

Weight class	Record Holder	Year	Squat	Bench Press	Dead Lift	Total
97	Brianna Brudney	2016	240	105	255	585
	Lessie Harrison	2002			255	
	Hailey Palmer	2025		105		
105	Sarah Brady	2002		115		
	Jennifer Inmon	2000	225		260	585
114	Alyssa Ayers	2019	285	195	305	780
	Katie Riddle	2006	285			
123	Alyssa Ayers	2020		205	330	850
	Alyssa Ayers	2021	330			
132	Gabby Martinez	2016	365	185	350	900
148	Victoria Martinez	2019		185		
	Victoria Martinez	2018	330			
	Gabby Martinez	2016			345	845
165	Addison Berry	2024		175	335	790
	Brynn Wittenburg	2016	315			
	Heather Collins	2004			320	
181	Arianna Bermudez	2025	410	190		905
	Kassie Baker	2001			350	
198	Hailey Reiss	2019		170		
	Kassie Baker	2000	355		365	865
220	Scotti Franklin	2013	325			
	Rylie Jones	2020			325	790
	Amari Munoz	2025		200		
*259	Cally Reding	2019			325	
	Lila Walling	2022	375	220		900
**242+	Paige Hale	2015	350		335	840
	Leah Melton	2002		185		
Regional Team Champs:			*259 weight class ended in 2023/ became 242			
	2000		** SHW converted to 242+ in 2023			
	2016					
	2023 (Runner Up)					