

NORTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

3/5/2025

Wt.Class	Event	Amt.	Name	BW	Year	School
97 LB. CLASS	SQUAT	285	Earlysha Turner	96.7	2019	West Monroe
	BENCH	135	Ashley Mitchell	93.4	2015	Alexandria
	DEAD	305	Ashley Mitchell	93.4	2015	Alexandria
	TOTAL	690	Ashley Mitchell	93.4	2015	Alexandria
105 LB. CLASS	SQUAT	285	Emma Lazarus	103.6	2024	Calvary Baptist
	BENCH	135	Ashlee Hayner	103.7	2021	West Monroe
	DEAD	295	Emma Lazarus	103.6	2024	Calvary Baptist
	TOTAL	700	Emma Lazarus	103.6	2024	Calvary Baptist
114 LB. CLASS	SQUAT	305	Bella Hawthorne	113.2	2025	D'Arbonne Woods Charter
	BENCH	175	Kailey Brookshire	108.1	2019	Calvary Baptist
	DEAD	350	Dontoria Butler	109.1	2015	Alexandria
	TOTAL	790	Kailey Brookshire	108.1	2019	Calvary Baptist
123 LB. CLASS	SQUAT	320	Kailey Brookshire	116.8	2020	Calvary Baptist
	BENCH	185	Kailey Brookshire	116.8	2020	Calvary Baptist
	DEAD	370	Jennifer Kirk		1994	Alexandria
	TOTAL	830	Kailey Brookshire	116.8	2020	Calvary Baptist
132 LB. CLASS	SQUAT	385	A'Lora Walker	129.9	2024	West Monroe
	BENCH	185	Aubri Ward	125.7	2025	West Monroe
	DEAD	370	Angelle Matt	132.1	2004	Menard
	TOTAL	920	A'Lora Walker	129.9	2024	West Monroe
148 LB. CLASS	SQUAT	385	Kasee Sketoe	145.8	2023	West Monroe
	BENCH	255	Kasee Sketoe	145.8	2023	West Monroe
	DEAD	385	Kasee Sketoe	145.8	2023	West Monroe
	TOTAL	1025	Kasee Sketoe	145.8	2023	West Monroe
165 LB. CLASS	SQUAT	400	Sheriah Williams	161.3	2020	West Monroe
	BENCH	210	Lauren Enterkin	151.7	2023	Cedar Creek
	DEAD	400	Brenda Nute	165.1	2019	Wossman
	TOTAL	980	Lauren Enterkin	163.4	2024	Cedar Creek
181 LB. CLASS	SQUAT	420	Tamera Lusk	176.5	2015	Alexandria
	BENCH	210	Anna Cavaretta	181.5	2017	West Monroe
	DEAD	400	Yumeca Hamburg		1997	West Monroe
	TOTAL	1000	Tamera Lusk	176.5	2015	Alexandria
198 LB. CLASS	SQUAT	415	Kaylee Bonner	190.0	2021	West Monroe
	BENCH	225	Kaylee Bonner	190.0	2021	West Monroe
	DEAD	385	Kaylee Bonner	190.0	2021	West Monroe
	TOTAL	1025	Kaylee Bonner	190.0	2021	West Monroe
220 LB. CLASS	SQUAT	455	Syriana Mack	209.5	2024	Ruston
	BENCH	240	Addyson Caskey	208.6	2025	West Monroe
	DEAD	430	Kaylee Bonner	215.7	2022	West Monroe
	TOTAL	1095	Kaylee Bonner	215.7	2022	West Monroe
SHW	SQUAT	550	Karson Oliver	284.2	2023	West Monroe
	BENCH	315	Karson Oliver	284.2	2023	West Monroe
	DEAD	415	Karson Oliver	284.2	2023	West Monroe
	TOTAL	1280	Karson Oliver	284.2	2023	West Monroe