

## EAST REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

4/7/2022

| WT. CLASS     | LIFT  | AMT. | LIFTERS           | BWT.  | YEAR | SCHOOL                      |
|---------------|-------|------|-------------------|-------|------|-----------------------------|
| 97 LB. CLASS  | SQUAT | 215  | Sulma Camaja      | 89.4  | 2020 | Port Allen                  |
|               | BENCH | 125  | Jilliam Bates     | 96.1  | 2010 | Runnels                     |
|               | DEAD  | 270  | Jennifer Prejean  | 97.0  | 2002 | Brusly                      |
|               | TOTAL | 565  | Jennifer Prejean  | 97.0  | 2002 | Brusly                      |
| 105 LB. CLASS | SQUAT | 260  | Paige Clouatre    |       | 1994 | St. Amant                   |
|               | BENCH | 130  | Quamecca STafford | 104.2 | 2017 | Lutcher                     |
|               | DEAD  | 300  | Quamecca STafford | 104.2 | 2017 | Lutcher                     |
|               | TOTAL | 670  | Quamecca STafford | 104.2 | 2017 | Lutcher                     |
| 114 LB. CLASS | SQUAT | 290  | Paige Clouatre    |       | 1995 | St. Amant                   |
|               |       |      | Brittany Johnson  | 112.3 | 2012 | Central                     |
|               | BENCH | 150  | Lauryn Bowman     | 111.6 | 2019 | Denham Springs              |
|               | DEAD  | 330  | Brittany Johnson  | 112.3 | 2012 | Central                     |
|               | TOTAL | 740  | Brittany Johnson  | 112.3 | 2012 | Central                     |
| 123 LB. CLASS | SQUAT | 305  | Alex Dumas        | 122.1 | 2016 | Episcopal                   |
|               | BENCH | 160  | Brittany Johnson  | 117.8 | 2013 | Central                     |
|               | DEAD  | 325  | Alex Dumas        | 122.1 | 2016 | Episcopal                   |
|               | TOTAL | 765  | Alex Dumas        | 122.1 | 2016 | Episcopal                   |
| 132 LB. CLASS | SQUAT | 325  | Jaylynn Netter    | 127.3 | 2022 | Port Allen                  |
|               | BENCH | 180  | Shyanne Naquin    | 131.7 | 2016 | Lutcher                     |
|               | DEAD  | 345  | Victoria Alder    | 129.3 | 2022 | Slaughter Community Charter |
|               | TOTAL | 805  | Jaylynn Netter    | 127.3 | 2022 | Port Allen                  |
| 148 LB. CLASS | SQUAT | 350  | Shyanne Naquin    | 138.9 | 2017 | Lutcher                     |
|               | BENCH | 220  | Shyanne Naquin    | 138.9 | 2017 | Lutcher                     |
|               | DEAD  | 360  | Alexis Alford     | 145.2 | 2022 | Port Allen                  |
|               | TOTAL | 910  | Shyanne Naquin    | 138.9 | 2017 | Lutcher                     |
| 165 LB. CLASS | SQUAT | 385  | Raegan Willis     | 153.3 | 2015 | Central                     |
|               | BENCH | 230  | Jayden Jackson    | 157.7 | 2021 | Zachary                     |
|               | DEAD  | 435  | Jayden Jackson    | 150.3 | 2022 | Zachary                     |
|               | TOTAL | 1030 | Jayden Jackson    | 150.3 | 2022 | Zachary                     |
| 181 LB. CLASS | SQUAT | 440  | Raegan Willis     | 173.8 | 2017 | Central                     |
|               | BENCH | 250  | Raegan Willis     | 173.8 | 2017 | Central                     |
|               | DEAD  | 460  | Raegan Willis     | 173.8 | 2017 | Central                     |
|               | TOTAL | 1150 | Raegan Willis     | 173.8 | 2017 | Central                     |
| 198 LB. CLASS | SQUAT | 450  | Raegan Willis     | 182.2 | 2018 | Central                     |
|               | BENCH | 250  | Raegan Willis     | 182.2 | 2018 | Central                     |
|               | DEAD  | 505  | Raegan Willis     | 182.2 | 2018 | Central                     |
|               | TOTAL | 1205 | Raegan Willis     | 182.2 | 2018 | Central                     |
| 220 LB. CLASS | SQUAT | 405  | Raygan Bosco      | 216.6 | 2021 | Denham Springs              |
|               | BENCH | 215  | Mary Woods        | 203.3 | 2022 | Holden                      |
|               | DEAD  | 405  | Nyjala Williams   | 217.4 | 2018 | Port Allen                  |
|               | TOTAL | 985  | Nyjala Williams   | 217.4 | 2018 | Port Allen                  |
| SHW CLASS     | SQUAT | 450  | Brittny Wilson    | 235.7 | 2013 | Port Allen                  |
|               | BENCH | 290  | Kayla Chauvin     | 271.3 | 2011 | Port Allen                  |
|               | DEAD  | 400  | Alexis Wascom     | 273.8 | 2012 | Central                     |
|               | TOTAL | 1020 | Breanna Gurzynski | 309.6 | 2015 | Walker                      |