

NORCAL POWERLIFTING RAW – TEEN/JUNIOR WOMEN

TEEN WOMEN 12-13					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	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				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	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				
82.5 kg/181.7 lbs	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
TEEN WOMEN 14-15					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	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				
67.5 kg/148 lbs	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				
75 kg/165.2 lbs	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				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

125 kg/275 lbs	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				

TEEN WOMEN 16-17					
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Weight	Lift	Kgs	Lbs	Name	Date
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44 kg/97.0 lbs	Squat				
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	Bench				
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	Deadlift				
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	TOTAL				
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	P/P				
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48 kg/105.8 lbs	Squat				
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	Bench				
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	Deadlift				
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	TOTAL				
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52 kg/114.5 lbs	Squat				
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	Bench				
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	Deadlift				
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	TOTAL				
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	P/P				
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56 kg/123.5 lbs	Squat	97.5	214.7	Sophia Van Leeuwen	3/20/16
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	Bench	52.5	115.5	Sophia Van Leeuwen	3/20/16
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	Deadlift	102.5	225.7	Sophia Van Leeuwen	3/20/16
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	TOTAL	252.5	556.5	Sophia Van Leeuwen	3/20/16
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	P/P				
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60 kg/132.2 lbs	Squat				
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	Bench				
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	Deadlift				
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	TOTAL				
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	P/P				
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67.5 kg/148 lbs	Squat	85	187.39	Rachel Uomini	11/6/16
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	Bench	50	110.23	Rachel Uomini	11/6/16
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	Deadlift	135	297.62	Jenna Garcia	3/26/17
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	TOTAL	255	562.18	Rachel Uomini	11/6/16
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	P/P				
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75 kg/165.2 lbs	Squat	125	275.6	Taylor Ford	8/1/15
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	Bench	60	132.3	Taylor Ford	8/1/15
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	Deadlift	115	253.5	Taylor Ford	8/1/15
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	TOTAL	300	661.38	Taylor Ford	8/1/15
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	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
TEEN WOMEN 18-19					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs					
	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				
75 kg/165.2 lbs					
	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				
82.5 kg/181.7 lbs					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs					
	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				
100 kg/220 lbs					
	Squat				
	Bench				
	Deadlift	160	352.7	Megan Coleman	2/23/14
	TOTAL				
	P/P				
110 kg/242 lbs					
	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs					
	Squat				
	Bench				

	Deadlift				
	TOTAL				
	P/P				

JUNIOR 20-23					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	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				
52 kg/114.5 lbs	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				

56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

60 kg/132.2 lbs	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				

67.5 kg/148 lbs	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				

75 kg/165.2 lbs	Squat	117.5	259.04	Abigail Clugston	10/28/18
	Bench	60	132.3	Kenzie Rossi/ Abigail Clugston	3/20/16-10/28/18
	Deadlift	152.5	336.5	Abigail Clugston	10/28/18
	TOTAL	330	727.52	Abigail Clugston	10/28/18
	P/P				
82.5 kg/181.7 lbs	Squat	177.5	391.3	Melanie Ramos	10/28/18
	Bench	65	143.3	Melanie Ramos	10/28/18
	Deadlift	195	429.9	Melanie Ramos	10/28/18
	TOTAL	437.5	964.5	Melanie Ramos	10/28/18
	P/P				
90 kg/198.2 lbs	Squat	130	286.60	Lusialeilani Kuka	11/6/16
	Bench	85	187.39	Lusialeilani Kuka	11/6/16
	Deadlift	160	352.74	Lusialeilani Kuka	11/6/16
	TOTAL	375	826.73	Lusialeilani Kuka	11/6/16
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				