 American Challenge - NY	Owego	NY
	105	231.4	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH

Weight Class: 75 / 165		Deadlift		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	190	418.8	Marlena Morgan	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
2	185	407.8	Paige Karolak	Canada	2024 American Challenge - FL Miami Mahem	Miami	FL
3	157.5	347.2	McKenzie Davis	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
4	150	330.6	Teresa Lei	Canada	Iron Challenge Medicine Hat Alberta		Alberta
5	147.5	325.1	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
	147.5	325.1	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	147.5	325.1	Tania De La Torre Pena	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
8	135	297.6	Malori Stan	Canada	2024 Icebreaker		Canada
	135	297.6	Mia Gaylord	US-NY	2024 American Challenge - NY	Owego	NY
10	132.5	292.1	Jane Thompson	Canada	2024 Icebreaker		Canada
	132.5	292.1	Raya Eilert	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
12	127.5	281	Madelynn Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
	127.5	281	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA
14	125	275.5	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
	125	275.5	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC

16	117.5	259	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
	117.5	259	Emma Pollard	Canada	2024 Icebreaker		Canada
18	115	253.5	Abby Bergren	US-MD	2024 American Challenge - MD		MD
19	113.5	250.2	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
20	112.5	248	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA

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	147.5	325.1	Madison Berry	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
5	145.5	320.7	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA
6	140	308.6	Colleen Woods	US-NY	2024 American Challenge - NY	Owego	NY
7	135	297.6	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA
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	117.5	259	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA
12	115	253.5	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA
	115	253.5	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
14	112.5	248	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA
	112.5	248	Emerie Merritt	US-NC	2024 American Challenge - NC	Barco	NC
16	110	242.5	Taylor Friesen	Canada	Lift 4 Kids Open		Canada
17	107.5	236.9	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada
18	105	231.4	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ
19	102.5	225.9	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
20	95	209.4	Andria Wesley-Hayes	US-TX	2024 American Challenge - TX	Houston	TX

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	162.5	358.2	Tomi Dement	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	152.5	336.2	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
4	150	330.6	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA
5	147.5	325.1	Sydnee Jackson	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
6	145	319.6	Madison Berry	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
7	142.5	314.1	Lizzy Welch	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
8	130	286.5	Shimna Shouckat	UAE	Dubai International Open		Dubai
9	125	275.5	Mackenzie Taylor	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
	125	275.5	Casey Powell	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA
11	117.5	259	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA
12	115	253.5	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL
	115	253.5	Cori Lynn	US-TX	2024 American Challenge - TX	Houston	TX
14	90.72	200	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL
15	67.5	148.8	Terri Korba	US-NY	Owego Winter Classic 2024	Owego	NY
16	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	212.5	468.4	Rachel Clarke	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
2	182.5	402.3	Savannah Bragg	US-NC	2024 American Challenge - NC	Barco	NC
	182.5	402.3	Leah Swartz	US-PA	2024 American Challenge - VA	Woodstock	VA
4	177.5	391.3	Erica Rojek	US-MD	Ironbuilt 804 Classic	Ashland	VA
5	175	385.8	KB Kofsuske	US-CT	Owego Winter Classic 2024	Owego	NY
	175	385.8	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
7	172.5	380.2	Charlotte Baker	US-VA	2024 Shenandoah Open	Woodstock	VA
8	170	374.7	Cynthia Schaefer	US-PA	42nd Annual Central PA Championships	Valley Forge	PA

9	165	363.7	Ivy Lander	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
10	150	330.6	Christine Royer	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
	150	330.6	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
12	147.5	325.1	Maria Anderson	Canada	Lift 4 Kids Open		Canada
13	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
15	142.5	314.1	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
	142.5	314.1	Kaitlyn Dortch	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
17	140	308.6	Latonya Taylor	US-TX	2024 American Challenge - TX	Houston	TX
18	137.5	303.1	Amanda Dellinger	US-VA	2024 Shenandoah Open	Woodstock	VA
	137.5	303.1	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
	137.5	303.1	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA

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	150	330.6	Kennedy Nautel	US-NY	2024 American Challenge - NY	Owego	NY	
4	97.08	214	Avigayil Lundgren	US-FL	2024 American Challenge - FL	Melbourne	FL	
5	87.5	192.9	Daenerys DeWolfe	Canada	Iron Challenge Medicine Hat Alberta		Alberta	
6	85	187.3	Gabriella Person	US-PA	2024 Great Lakes Championships	Erie	PA	
	85	187.3	Jeaniva Milie	US-PA	Eerie Power	Erie	PA	
8	73.48	161.9	Caitlyn Cowley	US-FL	2024 American Challenge - FL	Melbourne	FL	
9	70.5	155.4	Mia Saretsky	Canada	Liftmas	Calgary	Alberta	

Weight Class: 48 / 105				Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	395	870.8	Cassidy Conaghan	Canada	2024 Powerlifting World Championships	Virginia Beach	VA	
2	232.24	511.9	Natalie Norcross	US-FL	2024 American Challenge - FL	Melbourne	FL	
3	228.5	503.7	Kimberly Price	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
4	202.5	446.4	Logan White	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
5	182.5	402.3	Bella Butler	US-PA	42nd Annual Central PA Championships	Valley Forge	PA	
6	171	376.9	Gianna Beacham	US-NC	2024 American Challenge - NC	Barco	NC	
7	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	285	628.3	Katherine Lizarraga	US-VA	2024 Powerlifting World Championships	Virginia Beach	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	212.5	468.4	Allison Freeman	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
5	161.25	355.4	Jennah ElBardicy	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA	
6	160	352.7	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA	
7	138.1227	304.5	Mikaela Zentz	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
8	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	350.5	772.7	Laura Siegle	US-VA	Ironbuilt DAV Open	Ashland	VA	
2	300.5	662.4	Catarina Aldi	US-PA	42nd Annual Central PA Championships	Valley Forge	PA	
3	292.5	644.8	Angela Goldstein	US-MD	2024 American Challenge - MD		MD	
4	287.5	633.8	Savi Win	US-CA	2024 American Challenge - FL Miami Mahem	Miami	FL	
5	272.5	600.7	Mariela Olivares	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA	
6	245	540.1	Cheyenna Belle Schweitzer	US-CO	2024 Great Lakes Championships	Erie	PA	
7	227.5	501.5	Vanity- Jay Martinez	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC	
8	222.5	490.5	Janet Huntley	US-PA	2024 Masters Nationals - Powerlifting	York	PA	

	222.5	490.5	Rebekah Wolters	US-PA	2024 Great Lakes Championships	Erie	PA
10	215	473.9	Alison Bulluck	US-VA	Ironbuilt DAV Open	Ashland	VA
11	210	462.9	Lori Christ	US-NM	2024 Powerlifting World Championships	Virginia Beach	VA
12	197.5	435.4	Jennifer Bowe	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
13	192.5	424.3	Julie Schroeder	US-PA	Eerie Power	Erie	PA
14	182.5	402.3	Niley Camilo	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
15	157.5	347.2	Alexis Wright	US-PA	Eerie Power	Erie	PA
16	145	319.6	Kai Sheppard	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ

Weight Class: 60 / 132			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	365.5	805.7	Haley Kothig	Canada	Tower of Power	Calgary	Alberta
2	362.5	799.1	Monty Lenzi	Canada	Lift 4 Kids Open		Canada
3	325	716.4	Tatiana Onyschtschuk	Canada	Tower of Power	Calgary	Alberta
4	322.5	710.9	Taylor Clarke	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
5	307.5	677.9	Mica Tiongan	Canada	2024 Icebreaker		Canada
6	295	650.3	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
	295	650.3	Nena Pfeffer	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
8	285	628.3	Alexandria Wood	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
9	280	617.2	Sydney Worley	US-PA	Ohio State Championships	Bedford Heights	OH
10	257	566.5	Ella Zeitner	Canada	2024 Icebreaker		Canada
11	255	562.1	Madina Nugaliyeva	Canada	Tower of Power	Calgary	Alberta
12	252.5	556.6	Audrey Martos	US-NV	2024 American Challenge - FL Miami Mahem	Miami	FL
13	250	551.1	Allison Freeman	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
14	236	520.2	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
15	230	507	Erin Buchart	US-NC	2024 OBX Open	Jarvisburg	NC
16	220	485	Galaxia Planchez	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
17	210	462.9	Geri-Lyn Hoffman	US-PA	2024 Great Lakes Championships	Erie	PA
	210	462.9	Sofia Corridean	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA
19	207.5	457.4	Kristin Gulling	US-PA	2024 American Challenge - OH	Bedford Heights	OH
20	202.5	446.4	Vanaja Nair	UAE	Dubai International Open		Dubai

Weight Class: 67.5 / 148			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	377.5	832.2	Naomi Kutin	US-NJ	2024 American Challenge - NJ	Fair Lawn	NJ
2	370	815.7	Natasha Beasley	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
3	367.5	810.1	Rachel Papon	US-PA	2024 American Challenge - MD		MD
4	355	782.6	Kristen Gordon	US-PA	2024 Great Lakes Championships	Erie	PA
5	330	727.5	Gabrielle Reid	Canada	2024 Icebreaker		Canada
6	326.5	719.8	Lori Beth Nunemaker	US-PA	2024 Great Lakes Championships	Erie	PA
7	315	694.4	Cydney Amoroso	US-PA	Eerie Power	Erie	PA
8	310	683.4	Katie Fraser	Canada	Lift 4 Kids Open		Canada
	310	683.4	Taylor Clarke	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
10	277.5	611.7	Anna Elliott	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
11	275	606.2	Rachel Hoffman	Canada	Iron Challenge Medicine Hat Alberta		Alberta
	275	606.2	Chris Nicole	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
13	267.5	589.7	Carly Santillo	US-PA	2024 Great Lakes Championships	Erie	PA
14	260	573.1	Ava Lucenti	US-NY	2024 American Challenge - NY	Owego	NY
15	247.5	545.6	Julie Grey	Canada	Lift 4 Kids Open		Canada
16	240	529.1	Galaxia Planchez	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
17	237.5	523.5	Eileen Mole	US-OH	2024 American Challenge - OH	Bedford Heights	OH
	237.5	523.5	Sofia Corridean	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
	237.5	523.5	Christina Milie	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
	237.5	523.5	Laura Clancy	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA

Weight Class: 75 / 165			Total	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	400	881.8	Paige Karolak	Canada	2024 American Challenge - FL Miami Mahem	Miami	FL

2	392.5	865.3	Marlena Morgan	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
3	360	793.6	Gillian McCann	Canada	Iron Challenge Medicine Hat Alberta		Alberta
4	352.5	777.1	McKenzie Davis	US-FL	2024 Powerlifting World Championships	Virginia Beach	VA
5	340	749.5	Teresa Lei	Canada	Iron Challenge Medicine Hat Alberta		Alberta
6	332.5	733	Malori Stan	Canada	2024 Icebreaker		Canada
7	327.5	722	Tania De La Torre Pena	US-VA	2024 NC Championships / Southern Open	Jarvisburg	NC
8	315	694.4	Samantha Bengel	US-PA	2024 Great Lakes Championships	Erie	PA
9	302.5	666.8	Mia Gaylord	US-NY	2024 American Challenge - NY	Owego	NY
10	300.5	662.4	Nancy Breen	US-VA	2024 OBX Open	Jarvisburg	NC
11	300	661.3	Alyssa Kerstetter	US-PA	2024 Great Lakes Championships	Erie	PA
12	297.5	655.8	Raya Eilert	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA
13	287.5	633.8	Emma Pollard	Canada	2024 Icebreaker		Canada
	287.5	633.8	Abby Bergren	US-MD	2024 American Challenge - MD		MD
15	262.5	578.7	Georgia Huck	US-PA	2024 Great Lakes Championships	Erie	PA
16	260	573.1	Rachel Peterman	US-PA	2024 Great Lakes Championships	Erie	PA
17	257.5	567.6	Jenelle Aspinwall	US-MI	2024 Powerlifting World Championships	Virginia Beach	VA
18	252.5	556.6	Stacy Burak	Canada	Tower of Power	Calgary	Alberta
19	237.5	523.5	Lisa Walker	US-VA	Ironbuilt DAV Open	Ashland	VA
20	222.5	490.5	Rebecca Meeder	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA

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	360	793.6	Madison Berry	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC	
4	335	738.5	Colleen Woods	US-NY	2024 American Challenge - NY	Owego	NY	
5	321	707.6	Kristyn Whisman	US-PA	2024 Masters Nationals - Powerlifting	York	PA	
6	282.5	622.7	Taylor Friesen	Canada	Lift 4 Kids Open		Canada	
7	280	617.2	Janais Turuk	Canada	2024 Icebreaker		Canada	
8	272.5	600.7	Sarah Adams	US-PA	2024 Great Lakes Championships	Erie	PA	
9	262.5	578.7	Carolyn Olsen	US-PA	42nd Annual Central PA Championships	Valley Forge	PA	
10	260	573.1	Megan Lutterbaugh	US-PA	2024 Great Lakes Championships	Erie	PA	
11	252.5	556.6	Jeannie Stewart	Canada	Lift 4 Kids Open		Canada	
12	250	551.1	Christine Cedzo	US-PA	2024 Great Lakes Championships	Erie	PA	
13	235	518	Rebecca Meeder	US-NY	2024 Great Lakes Championships	Erie	PA	
14	225	496	Sonya Jones	US-VA	2024 Shenandoah Open	Woodstock	VA	
15	220	485	Bridget Brafi	US-NY	2024 NJ State Championships	Fair Lawn	NJ	

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	392.5	865.3	Lizzy Welch	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA	
3	375	826.7	Madison Berry	US-NC	2024 Powerlifting World Championships	Virginia Beach	VA	
4	357.5	788.1	Sydnee Jackson	US-KS	2024 Powerlifting World Championships	Virginia Beach	VA	
5	350	771.6	Tomi Dement	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA	
6	342.5	755	Mackenzie Taylor	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC	
7	337.5	744	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH	
8	322.5	710.9	Cindy Stritzinger	US-PA	2024 Great Lakes Championships	Erie	PA	
9	290	639.3	Casey Powell	US-AZ	2024 Powerlifting World Championships	Virginia Beach	VA	
10	275	606.2	Diana Phillips	US-FL	2024 Youth & Teenage National Championships	Melbourne	FL	
11	240	529.1	Johanna Lindsey	US-PA	2024 Great Lakes Championships	Erie	PA	
12	159.67	352	Sarah Mallett	US-FL	2024 American Challenge - FL	Melbourne	FL	
13	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	445	981	Rachel Clarke	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA	
2	430	947.9	Leah Swartz	US-PA	2024 American Challenge - VA	Woodstock	VA	

3	427.5	942.4	Rebecca Tucker	US-NY	2024 Powerlifting World Championships	Virginia Beach	VA
4	407.5	898.3	Erica Rojek	US-MD	2024 Powerlifting World Championships	Virginia Beach	VA
5	395	870.8	Cynthia Schaefer	US-PA	42nd Annual Central PA Championships	Valley Forge	PA
6	390	859.7	Michelle Pushinsky	US-PA	Eerie Power	Erie	PA
7	377.5	832.2	Savannah Bragg	US-NC	2024 American Challenge - NC	Barco	NC
	377.5	832.2	Charlotte Baker	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
9	372.5	821.2	Ivy Lander	US-PA	2024 Great Lakes Championships	Erie	PA
10	342	753.9	Crystal Bridgforth	US-VA	Ironbuilt 804 Classic	Ashland	VA
11	340	749.5	Janelle Shollenberger	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
12	332.5	733	Christine Royer	US-VA	2024 American Challenge - VA_Iron Built	Ashland	VA
13	327.5	722	Maria Anderson	Canada	Lift 4 Kids Open		Canada
14	325	716.4	Savannah Glanville	US-NC	2024 American Challenge - NC	Barco	NC
15	322.5	710.9	Erin Gorney	US-PA	2024 Powerlifting World Championships	Virginia Beach	VA
16	307.5	677.9	Wanda Sommerfeld	Canada	Tower of Power	Calgary	Alberta
17	292.5	644.8	Latonya Taylor	US-TX	2024 American Challenge - TX	Houston	TX
18	290	639.3	Kaitlyn Dortch	US-VA	2024 Powerlifting World Championships	Virginia Beach	VA
19	287.5	633.8	Michelle Lawson	US-PA	Eerie Power	Erie	PA
20	275	606.2	Danielle Albaugh	US-PA	2024 Great Lakes Championships	Erie	PA

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
2	13	28.6	Brynn Jensen	US-DE	2024 Strict Curl Worlds	Virginia Beach	VA
3	8.5	18.7	Sylvia Hunter	US-NY	2024 American Challenge - NY	Owego	NY

Weight Class: 48 / 105				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41.5	91.4	Britania Williams	US-TX	2024 Strict Curl Worlds	Virginia Beach	VA

Weight Class: 52 / 114				Strict Curl		Female	
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	36.5	80.4	Kerry Self	US-VA	2024 World Ironman Championships	York	PA
2	30	66.1	Allison Freeman	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
3	26	57.3	Victoria Giorgi	US-MD	Ironbuilt 804 Classic	Ashland	VA
4	20	44	Jennah ElBardicy	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA
	20	44	Jill Sheakley	US-PA	2024 American Challenge - VA_Iron Built SC	Ashland	VA
6	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	37	81.5	Kerry Self	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
2	36.5	80.4	Natasha Esteves	US-CT	Owego Winter Classic 2024	Owego	NY
3	35	77.1	Angela Goldstein	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
4	34.5	76	Krystal Brown	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
5	34	74.9	Lori Christ	US-NM	2024 Strict Curl Worlds	Virginia Beach	VA
6	33.5	73.8	Mariela Olivares	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
7	32.5	71.6	Denise Jaffe	US-OH	2024 Tri-State Championship	Bedford Heights	OH
8	32	70.5	Allison Freeman	US-NC	2024 OBX Open	Jarvisburg	NC
9	29.5	65	Raine Babcock	US-NY	Curlfornia 2	Santa Clara	CA
10	25.5	56.2	Jo Hendon	US-VA	Ironbuilt 804 Classic	Ashland	VA
11	22	48.5	Jennifer Bowe	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA
12	21	46.2	Corinne King	US-VA	2024 American Challenge - VA_Iron Built SC	Ashland	VA

Weight Class: 60 / 132		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	41.5	91.4	Heather Flottmann	US-NY	2024 American Challenge - FL Miami Mahem	Miami	FL
2	36.5	80.4	Linda Lee	US-VA	2024 World Ironman Championships	York	PA
3	36	79.3	Reagan Charlton	US-NC	Fitness Warehouse Open	Elizabeth City	NC
4	35.5	78.2	Krystal Brown	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
5	33	72.7	Allison Freeman	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC
6	32	70.5	Alexandria Wood	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
	32	70.5	Lori Christ	US-NM	Curlifornia 2	Santa Clara	CA
8	31.5	69.4	Jennifer Zak	US-NC	2024 OBX Open	Jarvisburg	NC
9	30	66.1	Alicia Loveday	Canada	Stampede Roundup		Canada
10	21	46.2	Vanaja Nair	UAE	2024 Strict Curl Worlds	Virginia Beach	VA

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	42.5	93.6	Linda Lee	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
4	37.5	82.6	Natasha Beasley	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
5	36.5	80.4	Linda Eggleston	US-NY	2024 Christmas Classic	Woodstock	VA
6	35	77.1	Madison Jaffe	US-OH	Ohio State Championships	Bedford Heights	OH
7	34	74.9	Krystal Brown	US-VA	2024 American Challenge - NC SC	Barco	NC
	34	74.9	Annette Knox	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
9	31	68.3	Karina Harris	Canada	Stampede Roundup		Canada
10	30.5	67.2	Diane Hiller	US-NY	2024 American Challenge - NY	Owego	NY
11	28.5	62.8	Sue Kish	Canada	2024 Icebreaker		Canada
	28.5	62.8	Alicia Loveday	Canada	Liftmas	Calgary	Alberta
13	27.5	60.6	Allison Freeman	US-NC	2024 American Challenge - NC SC	Barco	NC
	27.5	60.6	Tanya Loffreno	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
15	26	57.3	Laura Clancy	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
16	25	55.1	Carly Cooper	US-NC	2024 American Challenge - NC SC	Barco	NC
17	23	50.7	Patricia Fedoryk	US-VA	Ironbuilt 804 Classic	Ashland	VA
18	22.5	49.6	Sofia Corridean	US-NC	2024 American Challenge - NC SC	Barco	NC

Weight Class: 75 / 165		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55.5	122.3	Alexis Kajencki	US-MD	2024 Strict Curl Worlds	Virginia Beach	VA
2	47.5	104.7	Stacy Burak	Canada	Stampede Roundup		Canada
3	45	99.2	Katy Gaglione	US-DE	2024 Strict Curl Worlds	Virginia Beach	VA
4	43.5	95.9	Lisa Walker	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
5	41	90.3	Linda Lee	US-VA	Ironbuilt 804 Classic	Ashland	VA
6	39	85.9	Lesley Deangelo	US-CT	Owego Winter Classic 2024	Owego	NY
7	35.5	78.2	Mia Gaylord	US-NY	2024 American Challenge - NY	Owego	NY
8	35	77.1	Marlena Morgan	US-FL	2024 American Challenge - FL Miami Mahem	Miami	FL
9	34.5	76	Sarah Beech	US-OH	Ohio State Championships	Bedford Heights	OH
10	33	72.7	Tanya Renne	US-DC	Ironbuilt DAV Open	Ashland	VA
11	32.5	71.6	Sue Kish	Canada	Stampede Roundup		Canada
12	31.5	69.4	Jenelle Aspinwall	US-MI	2024 Strict Curl Worlds	Virginia Beach	VA
13	27	59.5	Jahaira Cintron	US-NY	2024 American Challenge - NJ	Fair Lawn	NJ
14	26	57.3	Michaela Dilorenzo	US-NY	Owego Winter Classic 2024	Owego	NY
15	19	41.8	Binu Jaj Abreu	UAE	Dubai International Open		Dubai
16	17.5	38.5	Hester .	UAE	Dubai International Open		Dubai

Weight Class: 82.5 / 181		Strict Curl		Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	45.5	100.3	Mackenzie Taylor	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
2	41	90.3	Madison Berry	US-NC	2024 NC Championships / Southern Open	Jarvisburg	NC

3	40	88.1	Jennifer Tramontano	US-CT	Owego Winter Classic 2024	Owego	NY
4	38.5	84.8	Mona Espinoza	US-VA	2024 Masters Nationals - SC - Ironman	York	PA
5	38	83.7	Linda Arvey	US-PA	2024 Masters Nationals - SC - Ironman	York	PA
6	36.5	80.4	Kathy Perugini	US-CT	Owego Winter Classic 2024	Owego	NY
7	35	77.1	Rebekah Babcock	US-CA	Curlfornia 2	Santa Clara	CA
8	29.5	65	Colleen Woods	US-NY	Owego Winter Classic 2024	Owego	NY
9	28	61.7	Jennifer Tillett	US-NC	2024 Strict Curl Worlds	Virginia Beach	VA
10	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	45	99.2	Mackenzie Taylor	US-NC	2024 OBX Open	Jarvisburg	NC
2	44.5	98.1	Madison Berry	US-NC	2024 OBX Open	Jarvisburg	NC
3	41	90.3	Mona Espinosa	US-VA	Ironbuilt 804 Classic	Ashland	VA
4	37.5	82.6	Cori Lynn	US-TX	2024 American Challenge - TX	Houston	TX
5	37	81.5	Ellen Plumart	US-MD	2024 American Challenge - MD		MD
6	36	79.3	Casey Powell	US-AZ	2024 Strict Curl Worlds	Virginia Beach	VA
7	34.5	76	Courtney Dunham	US-TX	2024 American Challenge - TX	Houston	TX
8	34	74.9	Gwen Bailey	US-MD	2024 American Challenge - MD		MD
9	27.5	60.6	Lisa Klaus	US-IL	2024 American Challenge - OH	Bedford Heights	OH
10	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	49	108	Sydney Katz	US-MD	2024 American Challenge - MD		MD
3	46.5	102.5	Leah Swartz	US-PA	2024 American Challenge - VA	Woodstock	VA
4	45.5	100.3	Erica Rojek	US-ME	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
5	43.5	95.9	Latonya Taylor	US-TX	2024 American Challenge - TX	Houston	TX
6	42	92.5	Mona Espinoza	US-VA	2024 Patriot Open	Woodstock	VA
7	40	88.1	Christine Royer	US-VA	2024 Strict Curl Worlds	Virginia Beach	VA
8	39.5	87	Dorothy Sosnicki	US-AZ	Curlfornia 2	Santa Clara	CA
9	35	77.1	Kathleen Delainey	Canada	Stampede Roundup		Canada
10	34.5	76	Savannah Glanville	US-NC	Fitness Warehouse Open	Elizabeth City	NC
			Ellen Plumart	US-MD	KPC Babycat Curl and Chill 2024 AC	Kensington	MD
12	32.5	71.6	Jordan Estes	US-DC	2024 World Ironman Championships	York	PA
13	30	66.1	Sarai Macedo	US-TX	2024 American Challenge - TX	Houston	TX
			Stephanie Malcolm	US-CA	Curlfornia 2	Santa Clara	CA
15	29.5	65	Sonya Stengel	US-OH	2024 American Challenge - OH	Bedford Heights	OH
16	26.5	58.4	Jessica Clark	US-CA	Curlfornia 2	Santa Clara	CA
17	26	57.3	Kira O'Donell	US-CA	Curlfornia 2	Santa Clara	CA