

**LHSPLA GIRLS DIVISION I STATE RECORDS**  
(ESTABLISHED MARCH 2013)

3/17/2019

| Wt.Class     | Event    | Wt. Lifted | Name             | BW    | Year | School               |
|--------------|----------|------------|------------------|-------|------|----------------------|
| 97 lb. class | Squat    | 300        | Jelynn Cheatham  | 95.1  | 2019 | Slidell              |
|              | Bench    | 145        | Jelynn Cheatham  | 95.1  | 2019 | Slidell              |
|              | Deadlift | 300        | Ashley Mitchell  | 93.8  | 2015 | Alexandria           |
|              | Total    | 745        | Jelynn Cheatham  | 95.1  | 2019 | Slidell              |
| 105 lb class | Squat    | 305        | Ashley Mitchell  | 97.8  | 2016 | Alexandria           |
|              | 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        | Adriana Wilson   | 114.0 | 2017 | Alexandria           |
|              | Bench    | 175        | Dontoria Butler  | 113.7 | 2016 | Alexandria           |
|              | Deadlift | 330        | Dontoria Butler  | 113.1 | 2015 | Alexandria           |
|              | Total    | 815        | Dontoria Butler  | 113.7 | 2016 | Alexandria           |
| 123 lb class | Squat    | 325        | Kara Johnson     | 121.1 | 2017 | Pineville            |
|              | Bench    | 190        | Gina Catalanotto | 123.2 | 2017 | Covington            |
|              | Deadlift | 340        | Kennedy Madison  | 118.0 | 2017 | Alexandria           |
|              | Total    | 800        | Kennedy Madison  | 119.0 | 2018 | Alexandria           |
| 132 lb class | Squat    | 350        | Alyzza Stann     | 130.5 | 2018 | Covington            |
|              | Bench    | 190        | Alyzza Stann     | 130.5 | 2018 | Covington            |
|              | Deadlift | 365        | Taryn Antoine    | 131.5 | 2014 | Alexandria           |
|              | Total    | 870        | Alyzza Stann     | 130.5 | 2018 | Covington            |
| 148 lb class | Squat    | 420        | Diamond Jones    | 146.2 | 2017 | Pineville            |
|              | Bench    | 205        | Alyzza Stann     | 144.2 | 2019 | Covington            |
|              | Deadlift | 405        | Diamond Jones    | 146.2 | 2017 | Pineville            |
|              | Total    | 1010       | Diamond Jones    | 146.2 | 2017 | Pineville            |
| 165 lb class | Squat    | 415        | Diamond Jones    | 152.5 | 2018 | Pineville            |
|              | Bench    | 225        | Diamond Jones    | 152.5 | 2018 | Pineville            |
|              | Deadlift | 430        | Raegan Willis    | 151.3 | 2015 | Central              |
|              | Total    | 1040       | Diamond Jones    | 152.5 | 2018 | Pineville            |
| 181 lb class | Squat    | 445        | Raegan Willis    | 170.4 | 2017 | Central              |
|              | Bench    | 230        | Raegan Willis    | 170.4 | 2017 | Central              |
|              | 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    | 225        | Meaghyn Hawkins  | 215.6 | 2018 | Slidell              |
|              | Deadlift | 445        | Heather Callejas | 216.1 | 2015 | Covington            |
|              | Total    | 1095       | Karmyn King      | 215.2 | 2019 | Slidell              |
| SHW class    | Squat    | 570        | Lilliano Poisso  | 298.7 | 2017 | Alexandria           |
|              | Bench    | 285        | Lilliano Poisso  | 298.7 | 2017 | Alexandria           |
|              | Deadlift | 510        | Lilliano Poisso  | 298.7 | 2017 | Alexandria           |
|              | Total    | 1365       | Lilliano Poisso  | 298.7 | 2017 | Alexandria           |