

LHSPLA DIVISION IV GIRLS STATE RECORDS
(ESTABLISHED MARCH 2013)

As of 3/26/2024

Wt.Class	Event	Wt. Lifted	Name	BW	Year	School
97 lb class	Squat	265	Brook Patton	95.9	2023	D'Arbonne Woods
	Bench	125	Karsyn Kelly	95.1	2024	D'Arbonne Woods
	Deadlift	255	Brook Patton	95.9	2023	D'Arbonne Woods
	Total	645	Brook Patton	95.9	2023	D'Arbonne Woods
105 lb class	Squat	290	Bella Hawthorne	104.1	2024	D'Arbonne Woods
	Bench	155	Blaike-Lee Ordes	104.6	2016	Pope John Paul
	Deadlift	305	Emma Lazarus	102.9	2024	Calvary Baptist
	Total	725	Caroline Lagarde	104.3	2024	Northlake Christian
114 lb class	Squat	300	Kailey Brookshire	112.4	2019	Calvary Baptist
	Bench	180	Kailey Brookshire	112.4	2019	Calvary Baptist
	Deadlift	315	Kailey Brookshire	112.4	2019	Calvary Baptist
	Total	795	Kailey Brookshire	112.4	2019	Calvary Baptist
123 lb class	Squat	335	Madi Wolf	118.2	2015	Archbishop Hannan
	Bench	200	Savannah Burke	122.7	2021	Northlake Christian
	Deadlift	355	Kiera Segura	118.8	2024	Delcambre
	Total	835	Kiera Segura	118.8	2024	Delcambre
132 lb class	Squat	350	Brenna Becker	125.4	2023	Pope John Paul
	Bench	180	Sophie Cramond	130.3	2022	Northlake Christian
	Deadlift	345	Sarah Branton	132.3	2016	Holy Savior Menard
	Total	855	Brenna Becker	125.4	2023	Pope John Paul
148 lb class	Squat	335	Ryleigh Hogan	141.9	2024	Calvary Baptist
	Bench	205	Alexis Alford	146.7	2022	Port Allen
	Deadlift	370	Mia Albritton	137.1	2024	D'Arbonne Woods
	Total	905	Alexis Alford	146.7	2022	Port Allen
165 lb class	Squat	390	Dominique Bourgeois	163.5	2015	Pope John Paul
	Bench	220	Anna Catherine Cowsar	149.4	2022	Doyle
	Deadlift	365	Morgan Dynes	162.5	2016	Episcopal
	Total	935	Peyton Woods	149.6	2022	Pope John Paul
181 lb class	Squat	360	Taylor Durham	170.3	2024	Northlake Christian
	Bench	185	Taylor Durham	170.3	2024	Northlake Christian
	Deadlift	340	Katie Williamson	178.4	2022	Delhi Charter
	Total	855	Taylor Durham	170.3	2024	Northlake Christian
198 lb class	Squat	380	Nadia Mckay	198.2	2022	Northlake Christian
	Bench	215	Nadia Mckay	198.2	2022	Northlake Christian
	Deadlift	375	Nadia Mckay	198.2	2022	Northlake Christian
	Total	970	Nadia Mckay	198.2	2022	Northlake Christian
220 lb class	Squat	405	Nyjala Williams	220.3	2018	Port Allen
	Bench	240	Olivia Candies	217.0	2021	Northlake Christian
	Deadlift	405	Nyjala Williams	220.3	2018	Port Allen
	Total	1015	Nyjala Williams	220.3	2018	Port Allen
SHW class	Squat	455	Mireya Roberson	223.2	2023	Calvary Baptist
	Bench	215	Kierra Talley	320.4	2021	Port Allen
	Deadlift	380	Mireya Roberson	223.2	2023	Calvary Baptist
	Total	1015	Mireya Roberson	223.2	2023	Calvary Baptist