

LHSPLA GIRLS STATE RECORDS

Revised 3/22/23

Wt.Class	Event	Amount	Name	BW	Year	School
97 LB. CLASS	SQUAT	300	JE'LYNN CHEATHAM	95.1	2019	SLIDELL
	BENCH	157.5	JE'LYNN CHEATHAM	95.7	2020	SLIDELL
	DEAD	345	ASHLEY MITCHELL	97.8	2016	ALEXANDRIA
	TOTAL	745	JE'LYNN CHEATHAM	94.6	2019	SLIDELL
105 LB. CLASS	SQUAT	325	ASHLEY MITCHELL	98.0	2016	ALEXANDRIA
	BENCH	182.5	SHAYE ROBERTSON	100.8	2021	ABBEVILLE
	DEAD	340	ASHLEY MITCHELL	98.0	2016	ALEXANDRIA
	TOTAL	845	ASHLEY MITCHELL	98.0	2016	ALEXANDRIA
114 LB. CLASS	SQUAT	350	ADRIANA WILSON	114.0	2017	ALEXANDRIA
	BENCH	200	QUAMECCA STAFFORD	114.1	2021	LUTCHER
	DEAD	410	QUAMECCA STAFFORD	114.1	2021	LUTCHER
	TOTAL	955	QUAMECCA STAFFORD	114.1	2021	LUTCHER
123 LB. CLASS	SQUAT	335	CHASITY JONES	123.0	2019	PEABODY
	BENCH	200.0	SAVANNAH BURKE	122.7	2021	NORTHLAKE CHRISTIAN
	DEAD	370	JENNIFER KIRK		1994	ALEXANDRIA
	TOTAL	850	SHANLESA BETHEA	119.2	2019	LEESVILLE
132 LB. CLASS	SQUAT	385	EVA POLINI	131.1	2023	NORTHSHORE
	BENCH	195	LEXI STEINMANN	128.2	2022	E. D. WHITE
	DEAD	380	ANGELLE MATT	132.1	2004	MENARD
	TOTAL	900	EVA POLINI	131.1	2023	NORTHSHORE
148 LB. CLASS	SQUAT	420	DIAMOND JONES	146.2	2017	PINEVILLE
	BENCH	255	KASEE SKETOE	145.8	2023	WEST MONROE
	DEAD	415	BLAIR URSIN	147.1	2022	LUTCHER
	TOTAL	1025	KASEE SKETOE	145.8	2023	WEST MONROE
165 LB. CLASS	SQUAT	445	JAYDEN JACKSON	161.1	2023	ZACHARY
	BENCH	270	JAYDEN JACKSON	161.1	2023	ZACHARY
	DEAD	485	JAYDEN JACKSON	161.1	2023	ZACHARY
	TOTAL	1200	JAYDEN JACKSON	161.1	2023	ZACHARY
181 LB. CLASS	SQUAT	450	RAEGAN WILLIS	173.8	2017	CENTRAL
	BENCH	255	MIA GONZALES	172.4	2022	DUTCHTOWN
	DEAD	460	RAEGAN WILLIS	173.8	2017	CENTRAL
	TOTAL	1150	RAEGAN WILLIS	173.8	2017	CENTRAL
198 LB. CLASS	SQUAT	455	TAINA CALDWELL	195.0	2019	PEABODY
	BENCH	300	KAYLON DUNN	187.6	2018	PINEVILLE
	DEAD	505	RAEGAN WILLIS	182.2	2018	CENTRAL
	TOTAL	1205	RAEGAN WILLIS	182.2	2018	CENTRAL
220 LB. CLASS	SQUAT	460	KARMYN KING	217.4	2019	SLIDELL
	BENCH	300	JAYLA REAUX	219.3	2021	ABBEVILLE
	DEAD	445	HEATHER CALLEJAS	216.1	2015	COVINGTON
	TOTAL	1105	KAYLEE BONNER	219.1	2022	WEST MONROE
SUPERHEAVYWEIGHT	SQUAT	600	LILLIANA POISSO	298.7	2017	ALEXANDRIA
	BENCH	315	KARSON OLIVER	284.2	2023	WEST MONROE
	DEAD	510	LILLIANA POISSO	298.7	2017	ALEXANDRIA
	TOTAL	1365	LILLIANA POISSO	298.7	2017	ALEXANDRIA