

LHSPLA GIRLS DIVISION I STATE RECORDS
(ESTABLISHED MARCH 2013)

As of 7/5/2023

Wt.Class	Event	Wt. Lifted	Name	BW	Year	School
97 lb. class	Squat	300	Jelynn Cheatham	95.1	2019	Slidell
	Bench	145	Cara McFarland	94.6	2023	Slidell
	Deadlift	300	Ashley Mitchell	93.8	2015	Alexandria
	Total	745	Jelynn Cheatham	95.1	2019	Slidell
105 lb class	Squat	315	Lola Cheramie	104.7	2023	Covington
	Bench	165	Ashley Mitchell	97.8	2016	Alexandria
	Deadlift	320	Xarcaria Clark	103.1	2019	Pineville
	Total	785	Ashley Mitchell	97.8	2016	Alexandria
114 lb class	Squat	325	McKinzley Thomason	106.2	2022	Pineville
	Bench	175	Dontoria Butler	113.7	2016	Alexandria
	Deadlift	360	Jaylan Bickham	109.4	2022	Slidell
	Total	815	Jaylan Bickham	109.4	2022	Slidell
123 lb class	Squat	325	Kara Johnson	121.1	2017	Pineville
	Bench	190	Gracie Cassidy	123.1	2023	Southside
	Deadlift	340	Kennedy Madison	118.0	2017	Alexandria
	Total	810	Gracie Cassidy	123.1	2023	Southside
132 lb class	Squat	385	Eva Polini	131.9	2023	Northshore
	Bench	190	Alyzza Stann	130.5	2018	Covington
	Deadlift	365	Mackenzie Johnson	129.7	2022	Natchitoches Central
	Total	880	Mackenzie Johnson	129.0	2022	Natchitoches Central
148 lb class	Squat	420	Diamond Jones	146.2	2017	Pineville
	Bench	205	Katelynn Caillouet	143.3	2022	Covington
	Deadlift	405	Diamond Jones	146.2	2017	Pineville
	Total	1010	Diamond Jones	146.2	2017	Pineville
165 lb class	Squat	450	Jaydan Jackson	158.4	2023	Zachary
	Bench	275	Jaydan Jackson	158.4	2023	Zachary
	Deadlift	475	Jaydan Jackson	158.4	2023	Zachary
	Total	1200	Jaydan Jackson	158.4	2023	Zachary
181 lb class	Squat	445	Raegan Willis	170.4	2017	Central
	Bench	255	Mia Gonzales	179.8	2022	Dutchtown
	Deadlift	465	Raegan Willis	170.4	2017	Central
	Total	1140	Raegan Willis	170.4	2017	Central
198 lb class	Squat	440	Raegan Willis	183.0	2018	Central
	Bench	300	Kaylan Dunn	187.6	2018	Pineville
	Deadlift	475	Raegan Willis	183.0	2018	Central
	Total	1200	Raegan Willis	183.0	2018	Central
220 lb class	Squat	450	Serenity Legardy	210.2	2016	Natchitoches Central
	Bench	230	Kaylee Bonner	219.1	2022	West Monroe
	Deadlift	445	Heather Callejas	216.1	2015	Covington
	Total	1105	Kaylee Bonner	219.1	2022	West Monroe
SHW class	Squat	570	Lilliano Poisso	298.7	2017	Alexandria
	Bench	320	Karson Oliver	283.7	2023	West Monroe
	Deadlift	510	Lilliano Poisso	298.7	2017	Alexandria
	Total	1365	Lilliano Poisso	298.7	2017	Alexandria