

NORTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

3/5/2021

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	280	Earlysha Turner	103.8	2020	West Monroe
	BENCH	135	Ashlee Hayner	103.7	2021	West Monroe
	DEAD	290	Earlysha Turner	103.8	2020	West Monroe
	TOTAL	685	Earlysha Turner	103.8	2020	West Monroe
114 LB. CLASS	SQUAT	300	Kailey Brookshire	108.1	2019	Calvary Baptist
	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	340	Haleigh Martin	132.3	2019	West Monroe
	BENCH	175	Angelle Matt	132.1	2004	Menard
	DEAD	370	Angelle Matt	132.1	2004	Menard
	TOTAL	865	Angelle Matt	132.1	2004	Menard
148 LB. CLASS	SQUAT	345	Markeicia Modicue	148.8	2016	West Monroe
	BENCH	175	Kaylin Little	142.1	2019	Calvary Baptist
	DEAD	385	Markeicia Modicue	148.8	2016	West Monroe
	TOTAL	885	Markeicia Modicue	148.8	2016	West Monroe
165 LB. CLASS	SQUAT	400	Sheriah Williams	161.3	2020	Calvary Baptist
	BENCH	200	Sheriah Williams	161.3	2020	Calvary Baptist
	DEAD	400	Brenda Nute	165.1	2019	Wossman
	TOTAL	975	Sheriah Williams	161.3	2020	Calvary Baptist
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	430	Dynesha Williams	219.4	2015	DELHI
	BENCH	195	Abbie Caples	215.6	2019	West Monroe
	DEAD	405	Dynesha Williams	219.4	2015	DELHI
	TOTAL	1000	Dynesha Williams	219.4	2015	DELHI
SHW	SQUAT	470	Dynesha Williams	229.6	2014	DELHI
	BENCH	245	Karson Oliver	274.2	2021	West Monroe
	DEAD	410	Valenscia	253.1	2020	West Monroe
	TOTAL	1050	Karson Oliver	274.2	2021	West Monroe