

NORCAL POWERLIFTING RAW – TEEN/JUNIOR WOMEN

<b>TEEN WOMEN 12-13</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat	60	132.3	Kai Moore	11/10/2019
	Bench	30	66.1	Lily Davis/ Kai Moore	11/10/2019
	Deadlift	65	143.3	Lily Davis/ Kai Moore	11/10/2019
	TOTAL	155	341.7	Kai Moore	11/10/2019
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat	50	110	Sarena Ben-Zeeva	3/20/16
	Bench	32.5	71.5	Sarena Ben-Zeeva	3/20/16
	Deadlift	62.5	137.7	Sarena Ben-Zeeva	3/20/16
	TOTAL	125	275.6	Sarena Ben-Zeeva	3/20/16
	P/P				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>75 kg/165.2 lbs</b>	Squat	100	220.5	Crystal Le	7/22/18
	Bench	62.5	137.8	Crystal Le	7/22/18
	Deadlift	47.5	104.7	Crystal Le	7/22/18
	TOTAL	210	463	Crystal Le	7/22/18
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				

	Bench				
	Deadlift				

	TOTAL				
	P/P				

<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>TEEN WOMEN 14-15</b>					
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<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
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<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	Squat	67.5	148.8	Sarena Ben-Ze'ev	7/31/16
	Bench	35	77.2	Sarena Ben-Ze'ev	7/31/16
	Deadlift	70	154.3	Sarena Ben-Ze'ev	7/31/16
	TOTAL	172.5	380.3	Sarena Ben-Ze'ev	7/31/16
	P/P				
<b>67.5 kg/148 lbs</b>	Squat	77.5	170.8	Ryland Nella	7/22/18
	Bench	37.5	82.67	Ryland Nella	7/22/18
	Deadlift	100	220.4	Ryland Nella	7/22/18
	TOTAL	215	473.8	Ryland Nella	7/22/18
	P/P				
<b>75 kg/165.2 lbs</b>	Squat	100	220.4	Crystal Le	7/22/18
	Bench	62.5	137.7	Crystal Le	7/22/18
	Deadlift	120	264.5	Ryland Nella	10/28/18
	TOTAL	210	462.8	Crystal Le	7/22/18
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				

<b>TEEN WOMEN 16-17</b>					
<b>Weight</b>	Lift	Kgs	Lbs	Name	Date
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat	97.5	214.7	Sophia Van Leeuwen	3/20/16
	Bench	52.5	115.5	Sophia Van Leeuwen	3/20/16
	Deadlift	102.5	225.7	Sophia Van Leeuwen	3/20/16
	TOTAL	252.5	556.5	Sophia Van Leeuwen	3/20/16
	P/P				
<b>60 kg/132.2 lbs</b>	Squat	112.5	248.02	Yael Sarig	8/3/2019
	Bench	60	132.3	Yael Sarig	8/3/2019
	Deadlift	122.5	270.07	Yael Sarig	8/3/2019
	TOTAL	295	650.36	Yael Sarig	8/3/2019
	P/P				
<b>67.5 kg/148 lbs</b>	Squat	85	187.39	Rachel Uomini	11/6/16
	Bench	50	110.23	Rachel Uomini	11/6/16
	Deadlift	135	297.62	Jenna Garcia	3/26/17
	TOTAL	255	562.18	Rachel Uomini	11/6/16
	P/P				

<b>75 kg/165.2 lbs</b>	Squat	125	275.6	Taylor Ford	8/1/15
	Bench	60	132.3	Taylor Ford	8/1/15
	Deadlift	115	253.5	Taylor Ford	8/1/15
	TOTAL	300	661.38	Taylor Ford	8/1/15
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				

<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

<b>TEEN WOMEN 18-19</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat	102.5	225.97	Jenna Garcia	8/6/17
	Bench	62.5	137.7	Joanne Gutierrez	11/5/17
	Deadlift	142.5	314.16	Jenna Garcia	8/6/17
	TOTAL	300	661.39	Jenna Garcia	8/6/17
	P/P				
<b>75 kg/165.2 lbs</b>	Squat	130	286.60	Alyssa Maiello	11/6/16
	Bench	60	132.28	Alyssa Maiello	11/6/16
	Deadlift	162.5	358.25	Alyssa Maiello	11/6/16
	TOTAL	352.5	777.13	Alyssa Maiello	11/6/16
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	Squat	152.5	336.20	Melanie Ramos	3/26/17
	Bench	67.5	148.81	Melanie Ramos	3/26/17
	Deadlift	185	407.85	Melanie Ramos	3/26/17
	TOTAL	405	892.87	Melanie Ramos	3/26/17
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				

	Deadlift	160	352.7	Megan Coleman	2/23/14
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				

<b>JUNIOR 20-23</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat	65	143.3	Saralena Nguyen	2/23/14
	Bench	37.5	82.10	Saralena Nguyen	2/23/14
	Deadlift	85	187.4	Saralena Nguyen	2/23/14
	TOTAL	187.5	413.4	Saralena Nguyen	2/23/14
	P/P				
<b>52 kg/114.5 lbs</b>	Squat	77.5	170.9	Catherine Pham	11/9/14
	Bench	37.5	82.10	Catherine Pham	11/9/14
	Deadlift	115	253.5	Catherine Pham	11/9/14
	TOTAL	230	507.06	Catherine Pham	11/9/14
	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	Squat	127.52	281.1	Daphne Zhang	11/9/14
	Bench	75	165.3	Daphne Zhang	11/9/14
	Deadlift	147.5	325.2	Daphne Zhang	11/9/14
	TOTAL	350	771.61	Daphne Zhang	11/9/14
	P/P				

<b>67.5 kg/148 lbs</b>	Squat	150	330.7	Jennifer Hernandez	11/15/15
	Bench	65	143.3	Jennifer Hernandez	11/15/15
	Deadlift	150	330.7	Jennifer Hernandez	11/15/15
	TOTAL	365	804.68	Jennifer Hernandez	11/15/15
	P/P				
<b>75 kg/165.2 lbs</b>	Squat	127.5	281.09	Abigail Clugston	4/14/19
	Bench	65	143.3	Abigail Clugston	4/14/19
	Deadlift	152.5	336.5	Abigail Clugston	10/28/18
	TOTAL	345	760.9	Abigail Clugston	4/14/19
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat	177.5	391.3	Melanie Ramos	10/28/18
	Bench	72.5	159.8	Shalynn Mancini	11/10/2019
	Deadlift	195	429.9	Melanie Ramos	10/28/18
	TOTAL	437.5	964.5	Melanie Ramos	10/28/18
	P/P				
<b>90 kg/198.2 lbs</b>	Squat	167.5	369.27	Jenelle Jayubo	4/14/19
	Bench	85	187.39	Lusialeilani Kuka	11/6/16
	Deadlift	182.5	402.34	Jenelle Jayubo	4/14/19
	TOTAL	375	826.73	Lusialeilani Kuka	11/6/16
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				