

SUPER HEAVY BENCH PRESS IN WABDL
BY ALL FEMALE LIFTERS AGE 12-13
From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Lexi Harris	Texas	12-13	170.7
2 Isess Kaleohano	Hawaii	12-13	99.0 Raw
3 Miriah McFarland	Texas	12-13	93.5 Raw

SUPER HEAVY BENCH PRESS IN WABDL
BY ALL FEMALE LIFTERS AGE 14-15
From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Lexi Harris	Texas	14-15	288.7
2 Randolyn Nohara	Hawaii	14-15	286.5
3 Kayla Taueli	Washington	14-15	253.0
4 Katie Sons	Texas	14-15	236.7
5 Samantha Baty	Michigan	14-15	181.7
6 Bridgett Brown	Georgia	14-15	143.2
7 Ashton Ashberry	Texas	14-15	132.2

SUPER HEAVY BENCH PRESS IN WABDL
BY ALL FEMALE LIFTERS AGE 16-17
From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Lexi Heizer	Texas	16-17	309.6
2 Cheyenne Kennedy	Texas	16-17	308.5
3 Kayla Taueli	Washington	16-17	303.0
3 Katie Sons	Texas	16-17	303.0
5 Tyara Straka	Washington	16-17	292.0 Raw
6 Sasha Martinez	Texas	16-17	281.0
7 Bobby Denard	Texas	16-17	281.0
8 Samantha Baty	Michigan	16-17	242.5
8 Daisy Tellez	Texas	16-17	242.5
10 Anna Phinney	Washington	16-17	214.7 Raw
11 DyAn Brown	Montana	16-17	165.2 Raw
12 Morgan Rosalez	Texas	16-17	159.7

SUPER HEAVY BENCH PRESS IN WABDL
BY ALL FEMALE LIFTERS AGE 18-19
From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Kayla Taueli	Washington	18-19	330.5
2 Katie Sons	Texas	18-19	303.0
3 Rebecca Jordan	Alabama	18-19	275.5
4 Lexi Heizer	Texas	18-19	270.0
5 Anna Phinney	Washington	18-19	259.0 Raw
6 Regina Elizondo	Texas	18-19	242.5
7 Danielle Pratt	Georgia	18-19	215.8
7 Rebecca Lawrence	Florida	18-19	215.0
9 Priscilla Ortiz	Texas	18-19	214.7
9 Kassandra Arce	Texas	18-19	214.7
11 Leticia Perez	Texas	18-19	209.2
11 Alisha McGlothin	Washington	18-19	209.2
13 Alexa Rojas	Texas	18-19	203.7
14 Brooklyn Hall	Hawaii	18-19	181.7 Raw
14 Amy Moses	Texas	18-19	181.7
16 Samantha Moran	Texas	18-19	159.7
17 Tracy Perry	Nevada	18-19	143.2
18 Corina Sosa	Texas	18-19	137.2
19 Bridgett Brown	Georgia	18-19	132.2
20 Julianna Sulzer	Ohio	18-19	93.5 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 220# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
none			

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 220# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Tyara Straka	Washington	14-15	259.0 Raw
2 Rachel Perry	Washington	14-15	181.7
3 Sophie Larson	Wisconsin	14-15	165.2 Raw
4 Rachel Malone	Oregon	14-15	143.2
5 Krista Williams	Georgia	14-15	135.0
6 Brooklynn Hall	Hawaii	14-15	132.2 Raw
6 Brittany Beckman	Oregon	14-15	132.2
8 Alonna Smith	Arkansas	14-15	82.5 Raw
9 Hannah Steen	California	14-15	77.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 220# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Randolyn Hoku Nohara	Hawaii	16-17	352.5
2 Katie Sons	Texas	16-17	303.0
3 Anna Phinney	Washington	16-17	259.0
4 Megan Toomey	California	16-17	214.7
5 Kayla Sua	Washington	16-17	209.2
6 Abbi Kreger	Wisconsin	16-17	192.7
7 Rachel Malone	Oregon	16-17	187.2
8 Esmer Trevino	Texas	16-17	176.2
9 Sophie Larson	Wisconsin	16-17	165.2 Raw
10 Brooklynn Hall	Hawaii	16-17	159.7 Raw
10 Jenisis Gomez	Texas	16-17	159.7
12 Rebekah Garcia	Texas	16-17	148.7
13 Maudi Roscoe	Washington	16-17	143.2 Raw
13 Peyton Holm	Texas	16-17	143.2 Raw
13 Hannah Biddle	Indiana	16-17	143.2
16 Courtney Spear	Texas	16-17	137.7 Raw
17 Karlee Warren	California	16-17	110.0 Raw
18 Savannah Kuneth	Arkansas	16-17	93.5 Raw
19 Jessica Allred	Arkansas	16-17	66.0 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 220# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Gerika Kaaua-Acorda	Hawaii	18-19	248.0
2	Rebecca Lawrence	Florida	18-19	220.0 Raw
3	Lauren Vaterlaus	California	18-19	215.8
4	Krista Williams	Georgia	18-19	214.7
4	Rachel Richey	Texas	18-19	214.7
6	Kaylie Perez	Texas	18-19	209.2
6	Lynelle Brode	Washington	18-19	209.2
8	Laci Wright	Georgia	18-19	203.7
9	Sarah Sylvester	Washington	18-19	181.7
10	Jana Prothman	Washington	18-19	176.2
10	Tashika Sandoval	Texas	18-19	176.2
12	Unique Rivers	Florida	18-19	160.0 Raw
13	Mara Parks	Montana	18-19	143.2 Raw
14	Angela Grimm	Oregon	18-19	126.7
14	Tessa Thomas	Oklahoma	18-19	126.7

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 198# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Tyara Straka	Washington	12-13	203.7 Raw
2	Alease Knight	Florida	12-13	80.0 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 198# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Randolyn Nohara	Hawaii	14-15	292.0
2	Rachel Perry	Washington	14-15	231.2
3	Ciara Frost	Washington	14-15	214.7
4	Alexandria Calvo	Texas	14-15	204.8
5	Tyara Straka	Washington	14-15	203.7 Raw
6	Kayla Sua	Washington	14-15	203.7
7	Bonnie Buckwood	Washington	14-15	143.2
8	Samantha Baty	Michigan	14-15	126.7
9	Bridgett Brown	Georgia	14-15	115.5
10	Karol Ann Carpenter	Washington	14-15	104.5
11	Cydney Gonzalez	Texas	14-15	93.5
11	Jerrica Ring	Tennessee	14-15	93.5
13	Hillary Shields	Louisiana	14-15	82.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 198# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Kayla Sua	Washington	16-17	242.5
2	Jessica Hurley	Hawaii	16-17	236.7
3	Clara Frost	Washington	16-17	209.2
4	Amber Blankemeyer	Texas	16-17	171.8
5	Anna Rodriguez	Texas	16-17	170.7
5	Margot O'Halloran	California	16-17	170.7
7	Claudia Gomez	Texas	16-17	165.2
8	Mia Bella Rios	California	16-17	155.3 Raw
9	Bianca Ramirez	Texas	16-17	154.2
10	Brooke Linton	Montana	16-17	148.7
11	Itzayanni Martinez	Texas	16-17	143.2 Raw
12	Josalynn Takamori	Hawaii	16-17	126.7
13	Daeja Barnes	Illinois	16-17	99.0 Raw
14	Anastasia Riddle	Washington	16-17	71.5
15	Heather McLaughlin	Arkansas	16-17	66.0 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 198# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT	
1	Kelly Womack	California	18-19	236.7	
2	Alexandria Cairo	Texas	18-19	204.8	
3	Holly Boob	Washington	18-19	203.7	
4	Tashika Sandoval	Texas	18-19	187.2	
4	Hannah Biddle	Indiana	18-19	187.2	
6	Kirsten Shockman	Oregon	18-19	176.2	
6	Krista Williams	Georgia	18-19	176.2	
8	Brooklyn Hall	Hawaii	18-19	170.7	Raw
8	Anna Knapski	Ohio	18-19	170.7	
8	Lauren Vaterlaus	California	18-19	170.7	
8	Tamara Snook	Washington	18-19	170.7	
12	Bridgett Brown	Georgia	18-19	154.2	
12	Selita Nonu	Utah	18-19	154.2	
14	Antonio Mauer	Oregon	18-19	132.2	
15	Gina Strate	Louisiana	18-19	110.0	
15	Olga Hernandez	Texas	18-19	110.0	
16	Mckenzie Dawson	Arkansas	18-19	66.0	Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 181# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Reydell Nane Kauhane	Hawaii	12-13	115.5
2	Victoria Coscia	Florida	12-13	90.2
3	Jamela Ah Quin	Hawaii	12-13	88.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 181# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Brittany Braguine	California	14-15	270.0
2	Randolyn Nohara	Hawaii	14-15	203.7
3	Ciara Frost	Washington	14-15	192.7
4	Anna Rodriguez	Texas	14-15	181.7
5	Kimberly Patzold	Texas	14-15	165.2
6	Jennifer Otto	Washington	14-15	148.7
6	Margot O'Halloran	California	14-15	148.7
8	Bonnie Buckwood	Washington	14-15	143.2
9	Kristina Cavazos	Texas	14-15	137.7
10	Cari Beth Kirkland	Florida	14-15	130.0
11	Piper Maddox	Tennessee	14-15	121.2 Raw
11	Alanna Omahen	Georgia	14-15	121.2
13	Karina Gomez	California	14-15	115.5
14	Kamalio Kaleleiki	Hawaii	14-15	104.5 Raw
14	Cydne Gonzalez	Texas	14-15	104.5
16	Jamela Ah Quin	Hawaii	14-15	99.0
17	Julia Kalkman	Washington	14-15	93.5
18	Erica Humphries	Washington	14-15	88.0
18	Amy Moore	Washington	14-15	88.0
20	Brooklyn Brisko	Montana	14-15	82.5 Raw
21	Emily Douglas	Oregon	14-15	77.0 Raw
22	Lucene Beshirian	Washington	14-15	45.1

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 181# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Emily Jondron	Texas	16-17	304.1
2 Courtney Gathright	Texas	16-17	300.8
3 Jennifer Otto	Washington	16-17	187.2
4 Denis Martinez	Texas	16-17	181.7
4 Savannah Espinoza	Texas	16-17	181.7
6 Karola Bond	Oregon	16-17	176.2
6 Ashley Vasquez	Texas	16-17	176.2
6 Margot O'Halloran	California	16-17	176.2
9 Sarah Biddle	Indiana	16-17	170.7
10 Sandy Reyna	Texas	16-17	159.7
11 Lauren Needles	California	16-17	137.7 Raw
12 Deanna Pinkston	Texas	16-17	132.2
13 Kamalio Kaleleiki	Hawaii	16-17	115.5 Raw
14 Talia Gallus	Montana	16-17	110.0 Raw
15 Alaysha Whitehead	Utah	16-17	105.6 Raw
16 Kaitlin Elder	Wisconsin	16-17	104.5 Raw
17 Chandle Dimick	Oklahoma	16-17	99.0 Raw
17 Brianna Jean Judd	Arizona	16-17	99.0
19 Mckenzie Dawson	Arkansas	16-17	88.0 Raw
20 Samantha Hernandez	Texas	16-17	82.5
21 Grace Corpuz	Hawaii	16-17	66.0 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 181# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Courtney Gathright	Texas	18-19	347.0
2 Lauren Lugdon	Maine	18-19	252.4
3 Kelly Womack	California	18-19	231.2
4 Sharon Manarpaac	Hawaii	18-19	220.2
5 Carys Cook	Nevada	18-19	192.7
6 Ashley Vasquez	Texas	18-19	187.2
6 Rachel Messer	Washington	18-19	187.2
8 Brianna Smith	Texas	18-19	176.2
9 Amanda Proctor	Georgia	18-19	170.7
10 Denis Martinez	Texas	18-19	159.7
11 Carys Cook	Nevada	18-19	143.2 Raw
11 Abigail Biddle	Indiana	18-19	143.2
13 Hannah Biddle	Indiana	18-19	137.7
13 Debra Anderson	Minnesota	18-19	137.7
13 Rosie Yanikyan	Canada	18-19	137.7
16 Alyssa Aipa	Hawaii	18-19	132.2
17 Angela Johnisee	Oregon	18-19	130.0
18 Addie Langlois	Louisiana	18-19	126.7
18 Jillian Bruno	California	18-19	126.7
18 Nikki Gilbertson	Montana	18-19	126.7
21 Julie Polk	Washington	18-19	121.2
22 Alaysha Whitehead	Utah	18-19	115.5 Raw
23 Tiana Blakemore	Hawaii	18-19	112.2

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 165# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Aroha Heta	New Zealand	12-13	165.2
2	Mataya Straka	Washington	12-13	148.7 Raw
3	Ally Dodds	Florida	12-13	120.0
4	Emma Eldridge	Oregon	12-13	110.0
5	Rhonalynne Domingo	Hawaii	12-13	93.5 Raw
6	Chloe Bezik	Wisconsin	12-13	82.5 Raw
6	Emilee Cummings	California	12-13	82.5
6	Julia Kalkman	Washington	12-13	82.5
9	Daeja Barnes	Illinois	12-13	77.0 Raw
10	Havion Prevard	Illinois	12-13	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 165# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Emily Jondron	Texas	14-15	231.2
2	Miranda Williamson	Oregon	14-15	176.2
3	Mataya Straka	Washington	14-15	170.7 Raw
4	Margot O'Halloran	California	14-15	166.3
5	Sarah Biddle	Indiana	14-15	165.2
5	Nikki Williams	Georgia	14-15	165.2
5	Emily Daniel	Texas	14-15	165.2
8	Alison VanZandt	Washington	14-15	154.2
3	Sonja Grant	Washington	14-15	148.7
3	Marley Chambers	Idaho	14-15	148.7
11	Cari Beth Kirkland	Florida	14-15	140.0
12	Maddie Burke	Texas	14-15	137.7
12	Kimberly Patzold	Texas	14-15	137.7
14	Karola Bond	Oregon	14-15	132.2
14	Nicole Cartwright	California	14-15	132.2
16	Brooke Schamber	Florida	14-15	130.0
17	Mckaelyn Hutchinson	Montana	14-15	126.7 Raw
18	Macey Cloberdants	Texas	14-15	115.5
19	Imani O'Neill	Washington	14-15	110.0 Raw
19	Rasha Hussein-Trujillo	Colorado	14-15	110.0
19	Tate Sullivan	Texas	14-15	110.0
19	Kay Lee Anderson	Washington	14-15	110.0
23	Betty Lou Kalani	Hawaii	14-15	104.5
24	Tracy La Course	Washington	14-15	99.0
25	Kaitlin Boyle	Washington	14-15	93.5 Raw
26	Lene Coetser	California	14-15	88.0
27	Ava Eisele	Florida	14-15	82.5 Raw
28	Sydney Ruth	California	14-15	77.0
29	Gabrielle Pereza	Hawaii	14-15	74.8 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 165# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Emily Jondron	Texas	16-17	297.5
2	Nikki Williams	Georgia	16-17	264.5
3	Valeria Garza	Texas	16-17	200.4
4	Ashtyn Burget	Texas	16-17	193.8
5	Lyndsey Trejo	Texas	16-17	192.7
6	Abigail Crahen	Washington	16-17	182.8
7	Cristina Munoz	California	16-17	181.7
8	Kiana Lopez	Texas	16-17	176.2
8	Sarah Biddle	Indiana	16-17	176.2
10	Catherine Tristan	Texas	16-17	170.7
11	Kya Sharron	Texas	16-17	165.2
12	Devarei Mikami	Hawaii	16-17	159.7 Raw
12	Emily Denham	Washington	16-17	159.7
14	Maci Smith	Utah	16-17	154.2 Raw
14	Victoria Vasquez	Texas	16-17	154.2
16	Sabrina Stacken	Wisconsin	16-17	154.2
17	Ally Dodds	Florida	16-17	150.0 Raw
18	Makayla Millbrook	Texas	16-17	148.7
18	Erin Whipple	Wisconsin	16-17	148.7
20	Kelly Buschke	Oregon	16-17	144.3
21	Sarah Delgado	Florida	16-17	140.0 Raw
22	Rachel Blackshear	Washington	16-17	138.8
23	Julie Ortiz	California	16-17	137.7
23	Olivia Houseman	Washington	16-17	137.7
25	Alexis McElroy	Florida	16-17	132.2 Raw
25	Julie Polk	Washington	16-17	132.2
27	Bailey McBryde	Arkansas	16-17	126.7 Raw
27	Nicole Cartwright	California	16-17	126.7
27	Ashley Wirt	Texas	16-17	126.7
30	Nyeala Herndon	Montana	16-17	121.2 Raw
30	Kaitlin Gomez	Texas	16-17	121.2
32	Erica Yost	Hawaii	16-17	115.5
33	Lizabelle McGuire	Washington	16-17	104.5
33	Ashley Smith	Idaho	16-17	104.5
35	Tasha Dotson	Washington	16-17	93.5
35	Kirsten Ramirez	California	16-17	93.5
35	Lene Coetser	California	16-17	93.5
38	Alexandra Isnor	California	16-17	82.5
39	Leigha Blodgett	Utah	16-17	77.0 Raw

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 165# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Courtney Gathright	Texas	18-19	325.0
2	Marissa Bautista	Hawaii	18-19	264.5
3	Lauren Lugdon	Maine	18-19	232.3
4	Sara Rowse	Washington	18-19	231.2
5	Zena Kiyota	Hawaii	18-19	225.7
6	Amber Kierstyn	Wisconsin	18-19	214.7
7	Dorothy Tran	Texas	18-19	209.2
8	Kelly Womack	California	18-19	181.7
9	Melanie Mamerow	Texas	18-19	176.2
10	Amanda Proctor	Georgia	18-19	170.7
10	Briana Jo Villarreal	Texas	18-19	170.7
10	Amy Bladow	Oregon	18-19	170.7
10	Kristina Warren	Georgia	18-19	170.7
14	Sarah Biddle	Wisconsin	18-19	165.2
15	Carys Cook	Nevada	18-19	159.7
16	Cicily Wadsworth	Oklahoma	18-19	154.2 Raw
17	Dana Bell	Ohio	18-19	148.7
18	Kate Oebker	Arizona	18-19	144.3 Raw
19	Cora Richards	Florida	18-19	143.2 Raw
19	Cristina Munoz	California	18-19	143.2 Raw
19	Tamara Snook	Washington	18-19	143.2
22	Jenna Mansfield	Florida	18-19	137.7 Raw
23	Brooke Schamber	Florida	18-19	130.0 Raw
24	Teneka Means	Oregon	18-19	121.2
25	Keisha Johnston	Texas	18-19	115.5
26	Madison Johnston	Florida	18-19	115.0
27	Laura Tarkon	Texas	18-19	110.0
27	Christian Kaipo	Hawaii	18-19	110.0
29	Brigette Sergio	Arizona	18-19	104.5
30	Kayla Smith	Ohio	18-19	104.5
31	Erica Yost	Hawaii	18-19	99.0 Raw
31	Ashley LaVigne	Washington	18-19	99.0
31	Tasha Dotson	Washington	18-19	99.0
34	Mckenzie Baxter	Florida	18-19	95.0
35	Brittany Baro	Hawaii	18-19	88.0
35	Candra Grimm	Washington	18-19	88.0
37	Katharina Wilkes	Germany	18-19	60.5
37	Briana Clark	Washington	18-19	60.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 148# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Mia Linamen	Florida	12-13	165.2 Raw
2 Ali Miskinis	Ohio	12-13	150.9
3 Mataya Straka	Washington	12-13	148.7 Raw
4 Sonya Grant	Washington	12-13	126.7
5 Sarah Biddle	Indiana	12-13	121.2
6 Alexandria Dodds	Florida	12-13	115.0
7 Molly Moore	Oregon	12-13	110.0
8 Branielle Young-Velarde	Hawaii	12-13	93.5
9 Isabella Knapik	Nevada	12-13	89.1
10 Gloria Rodriguez	Washington	12-13	88.0
11 Imani O'Neill	Washington	12-13	82.5 Raw
12 Kaitlyn Blawley	Florida	12-13	77.0 Raw
12 Samantha Taylor	Washington	12-13	77.0
14 Chloe Bezik	Minnesota	12-13	71.5 Raw
15 Kendall Brashear	Texas	12-13	66.0
15 Jessica Allred	Arkansas	12-13	66.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 148# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Brittany Braguine	California	14-15	203.7
2 Havvy Ehrich	Oregon	14-15	192.7 Raw
3 Abigail Crahen	Washington	14-15	159.7
3 Madison James	California	14-15	159.7
5 Iris Singleton	Washington	14-15	154.2 Raw
5 Sarah Biddle	Indiana	14-15	154.2
7 Ali Miskinis	Ohio	14-15	150.9
8 Megan Stolz	Georgia	14-15	149.8
9 Brandi Collins	Ohio	14-15	148.7
9 Kayla Fairchild	Idaho	14-15	148.7
9 Christina Munoz	California	14-15	148.7
12 Alison VanZandt	Washington	14-15	137.7
12 Alexandra Pecktol	Oregon	14-15	137.7
14 Krystle Ventura	Hawaii	14-15	134.4
15 Casaea Ha	Hawaii	14-15	132.2 Raw
16 Brittany Ewart	Texas	14-15	126.7
16 Mandy Proctor	Georgia	14-15	126.7
18 Azure Skellington	Hawaii	14-15	121.2
19 Cate Stowell	Texas	14-15	110.0
20 Amber Sanchez	Texas	14-15	104.5
21 Demi Meeks	Ohio	14-15	104.2
22 Aryanna Rodenbeck	Idaho	14-15	100.1 Raw
23 Rhonalnne Domingo	Hawaii	14-15	99.0 Raw
23 Ashton Woodell	Ohio	14-15	99.0
23 Kara Johnson	Montana	14-15	99.0
26 Rian Berriman	Oregon	14-15	94.6
27 Merina Staniel	Hawaii	14-15	93.5
27 Jessica Miller	Oregon	14-15	93.5
29 Amanda Campanella	Ohio	14-15	90.2
30 Sheridan Holmes	Washington	14-15	88.0
30 Margot O'Halloran	California	14-15	88.0
32 Morgan Mckeefee	Florida	14-15	80.0 Raw
32 Emily Foppe	Florida	14-15	80.0
32 Cora Richards	Florida	14-15	80.0
35 Alex Bennison	Montana	14-15	77.0 Raw
35 Tricia Ellingsworth	Washington	14-15	77.0
37 Karoline Justice	Florida	14-15	75.0
38 Alexann Tureman	Washington	14-15	71.5
39 Chloe Kirkland	Florida	14-15	70.0
40 Michelle Navarette	Georgia	14-15	66.0
40 Kaylee Riley	Washington	14-15	66.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 148# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Nikki Williams	Georgia	16-17	231.2
2	Bree Gossett	Texas	16-17	192.7
3	Beth Deming	Oregon	16-17	190.0
4	Alisa Mendes	Florida	16-17	181.7 Raw
4	Cristina Munoz	California	16-17	181.7
4	Abigail Castillo	Texas	16-17	181.7
7	Sarah Biddle	Indiana	16-17	170.7
8	Tamarah Clemmens	Wisconsin	16-17	165.2
9	Abigail Crahen	Washington	16-17	160.8
10	Sara Ange	Texas	16-17	154.2
11	Loren Nunez	Texas	16-17	143.2
11	Janae Hancock	Arizona	16-17	143.2
13	Cicily Wadsworth	Oklahoma	16-17	132.2 Raw
13	Olivia Houseman	Washington	16-17	132.2
15	Bailey McBryde	Arkansas	16-17	126.7 Raw
16	Alissa Sullivan	Florida	16-17	125.0
17	Amanda Hesterman	California	16-17	121.2
18	Lauren James	Oregon	16-17	121.0 Raw
19	Leiani Bennet - Hurtado	Hawaii	16-17	111.1
20	Jasmine Padeken-Pasi	Hawaii	16-17	110.0
20	Alyssa Carver	Wisconsin	16-17	110.0
20	Briana Williams	Texas	16-17	110.0
23	Rayne Domingo	Hawaii	16-17	104.5 Raw
23	Geneveve Sawyer	Washington	16-17	104.5 Raw
23	Marissa Harden	Wisconsin	16-17	104.5
26	Hoolai Paakonia	Hawaii	16-17	99.0 Raw
26	Ashley Garza	Texas	16-17	99.0
26	Paulina Tappan	Idaho	16-17	99.0
29	Jacqueline Stone	Florida	16-17	95.0
30	Kody Mitchell	Hawaii	16-17	93.5 Raw
30	Shayla Hancock	Arizona	16-17	93.5
32	Lily Krueger	Hawaii	16-17	88.0
32	Kasey Sauerwein	California	16-17	88.0
34	Lily Krueger	Hawaii	16-17	82.5 Raw
34	Alyssa Barada	Washington	16-17	82.5
36	Addyson Burns	Florida	16-17	77.0 Raw
37	Sarah Boutwell	Washington	16-17	71.5
38	Maren Calhoon	Florida	16-17	70.0
39	Sarah Bair	Washington	16-17	66.0
40	Vanessa Teixeira	Hawaii	16-17	60.5
40	Briana Clark	Washington	16-17	60.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 148# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Suriane DeSouza	Brazil	18-19	253.5
2	Lauren Lugdon	Maine	18-19	210.3
3	Christie Hansen	Oregon	18-19	209.2
3	Tiffany Mckinney	Texas	18-19	209.2
5	Marie Rochat	Oregon	18-19	203.2
6	Mallory Burda	California	18-19	192.7
7	Kristian Hernandez	Texas	18-19	187.2
7	Amanda Konzal	Washington	18-19	187.2
9	Morgan Taylor	Utah	18-19	176.2
10	Angela Rodriguez	Texas	18-19	171.8
11	Emily Dickman	Washington	18-19	165.2
12	Sarah Biddle	Indiana	18-19	159.7
12	Summer Swackhammer	California	18-19	159.7
14	Jacqueline Stone	Florida	18-19	155.0
15	Cyndi Monroe	Washington	18-19	154.2
15	Briana Jo Villarreal	Texas	18-19	154.2
15	Loren Nunez	Texas	18-19	154.2
18	Geneveve Sawyer	Washington	18-19	148.7 Raw
18	Ashley Lutringer	Texas	18-19	148.7
20	Amanda Proctor	Georgia	18-19	143.2
21	Gracie Rodney	Hawaii	18-19	137.7 Raw
21	Cristina Munoz	California	18-19	137.7 Raw
21	Sierra Johnson	Oregon	18-19	137.7
21	Madison Klint	Utah	18-19	137.7
25	Christian Day	Indiana	18-19	132.2
25	Alyssa Carver	Wisconsin	18-19	132.2
25	Steffanie Guffie	Washington	18-19	132.2
28	Sara Anguiano	Texas	18-19	126.7
28	Kelli Grantham	Hawaii	18-19	126.7
30	Reagan Moss	Washington	18-19	115.5
30	Casey Karhan	Montana	18-19	115.5
30	Kaycee Burgess	Texas	18-19	115.5
30	Emily Pritchett	Nevada	18-19	115.5
34	Destiny Stover	Florida	18-19	110.0 Raw
34	Miranda Machicek	Texas	18-19	110.0
36	Kaitlynn Stuart	California	18-19	104.5
36	Chelsi Marshall	Washington	18-19	104.5
36	Erin Costa	Texas	18-19	104.5
39	Tina Rino	Colorado	18-19	99.0
40	Themí Malysa	Ohio	18-19	93.5
40	Shana Newton	Washington	18-19	93.5
42	Sonya Steinback	Washington	18-19	88.0
43	Megan Ray	Florida	18-19	85.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 132# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Rian Berriman	Oregon	12-13	127.8
2	Ali Miskinis	Ohio	12-13	126.7
3	Madison James	California	12-13	117.7
4	Maddy Aegerter	Oregon	12-13	115.5 Raw
4	Maddy Aegerter	Oregon	12-13	115.5
4	Samantha Stanfield	Washington	12-13	115.5
4	Brandi Collins	Ohio	12-13	115.5
8	Ally Dodds	Florida	12-13	104.5
9	Olivia Teschner	Florida	12-13	99.0 Raw
9	Lauren Laskowski	Texas	12-13	99.0
9	Olivia Snoke	Oregon	12-13	99.0
12	Lilaine Jackson	Texas	12-13	82.5
13	Ashley Manchas	Oregon	12-13	77.0 Raw
13	Rashelle Judd	Arizona	12-13	77.0
15	Sheridan Holmes	Washington	12-13	71.5
16	Savannah Allred	Arkansas	12-13	66.0
16	Marissa Banaszak	Texas	12-13	66.0
18	Havion Prevard	Illinois	12-13	55.0 Raw
18	Naomi Plant	Montana	12-13	55.0
18	Alana Jaylo	Washington	12-13	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 132# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Kristy Brown	California	14-15	159.7
2 Bree Gossett	Texas	14-15	148.7
2 Kayla Fairchild	Idaho	14-15	148.7
4 Azure Skellington	Hawaii	14-15	143.2
4 Ali Miskinis	Ohio	14-15	143.2
6 Iris Singleton	Washington	14-15	137.7 Raw
6 Emma MacDonald	Washington	14-15	137.7
6 Makayla McDonald	Texas	14-15	137.7
9 Macey Note	Hawaii	14-15	132.2
10 Brittany Rains	Florida	14-15	130.0
11 Sarah Biddle	Indiana	14-15	126.7
11 Alexandra Pecktol	Oregon	14-15	126.7
13 Jessica Miller	Oregon	14-15	121.2
13 T. Miller	California	14-15	121.2
13 Cate Stowell	Texas	14-15	121.2
16 Sarah Stewart	Alabama	14-15	115.5 Raw
16 Kylie Sandoval	Utah	14-15	115.5 Raw
16 Jordanne Panton	Wisconsin	14-15	115.5
16 Natalie McEwen	Oregon	14-15	115.5
16 Shayla Caraulia	Hawaii	14-15	115.5
21 Emily Bierce	Washington	14-15	111.1
22 Christina Cline	Georgia	14-15	110.0
23 Lauryn Etienne	Wisconsin	14-15	104.5 Raw
23 Paisley Fao	Washington	14-15	104.5
25 Shea Paahana	Hawaii	14-15	93.5 Raw
25 Eleanor Gallaty	California	14-15	93.5 Raw
27 Reese Augustine	Minnesota	14-15	88.0 Raw
27 Brooke Dombos	Ohio	14-15	88.0
27 Alexis McEwen	California	14-15	88.0
30 Katherine DeLeon	Washington	14-15	82.5
31 Amanda Campanella	Ohio	14-15	82.5
31 Cayla Simpson	Washington	14-15	82.5
31 Madeline Leyva	Washington	14-15	82.5
31 Paige Mauget	Washington	14-15	82.5
35 Casandra Lee	Oregon	14-15	77.0
36 Mercedes Castillo	California	14-15	71.5
37 Logan Berriman	Oregon	14-15	66.0
38 Jewelie Allred	Arkansas	14-15	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 132# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Kali Schierl	Wisconsin	16-17	215.8
2 Nikki Williams	Georgia	16-17	214.7
3 Pamela Arce	Texas	16-17	203.7
4 Eda Hnatek	Texas	16-17	198.2
5 Molly Wysocky	Wisconsin	16-17	159.7
5 Bryanna Ramirez	Texas	16-17	159.7
7 Katherine Cade	Washington	16-17	150.9
8 Megan Carpenter	Montana	16-17	137.7 Raw
9 Kylie Sandoval	Utah	16-17	133.3 Raw
10 Isabella Theobald	Hawaii	16-17	132.2 Raw
10 Alexandra Pecktol	Oregon	16-17	132.2
12 April Schilt	Washington	16-17	126.7
12 Shelby Permenter	Texas	16-17	126.7
14 Mia Joaquin	Hawaii	16-17	121.2 Raw
14 Amy Graves	California	16-17	121.2
16 Emma Stallings	Washington	16-17	116.6 Raw
16 Laura Sanz	Texas	16-17	116.6
18 Aya Leander	Hawaii	16-17	115.5 Raw
18 Jessica Vasquez	Texas	16-17	115.5
18 Alissa Sullivan	Florida	16-17	115.0
21 Lauren James	Oregon	16-17	110.0 Raw
21 Mackenzie Sanders	Washington	16-17	110.0
23 Jessica Stutes	Washington	16-17	105.6 Raw
24 Jaden Brown	Montana	16-17	104.5 Raw
25 Jasmine Hinshaw	Montana	16-17	99.0 Raw
25 Abigail Seale	Texas	16-17	99.0
25 Michaela Milesi	California	16-17	99.0
28 Lizzie Carey	Washington	16-17	93.5
29 Rachel Talley	Washington	16-17	88.0
30 Sabrina Hofland	Montana	16-17	82.5 Raw
30 Kasey Sauerwein	California	16-17	82.5
30 Melissa Garza	Texas	16-17	82.5
33 Ashley Ramos	Texas	16-17	77.0
33 Jessica Downs	Washington	16-17	77.0
35 Pohai Thomas	Hawaii	16-17	73.7

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 132# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Judith Sverchek	Washington	18-19	210.0
2	Eda Hnatek	Texas	18-19	203.7
3	Christie Hansen	Oregon	18-19	192.7
4	Kylee Pierceall	Oregon	18-19	181.7
5	Abbigail Garza	Texas	18-19	176.2
6	Brittany Flores	Texas	18-19	159.7
7	Amanda Vega	Texas	18-19	154.2
8	Marie Rochat	Oregon	18-19	148.7
9	Isabella Theobald	Hawaii	18-19	143.2 Raw
9	Amanda Wright	Texas	18-19	143.2
11	Elisa Koikkalainen	Finland	18-19	137.7 Raw
11	Gracie Rodney	Hawaii	18-19	137.7 Raw
11	Kylie Sandoval	Utah	18-19	137.7 Raw
11	Jessica Luna	Texas	18-19	137.7
11	Alexia Trevino	Texas	18-19	137.7
16	Callie Nichols	Florida	18-19	135.0
17	Brittany Rains	Florida	18-19	132.2
17	Clarissa DeLeon	Texas	18-19	132.2
19	Jenny Watt	California	18-19	127.8
20	Kathleen Girard	California	18-19	126.7
21	Yesenia Valdez	Texas	18-19	121.2 Raw
21	Michaela Miles	California	18-19	121.2
23	Amber Rodriguez	Washington	18-19	115.5
24	Megan Ray	Florida	18-19	110.0
24	Patti Hansen	Oregon	18-19	110.0
26	Rachel Sellkop	Florida	18-19	104.5
27	Mackenzie Nelson	Hawaii	18-19	99.0
28	Rabecah Miller	Oregon	18-19	93.5
29	Loren Evans	Alabama	18-19	90.2
30	Emily Bierce	Washington	18-19	89.1
31	Katie Porter	Arkansas	18-19	82.5 Raw
31	Abbie Adams	Utah	18-19	77.0 Raw
33	Lauren Nettles	Louisiana	18-19	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 123# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Ali Miskinis	Ohio	12-13	148.7
2	Kayla Aichele	Hawaii	12-13	126.7 Raw
2	Angela Burkett	Texas	12-13	126.7
4	Rian Berriman	Oregon	12-13	116.6
5	Alexandra Pecktol	Oregon	12-13	115.5
5	Payton Haymore	Arizona	12-13	115.5
7	Sarah Biddle	Indiana	12-13	110.0
8	Donna Samoylich	Colorado	12-13	100.1
9	Emily Stallings	Washington	12-13	94.6
10	Brandi Collins	Ohio	12-13	91.3
11	Raven Chadwick	Arkansas	12-13	89.1 Raw
12	Sonia Barnes	Arkansas	12-13	88.0 Raw
13	Alexandria Dodds	Florida	12-13	85.0
14	Nina Holm	Texas	12-13	82.5 Raw
14	Pomaikai Yamaguchi	Hawaii	12-13	82.5
16	Miley Anderson	Washington	12-13	77.0 Raw
16	Aryanna Rodenbeck	Indiana	12-13	77.0 Raw
18	Sophie Stanchfield	Minnesota	12-13	71.5
19	Charise Jose Fovicz	Hawaii	12-13	66.0
19	Lexi Kaczmariski	Wisconsin	12-13	66.0
21	Sophia Lamarque	California	12-13	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 123# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Kali Schierl	Wisconsin	14-15	200.4
2	Autumn Allen	Oregon	14-15	176.2
3	Pomaikai Yamaguchi	Hawai	14-15	165.2
4	Lacee Sanchez	Oklahoma	14-15	159.7
5	Jayci Robicheaux	Texas	14-15	132.2
6	Molly Wysocky	Wisconsin	14-15	126.7
7	Kacie Anderson	Texas	14-15	125.0
8	Trulayna Ballo	Hawaii	14-15	121.2 Raw
8	Mykaela Krous	Washington	14-15	121.2
10	Katherine Cade	Washington	14-15	116.6
11	Kayley Dombrignes	Hawaii	14-15	115.5
11	Karina Phipps	Nevada	14-15	115.5
11	Shelby O'Brien	Illinois	14-15	115.5
14	Madison Mckendrick	Utah	14-15	110.0
15	Hayden Manchas	Oregon	14-15	104.5 Raw
15	Veera Selkainaho	Finland	14-15	104.5
15	Charlene Nutt	Georgia	14-15	104.5
15	Brooke Kauluaau	Hawaii	14-15	104.5
15	Jessica Miller	Oregon	14-15	104.5
20	Ally Dickens	Ohio	14-15	99.0
20	Esther Zerbst	Washington	14-15	99.0
20	Elizabeth Burroughs	Georgia	14-15	99.0
20	Shelby Rivera	Hawaii	14-15	99.0
24	Paisley Fao	Washington	14-15	94.6
25	Katherine DeLeon	Washington	14-15	93.5
25	Charlee Ackley	Washington	14-15	93.5
25	Sarah Brougher	Washington	14-15	93.5
28	Alysha Spring	Idaho	14-15	88.0
28	Taylor Colvin	Washington	14-15	88.0
30	Julie Van Kolck	Washington	14-15	87.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 123# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
31	Brooke Dombos	Ohio	14-15	82.5
31	Michaela Barada	Washington	14-15	82.5
33	Pohai Thomas	Hawaii	14-15	71.5
33	Jacquelyn Patching	Washington	14-15	71.5
35	Kayleigh Huff	Washington	14-15	66.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 123# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Kali Schierl	Wisconsin	16-17	214.7
2	Joy Yamashita	Hawaii	16-17	187.2
3	Amanda Harris	Texas	16-17	170.7
3	Misty Prado	Texas	16-17	170.7
5	Cassandra Cordova	Texas	16-17	166.3
6	Beth Deming	Oregon	16-17	154.2
6	Taylor Klemmensen	Wisconsin	16-17	154.2
8	Katee Peabody	California	16-17	148.7
8	Kiara Kneer	Texas	16-17	148.7
8	Kaila Fairchild	Idaho	16-17	148.7
8	Lacee Sanchez	Oklahoma	16-17	148.7
12	Karina Phipps	Nevada	16-17	143.2
12	Erica Ansberry	California	16-17	143.2
14	Cadee Carroll	Montana	16-17	137.7 Raw
14	Daniella Tipton	Oregon	16-17	137.7
16	Trulayna Ballo	Hawaii	16-17	132.2 Raw
16	Selina Diaz	Texas	16-17	132.2
18	Megan Carpenter	Montana	16-17	126.7 Raw
19	Mykaela Krous	Washington	16-17	123.4
20	Katee Peabody	California	16-17	121.2 Raw
21	Deborah Brown	Washington	16-17	121.2
22	Rebecca Layman	Washington	16-17	115.5
23	Yazmine Lopez	Florida	16-17	110.0 Raw
23	Nicole Buck	Michigan	16-17	110.0
23	Angela Pate	Oklahoma	16-17	110.0
26	Amanda Wenzel	Washington	16-17	104.5
27	Mercedes Castillo	California	16-17	99.0
27	Dallas Simmons	Washington	16-17	99.0
29	Tessa Campbell	California	16-17	93.5
29	Mckenna Holmes	Oregon	16-17	93.5
31	Michelle Barada	Washington	16-17	82.5
31	Rachel Talley	Washington	16-17	82.5
33	Alayna Jaybo	Washington	16-17	61.0
34	Gabriela Damsceno	Brazil	16-17	55.0
34	Sarah Christie	Ohio	16-17	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 123# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Amber Reyes	Utah	18-19	225.7
2 Kayla Hew-Len	Hawaii	18-19	205.9
3 Nikki Williams	Georgia	18-19	204.8
4 Jill Remiticado	Hawaii	18-19	203.7
5 Tasha Griffin	Montana	18-19	200.0
6 Amanda Harris	Texas	18-19	192.7
7 Taylor Klemmensen	Wisconsin	18-19	170.7
8 Karina Phipps	Nevada	18-19	166.3
9 Brittany Flores	Texas	18-19	165.2
10 Emily Deatrich	Texas	18-19	154.2
11 Misty Prado	Texas	18-19	148.7 Raw
12 Alison Schaaf	Wisconsin	18-19	137.7 Raw
12 Tzu Hsuan Esther Yen	Arizona	18-19	137.7
12 Amanda Wenzel	Washington	18-19	137.7
12 Shelby Dueit	Texas	18-19	137.7
16 Brooke Catrett	Florida	18-19	135.0
16 Brittany Rains	Florida	18-19	135.0
18 Chasitee Thomson	Texas	18-19	132.2
19 Audrey Perez	Texas	18-19	126.7
20 Callie Nichols	Florida	18-19	120.0
21 Rebecca Anderson	Montana	18-19	115.5
22 Rebecca Layman	Washington	18-19	110.0
23 Anna Cade	Washington	18-19	105.6
24 Lizzie Carey	Washington	18-19	99.0
24 Ashtyn DeFibaugh	Ohio	18-19	99.0
26 Susan DeCastro	Texas	18-19	93.5
27 Tehani Keolanui	Oregon	18-19	88.0 Raw
27 Rachel Talley	Washington	18-19	88.0
29 Ariana Ilharreguy	California	18-19	77.0
30 Juliana Van Kolk	Washington	18-19	74.8
31 Ali Laurent	Louisiana	18-19	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 114# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Angelina Battige	Wisconsin	12-13	143.2
2	Autumn Allen	Oregon	12-13	137.7
3	Ali Miskinis	Ohio	12-13	126.7
4	Rhyan Parrish	Florida	12-13	116.6 Raw
5	Trulayna Ballo	Hawaii	12-13	115.5 Raw
5	Brianna Judd	Arizona	12-13	115.5
5	Angela Burkett	Texas	12-13	115.5
8	Iris Singleton	Washington	12-13	110.0 Raw
8	Brynn Montgomery	Arizona	12-13	110.0
10	Sealeigh Ramsey	Texas	12-13	104.5
10	Rian Berriman	Oregon	12-13	104.5
12	Felicia Bell	Washington	12-13	99.0 Raw
12	Alexandra Pecktol	Oregon	12-13	99.0
12	Payton Haymore	Arizona	12-13	99.0
15	Sonia Barnes	Arkansas	12-13	82.5 Raw
16	Molly Moore	Oregon	12-13	77.0
16	Lilaine Jackson	Texas	12-13	77.0
16	Lexi Kaczmariski	Wisconsin	12-13	77.0
19	Raven Chadwick	Arkansas	12-13	71.5 Raw
19	Tania Akina	Hawaii	12-13	71.5
21	Havion Prevard	Illinois	12-13	66.0
21	Makayla Chandler	Arkansas	12-13	66.0
23	Bentley Burgoon	Minnesota	12-13	60.5 Raw
24	Paige Augustine	Minnesota	12-13	55.0 Raw
24	Jessica Allred	Arkansas	12-13	55.0
24	Sophie Stanchfield	Minnesota	12-13	55.0
27	Sunny Apareche	Washington	12-13	45.1

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 114# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Angelina Battige	Wisconsin	14-15	182.8
2	Kali Schierl	Wisconsin	14-15	181.7
3	Yvette Flores	Texas	14-15	159.7
4	Eda Hnatek	Texas	14-15	149.8
5	Amanda Harris	Texas	14-15	148.7
6	Emily Schneider	Oregon	14-15	132.2
7	Emma Stallings	Washington	14-15	127.8
8	Chevelle Bertelmann	Hawaii	14-15	126.7
8	Jolene Buckingham	Washington	14-15	126.7
10	Lara Stauber	Oregon	14-15	121.2
11	Sonni Gehring	Texas	14-15	115.5
12	Veera Selkainaho	Finland	14-15	110.0
13	Madison Mckendrick	Utah	14-15	105.6
14	Trulayna Ballo	Hawaii	14-15	104.5 Raw
15	Alexis Marotta	Arizona	14-15	100.1
16	Christa Judd	Arizona	14-15	99.0
16	Harmony Pacheco	Hawaii	14-15	99.0
18	Lisa Tualo	Hawaii	14-15	95.7
19	Jennifer Prado	Texas	14-15	88.0 Raw
19	Malia Fetsch	Hawaii	14-15	88.0
19	Jessica Spencer	Washington	14-15	88.0
22	Daniella Tipton	Idaho	14-15	82.5
23	Sunny Apareche	Washington	14-15	77.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 114# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
23	Tessa Campbell	California	14-15	77.0
25	Jacqueline Patching	Washington	14-15	66.0
25	Katherine Snow	Colorado	14-15	66.0
25	Rachel Talley	Washington	14-15	66.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 114# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Kayla Hew Len	Hawaii	16-17	181.7
2	Katie Durham	Texas	16-17	166.2
3	Ambyr Reyes	Utah	16-17	165.2
4	Alexia Trevino	Texas	16-17	154.2
5	Katee Peabody	California	16-17	148.7
5	Brianna Morelion	Texas	16-17	148.7
7	Sarah Moorman	Washington	16-17	143.2
7	Brittany Burroughs	Georgia	16-17	143.2
9	Iliana Vasquez	Texas	16-17	126.7 Raw
9	Chrysta Guerrero	Texas	16-17	126.7
9	Cassie Embry	Utah	16-17	126.7
9	Britney Golladay	Texas	16-17	126.7
9	Sonni Gehring	Texas	16-17	126.7
14	Anna Cade	Washington	16-17	121.2
14	Cheyenne Tavares	Hawaii	16-17	121.2
16	Kailey Trice	Texas	16-17	115.5
17	Trulayna Ballo	Hawaii	16-17	110.0 Raw
17	Olivia Trenino	Texas	16-17	110.0
19	Alissa Thompson	Florida	16-17	104.5 Raw
19	Karina Gneck	Arizona	16-17	104.5
19	Danielle Puentes	Texas	16-17	104.5
22	Emma MacDonald	Washington	16-17	100.1 Raw
23	Cindy Herrera	Texas	16-17	99.0
24	Tessa Campbell	California	16-17	88.0
25	Shelby Stott	Washington	16-17	82.5
26	Cora Ackerman	Montana	16-17	77.0 Raw
27	Kayleb Horn	Hawaii	16-17	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 114# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

LIFTER	STATE	LIFT
1 Ambyr Reyes	Utah	203.7
2 Nikki Williams	Georgia	192.7
3 Julie Chapman	Texas	166.2
4 Anna Rytivaara	Finland	165.2
5 Brandie Campbell	Texas	159.7
5 Jessica Okimura	Hawaii	159.7
7 Amanda Lopez	Texas	154.2
8 Cassie Embry	Utah	143.2
9 Ren Yamashita	Hawaii	137.7
10 Kaci Singh	California	122.3 Raw
11 Virginia Puentes	Texas	121.2
11 Daiana DosSantos	Brazil	121.2
11 Merissa Baker	Texas	121.2
14 Kate Rose Callahan	Washington	115.5
15 Tina Whorrall	Washington	110.0 Raw
15 Vickie Holbrook	Wisconsin	110.0
17 Katie Hutchinson	Florida	101.1
18 Leigha Carter	Montana	93.5 Raw
18 Anna Audia	Michigan	93.5
20 Ashtyn DeFibaugh	Ohio	88.0
21 Courtney Wyre	Georgia	82.5
22 Mariam Bimbo	Hawaii	77.0
23 Tessa Campbell	California	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 105# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	A.J. Lavaty	Arizona	12-13	132.2 Raw
2	Kacie Padgett	Georgia	12-13	110.0
2	Rhyan Parrish	Florida	12-13	93.5 Raw
2	Emma MacDonald	Washington	12-13	93.5
2	Brianna Judd	Arizona	12-13	93.5
5	Alexandra Pecktol	Oregon	12-13	85.8
6	Cheyenne Tavares	Hawaii	12-13	84.7
7	Christa Judd	Arizona	12-13	82.5
8	Ali Miskinis	Ohio	12-13	78.1
9	Sealeigh Ramsey	Texas	12-13	71.5
10	Maggie Bradley	Georgia	12-13	66.0
10	Julie Johnson	Georgia	12-13	66.0
12	Kristen Bareng	Hawaii	12-13	60.6

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 105# WEIGHT CLASS
 From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Taylor La Chapelle	Wisconsin	14-15	132.2
2	Sarah Moorman	Washington	14-15	126.7
3	Jolene Buckingham	Washington	14-15	111.1
4	Cheyenne Tavares	Hawaii	14-15	104.5
5	Cadee Carroll	Montana	14-15	99.0 Raw
6	Liza Bimbo	Hawaii	14-15	93.5
7	Alexis Marotta	Arizona	14-15	89.1
8	Katie Hutchinson	Florida	14-15	85.0
9	Kamri Lindley	Texas	14-15	82.5
9	Rafaela De Andrane Ubertini	Brazil	14-15	82.5
11	Madison Mckendrick	Utah	14-15	78.1
12	Desiree Black	Washington	14-15	71.5
12	Jessica Welton	Colorado	14-15	71.5
14	Kylee Ratliff	Florida	14-15	66.0 Raw
15	Yuxuan Chen	Hawaii	14-15	60.5
16	Tessa Campbell	California	14-15	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 105# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Amanda Lopez	Texas	16-17	159.7
2 Vanessa Garcia	Texas	16-17	148.7
3 Angela Rocha	Texas	16-17	121.2
4 Devyn Turner	Texas	16-17	115.5
5 Cheyene Tavares	Hawaii	16-17	111.1
6 Tianna Whorrall	Washington	16-17	104.5
7 Sarah Cruz	Texas	16-17	99.0
8 Dylan Culwell	Montana	16-17	88.0 Raw
8 Emily Krause	Wisconsin	16-17	88.0 Raw
8 Tessa Campbell	California	16-17	88.0
8 Angela Perez	Texas	16-17	88.0
12 Elizabeth Snook	Washington	16-17	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 105# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Angelina Hong	Texas	18-19	209.2
2 Nikki Williams	Georgia	18-19	176.2
3 Emily Kubiak	California	18-19	154.2
4 Brandie Campbell	Texas	18-19	148.7
5 Makalea Ramil	Hawaii	18-19	132.2 Raw
5 Molly Jaeger	Texas	18-19	132.2
7 Angela Rocha	Texas	18-19	121.2
8 Chelsea Wright	Oregon	18-19	115.5
9 Whitney Stansell	Texas	18-19	110.0 Raw
9 Jocelyn Coleman	Texas	18-19	110.0
9 Ashleigh Wilder	Texas	18-19	110.0
12 Myrissa Barnet	Texas	18-19	93.5
13 Lori Hirojosa	Texas	18-19	82.0
14 Hannah Best	Louisiana	18-19	77.0
15 Chanel Lewis	Texas	18-19	71.5

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 12-13
 IN THE 97# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Alayna Easterly	Wisconsin	12-13	121.2
2 Taylor La Chapelle	Wisconsin	12-13	115.5
3 Kayla Aichele	Oregon	12-13	94.6 Raw
4 Kierstin Uehara	Oregon	12-13	93.5 Raw
4 Payton Haymore	Arizona	12-13	93.5
6 Londyn Patrick	Arizona	12-13	88.0 Raw
6 Brianna Judd	Arizona	12-13	88.0
8 Kacie Padgett	Georgia	12-13	83.6
8 Katherine Cade	Washington	12-13	83.6
10 Alexandra Dodds	Florida	12-13	80.0
11 Cheyenne Tavares	Hawaii	12-13	77.0
12 Brynn Montgomery	Arizona	12-13	71.5
12 Autumn Allen	Oregon	12-13	71.5
14 Jaimie Kamaiopili	Hawaii	12-13	66.0
14 Brenna Murray	Arizona	12-13	66.0
14 Sarah Keaweehu	Hawaii	12-13	66.0
17 Samantha Stanfield	Washington	12-13	60.5
17 Julie Johnson	Georgia	12-13	60.5
17 Risa Chrestensen	Oregon	12-13	60.5
17 Rian Berriman	Oregon	12-13	60.5
21 Ali Miskinis	Ohio	12-13	56.1
22 Aubrey Burns	Florida	12-13	55.0 Raw
22 Maya Gentry	Montana	12-13	55.0 Raw
22 Christa Ortega	Arizona	12-13	55.0
22 Savannah Allred	Arkansas	12-13	55.0
22 Evinly Bright	Arizona	12-13	55.0
27 Ava Carter	Montana	12-13	44.0 Raw
27 Kailey Gneck-Chartier	Arizona	12-13	44.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 14-15
 IN THE 97# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

LIFTER	STATE	AGE	LIFT
1 Taylor La Chapelle	Wisconsin	14-15	137.7
2 Geri Cunningham	Utah	14-15	121.2
3 Cheyenne Tavares	Hawaii	14-15	105.6
4 Tianna Whorall	Washington	14-15	90.2
5 Candence Ricci	California	14-15	88.0 Raw
5 Risa Chrestensen	Oregon	14-15	88.0
5 Danielle Puentes	Texas	14-15	88.0
5 Lauren Johnson	Georgia	14-15	88.0
5 Mackenzie Cunningham	Washington	14-15	88.0
10 Makalea Ramil	Hawaii	14-15	82.5 Raw
10 Jolene Buckingham	Washington	14-15	82.5
10 Ariana Wagner	Hawaii	14-15	82.5
13 A. J. Lavaty	Arizona	14-15	66.0 Raw
13 Alyssa Gilmore	Idaho	14-15	66.0
13 Joslyn Pacheco	Texas	14-15	66.0
15 Shallaine Ramos	Hawaii	14-15	55.0 Raw
15 Lisa Marie Garcia	Washington	14-15	55.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 16-17
 IN THE 97# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Angelina Hong	Texas	16-17	137.7
2	Emily Forner	Texas	16-17	115.5 Raw
3	Geri Cunningham	Utah	16-17	110.0
4	Madison Hawkison	Florida	16-17	105.0 Raw
5	Chantel Garza	Texas	16-17	100.1
6	Emily Guerra	Texas	16-17	99.0
7	Desiree Estrada	Texas	16-17	93.5
7	Joceyln Pacheco	Texas	16-17	93.5
9	Makalea Ramil	Hawaii	16-17	88.0 Raw
9	Aunja Norland	Washington	16-17	88.0
11	Angela Barrera	Texas	16-17	77.0
11	Devyn Turner	Texas	16-17	77.0

HIGHEST ALL-TIME BENCH PRESS IN WABDL
 BY ALL FEMALE LIFTERS AGE 18-19
 IN THE 97# WEIGHT CLASS

From January 1, 1995 up to July 1, 2023

	LIFTER	STATE	AGE	LIFT
1	Angelina Hong	Texas	18-19	203.7
2	Nikki Williams	Georgia	18-19	154.2
3	Brandie Campbell	Texas	18-19	132.2
4	Geri Cunningham	Utah	18-19	122.3
5	Arielle Villaruel	Florida	18-19	115.0
6	Anne Villaruel	Florida	18-19	110.0
7	Angel DePineda	Oregon	18-19	98.0
8	Amanda Anderson	Utah	18-19	93.5
9	Alexandra Fraga	Texas	18-19	88.0
9	Maricel Bimbo	Hawaii	18-19	88.0
9	Angela Perez	Texas	18-19	88.0
12	Lisa Marie Garcia	Washington	18-19	84.7
13	Katherine Todd	Washington	18-19	77.0
14	Margie Villamore	Hawaii	18-19	71.5
15	Samantha Guevara	Texas	18-19	66.0
16	Abby Griffith	Washington	18-19	60.5