

# **JENNIFER KIRK**

## **Alexandria Senior High School Competitor 1992-1994**



### **Career Accomplishments**

Lifted in the 123 lb. Weight class during her lifting career in the LHSPLA

1992 – 3<sup>rd</sup> place - LHSPLA State Meet

1993 – LHSPLA State Champion – High School National Champion

Outstanding Lifter – LHSPLA State and ADFPA National Meet

1994 – LHSPLA State Champion – High School National Champion

Outstanding Lifter – LHSPLA State and ADFPA National Meet

Jennifer is the current holder of 3 LHSPLA records in the 123 lb. weight class. Broken in 1994, the 22 year old records are currently the oldest composite records in the LHSPLA for both the girls and boys divisions.

Squat – 330 lbs.

Deadlift – 370 lbs.

Total – 830 lbs.