

CENTRAL REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS						
7/20/2023						
WT. CLASS	LIFT	AMT.	LIFTERS	BWT.	YEAR	SCHOOL
97 LB. CLASS	SQUAT	280	Zyana Price	93.3	2018	Alexandria
	BENCH	130	Zyana Price	93.3	2018	Alexandria
	DEAD	285	Zyana Price	93.3	2018	Alexandria
	TOTAL	695	Zyana Price	93.3	2018	Alexandria
105 LB. CLASS	SQUAT	325	Ashley Mitchell	98.4	2016	Alexandria
	BENCH	180	Ashley Mitchell	98.4	2016	Alexandria
	DEAD	340	Ashley Mitchell	98.4	2016	Alexandria
	TOTAL	845	Ashley Mitchell	98.4	2016	Alexandria
114. LB. CLASS	SQUAT	325	Xacaria Clark	112.1	2020	Pineville
	BENCH	165	Amaria Sapp	109.8	2018	Pineville
	DEAD	325	Ciana Allen	110.9	2019	Alexandria
	TOTAL	805	Amaria Sapp	109.8	2018	Pineville
123 LB. CLASS	SQUAT	330	Chasity Jones	123.3	2019	Peabody
	BENCH	175	Shanlesa Bethea	119.1	2019	Leesville
	DEAD	355	Brianna Collins	119.2	2019	Pineville
	TOTAL	825	Kennedy Madison	119.2	2018	Alexandria
132 LB. CLASS	SQUAT	355	Asia McGee	130.6	2017	Alexandria
	BENCH	175	Bailee Bryant	128.5	2020	Buckeye
	DEAD	365	Mackenzie Johnson	129.7	2022	Natchitoches Central
	TOTAL	840	Mackenzie Johnson	129.7	2022	Natchitoches Central
148 LB. CLASS	SQUAT	415	Diamond Jones	146.3	2017	Pineville
	BENCH	195	Diamond Jones	146.3	2017	Pineville
	DEAD	375	Isabella Rachal	148.7	2023	Alexandria
	TOTAL	980	Diamond Jones	146.3	2017	Pineville
165 LB. CLASS	SQUAT	415	Diamond Jones	151.6	2018	Pineville
	BENCH	240	Astrid Lemmons	156.7	2020	Pineville
	DEAD	405	Diamond Jones	151.6	2018	Pineville
	TOTAL	1025	Diamond Jones	151.6	2018	Pineville
181 LB. CLASS	SQUAT	435	Brittany Williams	173.1	2017	Alexandria
	BENCH	215	Brittany Williams	175.8	2016	Alexandria
	DEAD	430	Mykelli Hudson-Brew	175.1	2020	Pineville
	TOTAL	1025	Mykelli Hudson-Brew	175.1	2020	Pineville
198 LB. CLASS	SQUAT	420	Taiana Caldwell	192.4	2019	Peabody
	BENCH	250	Kaylan Dunn	185.5	2018	Pineville
	DEAD	410	Ti'Asia Allen	193.1	2022	Pineville
	TOTAL	1060	Kaylan Dunn	185.5	2018	Pineville
220 LB. CLASS	SQUAT	440	Ma'Ckayla Collins	220.3	2020	Alexandria
	BENCH	225	Aaliyah Sherman	216.7	2019	Pineville
	DEAD	405	Aaliyah Sherman	216.7	2019	Pineville
	TOTAL	1055	Aaliyah Sherman	217.8	2020	Pineville
SHW CLASS	SQUAT	565	Lilliana Poisso	298.3	2017	Alexandria
	BENCH	295	Brionna Ford	256.1	2020	Pineville
	DEAD	455	Lilliana Poisso	298.3	2017	Alexandria
	TOTAL	1295	Lilliana Poisso	298.3	2017	Alexandria