



2026 Women's Rankings

Updated 05/03/2026 Ed Kutin

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2026 Squat Rankings Female

Weight Class: 44 / 97 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	35	77.1	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
2	32.5	71.6	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC
3	20.5	45.1	Payton LaCoste	US-MD	Golds Gym Classic	Richmond	VA

Weight Class: 48 / 105 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	78	171.9	Kimberly Price	US-VA	2026 Masters Nationals	York	PA

Weight Class: 52 / 114 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	90.5	199.5	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA

Weight Class: 56 / 123 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	107.5	236.9	Melissa Underdown	US-PA	2026 Owego Winter Classic	Owego	NY
2	105	231.4	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
3	95	209.4	Natasha Esteves	US-CT	2026 Owego Winter Classic	Owego	NY
4	85	187.3	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
5	70	154.3	Janet Huntley	US-PA	2026 Masters Nationals	York	PA

Weight Class: 60 / 132 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	125	275.5	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
2	110	242.5	Lorelei Golden	US-PA	2026 Owego Winter Classic	Owego	NY
3	92.5	203.9	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY
4	85	187.3	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta
5	70	154.3	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA

Weight Class: 67.5 / 148 Squat				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	120	264.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	110	242.5	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
3	100	220.4	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
4	82.5	181.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
5	80	176.3	Christina Milie	US-PA	2026 Masters Nationals	York	PA
6	72.5	159.8	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
7	70	154.3	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
			70 154.3 Nancy Breen	US-VA	2026 Masters Nationals	York	PA
9	65	143.2	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 75 / 165				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	117.5	259	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY	
2	92.5	203.9	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA	
3	80	176.3	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA	
4	75	165.3	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY	
5	65	143.2	Cailey Bayait	US-NY	2026 Owego Winter Classic	Owego	NY	
6	52.5	115.7	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA	
7	40	88.1	Tracey Katsabanis	Canada	2026 Ice Breaker	Calgary	Alberta	

Weight Class: 82.5 / 181				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	145	319.6	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC	
2	122.5	270	Michele Latour	US-NY	2026 Owego Winter Classic	Owego	NY	
3	100	220.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA	
	100	220.4	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA	
5	92.5	203.9	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT	
6	87.5	192.9	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY	
7	75	165.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC	
8	65	143.2	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY	

Weight Class: 90 / 198				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	145	319.6	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC	
2	142.5	314.1	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY	
3	112.5	248	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA	
4	110	242.5	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY	
5	92.5	203.9	Akaia Hancock	US-NC	2026 North Carolina State Championships	Williamston	NC	
6	52.5	115.7	Sonya Jones	US-VA	2026 Masters Nationals	York	PA	

Weight Class: 90+ / 198+				Squat		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	160	352.7	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA	
2	152.5	336.2	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA	
3	117.5	259	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC	
4	100	220.4	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA	
5	90	198.4	Adelia Conton	US-NY	2026 Owego Winter Classic	Owego	NY	

2026 Bench Press Rankings Female

Weight Class: 44 / 97				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	27.5	60.6	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY	
2	17.5	38.5	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC	
3	15	33	Payton LaCoste	US-MD	2026 Virginia State Championship	Woodstock	VA	
4	13	28.6	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC	
5	8.5	18.7	Madison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC	

Weight Class: 48 / 105				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	40	88.1	Kimberly Price	US-VA	2026 Masters Nationals	York	PA	

Weight Class: 52 / 114				Bench Press		Female		
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	55	121.2	Jennifer Molina	US-VA	2026 Virginia State Championship	Woodstock	VA	
2	47.5	104.7	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA	
	47.5	104.7	Logan White	US-NC	2026 Battle of the Border	Jarvisburg	NC	

Weight Class: 56 / 123				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	70	154.3	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA	
2	65	143.2	Melissa Underdown	US-PA	2026 Owego Winter Classic	Owego	NY	
3	63	138.8	Natasha Esteves	US-CT	2026 Owego Winter Classic	Owego	NY	
4	57.5	126.7	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC	
5	45	99.2	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY	
6	42.5	93.6	Janet Huntley	US-PA	2026 Masters Nationals	York	PA	

Weight Class: 60 / 132				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	67.5	148.8	Lorelei Golden	US-PA	2026 Owego Winter Classic	Owego	NY	
2	65	143.2	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY	
3	62.5	137.7	Natasha Esteves	US-CT	Winter Brawl	Cheshire	CT	
4	60	132.2	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC	
5	45	99.2	Tiffani Teeter	US-PA	2026 Owego Winter Classic	Owego	NY	
	45	99.2	Angela Krompier	US-NJ	2026 Masters Nationals	York	PA	
7	42.5	93.6	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta	
8	40	88.1	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA	

Weight Class: 67.5 / 148				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	77.5	170.8	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta	
2	70	154.3	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY	
3	65	143.2	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY	
	65	143.2	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta	
5	60	132.2	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC	
6	57.5	126.7	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY	
	57.5	126.7	Nancy Breen	US-VA	2026 Masters Nationals	York	PA	
8	56.5	124.5	Heidi Lightner	US-PA	2026 Masters Nationals	York	PA	
9	55	121.2	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY	
	55	121.2	Christina Milie	US-PA	2026 Masters Nationals	York	PA	
11	52.5	115.7	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA	

Weight Class: 75 / 165				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	82.5	181.8	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA	
2	57.5	126.7	Betsy Hauptman	US-NY	2026 Owego Winter Classic	Owego	NY	
	57.5	126.7	Leah Steger	US-VA	2026 Battle of the Border	Jarvisburg	NC	
4	52.5	115.7	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA	
	52.5	115.7	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY	
6	45	99.2	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY	
7	42.5	93.6	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA	
8	37.5	82.6	Cailey Bayait	US-NY	2026 Owego Winter Classic	Owego	NY	
9	35	77.1	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA	
10	32.5	71.6	Tracey Katsabanis	Canada	2026 Ice Breaker	Calgary	Alberta	

Weight Class: 82.5 / 181				Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location		
1	90	198.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA	
2	87.5	192.9	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC	
3	81	178.5	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta	
4	80	176.3	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA	
5	60	132.2	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT	
6	57.5	126.7	Michele Latour	US-NY	2026 Owego Winter Classic	Owego	NY	
7	51	112.4	Monica Mazzarino	US-CA	NoCal Ironman Classic	Santa Clara	CA	

8	50	110.2	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
9	47.5	104.7	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA
10	45	99.2	Stephanie Forman	US-NC	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
11	40	88.1	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 90 / 198			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	102.5	225.9	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
2	70	154.3	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
3	62.5	137.7	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
	62.5	137.7	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
5	52.5	115.7	Akaia Hancock	US-NC	2026 North Carolina State Championships	Williamston	NC
6	47.5	104.7	Sonya Jones	US-VA	2026 Masters Nationals	York	PA

Weight Class: 90+ / 198+			Bench Press	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	97.5	214.9	Kierstyn Bourdeau	US-CT	Conneticut Winter State Championships	Cheshire	CT
2	80	176.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
3	75	165.3	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
4	62.5	137.7	Adelia Conton	US-NY	2026 Owego Winter Classic	Owego	NY
	62.5	137.7	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
6	60	132.2	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
7	40	88.1	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Deadlift Rankings Female

Weight Class: 44 / 97			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	55	121.2	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
2	47.5	104.7	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC
3	31.5	69.4	Payton LaCoste	US-MD	Golds Gym Classic	Richmond	VA
4	30	66.1	Madison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
5	27	59.5	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC

Weight Class: 48 / 105			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	110	242.5	Kimberly Price	US-VA	2026 Masters Nationals	York	PA

Weight Class: 52 / 114			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	115	253.5	Logan White	US-NC	2026 Battle of the Border	Jarvisburg	NC
2	100	220.4	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA
3	85	187.3	Jennifer Molina	US-VA	2026 Virginia State Championship	Woodstock	VA

Weight Class: 56 / 123			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	127.5	281	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
2	115	253.5	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
3	112.5	248	Melissa Underdown	US-PA	2026 Owego Winter Classic	Owego	NY
4	107.5	236.9	Natasha Esteves	US-CT	Conneticut Winter State Championships	Cheshire	CT
5	97.5	214.9	Janet Huntley	US-PA	2026 Masters Nationals	York	PA

Weight Class: 60 / 132			Deadlift	Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	150	330.6	Lorelei Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	132.5	292.1	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
3	120	264.5	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY

4	107.5	236.9	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA
5	105	231.4	Angela Kromprier	US-NJ	2026 Masters Nationals	York	PA
6	102.5	225.9	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 67.5 / 148 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	140	308.6	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	132.5	292.1	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
3	120	264.5	Christina Milie	US-PA	2026 Masters Nationals	York	PA
4	107.5	236.9	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
	107.5	236.9	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
	107.5	236.9	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
7	105	231.4	Nancy Breen	US-VA	2026 Masters Nationals	York	PA
8	97.5	214.9	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
9	92.5	203.9	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 75 / 165 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Natasha Beasley	US-VA	Golds Gym Classic	Richmond	VA
2	135	297.6	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
3	127.5	281	Nikki Dorval	US-CT	Conneticut Winter State Championships	Cheshire	CT
4	125	275.5	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
5	107.5	236.9	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
	107.5	236.9	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
7	102.5	225.9	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA
8	100	220.4	Leah Steger	US-VA	2026 Battle of the Border	Jarvisburg	NC
9	85	187.3	Cailey Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
10	72.5	159.8	Tracey Katsabanis	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 82.5 / 181 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	157.5	347.2	Madison Berry	US-NC	2026 Battle of the Border	Jarvisburg	NC
2	152.5	336.2	Michele Latour	US-NY	2026 Owego Winter Classic	Owego	NY
3	127.5	281	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA
4	125	275.5	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
5	120	264.5	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
6	117.5	259	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
	117.5	259	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
8	85	187.3	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198 Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	170	374.7	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
2	155	341.7	Keisha St.John	US-VA	Golds Gym Classic	Richmond	VA
3	150	330.6	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
	150	330.6	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
5	142.5	314.1	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
6	125	275.5	Akaia Hancock	US-NC	2026 North Carolina State Championships	Williamston	NC
	125	275.5	Sonya Jones	US-VA	2026 Masters Nationals	York	PA

Weight Class: 90+ / 198+ Deadlift				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	217	478.3	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
2	175	385.8	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
3	160	352.7	Kierstyn Bourdeau	US-CT	Conneticut Winter State Championships	Cheshire	CT
4	157.5	347.2	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
5	150	330.6	Adelia Conton	US-NY	2026 Owego Winter Classic	Owego	NY

6	130	286.5	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA
7	100	220.4	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

2026 Total Rankings Female

Weight Class: 44 / 97 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	117.5	259	Jeanette Savage	US-NY	2026 Owego Winter Classic	Owego	NY
2	97.5	214.9	Sophie Jernigan	US-NC	2026 North Carolina State Championships	Williamston	NC
3	65	143.2	Payton LaCoste	US-MD	Golds Gym Classic	Richmond	VA

Weight Class: 48 / 105 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	222.5	490.5	Kimberly Price	US-VA	2026 Masters Nationals	York	PA

Weight Class: 52 / 114 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	238	524.6	Mariela Olivares	US-MD	2026 Virginia State Championship	Woodstock	VA

Weight Class: 56 / 123 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	290	639.3	Allison Freeman	US-NC	2026 North Carolina State Championships	Williamston	NC
2	285	628.3	Melissa Underdown	US-PA	2026 Owego Winter Classic	Owego	NY
3	262.5	578.7	Natasha Esteves	US-CT	Conneticut Winter State Championships	Cheshire	CT
4	245	540.1	Lisa Grazul	US-PA	2026 Owego Winter Classic	Owego	NY
5	210	462.9	Janet Huntley	US-PA	2026 Masters Nationals	York	PA

Weight Class: 60 / 132 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	327.5	722	Lorelei Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	317.5	699.9	Amanda Evans	US-VA	2026 North Carolina State Championships	Williamston	NC
3	277.5	611.7	Staci Stadler	US-NY	2026 Owego Winter Classic	Owego	NY
4	230	507	Kit Loberg	Canada	2026 Ice Breaker	Calgary	Alberta
5	217.5	479.5	Geri-Lyn Hoffman	US-PA	2026 Masters Nationals	York	PA

Weight Class: 67.5 / 148 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	330	727.5	Nicole Golden	US-PA	2026 Owego Winter Classic	Owego	NY
2	307.5	677.9	Ania Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
3	267.5	589.7	Jennifer Zak	US-NC	2026 North Carolina State Championships	Williamston	NC
4	255	562.1	Christina Milie	US-PA	2026 Masters Nationals	York	PA
5	253	557.7	Sue Kish	Canada	2026 Ice Breaker	Calgary	Alberta
6	235	518	Haley Hennessey	US-NY	2026 Owego Winter Classic	Owego	NY
7	232.5	512.5	Nancy Breen	US-VA	2026 Masters Nationals	York	PA
8	222.5	490.5	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA
9	212.5	468.4	Elliot Pufky	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 75 / 165 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	305	672.4	Courtney Hansell	US-NY	2026 Owego Winter Classic	Owego	NY
2	252.5	556.6	Rebecca Bogart	US-VA	2026 Virginia State Championship	Woodstock	VA
3	245	540.1	Christine Wheaton	US-NY	2026 Owego Winter Classic	Owego	NY
4	230	507	Madison Allen	US-VA	Golds Gym Classic	Richmond	VA
5	190	418.8	Marie Palisano	US-VA	Golds Gym Classic	Richmond	VA
6	187.5	413.3	Cailey Bayait	US-NY	2026 Owego Winter Classic	Owego	NY
7	145	319.6	Tracey Katsabanis	Canada	2026 Ice Breaker	Calgary	Alberta

Weight Class: 82.5 / 181 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	385	848.7	Madison Berry	US-NC	2026 North Carolina State Championships	Williamston	NC
2	332.5	733	Michele Latour	US-NY	2026 Owego Winter Classic	Owego	NY
3	310	683.4	Kristen Corson	US-VA	Golds Gym Classic	Richmond	VA
4	277.5	611.7	Kathy Perugini	US-CT	Conneticut Winter State Championships	Cheshire	CT
5	275	606.2	Elise Weisenberger	US-VA	Golds Gym Classic	Richmond	VA
6	255	562.1	Miranda Craft	US-NY	2026 Owego Winter Classic	Owego	NY
7	222.5	490.5	Shauna Stiles	US-NY	2026 Owego Winter Classic	Owego	NY
8	200	440.9	Stephanie Forman	US-NC	2026 North Carolina State Championships	Williamston	NC

Weight Class: 90 / 198 Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	417.5	920.4	Mackenzie Taylor	US-NC	2026 North Carolina State Championships	Williamston	NC
2	355	782.6	Colleen Woods	US-NY	2026 Owego Winter Classic	Owego	NY
3	325	716.4	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA
4	322.5	710.9	Monique Lee	US-NY	2026 Owego Winter Classic	Owego	NY
5	270	595.2	Akaia Hancock	US-NC	2026 North Carolina State Championships	Williamston	NC
6	225	496	Sonya Jones	US-VA	2026 Masters Nationals	York	PA

Weight Class: 90+ / 198+ Total				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	452	996.4	Rachel Clarke	US-PA	2026 Masters Nationals	York	PA
2	407.5	898.3	Charlotte Baker	US-VA	2026 Masters Nationals	York	PA
3	337.5	744	Jashara Ross	US-NC	2026 North Carolina State Championships	Williamston	NC
4	302.5	666.8	Adelia Conton	US-NY	2026 Owego Winter Classic	Owego	NY
5	290	639.3	Michelle Lawson	US-PA	2026 Masters Nationals	York	PA

2026 Strict Curl Rankings Female

Weight Class: 44 / 97 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	14.5	31.9	Sylvia Hunter	US-NY	2026 Owego Winter Classic	Owego	NY
2	9.5	20.9	Jaelynn Berge	US-NC	2026 Battle of the Border	Jarvisburg	NC
3	9	19.8	Madison Freeman	US-NC	2026 Battle of the Border	Jarvisburg	NC

Weight Class: 52 / 114 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	38	83.7	Allison Freeman	US-NC	2026 Battle of the Border	Jarvisburg	NC
2	22.5	49.6	Carina Canete	US-CA	NoCal Ironman Classic	Santa Clara	CA

Weight Class: 56 / 123 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Allison Freeman	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	36.5	80.4	Rachel Walker	US-VA	2026 Eastern USA Open	Wookstock	VA
3	33.5	73.8	Krystal Brown	US-NC	2026 Masters Nationals	York	PA
4	30.5	67.2	Denise Jaffe	US-OH	2026 King of the Curl Championships	Bedford	OH

Weight Class: 60 / 132 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	33.5	73.8	Brooke Zak	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
	33.5	73.8	Angela Krompier	US-NJ	2026 Masters Nationals	York	PA
3	32	70.5	Krystal Brown	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
	32	70.5	Maddy Vanpevenage	Belgium	Belgium Curl Records		Belgium

Weight Class: 67.5 / 148 Strict Curl				Female			
Rank	Lift	lbs	Lifter	Country	Meet	Location	

1	52	114.6	Alexis Kajencki	US-MD	2026 Virginia State Championship	Woodstock	VA
2	40	88.1	Angela Kirstein	Canada	2026 Ice Breaker	Calgary	Alberta
3	36.5	80.4	Madison Jaffe	US-OH	2026 King of the Curl Championships	Bedford	OH
4	34	74.9	Jennifer Zak	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
5	30	66.1	Heidi Lightner	US-PA	2026 Masters Nationals	York	PA
6	29.5	65	Connie Dote	US-NY	2026 Owego Winter Classic	Owego	NY
7	29	63.9	Reagan Charlton	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
8	27.5	60.6	Suzanne Jeffers	US-NY	2026 Masters Nationals	York	PA

Weight Class: 75 / 165 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	37.5	82.6	Natasha Beasley	US-VA	2026 Masters Nationals	York	PA
2	25.5	56.2	Heather Henderson	US-NY	2026 Owego Winter Classic	Owego	NY

Weight Class: 82.5 / 181 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	47.5	104.7	Kimberly Lindner	US-MA	2026 Masters Nationals	York	PA
2	44.5	98.1	Stacy Burak	Canada	2026 Ice Breaker	Calgary	Alberta
3	42	92.5	Madison Berry	US-NC	2026 Battle of the Border	Jarvisburg	NC
4	41	90.3	Rebekah Babcock	US-CA	NoCal Ironman Classic	Santa Clara	CA
5	38.5	84.8	Monica Mazzarino	US-CA	NoCal Ironman Classic	Santa Clara	CA
6	21.5	47.3	Stephanie Forman	US-NC	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

Weight Class: 90 / 198 Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	50	110.2	Mackenzie Taylor	US-NC	2026 NC State Strict Curl Championships	Williamston	NC
2	38.5	84.8	Emanni Parrish	US-CA	NoCal Ironman Classic	Santa Clara	CA
3	36.5	80.4	Mary Rolotti	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA

Weight Class: 90+ / 198+ Strict Curl Female							
Rank	Lift	lbs	Lifter	Country	Meet	Location	
1	42	92.5	Sarah Helwig	US-CA	NoCal Ironman Classic	Santa Clara	CA
2	38.5	84.8	Eefje Sevenants	Belgium	Belgium Curl Records		Belgium
3	29	63.9	Jessica Clark	US-CA	NoCal Ironman Classic	Santa Clara	CA
4	28.5	62.8	Stephanie Malcolm	US-CA	NoCal Ironman Classic	Santa Clara	CA
5	25	55.1	Jennifer Perrin	US-VA	Ironbuilt Classic Full Power and Single Lift	Ashland	VA