

American Women

Single Lift Bench

Junior (13-15)

Sunday, October 30, 2011

97lbs/44Kgs							
	Bench	Gerri Cunningham	31.0	Kg	68.3	lbs	3/19/2005
105lbs/48Kgs							
	Bench	Record Open	0.0	Kg	0.0	lbs	
114lbs/52Kgs							
	Bench	Amanda Harris	52.5	Kg	115.7	lbs	11/19/2005
123lbs/56Kgs							
	Bench	Jake Shendow	57.5	Kg	126.8	lbs	6/12/1999
132lbs/60Kgs							
	Bench	Madison James	50.0	Kg	110.2	lbs	1/25/2009
148lbs/67.5Kgs							
	Bench	Madison James	71.0	Kg	156.5	lbs	9/24/2010
165lbs/75Kgs							
	Bench	Tracey LaCourse	45.0	Kg	99.2	lbs	2/22/1997
181lbs/82.5Kgs							
	Bench	Margot O'Halloran	72.5	Kg	159.8	lbs	10/23/2005
198lbs/90Kgs							
	Bench	Record Open	0.0	Kg	0.0	lbs	
SHW/90+Kgs							
	Bench	Record Open	0.0	Kg	0.0	lbs	

Junior (16-17)

Sunday, October 30, 2011

97lbs/44Kgs					
	Bench	Penny Mann	40.0	Kg	88.2 lbs 3/4/1995
105lbs/48Kgs					
	Bench	Wendy Hendrick	55.0	Kg	121.3 lbs 3/4/1995
114lbs/52Kgs					
	Bench	Ambyr Reyes		Kg	3/29/2008
123lbs/56Kgs					
	Bench	Lori Jeffrey	77.5	Kg	170.9 lbs 3/4/1995
132lbs/60Kgs					
	Bench	Tasha Griffin	75.0	Kg	165.3 lbs 1/7/1995
148lbs/67.5Kgs					
	Bench	Sydney Mitchell	60.0	Kg	132.3 lbs 6/14/2008
165lbs/75Kgs					
	Bench	Jennifer Irish	80.0	Kg	176.4 lbs 5/17/1997
181lbs/82.5Kgs					
	Bench	Kim Atencio	72.5	Kg	159.8 lbs 12/10/2005
198lbs/90Kgs					
	Bench	Heather Keola	72.5	Kg	159.8 lbs 9/27/2008
SHW/90+Kgs					
	Bench	Heather McComas	57.5	Kg	126.8 lbs 3/5/1995

Junior (18-19)

Sunday, October 30, 2011

97lbs/44Kgs					
	Bench	Brandy Campbell	60.0	Kg	132.3 lbs 2/22/1997
105lbs/48Kgs					
	Bench	Chelsea Wight	52.5	Kg	115.7 lbs 2/22/1997
114lbs/52Kgs					
	Bench	Brandy Campbell	72.5	Kg	159.8 lbs 9/13/1997
123lbs/56Kgs					
	Bench	Darlene Barteck	57.5	Kg	126.8 lbs 12/18/1999
132lbs/60Kgs					
	Bench	Kylee Pierceall	82.5	Kg	181.9 lbs 5/17/1997
148lbs/67.5Kgs					
	Bench	Skannon Brinkley	70.0	Kg	154.3 lbs 2/22/1997
165lbs/75Kgs					
	Bench	Jessica Porter	90.0	Kg	198.4 lbs 6/10/2006
181lbs/82.5Kgs					
	Bench	Record Open	0.0	Kg	0.0 lbs
198lbs/90Kgs					
	Bench	Lynelle Brode	97.5	Kg	214.9 lbs 12/18/1998
SHW/90+Kgs					
	Bench	Griselda Gonzalez	112.5	Kg	248.0 lbs 2/21/2009

Junior (20-23)

Sunday, October 30, 2011

97lbs/44Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
105lbs/48Kgs	Bench	Jessica Rankin-Gee	37.5	Kg	82.7	lbs	6/9/2007
114lbs/52Kgs	Bench	Valerie Moore	60.0	Kg	132.3	lbs	3/4/1995
123lbs/56Kgs	Bench	Jeri Lipert	100.0	Kg	220.5	lbs	3/2/1996
132lbs/60Kgs	Bench	Jennifer Robertson	82.5	Kg	181.9	lbs	5/7/2000
148lbs/67.5Kgs	Bench	Judith Sverchek	97.5	Kg	214.9	lbs	9/13/1997
165lbs/75Kgs	Bench	DiAnna Lainhart	57.5	Kg	126.8	lbs	11/12/1994
181lbs/82.5Kgs	Bench	Kelly Womack	150.0	Kg	330.7	lbs	10/23/2005
198lbs/90Kgs	Bench	Miranda Zambrano	45.0	Kg	99.2	lbs	9/5/2010
SHW/90+Kgs	Bench	Jessica Work	150.0	Kg	330.7	lbs	1/31/2009