

American Women

Single Lift Bench

Junior (13-15)

97lbs/44Kgs

Bench

Geri Cunningham

310.0

Kg

683.4

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

70.5

Kg

155.4

lbs

3/27/2010

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)

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

87.5

Kg

192.9

lbs

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)

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)

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	Monique Little	42.5	Kg	93.7	lbs	10/6/2007
SHW/90+Kgs	Bench	Jessica Work	150.0	Kg	330.7	lbs	1/31/2009