

LHSPLA GIRLS STATE RECORDS

REVISED: 3/15/2021

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	WILSON, ADRIANA	114.0	2017	ALEXANDRIA
	BENCH	180	QUAMECCA STAFFORD	111.3	2019	LUTCHER
	DEAD	385	QUAMECCA STAFFORD	111.3	2019	LUTCHER
	TOTAL	885	QUAMECCA STAFFORD	111.3	2019	LUTCHER
123 LB. CLASS	SQUAT	335	CHASITY JONES	123.0	2019	PEABODY
	BENCH	197.5	MAKAYLA JONES	123.3	2019	ABBEVILLE
	DEAD	370	JENNIFER KIRK		1994	ALEXANDRIA
	TOTAL	850	SHANLESA BETHEA	119.2	2019	LEESVILLE
132 LB. CLASS	SQUAT	360	ALYZZA STANN	131.8	2018	COVINGTON
	BENCH	190	ALYZZA STANN	130.2	2018	COVINGTON
	DEAD	380	ANGELLE MATT	132.1	2004	MENARD
	TOTAL	895	ANGELLE MATT	132.1	2004	MENARD
148 LB. CLASS	SQUAT	420	JONES, DIAMOND	146.2	2017	PINEVILLE
	BENCH	240	NAQUIN, SHYANNE	142.5	2018	LUTCHER
	DEAD	412.5	MARTIECEIA MODICUE	148.8	2016	WEST MONROE
	TOTAL	1010	JONES, DIAMOND	146.2	2017	PINEVILLE
165 LB. CLASS	SQUAT	440	ALYZZA STANN	164.7	2020	COVINGTON
	BENCH	250	ALYZZA STANN	164.7	2020	COVINGTON
	DEAD	430	RAEGAN WILLIS	151.3	2015	CENTRAL
	TOTAL	1040	DIAMOND JONES	152.5	2018	PINEVILLE
181 LB. CLASS	SQUAT	450	RAEGAN WILLIS	173.8	2017	CENTRAL
	BENCH	250	RAEGAN WILLIS	173.8	2017	CENTRAL
	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	275	JAYLA REAUX	219.3	2021	ABBEVILLE
	DEAD	445	HEATHER CALLEJAS	216.1	2015	COVINGTON
	TOTAL	1100	KARMYN KING	217.4	2019	SLIDELL
SUPERHEAVYWEIGHT	SQUAT	600	POISSO, LILLIANA	298.7	2017	ALEXANDRIA
	BENCH	310	LAINY TRAHAN	255.0	2019	ABBEVILLE
	DEAD	510	POISSO, LILLIANA	298.7	2017	ALEXANDRIA
	TOTAL	1365	POISSO, LILLIANA	298.7	2017	ALEXANDRIA