

EAST REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

3/5/2021

WT. CLASS	LIFT	AMT.	LIFTERS	BWT.	YEAR	SCHOOL
97 LB. CLASS	SQUAT	215	Sulma Camaja	89.4	2020	Port Allen
	BENCH	125	Jilliam Bates	96.1	2010	Runnels
	DEAD	270	Jennifer Prejean	97.0	2002	Brusly
	TOTAL	565	Jennifer Prejean	97.0	2002	Brusly
105 LB. CLASS	SQUAT	260	Paige Cloutre		1994	St. Amant
	BENCH	130	Quamecca STafford	104.2	2017	Lutcher
	DEAD	300	Quamecca STafford	104.2	2017	Lutcher
	TOTAL	670	Quamecca STafford	104.2	2017	Lutcher
114 LB. CLASS	SQUAT	290	Paige Cloutre		1995	St. Amant
			Brittany Johnson	112.3	2012	Central
	BENCH	150	Laurn Bowman	111.6	2019	Denham Springs
	DEAD	330	Brittany Johnson	112.3	2012	Central
	TOTAL	740	Brittany Johnson	112.3	2012	Central
123 LB. CLASS	SQUAT	305	Alex Dumas	122.1	2016	Episcopal
	BENCH	160	Brittany Johnson	117.8	2013	Central
	DEAD	325	Alex Dumas	122.1	2016	Episcopal
	TOTAL	765	Alex Dumas	122.1	2016	Episcopal
132 LB. CLASS	SQUAT	300	Hannah Poche	128.8	2016	Lutcher
	BENCH	180	Shyanne Naquin	131.7	2016	Lutcher
	DEAD	325	Tamara Stinson	132.3	2014	Woodlawn
	TOTAL	770	Hannah Poche	128.8	2016	Lutcher
148 LB. CLASS	SQUAT	350	Shyanne Naquin	138.9	2017	Lutcher
	BENCH	220	Shyanne Naquin	138.9	2017	Lutcher
	DEAD	350	Lauren Politz	146.5	2020	Holden
	TOTAL	910	Shyanne Naquin	138.9	2017	Lutcher
165 LB. CLASS	SQUAT	385	Raegan Willis	153.3	2015	Central
	BENCH	230	Jayden Jackson	157.7	2021	Zachary
	DEAD	405	Raegan Willis	153.3	2015	Central
	TOTAL	980	Raegan Willis	153.3	2015	Central
181 LB. CLASS	SQUAT	440	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	450	Raegan Willis	182.2	2018	Central
	BENCH	250	Raegan Willis	182.2	2018	Central
	DEAD	505	Raegan Willis	182.2	2018	Central
	TOTAL	1205	Raegan Willis	182.2	2018	Central
220 LB. CLASS	SQUAT	405	Raygan Bosco	216.6	2021	Denham Springs
	BENCH	210	Macy Lambert	218.9	2017	Lutcher
	DEAD	405	Nyjala Williams	217.4	2018	Port Allen
	TOTAL	985	Nyjala Williams	217.4	2018	Port Allen
SHW CLASS	SQUAT	450	Brittney Wilson	235.7	2013	Port Allen

BENCH	290	Kayla Chauvin	271.3	2011	Port Allen
DEAD	400	Alexis Wascom	273.8	2012	Central
TOTAL	1020	Breanna Gurzynski	309.6	2015	Walker