365 Strong World Powerlifting Federation

# Current TOP TEN "Tested" Female World Ranking

World Leaders in Yellow

RAW: Declared RAW (R) if lifter only wears knee sleeves or nothing

RAW CLASSIC: Declared RAW CLASSIC (RC) once lifter wears knee wraps

EQUIPPED: Competitors are Equipped (SP) once they use Single-Ply lifting attire

GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 7/5/2024

## FEMALE RAW OVERALL LEADERS

### 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) SQUAT
### FEMALE - OPEN

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 44kg/97lbs | | | | | | |
| | | 13 | 86 | 132 | Alessandra Reis | 1/21/2023 |
| 48kg/105.7lbs | | | | | | |
| | | 12 | 105.2 | 121 | Carmen Trivette | 10/16/2021 |
| 52kg/114.5lbs | | | | | | |
| | | 46 | 112.3 | 259 | Missy Taylor | 4/24/2021 |
| | | 22 | 111.6 | 250 | Elena Lopez | 6/2/2018 |
| | | 24 | 114.2 | 215 | Amber Malchow | 10/28/2017 |
| | | 20 | 108 | 165 | Maggie Parsons | 11/19/2016 |
| | | 19 | 112.4 | 165 | McKenna Wright | 6/17/2023 |
| | | 72 | 106.3 | 154 | Linda Costello | 4/23/2022 |
| | | 13 | 111.3 | 154 | Carmen Trivette | 10/22/2022 |
| | | 62 | 108.2 | 149 | Sue Ann Hurlbert | 10/21/2023 |
| | | 65 | 107.4 | 143 | Pam Fisher | 5/18/2024 |
| | | 13 | 112.8 | 116 | Makayla Van Meter | 2/20/2021 |
| 56kg/123.5lbs | | | | | | |
| | | 48 | 122.4 | 314 | Missy Taylor | 5/6/2023 |
| | | 23 | 123 | 281 | Isabella Sarks | 12/4/2021 |
| | | 19 | 123.4 | 275 | Becca Dison | 3/10/2018 |
| | | 29 | 123.5 | 248 | Krystal Scott | 8/12/2017 |
| | | 19 | 118.4 | 242 | Olivia Pasin | 11/19/2022 |
| | | 20 | 120.6 | 220 | Emily Gaiser | 7/10/2021 |
| | | 31 | 123 | 209 | Meredith Ward | 3/9/2019 |
| | | 28 | 122.8 | 204 | Shantel Hawkins | 9/7/2019 |
| | | 31 | 122.8 | 187 | Heidi Schuck | 6/19/2021 |
| | | 54 | 119.6 | 182 | Lisa Baker | 12/19/2020 |
| 60kg/132.2lbs | | | | | | |
| | | 25 | 132 | 319 | Kristin Kitlica | 7/10/2021 |
| | | 25 | 125 | 285 | Caitlin Cardone | 4/9/2016 |
| | | 28 | 129.4 | 281 | Leslie Kutner | 4/20/2018 |
| | | 27 | 131.6 | 280 | Samantha Sawyer | 1/21/2017 |
| | | 21 | 127.9 | 275 | Alexis Rutledge | 4/23/2022 |
| | | 33 | 132.2 | 264 | Amy Pierce | 8/12/2017 |
| | | 22 | 127.4 | 259 | Emily Gaiser | 9/17/2022 |
| | | 26 | 126 | 248 | Barbara Morales | 12/9/2023 |
| | | 28 | 128.8 | 248 | April Rainey | 2/25/2023 |
| | | 24 | 128.1 | 242 | Liz Micovich | 9/18/2021 |
| 67.5kg/148.7lbs | | | | | | |
| | | 43 | 147.5 | 359 | Emily Lilly | 5/6/2023 |
| | | 20 | 138 | 331 | Hanna Young | 4/20/2018 |
| | | 29 | 144.4 | 303 | Leslie Kutner | 11/9/2019 |
| | | 34 | 145 | 297 | Carmen Florian | 5/11/2019 |
| | | 41 | 143.3 | 292 | Mona Hope | 1/20/2024 |
| | | 20 | 144.6 | 292 | Everette Sherrill | 7/22/2023 |
| | | 31 | 147.3 | 286 | MacKenzie Rideout | 5/4/2024 |
| | | 33 | 137.2 | 270 | Domoni Alexander | 10/28/2017 |
| | | 53 | 139.1 | 270 | Yvette Bushard | 10/16/2021 |
| | | 35 | 148.4 | 265 | Jessica Loden | 5/18/2024 |
| 75kg/165.2lbs | | | | | | |
| | | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| | | 23 | 164.6 | 336 | Candace Locklear | 3/10/2018 |
| | | 24 | 156.7 | 314 | Courtney Fox | 5/18/2024 |
| | | 23 | 161.5 | 314 | Alisha Martin | 4/24/2021 |
| | | 48 | 164.6 | 314 | Bonnie Mosley | 10/17/2020 |
| | | 34 | 163.4 | 309 | Kendra Danzer | 4/20/2018 |

### 365 STRONG WORLD RANKINGS
### RAW BENCH PRESS
### FEMALE - OPEN

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 44kg/97lbs | | | | | | |
| | | 15 | 97 | 83 | Bella-Grace Meadows | 4/1/2023 |
| | | 13 | 86 | 71 | Alessandra Reis | 1/21/2023 |
| 48kg/105.7lbs | | | | | | |
| | | 55 | 98 | 132 | Nina Kiuru | 7/30/2022 |
| | | 33 | 104.3 | 110 | Stephanie Washington | 7/10/2021 |
| | | 12 | 105.2 | 83 | Carmen Trivette | 10/16/2021 |
| 52kg/114.5lbs | | | | | | |
| | | 46 | 111.8 | 182 | Missy Taylor | 4/23/2022 |
| | | 24 | 114.2 | 132 | Amber Malchow | 10/28/2017 |
| | | 30 | 111.2 | 127 | Aubrey Cornwell | 8/12/2017 |
| | | 34 | 114 | 121 | Lindsey Seamons | 6/29/2019 |
| | | 27 | 111.5 | 116 | Nykisha Garland | 10/17/2020 |
| | | 63 | 111.1 | 108 | Sue Ann Hurlbert | 2/10/2024 |
| | | 13 | 111.3 | 99 | Carmen Trivette | 10/22/2022 |
| | | 37 | 111.3 | 99 | Tiffany Bellamy | 4/22/2017 |
| | | 13 | 112.8 | 99 | McKayla Van Meter | 2/20/2021 |
| | | 21 | 108.3 | 94 | Racquel Wilson | 10/16/2021 |
| 56kg/123.5lbs | | | | | | |
| | | 48 | 122.4 | 209 | Missy Taylor | 5/6/2023 |
| | | 42 | 121.8 | 175 | Dawn Bogart | 4/9/2016 |
| | | 19 | 123.4 | 160 | Becca Dison | 1/21/2017 |
| | | 32 | 122.8 | 155 | Tiffany Faulkner | 1/21/2017 |
| | | 29 | 123 | 154 | Krystal Scott | 10/28/2017 |
| | | 19 | 118.4 | 149 | Olivia Pasin | 11/19/2022 |
| | | 31 | 120.4 | 138 | Meredith Ward | 4/20/2018 |
| | | 20 | 120.6 | 132 | Emily Gaiser | 7/10/2021 |
| | | 29 | 122 | 132 | Amanda Isley | 8/12/2017 |
| | | 31 | 122.8 | 132 | Heidi Schuck | 6/19/2021 |
| 60kg/132.2lbs | | | | | | |
| | | 47 | 127.2 | 180 | Bela Ghosh | 6/11/2016 |
| | | 25 | 132 | 171 | Kristin Kitlica | 7/10/2021 |
| | | 25 | 125.6 | 165 | Caitlin Cardone | 7/9/2016 |
| | | 27 | 129 | 165 | Leslie Kutner | 10/28/2017 |
| | | 28 | 128.8 | 154 | April Rainey | 2/25/2023 |
| | | 33 | 132.2 | 154 | Amy Pierce | 8/12/2017 |
| | | 33 | 131.2 | 149 | Meredith Ward | 6/13/2020 |
| | | 27 | 128 | 145 | Nadia Zebouni | 7/9/2016 |
| | | 25 | 125 | 145 | Caitlin Cardone | 4/9/2016 |
| | | 22 | 127.4 | 143 | Emily Gaiser | 9/17/2022 |
| 67.5kg/148.7lbs | | | | | | |
| | | 43 | 147.1 | 231 | Emily Lilly | 3/4/2023 |
| | | 27 | 144.2 | 200 | Courtney Norris | 7/9/2016 |
| | | 29 | 144.4 | 182 | Leslie Kutner | 11/9/2019 |
| | | 21 | 138.3 | 178 | Anya Kalnins | 9/18/2021 |
| | | 30 | 143.5 | 176 | Maria Ackley | 11/11/2023 |
| | | 20 | 138 | 171 | Hanna Young | 4/20/2018 |
| | | 28 | 146 | 171 | Brittany Vinesett | 7/24/2021 |
| | | 27 | 143.8 | 165 | Taylor Jackson | 5/11/2019 |
| | | 48 | 145.3 | 165 | Aiysha Hayes | 1/22/2022 |
| | | 33 | 137.2 | 160 | Domoni Alexander | 10/28/2017 |
| 75kg/165.2lbs | | | | | | |
| | | 44 | 159 | 242 | Emily Lilly | 10/21/2023 |
| | | 26 | 164.5 | 231 | Kari DeShazo | 11/21/2020 |
| | | 52 | 162.3 | 187 | Tammy Deloatch | 11/9/2019 |
| | | 34 | 160.2 | 182 | Alli Heironimus | 9/17/2022 |
| | | 57 | 165.2 | 178 | Cherie Goldsmith | 4/1/2023 |
| | | 19 | 150.4 | 176 | Sarah Oesch | 6/11/2022 |

### 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) DEADLIFT
### FEMALE - OPEN

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 44kg/97lbs | | | | | | |
| | | 13 | 86 | 204 | Alessandra Reis | 1/21/2023 |
| | | 9 | 63.8 | 132 | Kambree Williamson | 11/19/2022 |
| | | 9 | 69.4 | 78 | Alaina Allsbrook | 5/27/2023 |
| 48kg/105.7lbs | | | | | | |
| | | 55 | 98 | 237 | Nina Kiuru | 7/30/2022 |
| | | 12 | 105.2 | 143 | Carmen Trivette | 10/16/2021 |
| 52kg/114.5lbs | | | | | | |
| | | 24 | 114.2 | 303 | Amber Malchow | 10/28/2017 |
| | | 46 | 112.3 | 275 | Missy Taylor | 4/24/2021 |
| | | 65 | 107.4 | 242 | Pam Fisher | 6/2/2018 |
| | | 22 | 111.6 | 240 | Elena Lopez | 6/2/2018 |
| | | 19 | 112.4 | 237 | McKenna Wright | 6/17/2023 |
| | | 14 | 114 | 226 | Carmen Trivette | 5/6/2023 |
| | | 62 | 110.7 | 224 | Sue Ann Hurlbert | 7/22/2023 |
| | | 72 | 106.3 | 220 | Linda Costello | 4/23/2022 |
| | | 20 | 108 | 220 | Maggie Parsons | 4/22/2017 |
| | | 13 | 112.8 | 220 | Makayla Van Meter | 2/20/2021 |
| 56kg/123.5lbs | | | | | | |
| | | 48 | 122.4 | 331 | Missy Taylor | 5/6/2023 |
| | | 23 | 122.8 | 320 | Isabella Sarks | 4/23/2022 |
| | | 19 | 123.4 | 320 | Becca Dison | 3/10/2018 |
| | | 31 | 123 | 314 | Meredith Ward | 3/9/2019 |
| | | 32 | 122.8 | 305 | Tiffany Faulkner | 1/21/2017 |
| | | 20 | 120.6 | 286 | Emily Gaiser | 7/10/2021 |
| | | 19 | 118.4 | 281 | Olivia Pasin | 11/19/2022 |
| | | 29 | 123.5 | 281 | Krystal Scott | 8/12/2017 |
| | | 28 | 122.8 | 259 | Shantell Hawkins | 9/7/2019 |
| | | 31 | 122.8 | 253 | Heidi Schuck | 6/19/2021 |
| 60kg/132.2lbs | | | | | | |
| | | 26 | 126 | 369 | Barbara Morales | 12/9/2023 |
| | | 28 | 129.4 | 347 | Leslie Kutner | 4/20/2018 |
| | | 25 | 132 | 342 | Kristin Kitlica | 7/10/2021 |
| | | 26 | 128.4 | 340 | Whitney Myers | 6/2/2018 |
| | | 22 | 127.4 | 325 | Emily Gaiser | 9/17/2022 |
| | | 27 | 128 | 325 | Nadia Zebouni | 7/9/2016 |
| | | 28 | 128.8 | 320 | April Rainey | 2/25/2023 |
| | | 25 | 125 | 315 | Caitlin Cardone | 4/9/2016 |
| | | 47 | 127.2 | 315 | Bela Ghosh | 6/11/2016 |
| | | 33 | 132.2 | 308 | Amy Pierce | 8/12/2017 |
| 67.5kg/148.7lbs | | | | | | |
| | | 29 | 144.4 | 380 | Leslie Kutner | 11/9/2019 |
| | | 43 | 147.5 | 369 | Emily Lilly | 5/6/2023 |
| | | 20 | 138 | 364 | Hanna Young | 4/20/2018 |
| | | 30 | 143.5 | 347 | Maria Ackley | 11/11/2023 |
| | | 36 | 139.4 | 336 | LaDetra Cole | 10/29/2022 |
| | | 33 | 143.5 | 336 | Carmen Florian | 3/9/2019 |
| | | 29 | 145.1 | 336 | Angelica Pineiro | 11/11/2023 |
| | | 25 | 135.2 | 331 | Evelyn Lyon | 9/30/2017 |
| | | 31 | 147.3 | 331 | MacKenzie Rideout | 5/4/2024 |
| | | 41 | 143.3 | 320 | Mona Hope | 1/20/2024 |
| 75kg/165.2lbs | | | | | | |
| | | 34 | 163.4 | 424 | Kendra Danzer | 4/20/2018 |
| | | 23 | 164.6 | 402 | Candace Locklear | 3/10/2018 |
| | | 35 | 154.8 | 380 | LaDetra Cole | 3/5/2022 |
| | | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| | | 34 | 159.4 | 380 | Deborah Omolewu | 4/20/2018 |
| | | 37 | 162.3 | 369 | Lauren White | 11/19/2022 |

### 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) TOTAL
### FEMALE - OPEN

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 44kg/97lbs | | | | | | |
| | | 13 | 86 | 386 | Alessandra Reis | 1/21/2023 |
| 48kg/105.7lbs | | | | | | |
| | | 55 | 98 | 369 | Nina Kiuru | 7/30/2022 |
| | | 12 | 105.2 | 347 | Carmen Trivette | 10/16/2021 |
| 52kg/114.5lbs | | | | | | |
| | | 46 | 112.3 | 694 | Missy Taylor | 4/24/2021 |
| | | 24 | 114.2 | 650 | Amber Malchow | 10/28/2017 |
| | | 22 | 111.6 | 575 | Elena Lopez | 6/2/2018 |
| | | 19 | 112.4 | 485 | McKenna Wright | 6/17/2023 |
| | | 13 | 111.3 | 474 | Carmen Trivette | 10/22/2022 |
| | | 63 | 111.1 | 472 | Sue Ann Hurlbert | 2/10/2024 |
| | | 20 | 108 | 469 | Maggie Parsons | 11/19/2016 |
| | | 65 | 107.4 | 463 | Pam Fisher | 5/18/2024 |
| | | 72 | 106.3 | 457 | Linda Costello | 4/23/2022 |
| | | 13 | 112.8 | 435 | Makayla Van Meter | 2/20/2021 |
| 56kg/123.5lbs | | | | | | |
| | | 48 | 122.4 | 854 | Missy Taylor | 5/6/2023 |
| | | 19 | 123.4 | 755 | Becca Dison | 3/10/2018 |
| | | 23 | 122.8 | 705 | Isabella Sarks | 4/23/2022 |
| | | 29 | 123.5 | 683 | Krystal Scott | 8/12/2017 |
| | | 19 | 118.4 | 672 | Olivia Pasin | 11/19/2022 |
| | | 31 | 123 | 661 | Meredith Ward | 3/9/2019 |
| | | 20 | 120.6 | 639 | Emily Gaiser | 7/10/2021 |
| | | 31 | 122.8 | 573 | Heidi Schuck | 6/19/2021 |
| | | 28 | 122.8 | 567 | Shantell Hawkins | 9/7/2019 |
| | | 36 | 123 | 523 | Sally Lloyd | 6/10/2017 |
| 60kg/132.2lbs | | | | | | |
| | | 25 | 132 | 832 | Kristin Kitlica | 7/10/2021 |
| | | 28 | 129.4 | 794 | Leslie Kutner | 4/20/2018 |
| | | 26 | 126 | 755 | Barbara Morales | 12/9/2023 |
| | | 25 | 125 | 745 | Caitlin Cardone | 4/9/2016 |
| | | 22 | 127.4 | 727 | Emily Gaiser | 9/17/2022 |
| | | 33 | 132.2 | 727 | Amy Pierce | 8/12/2017 |
| | | 28 | 128.8 | 722 | April Rainey | 2/25/2023 |
| | | 27 | 131.6 | 700 | Samantha Sawyer | 1/21/2017 |
| | | 19 | 132 | 683 | Claire Rosser | 8/12/2017 |
| | | 33 | 131.2 | 672 | Meredith Ward | 6/13/2020 |
| 67.5kg/148.7lbs | | | | | | |
| | | 43 | 147.5 | 955 | Emily Lilly | 5/6/2023 |
| | | 20 | 138 | 865 | Hanna Young | 4/20/2018 |
| | | 29 | 144.4 | 865 | Leslie Kutner | 11/9/2019 |
| | | 30 | 143.5 | 782 | Maria Ackley | 11/11/2023 |
| | | 31 | 147.3 | 766 | MacKenzie Rideout | 5/4/2024 |
| | | 33 | 143.5 | 744 | Carmen Florian | 3/9/2019 |
| | | 41 | 143.3 | 733 | Mona Hope | 1/20/2024 |
| | | 35 | 148.4 | 727 | Jessica Loden | 5/18/2024 |
| | | 26 | 134.6 | 723 | Evelyn Lyon | 4/20/2018 |
| | | 28 | 146 | 722 | Brittany Vinvesett | 7/24/2021 |
| 75kg/165.2lbs | | | | | | |
| | | 44 | 159 | 1003 | Emily Lilly | 10/21/2023 |
| | | 34 | 163.4 | 887 | Kendra Danzer | 4/20/2018 |
| | | 23 | 164.6 | 876 | Candace Locklear | 3/10/2018 |
| | | 34 | 159.4 | 832 | Deborah Omolewu | 4/20/2018 |
| | | 23 | 161.5 | 816 | Alisha Martin | 4/24/2021 |
| | | 48 | 164.6 | 816 | Bonnie Mosley | 10/17/2020 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 26 | 165.1 | **309** | Cody Lynn Powell | 6/29/2024 |
| | | 26 | 153 | **286** | Amber Jordon | 10/21/2023 |
| | | 20 | 157.2 | **281** | Lisha Lamb | 11/19/2016 |
| | | 20 | 158 | **281** | Carley Bradshaw | 11/19/2016 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 45 | 166.9 | **402** | **Emily Lilly** | 6/29/2024 |
| | | 25 | 179.4 | **353** | Elizabeth Pinnix | 7/10/2021 |
| | | 28 | 181 | **331** | Miranda Williams | 5/6/2023 |
| | | 29 | 177.6 | **314** | Gabriella Robbins | 11/9/2019 |
| | | 45 | 178.6 | **308** | Crystal McCullough | 1/22/2022 |
| | | 38 | 175 | **303** | Lay Kaahu | 8/12/2017 |
| | | 28 | 177.5 | **303** | Mikhayla Dunn | 4/15/2023 |
| | | 32 | 169.1 | **290** | Rayseen Brown | 1/21/2017 |
| | | 29 | 169.8 | **281** | Jessica Herling | 3/5/2022 |
| | | 19 | 175.4 | **281** | Shelby Sprinkle | 12/18/2021 |
| **90kg/198.2lbs** | | | | | | |
| | | 24 | 196.7 | **364** | **Isabella Heffner** | 10/21/2023 |
| | | 22 | 184.1 | **331** | Emely Barahona | 6/5/2021 |
| | | 28 | 192 | **331** | Jess Lemachko | 8/19/2023 |
| | | 24 | 193 | **320** | Allyson Abbs | 4/20/2018 |
| | | 44 | 197.8 | **320** | Carla Akers | 4/20/2018 |
| | | 27 | 188.7 | **270** | Brittany Marquez | 1/21/2017 |
| | | 48 | 194.7 | **259** | Mandy Self-Sparrow | 2/10/2024 |
| | | 43 | 192 | **248** | Michele Blackman | 12/4/2021 |
| | | 24 | 187.6 | **242** | Brittany Abbott | 6/10/2017 |
| | | 28 | 192.5 | **242** | Hali Medina | 111/11/23 |
| **100kg/220.25lbs** | | | | | | |
| | | 26 | 218.5 | **342** | **Amy Portillo** | 7/22/2023 |
| | | 32 | 216.5 | **331** | Rachel Massey | 6/11/2022 |
| | | 45 | 219.1 | **331** | Carla Akers | 10/27/2018 |
| | | 35 | 216.3 | **303** | Crystal Prather | 6/17/2023 |
| | | 30 | 210.5 | **286** | Haley Shields | 10/21/2023 |
| | | 47 | 214.3 | **264** | Barbara VanVliet | 11/11/2023 |
| | | 32 | 199 | **259** | Angela Dunn | 9/17/2022 |
| | | 34 | 208.3 | **259** | Laura Bos | 6/9/2024 |
| | | 13 | 200.7 | **248** | Alex Jefferson | 10/17/2020 |
| | | 14 | 200 | **237** | Karson Tolle | 6/11/2022 |
| **110kg/242.5lbs** | | | | | | |
| | | 26 | 239.4 | **424** | **Amy Portillo** | 10/21/2023 |
| | | 24 | 230.6 | **419** | Maddy Webster | 3/18/2023 |
| | | 15 | 238.5 | **325** | Abrie Meadows | 6/17/2023 |
| | | 33 | 230.2 | **314** | Jessie Hunt | 10/17/2020 |
| | | 15 | 232.4 | **286** | Kennedy Green | 10/12/2019 |
| | | 37 | 236.5 | **226** | Naimah Abdullah | 6/5/2021 |
| | | 29 | 241.5 | **226** | Laura Salazar | 12/8/2018 |
| | | 27 | 225.3 | **209** | Rose Hoang | 11/11/2023 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 40 | 277.1 | **380** | **Katy Silvers** | 10/16/2021 |
| | | 23 | 262.8 | **331** | Shauntre Lilley | 12/4/2021 |
| | | 38 | 253.5 | **314** | Allison Busby | 10/21/2023 |
| | | 29 | 273.8 | **303** | Mary-Ann Ricks | 3/5/2022 |
| | | 22 | 330.2 | **280** | Lashonda Zander | 6/2/2018 |
| | | 23 | 254.8 | **275** | Nathalie Vargas | 12/18/2021 |
| | | 27 | 248 | **248** | Aubrey Dowding | 5/11/2019 |
| | | 24 | 248 | **226** | Linsay Finch | 3/4/2023 |
| | | 22 | 282.2 | **209** | Capri Cameron | 8/12/2017 |
| | | 40 | 271 | **198** | Ann McManus | 12/9/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 21 | 157.8 | **176** | Abby Rice | 4/13/2024 |
| | | 35 | 157 | **171** | Jessica Loden | 2/10/2024 |
| | | 34 | 159.4 | **171** | Deborah Omolewu | 4/20/2018 |
| | | 23 | 161.5 | **171** | Alisha Martin | 4/24/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 45 | 166.9 | **237** | **Emily Lilly** | 6/29/2024 |
| | | 32 | 179 | **231** | Ciearra Jackson-Griffen | 7/22/2023 |
| | | 34 | 175 | **226** | Kristie Johnston | 10/21/2023 |
| | | 28 | 181 | **209** | Miranda Williams | 5/6/2023 |
| | | 29 | 177.6 | **204** | Gabrielle Robbins | 11/9/2019 |
| | | 63 | 179.5 | **198** | Gloria Knight-McNeil | 10/22/2022 |
| | | 21 | 180.3 | **193** | Sarah Oesch | 4/28/2024 |
| | | 38 | 175 | **182** | Lay Kaahu | 8/12/2017 |
| | | 58 | 176.8 | **182** | Cherie Goldsmith | 4/13/2024 |
| | | 25 | 179.4 | **182** | Elizabeth Pinnix | 7/10/2021 |
| **90kg/198.2lbs** | | | | | | |
| | | 37 | 198 | **248** | **Linsey Eudy** | 10/21/2023 |
| | | 28 | 192 | **220** | Jess Lemachko | 8/19/2023 |
| | | 33 | 189 | **200** | Priyanka Santiago | 10/1/2022 |
| | | 40 | 187.2 | **193** | Mona Espinosa | 1/22/2022 |
| | | 21 | 182.2 | **190** | Sarah Oesch | 3/1/2024 |
| | | 22 | 184.1 | **187** | Emely Barahona | 6/5/2021 |
| | | 45 | 194 | **187** | Heather Streible | 3/18/2023 |
| | | 44 | 197.8 | **187** | Carla Akers | 4/20/2018 |
| | | 34 | 196.2 | **176** | Mallory Horne | 4/15/2023 |
| | | 24 | 193 | **171** | Allyson Abbs | 4/20/2018 |
| **100kg/220.25lbs** | | | | | | |
| | | 12 | 218.1 | **204** | **Nevaeh McIntosh** | 5/6/2023 |
| | | 45 | 219.1 | **204** | Carla Akers | 10/27/2018 |
| | | 30 | 210.5 | **187** | Haley Shields | 10/21/2023 |
| | | 46 | 212.8 | **185** | Heather Streible | 3/1/2024 |
| | | 32 | 216.5 | **171** | Rachel Massey | 6/11/2022 |
| | | 34 | 208.3 | **165** | Laura Bos | 6/9/2024 |
| | | 46 | 211 | **165** | Renee Turner | 6/17/2023 |
| | | 36 | 216.2 | **160** | Crystal Prather | 3/1/2024 |
| | | 32 | 199 | **154** | Angela Dunn | 9/17/2022 |
| | | 37 | 211.4 | **154** | Trisha Crisman | 8/25/2018 |
| **110kg/242.5lbs** | | | | | | |
| | | 24 | 230.6 | **231** | **Maddy Webster** | 3/18/2023 |
| | | 50 | 240 | **215** | Ylander Ross | 1/21/2017 |
| | | 29 | 228.8 | **204** | Brittany Berryhill | 12/19/2020 |
| | | 42 | 241.2 | **193** | Katy Silvers | 4/13/2024 |
| | | 33 | 223.8 | **190** | Melissa Shade | 6/2/2018 |
| | | 13 | 239.8 | **190** | Nevaeh McIntosh | 3/1/2024 |
| | | 34 | 234.3 | **182** | Jessie Hunt | 4/24/2021 |
| | | 54 | 242 | **176** | Shari Wofford | 4/20/2018 |
| | | 54 | 223.6 | **154** | Janet Martin | 5/6/2023 |
| | | 37 | 236.5 | **154** | Naimah Abdullah | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 29 | 294.8 | **248** | **Alex Wilson-McKenzie** | 10/22/2022 |
| | | 38 | 253.5 | **215** | Allison Busby | 10/21/2023 |
| | | 23 | 262.8 | **193** | Shauntre Lilley | 12/4/2021 |
| | | 29 | 273.8 | **182** | Mary-Ann Ricks | 3/5/2022 |
| | | 54 | 243.2 | **176** | Shari Wofford | 6/9/2018 |
| | | 24 | 248 | **176** | Linsay Finch | 3/4/2023 |
| | | 22 | 330.2 | **175** | Lashonda Zander | 6/2/2018 |
| | | 53 | 250.9 | **171** | Janet Martin | 10/22/2022 |
| | | 40 | 277.1 | **171** | Katy Silvers | 10/16/2021 |
| | | 22 | 282.2 | **160** | Capri Cameron | 8/12/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 41 | 164.6 | **347** | Tara Peele | 10/27/2018 |
| | | 32 | 154.9 | **331** | Rusty Dawn | 9/16/2023 |
| | | 24 | 156.7 | **331** | Courtney Fox | 5/18/2024 |
| | | 23 | 161.5 | **331** | Alisha Martin | 4/24/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 38 | 175.8 | **435** | **Lay Kaahu** | 10/28/2017 |
| | | 19 | 175.4 | **402** | Shelby Sprinkle | 12/18/2021 |
| | | 29 | 177.6 | **397** | Gabrielle Robbins | 11/9/2019 |
| | | 45 | 166.9 | **386** | Emily Lilly | 6/29/2024 |
| | | 25 | 179.4 | **386** | Elizabeth Pinnix | 7/10/2021 |
| | | 32 | 178.8 | **364** | Ciearra Jackson-Griffen | 10/21/2023 |
| | | 28 | 177.5 | **353** | Mikhayla Dunn | 4/15/2023 |
| | | 45 | 178.6 | **353** | Crystal McCullough | 1/22/2022 |
| | | 28 | 181 | **353** | Miranda Williams | 5/6/2023 |
| | | 31 | 178.2 | **342** | Emily Gilson | 10/17/2020 |
| **90kg/198.2lbs** | | | | | | |
| | | 24 | 196.7 | **424** | **Isabella Heffner** | 10/21/2023 |
| | | 33 | 189 | **400** | Priyanka Santiago | 10/1/2022 |
| | | 26 | 184.8 | **358** | Kathryn French | 3/10/2018 |
| | | 28 | 192 | **358** | Jess Lemachko | 8/10/2023 |
| | | 24 | 196 | **353** | Lauren Davis | 6/5/2021 |
| | | 22 | 184.1 | **331** | Emely Barahona | 6/5/2021 |
| | | 44 | 197.8 | **331** | Carla Akers | 4/20/2018 |
| | | 21 | 194.2 | **320** | Mariah Flint | 4/22/2017 |
| | | 24 | 193 | **309** | Allyson Abbs | 4/20/2018 |
| | | 34 | 196.2 | **309** | Mallory Horne | 4/15/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 26 | 218.5 | **369** | **Amy Portillo** | 7/22/2023 |
| | | 30 | 213.8 | **366** | Jessica Littleton | 7/22/2023 |
| | | 35 | 216.3 | **364** | Crystal Prather | 6/17/2023 |
| | | 30 | 210.5 | **358** | Haley Shields | 10/21/2023 |
| | | 43 | 214.5 | **353** | Anika Harper | 5/6/2023 |
| | | 32 | 216.5 | **347** | Rachel Massey | 6/11/2022 |
| | | 34 | 208.3 | **342** | Laura Bos | 6/9/2024 |
| | | 55 | 217.6 | **335** | Janet Martin | 3/1/2024 |
| | | 45 | 219.1 | **331** | Carla Akers | 10/27/2018 |
| | | 34 | 206.8 | **314** | Valerie Ryan | 1/22/2022 |
| **110kg/242.5lbs** | | | | | | |
| | | 24 | 230.6 | **457** | **Maddy Webster** | 3/18/2023 |
| | | 33 | 223.8 | **400** | Melissa Shade | 6/2/2018 |
| | | 26 | 239.4 | **397** | Amy Portillo | 10/21/2023 |
| | | 33 | 230.2 | **358** | Jessie Hunt | 10/17/2020 |
| | | 54 | 223.6 | **353** | Janet Martin | 5/6/2023 |
| | | 27 | 225.3 | **314** | Rose Hoang | 11/11/2023 |
| | | 15 | 238.5 | **309** | Abrie Meadows | 6/17/2023 |
| | | 29 | 241.5 | **303** | Laura Salazar | 12/8/2018 |
| | | 15 | 232.4 | **275** | Kennedy Green | 10/12/2019 |
| | | 37 | 236.5 | **253** | Naimah Abdullah | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 40 | 277.1 | **380** | **Katy Silvers** | 10/16/2021 |
| | | 38 | 253.5 | **375** | Allison Busby | 10/21/2023 |
| | | 53 | 250.9 | **370** | Janet Martin | 10/22/2022 |
| | | 22 | 330.2 | **325** | Lashonda Zander | 6/2/2018 |
| | | 27 | 248 | **320** | Aubrey Dowding | 5/11/2019 |
| | | 23 | 262.8 | **320** | Shauntre Lilley | 12/4/2021 |
| | | 24 | 248 | **309** | Linsay Finch | 3/4/2023 |
| | | 25 | 251.9 | **303** | Leah Simpson | 3/6/2021 |
| | | 29 | 273.8 | **303** | Mary-Ann Ricks | 3/5/2022 |
| | | 23 | 254.8 | **292** | Nathalie Vargas | 12/18/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 26 | 165.1 | **805** | Cody Lynn Powell | 6/29/2024 |
| | | 37 | 162.3 | **788** | Lauren White | 11/19/2022 |
| | | 24 | 156.7 | **777** | Courtney Fox | 5/18/2024 |
| | | 41 | 164.6 | **777** | Tara Peele | 10/27/2018 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 45 | 166.9 | **1025** | **Emily Lilly** | 6/29/2024 |
| | | 25 | 179.4 | **920** | Elizabeth Pinnix | 7/10/2021 |
| | | 29 | 177.6 | **914** | Gabriella Robbins | 11/9/2019 |
| | | 38 | 175 | **904** | Lay Kaahu | 8/12/2017 |
| | | 28 | 181 | **893** | Miranda Williams | 5/6/2023 |
| | | 45 | 178.6 | **838** | Crystal McCullough | 1/22/2022 |
| | | 19 | 175.4 | **827** | Shelby Sprinkle | 12/18/2021 |
| | | 28 | 177.5 | **816** | Mikhayla Dunn | 4/15/2023 |
| | | 32 | 169.1 | **790** | Rayseen Brown | 1/21/2017 |
| | | 31 | 178.2 | **772** | Emily Gilson | 10/17/2020 |
| **90kg/198.2lbs** | | | | | | |
| | | 24 | 196.7 | **948** | **Isabella Heffner** | 10/21/2023 |
| | | 28 | 192 | **909** | Jess Lemachko | 8/19/2023 |
| | | 22 | 184.1 | **849** | Emely Barahona | 6/5/2021 |
| | | 44 | 197.8 | **838** | Carla Akers | 4/20/2018 |
| | | 24 | 193 | **799** | Allyson Abbs | 4/20/2018 |
| | | 34 | 196.2 | **727** | Mallory Horne | 4/15/2023 |
| | | 48 | 194.7 | **672** | Mandy Self-Sparrow | 2/10/2024 |
| | | 15 | 196.5 | **672** | Karson Tolle | 10/22/2022 |
| | | 22 | 195.6 | **660** | Kelly Benson | 10/29/2016 |
| | | 28 | 192.5 | **639** | Hali Medina | 11/11/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 45 | 219.1 | **865** | **Carla Akers** | 10/27/2018 |
| | | 32 | 216.5 | **849** | Rachel Massey | 6/11/2022 |
| | | 30 | 210.5 | **832** | Haley Shields | 10/21/2023 |
| | | 35 | 216.3 | **805** | Crystal Prather | 6/17/2023 |
| | | 26 | 218.5 | **805** | Amy Portillo | 7/22/2023 |
| | | 34 | 208.3 | **766** | Laura Bos | 6/9/2024 |
| | | 32 | 199 | **678** | Angela Dunn | 9/17/2022 |
| | | 34 | 206.8 | **672** | Valerie Ryan | 1/22/2022 |
| | | 47 | 214.3 | **667** | Barbara VanVliet | 11/11/2023 |
| | | 13 | 200.7 | **650** | Alex Jefferson | 10/17/2020 |
| **110kg/242.5lbs** | | | | | | |
| | | 24 | 230.6 | **1102** | **Maddy Webster** | 3/18/2023 |
| | | 26 | 239.4 | **931** | Amy Portillo | 10/21/2023 |
| | | 33 | 230.2 | **849** | Jessie Hunt | 10/17/2021 |
| | | 15 | 238.5 | **772** | Abrie Meadows | 6/17/2023 |
| | | 15 | 232.4 | **689** | Kennedy Green | 10/12/2019 |
| | | 27 | 225.3 | **661** | Rose Hoang | 11/11/2023 |
| | | 29 | 241.5 | **661** | Laura Salazar | 12/8/2018 |
| | | 37 | 236.5 | **634** | Naimah Abdullah | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 38 | 253.5 | **893** | **Allison Busby** | 10/21/2023 |
| | | 23 | 262.8 | **843** | Shauntre Lilley | 12/4/2021 |
| | | 29 | 273.8 | **788** | Mary-Ann Ricks | 3/5/2022 |
| | | 22 | 330.2 | **780** | Lashonda Zander | 6/2/2018 |
| | | 23 | 254.8 | **716** | Nathalie Vargas | 12/18/2021 |
| | | 24 | 248 | **711** | Linsay Finch | 3/4/2023 |
| | | 27 | 248 | **711** | Aubrey Dowding | 5/11/2019 |
| | | 22 | 282.2 | **628** | Capri Cameron | 8/12/2017 |
| | | 25 | 251.9 | **617** | Leah Simpson | 3/6/2021 |
| | | 40 | 271 | **612** | Ann McManus | 12/9/2023 |

# FEMALE RAW CLASSIC OVERALL LEADERS

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) SQUAT
### FEMALE - OPEN

| Weight Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | |
| **48kg/105.7lbs** | | | | | |
| | 33 | 104.3 | **193** | **Stephanie Washington** | 7/10/2021 |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC BENCH
### FEMALE - OPEN

| Weight Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | |
| | 15 | 97 | **83** | **Bella-Grace Meadows** | 4/1/2023 |
| | 13 | 86 | **71** | Alessandra Reis | 1/21/2023 |
| **48kg/105.7lbs** | | | | | |
| | 55 | 98 | **132** | **Nina Kiuru** | 7/30/2022 |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) DEADLIFT
### FEMALE - OPEN

| Weight Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | |
| **48kg/105.7lbs** | | | | | |
| | 55 | 98 | **237** | **Nina Kiuru** | 7/30/2022 |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) TOTAL
### FEMALE - OPEN

| Weight Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | |
| **48kg/105.7lbs** | | | | | |
| | 55 | 98 | **369** | **Nina Kiuru** | 7/30/2022 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **52kg/114.5lbs** | | | | | | |
| | | 46 | 111.8 | **264** | **Missy Taylor** | 4/23/2022 |
| | | 27 | 111.5 | **254** | Kiki Garland | 10/17/2020 |
| | | 34 | 114 | **237** | Lindsay Seamans | 6/29/2019 |
| | | 30 | 111.2 | **231** | Aubrey Cornwell | 8/12/2017 |
| | | 37 | 111.3 | **204** | Tiffany Bellamy | 4/22/2017 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **56kg/123.5lbs** | | | | | | |
| | | 24 | 120.2 | **281** | **Amber Gabriel** | 6/9/2018 |
| | | 44 | 118 | **253** | Tiffany Stone | 12/9/2023 |
| | | 29 | 122 | **242** | Amanda Isley | 10/28/2017 |
| | | 46 | 118.9 | **160** | Kathy Wilson | 12/8/2018 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **60kg/132.2lbs** | | | | | | |
| **RC** | | 25 | 131.3 | **364** | **Melissa Hunt** | 5/11/2019 |
| **RC** | | 26 | 131.8 | **303** | Taylor Jackson | 10/28/2017 |
| **RC** | | 25 | 125.6 | **300** | Caitlin Cardone | 7/9/2016 |
| **RC** | | 24 | 132.2 | **276** | Kayce Hoover | 4/22/2017 |
| **RC** | | 27 | 132 | **275** | Sara Carney | 6/2/2018 |
| **RC** | | 14 | 130.7 | **237** | Beverly Lemay | 3/18/2023 |
| **RC** | | 47 | 131.4 | **105** | Angie Terry | 10/29/2016 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **67.5kg/148.7lbs** | | | | | | |
| **RC** | | 27 | 143.8 | **369** | **Taylor Jackson** | 5/11/2019 |
| **RC** | | 27 | 143 | **360** | Samatha Corujo | 6/2/2018 |
| **RC** | | 27 | 139.3 | **336** | Melissa Hunt | 7/10/2021 |
| **RC** | | 27 | 143.4 | **325** | Amber Rabon | 9/19/2020 |
| **RC** | | 24 | 144.4 | **305** | Kayce Hoover | 10/29/2016 |
| **RC** | | 25 | 143.3 | **303** | Julia Blackman | 2/20/2021 |
| **RC** | | 20 | 145.8 | **298** | Anya Kalnins | 2/20/2021 |
| **RC** | | 40 | 137.8 | **281** | Alexandra Gray | 4/15/2023 |
| **RC** | | 36 | 147.7 | **264** | Chelsea Bolton | 1/21/2023 |
| **RC** | | 53 | 144.2 | **259** | Priscilla Pardue | 4/22/2017 |
| | | | | | | |
| **75kg/165.2lbs** | | | | | | |
| | | 31 | 163 | **347** | **Bridget McDermott** | 4/22/2017 |
| | | 28 | 165.3 | **319** | Ife Egbeyemi | 7/10/2021 |
| | | 19 | 150.4 | **275** | Sarah Oesch | 6/11/2022 |
| | | 33 | 163.2 | **275** | Shayna Dence | 4/9/2016 |
| | | 36 | 165.1 | **275** | Jennifer Broome | 10/27/2018 |
| | | 56 | 157 | **265** | Cindy Meeker | 10/29/2016 |
| | | 28 | 160.8 | **265** | Hannah Cochran | 7/9/2016 |
| | | 25 | 162.6 | **253** | Rainne Hill | 10/28/2017 |
| | | 54 | 160.6 | **243** | Candice Maness | 4/22/2017 |
| | | 22 | 161.6 | **243** | Dani Moore | 6/10/2017 |
| | | | | | | |
| **82.5kg/181.7lbs** | | | | | | |
| | | 34 | 175 | **402** | **Kristie Johnston** | 10/21/2023 |
| | | 26 | 177.5 | **386** | Emily Merritt | 5/11/2019 |
| | | 35 | 179 | **369** | Kelley Lee | 8/12/2017 |
| | | 38 | 181 | **309** | Natalie Mayfield | 11/19/2016 |
| | | 27 | 175.9 | **303** | Rachel Brockwell | 12/19/2020 |
| | | 21 | 180.3 | **303** | Sarah Oesch | 4/28/2024 |
| | | 56 | 175.6 | **281** | Cindy Meeker | 10/27/2018 |
| | | 23 | 178.4 | **226** | Hannah Ramsey | 10/18/2020 |
| | | 57 | 177.3 | **187** | Shelly Moore | 6/5/2021 |
| | | 45 | 173.8 | **176** | Heather Streible | 6/11/2022 |
| | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| | | 29 | 197.2 | **441** | **Emily Merritt** | 6/19/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 33 | 104.3 | **110** | Stephanie Washington | 7/10/2021 |
| | | 12 | 105.2 | **83** | Carmen Trivette | 10/16/2021 |
| | | | | | | |
| **52kg/114.5lbs** | | | | | | |
| | | 46 | 111.8 | **182** | **Missy Taylor** | 4/23/2022 |
| | | 24 | 114.2 | **132** | Amber Malchow | 10/28/2017 |
| | | 30 | 111.2 | **127** | Aubrey Cornwell | 8/12/2017 |
| | | 34 | 114 | **121** | Lindsey Seamons | 6/29/2019 |
| | | 27 | 111.5 | **116** | Nykisha Garland | 10/17/2020 |
| | | 63 | 111.1 | **108** | Sue Ann Hurlbert | 2/10/2024 |
| | | 13 | 111.3 | **99** | Carmen Trivette | 10/22/2022 |
| | | 37 | 111.3 | **99** | Tiffany Bellamy | 4/22/2017 |
| | | 13 | 112.8 | **99** | McKayla Van Meter | 2/20/2021 |
| | | 21 | 108.3 | **94** | Racquel Wilson | 10/16/2021 |
| | | | | | | |
| **56kg/123.5lbs** | | | | | | |
| | | 48 | 122.4 | **209** | **Missy Taylor** | 5/6/2023 |
| | | 42 | 121.8 | **175** | Dawn Bogart | 4/9/2016 |
| | | 19 | 123.4 | **160** | Becca Dison | 1/21/2017 |
| | | 32 | 122.8 | **155** | Tiffany Faulkner | 1/21/2017 |
| | | 29 | 123 | **154** | Krystal Scott | 10/28/2017 |
| | | 19 | 118.4 | **149** | Olivia Pasin | 11/19/2022 |
| | | 31 | 120.4 | **138** | Meredith Ward | 4/20/2018 |
| | | 20 | 120.6 | **132** | Emily Gaiser | 7/10/2021 |
| | | 29 | 122 | **132** | Amanda Isley | 8/12/2017 |
| | | 31 | 122.8 | **132** | Heidi Schuck | 6/19/2021 |
| | | | | | | |
| **60kg/132.2lbs** | | | | | | |
| **R** | | 47 | 127.2 | **180** | **Bela Ghosh** | 6/11/2016 |
| **R** | | 25 | 132 | **171** | Kristin Kitlica | 7/10/2021 |
| **R** | | 25 | 125.6 | **165** | Caitlin Cardone | 7/9/2016 |
| **R** | | 27 | 129 | **165** | Leslie Kutner | 10/28/2017 |
| **R** | | 28 | 128.8 | **154** | April Rainey | 2/25/2023 |
| **R** | | 33 | 132.2 | **154** | Amy Pierce | 8/12/2017 |
| **R** | | 33 | 131.2 | **149** | Meredith Ward | 6/13/2020 |
| **R** | | 27 | 128 | **145** | Nadia Zebouni | 7/9/2016 |
| **R** | | 25 | 125 | **145** | Caitlin Cardone | 4/9/2016 |
| **R** | | 22 | 127.4 | **143** | Emily Gaiser | 9/17/2022 |
| | | | | | | |
| **67.5kg/148.7lbs** | | | | | | |
| **R** | | 43 | 147.1 | **231** | **Emily Lilly** | 3/4/2023 |
| **R** | | 27 | 144.2 | **200** | Courtney Norris | 7/9/2016 |
| **R** | | 29 | 144.4 | **182** | Leslie Kutner | 11/9/2019 |
| **R** | | 21 | 138.3 | **178** | Anya Kalnins | 9/18/2021 |
| **R** | | 30 | 143.5 | **176** | Maria Ackley | 11/11/2023 |
| **R** | | 20 | 138 | **171** | Hanna Young | 4/20/2018 |
| **R** | | 28 | 146 | **171** | Brittany Vinesett | 7/24/2021 |
| **R** | | 27 | 143.8 | **165** | Taylor Jackson | 5/11/2019 |
| **R** | | 48 | 145.3 | **165** | Aiysha Hayes | 1/22/2022 |
| **R** | | 33 | 137.2 | **160** | Domoni Alexander | 10/28/2017 |
| | | | | | | |
| **75kg/165.2lbs** | | | | | | |
| **R** | | 44 | 159 | **242** | **Emily Lilly** | 10/21/2023 |
| **R** | | 26 | 164.5 | **231** | Kari DeShazo | 11/21/2020 |
| **R** | | 52 | 162.3 | **187** | Tammy Deloatch | 11/9/2019 |
| **R** | | 34 | 160.2 | **182** | Alli Heironimus | 9/17/2022 |
| **R** | | 57 | 165.2 | **178** | Cherie Goldsmith | 4/1/2023 |
| **R** | | 19 | 150.4 | **176** | Sarah Oesch | 6/11/2022 |
| **R** | | 21 | 157.8 | **176** | Abby Rice | 4/13/2024 |
| **R** | | 35 | 157 | **171** | Jessica Loden | 2/10/2024 |
| **R** | | 34 | 159.4 | **171** | Deborah Omolewu | 4/20/2018 |
| **R** | | 23 | 161.5 | **171** | Alisha Martin | 4/24/2021 |
| | | | | | | |
| **82.5kg/181.7lbs** | | | | | | |
| **R** | | 45 | 166.9 | **237** | **Emily Lilly** | 6/29/2024 |
| **R** | | 32 | 179 | **231** | Ciearra Jackson-Griffen | 7/22/2023 |
| **R** | | 34 | 175 | **226** | Kristie Johnston | 10/21/2023 |
| **R** | | 28 | 181 | **209** | Miranda Williams | 5/6/2023 |
| **R** | | 29 | 177.6 | **204** | Gabrielle Robbins | 11/9/2019 |
| **R** | | 63 | 179.5 | **198** | Gloria Knight-McNeil | 10/22/2022 |
| **R** | | 21 | 180.3 | **193** | Sarah Oesch | 4/28/2024 |
| **R** | | 38 | 175 | **182** | Lay Kaahu | 8/12/2017 |
| **R** | | 58 | 176.8 | **182** | Cherie Goldsmith | 4/13/2024 |
| **R** | | 25 | 179.4 | **182** | Elizabeth Pinnix | 7/10/2021 |
| | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| | | 37 | 198 | **248** | **Linsey Eudy** | 10/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 12 | 105.2 | **143** | Carmen Trivette | 10/16/2021 |
| | | | | | | |
| **52kg/114.5lbs** | | | | | | |
| | | 46 | 111.8 | **292** | **Missy Taylor** | 4/23/2022 |
| | | 32 | 112 | **281** | Lindsay Seamans | 10/28/2017 |
| | | 27 | 111.5 | **253** | Kiki Garland | 10/17/2020 |
| | | 37 | 111.3 | **248** | Tiffany Bellamy | 4/22/2017 |
| | | 30 | 111.2 | **242** | Aubrey Cornwell | 8/12/2017 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **56kg/123.5lbs** | | | | | | |
| | | 44 | 118 | **309** | **Tiffany Stone** | 12/9/2023 |
| | | 24 | 120.2 | **309** | Amber Gabriel | 6/9/2018 |
| | | 29 | 122 | **303** | Amanda Isley | 10/28/2017 |
| | | 46 | 118.9 | **187** | Kathy Wilson | 12/8/2018 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **60kg/132.2lbs** | | | | | | |
| **RC** | | 24 | 129.7 | **353** | **Melissa Hunt** | 12/8/2018 |
| **RC** | | 25 | 125.6 | **325** | Caitlin Cardone | 7/9/2016 |
| **RC** | | 26 | 131.8 | **319** | Taylor Jackson | 10/28/2017 |
| **RC** | | 24 | 132.2 | **276** | Kayce Hoover | 4/22/2017 |
| **RC** | | 14 | 130.7 | **220** | Beverly Lemay | 3/18/2023 |
| **RC** | | 27 | 132 | **220** | Sara Carney | 6/2/2018 |
| **RC** | | 47 | 131.4 | **155** | Angie Terry | 10/29/2016 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **67.5kg/148.7lbs** | | | | | | |
| **RC** | | 27 | 143.8 | **353** | **Taylor Jackson** | 5/11/2019 |
| **RC** | | 27 | 143.4 | **347** | Amber Rabon | 9/19/2020 |
| **RC** | | 27 | 143 | **340** | Samantha Corujo | 6/2/2018 |
| **RC** | | 25 | 143.3 | **331** | Julia Blackman | 10/16/2021 |
| **RC** | | 21 | 138.3 | **320** | Anya Kalnins | 9/18/2021 |
| **RC** | | 27 | 139.3 | **314** | Melissa Hunt | 7/10/2021 |
| **RC** | | 40 | 137.8 | **309** | Alexandra Gray | 4/15/2023 |
| **RC** | | 24 | 144.4 | **300** | Kayce Hoover | 10/29/2016 |
| **RC** | | 35 | 148 | **290** | Desiree Savarese | 1/21/2017 |
| **RC** | | 36 | 147.7 | **270** | Chelsea Bolton | 1/21/2023 |
| | | | | | | |
| **75kg/165.2lbs** | | | | | | |
| | | 27 | 163.6 | **380** | **Kari Rankin** | 10/21/2023 |
| | | 36 | 165.1 | **347** | Jennifer Broome | 10/27/2018 |
| | | 28 | 160.8 | **335** | Hannah Cochran | 7/9/2016 |
| | | 19 | 150.4 | **334** | Sarah Oesch | 6/11/2022 |
| | | 31 | 163 | **320** | Bridget McDermott | 4/22/2017 |
| | | 28 | 165.3 | **319** | Ife Egbeyemi | 7/10/2021 |
| | | 35 | 163.8 | **314** | Vanessa Westbrook | 7/10/2021 |
| | | 24 | 160.6 | **287** | Rainne Hill | 7/15/2017 |
| | | 33 | 163.2 | **285** | Shayna Dence | 4/9/2016 |
| | | 56 | 157 | **285** | Cindy Meeker | 10/29/2016 |
| | | | | | | |
| **82.5kg/181.7lbs** | | | | | | |
| | | 34 | 175 | **419** | **Kristie Johnston** | 10/21/2023 |
| | | 35 | 179 | **419** | Kelley Lee | 8/12/2017 |
| | | 26 | 178.7 | **391** | Emily Merritt | 10/27/2018 |
| | | 21 | 180.3 | **347** | Sarah Oesch | 4/28/2024 |
| | | 38 | 181 | **347** | Natalie Mayfield | 11/19/2016 |
| | | 56 | 175.6 | **319** | Cindy Meeker | 10/27/2018 |
| | | 45 | 173.8 | **298** | Heather Streible | 6/11/2022 |
| | | 27 | 175.9 | **281** | Rachel Brockwell | 12/19/2020 |
| | | 57 | 177.3 | **237** | Shelly Moore | 6/5/2021 |
| | | 58 | 175.9 | **215** | Cathy Cranford | 11/9/2019 |
| | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| | | 21 | 182.2 | **390** | **Sarah Oesch** | 3/1/2024 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 12 | 105.2 | **347** | Carmen Trivette | 10/16/2021 |
| | | | | | | |
| **52kg/114.5lbs** | | | | | | |
| | | 46 | 111.8 | **738** | **Missy Taylor** | 4/23/2022 |
| | | 34 | 114 | **634** | Lindsay Seamons | 6/29/2019 |
| | | 27 | 111.5 | **623** | Kiki Garland | 10/17/2020 |
| | | 30 | 111.2 | **601** | Aubrey Cornwell | 8/12/2017 |
| | | 37 | 111.3 | **551** | Tiffany Bellamy | 4/22/2017 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **56kg/123.5lbs** | | | | | | |
| | | 24 | 120.2 | **711** | **Amber Gabriel** | 6/9/2018 |
| | | 44 | 118 | **689** | Tiffany Stone | 12/9/2023 |
| | | 29 | 122 | **678** | Amanda Isley | 10/28/2017 |
| | | 46 | 118.9 | **435** | Kathy Wilson | 12/8/2018 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **60kg/132.2lbs** | | | | | | |
| **RC** | | 24 | 129.7 | **838** | **Melissa Hunt** | 12/8/2018 |
| **RC** | | 25 | 125.6 | **790** | Caitlin Cardone | 7/9/2016 |
| **RC** | | 26 | 131.8 | **766** | Taylor Jackson | 10/28/2017 |
| **RC** | | 24 | 132.2 | **689** | Kayce Hoover | 4/22/2017 |
| **RC** | | 27 | 132 | **610** | Sara Carney | 6/2/2018 |
| **RC** | | 14 | 130.7 | **551** | Beverly Lemay | 3/18/2023 |
| **RC** | | 47 | 131.4 | **305** | Angie Terry | 10/29/2016 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **67.5kg/148.7lbs** | | | | | | |
| **RC** | | 27 | 143.8 | **887** | **Taylor Jackson** | 5/11/2019 |
| **RC** | | 27 | 143 | **835** | Samantha Corujo | 6/2/2018 |
| **RC** | | 27 | 143.4 | **821** | Amber Rabon | 9/19/2020 |
| **RC** | | 27 | 139.3 | **777** | Melissa Hunt | 7/10/2021 |
| **RC** | | 20 | 145.8 | **772** | Anya Kalnins | 2/20/2021 |
| **RC** | | 24 | 144.4 | **750** | Kayce Hoover | 10/29/2016 |
| **RC** | | 40 | 137.8 | **744** | Alexandra Gray | 4/15/2023 |
| **RC** | | 25 | 143.3 | **717** | Julia Blackman | 10/16/2021 |
| **RC** | | 36 | 147.7 | **661** | Chelsea Bolton | 1/21/2023 |
| **RC** | | 35 | 148 | **655** | Desiree Savarese | 1/21/2017 |
| | | | | | | |
| **75kg/165.2lbs** | | | | | | |
| | | 31 | 163 | **832** | **Bridget McDermott** | 4/22/2017 |
| | | 36 | 165.1 | **788** | Jennifer Broome | 10/27/2018 |
| | | 19 | 150.4 | **772** | Sarah Oesch | 6/11/2022 |
| | | 28 | 165.3 | **755** | Ife Egbeyemi | 7/10/2021 |
| | | 28 | 160.8 | **720** | Hannah Cochran | 7/9/2016 |
| | | 33 | 163.2 | **695** | Shayna Dence | 4/9/2016 |
| | | 35 | 163.8 | **694** | Vanessa Westbrook | 7/10/2021 |
| | | 54 | 160.6 | **678** | Candice Maness | 4/22/2017 |
| | | 25 | 162.6 | **678** | Rainne Hill | 10/28/2017 |
| | | 56 | 157 | **645** | Cindy Meeker | 10/29/2016 |
| | | | | | | |
| **82.5kg/181.7lbs** | | | | | | |
| | | 34 | 175 | **1047** | **Kristie Johnston** | 10/21/2023 |
| | | 26 | 177.5 | **937** | Emily Merritt | 5/11/2019 |
| | | 35 | 179 | **909** | Kelley Lee | 8/12/2017 |
| | | 21 | 180.3 | **843** | Sarah Oesch | 4/28/2024 |
| | | 38 | 181 | **821** | Natalie Mayfield | 11/19/2016 |
| | | 27 | 175.9 | **738** | Rachel Brockwell | 12/19/2020 |
| | | 56 | 175.6 | **727** | Cindy Meeker | 10/27/2018 |
| | | 45 | 173.8 | **634** | Heather Streible | 6/11/2022 |
| | | 23 | 178.4 | **568** | Hannah Ramsey | 10/18/2020 |
| | | 57 | 177.3 | **545** | Shelly Moore | 6/5/2021 |
| | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| | | 21 | 182.2 | **880** | **Sarah Oesch** | 3/1/2024 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 25 | 187 | **347** | Kristen Smith | 2/25/2023 |
| | | 34 | 193.6 | **303** | Promandeep Kaur | 3/21/2020 |
| | | 21 | 182.2 | **300** | Sarah Oesch | 3/1/2024 |
| | | 46 | 190.9 | **292** | Heather Streible | 6/17/2023 |
| | | 11 | 192.7 | **292** | Nevaeh McIntosh | 10/16/2021 |
| | | 44 | 184.7 | **260** | Tricia Emrich | 7/9/2016 |
| | | 45 | 194.9 | **226** | Kelly Jeffries | 2/25/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 12 | 218.1 | **325** | **Nevaeh McIntosh** | 5/6/2023 |
| | | 36 | 216.2 | **320** | Crystal Prather | 3/1/2024 |
| | | 37 | 211.4 | **303** | Trisha Crisman | 8/25/2018 |
| | | 46 | 212.8 | **275** | Heather Streible | 3/1/2024 |
| | | 46 | 211 | **259** | Renee Turner | 6/17/2023 |
| | | 37 | 213.8 | **253** | Brett Sexton | 10/12/2019 |
| | | 25 | 217.1 | **242** | Grace Jones | 12/19/2020 |
| | | 42 | 209.2 | **187** | Christina Lauffer | 6/19/2021 |
| | | 34 | 209 | **165** | Paula Bowers | 10/29/2016 |
| **110kg/242.5lbs** | | | | | | |
| | | 41 | 234.6 | **402** | **Katy Silvers** | 5/6/2023 |
| | | 29 | 228.8 | **380** | Brittany Berryhill | 12/19/2020 |
| | | 50 | 240 | **340** | Ylander Ross | 1/21/2017 |
| | | 13 | 239.8 | **335** | Nevaeh McIntosh | 3/1/2024 |
| | | 34 | 234.3 | **325** | Jessie Hunt | 4/24/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 29 | 294.8 | **485** | **Alex Wilson-KcKenzie** | 10/22/2022 |
| | | 24 | 255.1 | **408** | Lindsay Finch | 5/6/2023 |
| | | 37 | 285.2 | **386** | Kimberly Soracco | 5/11/2024 |
| | | 40 | 276 | **375** | Katy Silvers | 9/18/2021 |
| | | 34 | 250 | **308** | Tarra Farnham | 5/22/2021 |
| | | 36 | 282.2 | **270** | Beth Mockbee | 1/21/2023 |
| | | 19 | 278.2 | **242** | Meredith Arnold | 4/24/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 28 | 192 | **220** | Jess Lemachko | 8/19/2023 |
| | | 33 | 189 | **200** | Priyanka Santiago | 10/1/2022 |
| | | 40 | 187.2 | **193** | Mona Espinosa | 1/22/2022 |
| | | 21 | 182.2 | **190** | Sarah Oesch | 3/1/2024 |
| | | 22 | 184.1 | **187** | Emely Barahona | 6/5/2021 |
| | | 45 | 194 | **187** | Heather Streible | 3/18/2023 |
| | | 44 | 197.8 | **187** | Carla Akers | 4/20/2018 |
| | | 34 | 196.2 | **176** | Mallory Horne | 4/15/2023 |
| | | 24 | 193 | **171** | Allyson Abbs | 4/20/2018 |
| **100kg/220.25lbs** | | | | | | |
| | | 12 | 218.1 | **204** | **Nevaeh McIntosh** | 5/6/2023 |
| | | 45 | 219.1 | **204** | Carla Akers | 10/27/2018 |
| | | 30 | 210.5 | **187** | Haley Shields | 10/21/2023 |
| | | 46 | 212.8 | **185** | Heather Streible | 3/1/2024 |
| | | 32 | 216.5 | **171** | Rachel Massey | 6/11/2022 |
| | | 34 | 208.3 | **165** | Laura Bos | 6/9/2024 |
| | | 46 | 211 | **165** | Renee Turner | 6/17/2023 |
| | | 36 | 216.2 | **160** | Crystal Prather | 3/1/2024 |
| | | 32 | 199 | **154** | Angela Dunn | 9/17/2022 |
| | | 37 | 211.4 | **154** | Trisha Crisman | 8/25/2018 |
| **110kg/242.5lbs** | | | | | | |
| | | 24 | 230.6 | **231** | **Maddy Webster** | 3/18/2023 |
| | | 50 | 240 | **215** | Ylander Ross | 1/21/2017 |
| | | 29 | 228.8 | **204** | Brittany Berryhill | 12/19/2020 |
| | | 42 | 241.2 | **193** | Katy Silvers | 4/13/2024 |
| | | 33 | 223.8 | **190** | Melissa Shade | 6/2/2018 |
| | | 13 | 239.8 | **190** | Nevaeh McIntosh | 3/1/2024 |
| | | 34 | 234.3 | **182** | Jessie Hunt | 4/24/2021 |
| | | 54 | 242 | **176** | Shari Wofford | 4/20/2018 |
| | | 54 | 223.6 | **154** | Janet Martin | 5/6/2023 |
| | | 37 | 236.5 | **154** | Naimah Abdullah | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 29 | 294.8 | **248** | **Alex Wilson-McKenzie** | 10/22/2022 |
| | | 38 | 253.5 | **215** | Allison Busby | 10/21/2023 |
| | | 23 | 262.8 | **193** | Shauntre Lilley | 12/4/2021 |
| | | 29 | 273.8 | **182** | Mary-Ann Ricks | 3/5/2022 |
| | | 54 | 243.2 | **176** | Shari Wofford | 6/9/2018 |
| | | 24 | 248 | **176** | Linsay Finch | 3/4/2023 |
| | | 22 | 330.2 | **175** | Lashonda Zander | 6/2/2018 |
| | | 53 | 250.9 | **171** | Janet Martin | 10/22/2022 |
| | | 40 | 277.1 | **171** | Katy Silvers | 10/16/2021 |
| | | 22 | 282.2 | **160** | Capri Cameron | 8/12/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 25 | 187 | **353** | Kristen Smith | 2/25/2023 |
| | | 45 | 194 | **353** | Heather Streible | 3/18/2023 |
| | | 34 | 193.6 | **342** | Promandeep Kaur | 3/21/2020 |
| | | 44 | 184.7 | **285** | Tricia Emrich | 7/9/2016 |
| | | 45 | 194.9 | **237** | Kelly Jeffries | 2/25/2023 |
| | | 11 | 192.7 | **231** | Nevaeh McIntosh | 10/16/2021 |
| | | 58 | 191.8 | **209** | Shelly Moore | 1/22/2022 |
| **100kg/220.25lbs** | | | | | | |
| | | 34 | 213.8 | **380** | **Crystal Prather** | 10/21/2022 |
| | | 46 | 212.8 | **355** | Heather Streible | 3/1/2024 |
| | | 37 | 213.8 | **342** | Brett Sexton | 10/12/2019 |
| | | 37 | 211.4 | **314** | Trisha Crisman | 8/25/2018 |
| | | 42 | 209.2 | **303** | Christina Lauffer | 6/19/2021 |
| | | 46 | 211 | **287** | Renee Turner | 6/17/2023 |
| | | 12 | 218.1 | **275** | Nevaeh McIntosh | 5/6/2023 |
| | | 25 | 217.1 | **242** | Grace Jones | 12/19/2020 |
| | | 34 | 209 | **205** | Paula Bowers | 10/29/2016 |
| **110kg/242.5lbs** | | | | | | |
| | | 50 | 240 | **400** | **Ylander Ross** | 1/21/2017 |
| | | 34 | 234.3 | **375** | Jessie Hunt | 4/24/2021 |
| | | 40 | 242.3 | **369** | Katy Silvers | 4/23/2022 |
| | | 29 | 228.8 | **358** | Brittany Berryhill | 12/19/2020 |
| | | 13 | 239.8 | **305** | Nevaeh McIntosh | 3/1/2024 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 29 | 294.8 | **452** | **Alex Wilson-McKenzie** | 10/22/2022 |
| | | 40 | 276 | **375** | Katy Silvers | 9/18/2021 |
| | | 24 | 255.1 | **364** | Lindsay Finch | 5/6/2023 |
| | | 34 | 250 | **336** | Tarra Farnham | 5/22/2021 |
| | | 37 | 285.2 | **320** | Kimberly Soracco | 5/11/2024 |
| | | 19 | 278.2 | **308** | Meredith Arnold | 4/24/2021 |
| | | 36 | 282.2 | **303** | Beth Mockbee | 1/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 25 | 187 | **860** | Kristen Smith | 2/25/2023 |
| | | 34 | 193.6 | **771** | Promandeep Kaur | 3/21/2020 |
| | | 45 | 194 | **766** | Heather Streible | 3/18/2023 |
| | | 44 | 184.7 | **695** | Tricia Emrich | 7/9/2016 |
| | | 11 | 192.7 | **639** | Nevaeh McIntosh | 10/16/2021 |
| | | 45 | 194.9 | **595** | Kelly Jeffries | 2/25/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 36 | 216.2 | **850** | **Crystal Prather** | 3/1/2024 |
| | | 46 | 212.8 | **815** | Heather Streible | 3/1/2024 |
| | | 12 | 218.1 | **805** | Nevaeh McIntosh | 5/6/2023 |
| | | 37 | 211.4 | **771** | Trisha Crisman | 8/25/2018 |
| | | 37 | 213.8 | **749** | Brett Sexton | 10/12/2019 |
| | | 46 | 211 | **689** | Renee Turner | 6/17/2023 |
| | | 42 | 209.2 | **623** | Christina Lauffer | 6/18/2021 |
| | | 25 | 217.1 | **590** | Grace Jones | 12/19/2020 |
| | | 34 | 209 | **475** | Paula Bowers | 10/29/2016 |
| **110kg/242.5lbs** | | | | | | |
| | | 50 | 240 | **955** | **Ylander Ross** | 1/21/2017 |
| | | 29 | 228.8 | **942** | Brittany Berryhill | 12/19/2020 |
| | | 41 | 232.4 | **915** | Katy Silvers | 2/25/2023 |
| | | 34 | 234.3 | **882** | Jessie Hunt | 4/24/2021 |
| | | 13 | 239.8 | **830** | Nevaeh McIntosh | 3/1/2024 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 29 | 294.8 | **1185** | **Alex Wilson-McKenzie** | 10/22/2022 |
| | | 24 | 255.1 | **948** | Lindsay Finch | 5/6/2023 |
| | | 40 | 276 | **920** | Katy Silvers | 9/18/2021 |
| | | 37 | 285.2 | **843** | Kimberly Soracco | 5/11/2024 |
| | | 34 | 250 | **782** | Tarra Farnham | 5/22/2021 |
| | | 36 | 282.2 | **727** | Beth Mockbee | 1/21/2023 |
| | | 19 | 278.2 | **700** | Meredith Arnold | 4/24/2021 |

# FEMALE EQUIPPED & GEARED

## 365 STRONG WORLD RANKINGS
### SQUAT - EQUIPPPED & GEARED
### Female

| | | | | | | |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| | **SP** | 34 | 113.4 | **319** | **Lindsay Seamans** | 11/9/2019 |
| **56kg/123.5lbs** | | | | | | |
| | **SP** | 40 | 122 | **265** | **Dawn Bogart** | 4/22/2017 |
| | **MP** | 20 | 123.2 | **248** | **Josefina Bueno** | 3/5/2022 |
| **60kg/132.2lbs** | | | | | | |
| | **SP** | 54 | 131.7 | **308** | **Priscilla Pardue** | 10/27/2018 |
| **67.5kg/148.7lbs** | | | | | | |
| | **MP** | 47 | 143.7 | **518** | **Melissa Smith** | 12/18/2021 |
| | **SP** | 55 | 142.5 | **303** | **Priscilla Pardue** | 5/11/2019 |
| **75kg/165.2lbs** | | | | | | |
| | **SP** | 56 | 154.1 | **358** | **Candice Maness** | 10/27/2018 |
| **82.5kg/181.7lbs** | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| **100kg/220.25lbs** | | | | | | |
| | **SP** | 33 | 217.6 | **243** | **Morgan Leddy** | 6/25/2022 |

## 365 STRONG WORLD RANKINGS
### BENCH - EQUIPPED & GEARED
### Female

| | | | | | | |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| | | 34 | 113.4 | **138** | **Lindsay Seamans** | 11/9/2019 |
| **56kg/123.5lbs** | | | | | | |
| | **SP** | 40 | 122 | **175** | **Dawn Bogart** | 4/22/2017 |
| | **MP** | 20 | 123.2 | **127** | **Josefina Bueno** | 3/5/2022 |
| **60kg/132.2lbs** | | | | | | |
| | **SP** | 54 | 131.7 | **154** | **Priscilla Pardue** | 10/27/2018 |
| **67.5kg/148.7lbs** | | | | | | |
| | **MP** | 47 | 141.3 | **275** | **Melissa Smith** | 4/23/2022 |
| | **SP** | 55 | 142.5 | **176** | **Priscilla Pardue** | 5/11/2019 |
| **75kg/165.2lbs** | | | | | | |
| | **SP** | 56 | 154.1 | **270** | **Candice Maness** | 10/27/2018 |
| | **SP** | 61 | 164.5 | **209** | Cindy Meeker | 4/23/2022 |
| **82.5kg/181.7lbs** | | | | | | |
| | **SP** | 43 | 177.3 | **253** | **Christina Lauffer** | 4/23/2022 |
| **90kg/198.2lbs** | | | | | | |
| | **SP** | 43 | 42 | **237** | **Anika Harper** | 4/23/2022 |
| **100kg/220.25lbs** | | | | | | |
| | **SP** | 43 | 215.4 | **270** | **Anika Harper** | 7/22/2023 |
| | **SP** | 33 | 217.6 | **132** | Morgan Leddy | 6/25/2022 |

## 365 STRONG WORLD RANKINGS
### DEADLIFT - EQUIPPED & GEARED
### Female

| | | | | | | |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| | | 34 | 113.4 | **319** | **Lindsay Seamans** | 11/9/2019 |
| **56kg/123.5lbs** | | | | | | |
| | **MP** | 20 | 123.2 | **297** | **Josefina Bueno** | 3/5/2022 |
| | **SP** | 40 | 122 | **295** | **Dawn Bogart** | 4/22/2017 |
| **60kg/132.2lbs** | | | | | | |
| | **SP** | 54 | 131.7 | **264** | **Priscilla Pardue** | 10/27/2018 |
| **67.5kg/148.7lbs** | | | | | | |
| | **MP** | 47 | 143.7 | **358** | **Melissa Smith** | 12/18/2021 |
| | **SP** | 55 | 142.5 | **281** | **Priscilla Pardue** | 5/11/2019 |
| **75kg/165.2lbs** | | | | | | |
| | **SP** | 56 | 154.1 | **281** | **Candice Maness** | 10/27/2018 |
| **82.5kg/181.7lbs** | | | | | | |
| | **SP** | 43 | 177.3 | **309** | **Christina Lauffer** | 4/23/2022 |
| **90kg/198.2lbs** | | | | | | |
| | **SP** | 42 | 190.9 | **336** | **Anika Harper** | 4/23/2022 |
| **100kg/220.25lbs** | | | | | | |
| | **SP** | 41 | 209.7 | **369** | **Anika Harper** | 10/16/2021 |
| | **SP** | 33 | 217.6 | **314** | Morgan Leddy | 6/25/2022 |

## 365 STRONG WORLD RANKINGS
### TOTAL - EQUIPPED & GEARED
### Female

| | | | | | | |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| **SP** | | 34 | 113.4 | **777** | **Lindsay Seamans** | 11/9/2019 |
| **56kg/123.5lbs** | | | | | | |
| **SP** | | 40 | 122 | **735** | **Dawn Bogart** | 4/22/2017 |
| **MP** | | 20 | 123.2 | **672** | **Josefina Bueno** | 3/5/2022 |
| **60kg/132.2lbs** | | | | | | |
| **SP** | | 54 | 131.7 | **727** | **Priscilla Pardue** | 10/27/2018 |
| **67.5kg/148.7lbs** | | | | | | |
| **MP** | | 47 | 143.7 | **1146** | **Melissa Smith** | 12/18/2021 |
| **SP** | | 55 | 142.5 | **755** | **Priscilla Pardue** | 5/11/2019 |
| **75kg/165.2lbs** | | | | | | |
| **SP** | | 56 | 154.1 | **909** | **Candice Maness** | 10/27/2018 |
| **82.5kg/181.7lbs** | | | | | | |
| **90kg/198.2lbs** | | | | | | |
| **100kg/220.25lbs** | | | | | | |
| **SP** | | 33 | 217.6 | **689** | **Morgan Leddy** | 6/25/2022 |

# FEMALE RAW SUB-MASTERS (35-39)

## 365 STRONG WORLD RANKINGS
### SQUAT - RAW
### Female - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **56kg/123.5lbs** | | | | | |
| | 36 | 123 | **176** | **Sally Lloyd** | 6/10/2017 |
| | 35 | 123 | **143** | Alisha Zornes | 3/21/2020 |
| **60kg/132.2lbs** | | | | | |
| | 36 | 129.4 | **204** | **Cara Jo** | 10/21/2023 |
| **67.5kg/148.7lbs** | | | | | |
| | 35 | 148.4 | **265** | **Jessica Loden** | 5/18/2024 |
| | 39 | 144.8 | **264** | Amy Daugherty | 5/22/2021 |
| | 37 | 144 | **237** | Lorena Fernandez | 9/18/2021 |
| | 35 | 148.2 | **226** | Andrea Fox | 3/10/2018 |
| | 35 | 148 | **225** | Desiree Savarese | 1/21/2017 |
| | 36 | 139.4 | **215** | LaDetra Cole | 10/29/2022 |
| | 38 | 141.4 | **215** | Kelian Hagerty | 4/22/2017 |
| | 37 | 146.1 | **215** | Vanessa Westbrook | 12/17/2022 |
| | 37 | 146.8 | **215** | Kelly Brant | 9/7/2019 |
| **75kg/165.2lbs** | | | | | |
| | 35 | 157 | **270** | **Jessica Loden** | 2/10/2024 |
| | 39 | 163.6 | **265** | Reyhan Roybal | 7/15/2017 |
| | 37 | 162.3 | **264** | Lauren White | 11/19/2022 |
| | 35 | 154.8 | **253** | LaDetra Cole | 3/5/2022 |
| | 39 | 165 | **143** | Amber Jenkins | 6/9/2018 |
| **82.5kg/181.7lbs** | | | | | |
| | 38 | 175 | **303** | **Lay Kaahu** | 8/12/2017 |
| | 39 | 170 | **264** | Ivana Smith | 7/10/2021 |
| | 37 | 173.1 | **231** | Vanessa Westbrook | 6/25/2022 |
| | 39 | 178.2 | **220** | Pamela Buskirk | 3/5/2022 |
| | 38 | 168 | **204** | Katie McMinn | 1/22/2022 |
| | 36 | 174.6 | **149** | Lydia Braspenning | 6/9/2024 |
| **90kg/198.2lbs** | | | | | |
| | 35 | 197.5 | **209** | **Valerie Ryan** | 12/17/2022 |
| **100kg/220.25lbs** | | | | | |
| | 35 | 216.3 | **303** | **Crystal Prather** | 6/17/2023 |
| **110kg/242.5lbs** | | | | | |
| | 37 | 236.5 | **226** | **Naimah Abdullah** | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | |
| | 38 | 253.5 | **314** | **Allison Busby** | 10/21/2023 |

## 365 STRONG WORLD RANKINGS
### BENCH - RAW
### Female - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **56kg/123.5lbs** | | | | | |
| | 36 | 123 | **99** | **Sally Lloyd** | 6/10/2017 |
| **60kg/132.2lbs** | | | | | |
| | 36 | 129.4 | **99** | **Cara Jo** | 10/21/2023 |
| **67.5kg/148.7lbs** | | | | | |
| | 37 | 146.1 | **160** | **Vanessa Westbrook** | 12/17/2022 |
| | 35 | 148.4 | **160** | Jessica Loden | 5/18/2024 |
| | 38 | 141.4 | **154** | Kelian Hagerty | 4/22/2017 |
| | 37 | 144 | **149** | Lorena Fernandez | 9/18/2021 |
| | 36 | 146.5 | **149** | Krista Causey | 2/20/2021 |
| | 37 | 146.8 | **149** | Kelly Brant | 9/7/2019 |
| | 35 | 148.2 | **149** | Andrea Fox | 3/10/2018 |
| | 35 | 148 | **140** | Desiree Savarese | 1/21/2017 |
| | 39 | 144.8 | **138** | Amy Daugherty | 5/22/2021 |
| **75kg/165.2lbs** | | | | | |
| | 39 | 164.4 | **237** | **Reyhan Roybal** | 4/20/2018 |
| | 35 | 157 | **170** | Jessica Loden | 2/10/2024 |
| | 36 | 165.1 | **165** | Jennifer Broome | 10/27/2018 |
| | 37 | 162.3 | **154** | Lauren White | 11/19/2022 |
| | 35 | 163.8 | **149** | Vanessa Westbrook | 7/10/2021 |
| | 35 | 154.8 | **138** | LaDetra Cole | 3/5/2022 |
| | 39 | 165 | **88** | Amber Jenkins | 6/9/2018 |
| **82.5kg/181.7lbs** | | | | | |
| | 38 | 175 | **182** | **Lay Kaahu** | 8/12/2017 |
| | 38 | 181 | **165** | Natalie Mayfield | 11/19/2016 |
| | 39 | 170 | **160** | Ivana Smith | 7/10/2021 |
| | 36 | 181 | **154** | Kelley Spohrer | 8/12/2017 |
| | 37 | 173.1 | **149** | Vanessa Westbrook | 6/25/2022 |
| | 38 | 168 | **143** | Katie McMinn | 1/22/2022 |
| | 39 | 174.4 | **132** | Pamela Buskirk | 7/24/2021 |
| | 36 | 174.6 | **94** | Lydia Braspenning | 6/9/2024 |
| | 38 | 181.6 | **94** | Amber Jenkins | 6/10/2017 |
| **90kg/198.2lbs** | | | | | |
| | 37 | 198 | **248** | **Linsey Eudy** | 10/21/2023 |
| | 35 | 197.5 | **127** | Valerie Ryan | 12/17/2022 |
| **100kg/220.25lbs** | | | | | |
| | 37 | 211.4 | **154** | **Trisha Crisman** | 8/25/2018 |
| | 37 | 213.8 | **154** | Brett Sexton | 10/12/2019 |
| | 35 | 216.3 | **149** | Crystal Prather | 6/17/2023 |
| **110kg/242.5lbs** | | | | | |
| | 37 | 236.5 | **154** | **Naimah Abdullah** | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | |
| | 38 | 253.5 | **215** | **Allison Busby** | 10/21/2023 |
| | 39 | 268.8 | **160** | Katy Silvers | 12/19/2020 |
| | 36 | 263.7 | **127** | Beth Mockbee | 4/16/2022 |

## 365 STRONG WORLD RANKINGS
### DEADLIFT - RAW
### Female - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **56kg/123.5lbs** | | | | | |
| | 36 | 123 | **248** | **Sally Lloyd** | 6/10/2017 |
| **60kg/132.2lbs** | | | | | |
| | 36 | 129.4 | **253** | **Cara Jo** | 10/21/2023 |
| **67.5kg/148.7lbs** | | | | | |
| | 36 | 139.4 | **336** | **LaDetra Cole** | 10/29/2022 |
| | 35 | 148.2 | **319** | Andrea Fox | 3/10/2018 |
| | 38 | 141.4 | **309** | Kelian Hagerty | 4/22/2017 |
| | 39 | 144.8 | **303** | Amy Daugherty | 5/22/2021 |
| | 37 | 146.8 | **303** | Kelly Brant | 9/7/2019 |
| | 35 | 148.4 | **303** | Jessica Loden | 5/18/2024 |
| | 35 | 148 | **290** | Desiree Savarese | 1/21/2017 |
| | 37 | 144 | **281** | Lorena Fernandez | 9/18/2021 |
| | 37 | 146.1 | **275** | Vanessa Westbrook | 12/17/2022 |
| **75kg/165.2lbs** | | | | | |
| | 35 | 154.8 | **380** | **LaDetra Cole** | 3/5/2022 |
| | 37 | 162.3 | **369** | Lauren White | 11/19/2022 |
| | 39 | 163.6 | **342** | Reyhan Roybal | 7/15/2017 |
| | 35 | 157 | **297** | Jessica Loden | 2/10/2024 |
| | 39 | 165 | **232** | Amber Jenkins | 6/9/2018 |
| **82.5kg/181.7lbs** | | | | | |
| | 38 | 175 | **419** | **Lay Kaahu** | 8/12/2017 |
| | 37 | 173.1 | **325** | Vanessa Westbrook | 6/25/2022 |
| | 39 | 178.2 | **286** | Pamela Buskirk | 3/5/2022 |
| | 38 | 168 | **281** | Katie McMinn | 1/22/2022 |
| | 39 | 170 | **253** | Ivana Smith | 7/10/2021 |
| | 36 | 174.6 | **237** | Lydia Braspenning | 6/9/2024 |
| **90kg/198.2lbs** | | | | | |
| | 35 | 197.5 | **314** | **Valerie Ryan** | 12/17/2022 |
| **100kg/220.25lbs** | | | | | |
| | 35 | 216.3 | **364** | **Crystal Prather** | 6/17/2023 |
| **110kg/242.5lbs** | | | | | |
| | 37 | 236.5 | **253** | **Naimah Abdullah** | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | |
| | 38 | 253.5 | **375** | **Allison Busby** | 10/21/2023 |

## 365 STRONG WORLD RANKINGS
### TOTAL - RAW
### Female - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **56kg/123.5lbs** | | | | | |
| | 36 | 123 | **524** | **Sally Lloyd** | 6/10/2017 |
| **60kg/132.2lbs** | | | | | |
| | 36 | 129.4 | **551** | **Cara Jo** | 10/21/2023 |
| **67.5kg/148.7lbs** | | | | | |
| | 35 | 148.4 | **727** | **Jessica Loden** | 5/18/2024 |
| | 39 | 144.8 | **705** | Amy Daugherty | 5/22/2021 |
| | 35 | 148.2 | **694** | Andrea Fox | 3/10/2018 |
| | 38 | 141.4 | **678** | Kelian Hagerty | 4/22/2017 |
| | 36 | 139.4 | **667** | LaDetra Cole | 10/29/2022 |
| | 37 | 144 | **667** | Lorena Fernandez | 9/18/2021 |
| | 37 | 146.8 | **667** | Kelly Brant | 9/7/2019 |
| | 35 | 148 | **655** | Desiree Savarese | 1/21/2017 |
| | 37 | 146.1 | **650** | Vanessa Westbrook | 12/17/2022 |
| **75kg/165.2lbs** | | | | | |
| | 39 | 163.6 | **821** | **Reyhan Roybal** | 7/15/2017 |
| | 37 | 162.3 | **788** | Lauren White | 11/19/2022 |
| | 35 | 154.8 | **772** | LaDetra Cole | 3/5/2022 |
| | 35 | 157 | **738** | Jessica Loden | 2/10/2024 |
| | 39 | 165 | **463** | Amber Jenkins | 6/9/2018 |
| **82.5kg/181.7lbs** | | | | | |
| | 38 | 175 | **904** | **Lay Kaahu** | 8/12/2017 |
| | 37 | 173.1 | **705** | Vanessa Westbrook | 6/25/2022 |
| | 39 | 170 | **678** | Ivana Smith | 7/10/2021 |
| | 38 | 168 | **628** | Katie McMinn | 1/22/2022 |
| | 36 | 174.6 | **479** | Lydia Braspenning | 6/9/2024 |
| **90kg/198.2lbs** | | | | | |
| | 35 | 197.5 | **628** | **Valerie Ryan** | 12/17/2022 |
| **100kg/220.25lbs** | | | | | |
| | 35 | 216.3 | **805** | **Crystal Prather** | 6/17/2023 |
| **110kg/242.5lbs** | | | | | |
| | 37 | 236.5 | **634** | **Naimah Abdullah** | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | |
| | 38 | 253.5 | **893** | **Allison Busby** | 10/21/2023 |

# FEMALE RAW CLASSIC SUB-MASTERS (35-39)

## 369 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) SQUAT
### FEMALE - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | |
| | 37 | 111.2 | **204** | **Tiffany Bellamy** | 4/22/2017 |
| **67.5kg/148.7lbs** | | | | | |
| | 36 | 147.7 | **264** | **Chelsea Bolton** | 1/21/2023 |
| | 36 | 146.5 | **231** | Krista Causey | 2/20/2021 |

## 369 STRONG WORLD RANKINGS
### RAW BENCH
### FEMALE - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | |
| | 37 | 111.2 | **99** | **Tiffany Bellamy** | 4/22/2017 |
| **67.5kg/148.7lbs** | | | | | |
| | 37 | 146.1 | **160** | **Vanessa Westbrook** | 12/17/2022 |
| | 35 | 148.4 | **160** | Jessica Loden | 5/18/2024 |
| | 38 | 141.4 | **154** | Kelian Hagerty | 4/22/2017 |
| | 37 | 144 | **149** | Lorena Fernandez | 9/18/2021 |
| | 36 | 146.5 | **149** | Krista Causey | 2/20/2021 |
| | 37 | 146.8 | **149** | Kelly Brant | 9/7/2019 |
| | 35 | 148.2 | **149** | Andrea Fox | 3/10/2018 |
| | 35 | 148 | **140** | Desiree Savarese | 1/21/2017 |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) DEADLIFT
### FEMALE - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | |
| | 37 | 111.2 | **248** | **Tiffany Bellamy** | 4/22/2017 |
| **67.5kg/148.7lbs** | | | | | |
| | 36 | 147.7 | **270** | **Chelsea Bolton** | 1/21/2023 |
| | 36 | 146.5 | **264** | Krista Causey | 2/20/2021 |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) TOTAL
### FEMALE - Sub-Masters

| | | | | | |
|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | |
| | 37 | 111.2 | **551** | **Tiffany Bellamy** | 4/22/2017 |
| **67.5kg/148.7lbs** | | | | | |
| | 36 | 147.7 | **661** | **Chelsea Bolton** | 1/21/2023 |
| | 36 | 146.5 | **644** | Krista Causey | 2/20/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 39 | 164.4 | **358** | **Reyhan Roybal** | 4/20/2018 |
| | | 36 | 165.1 | **276** | Jennifer Broome | 10/27/2018 |
| | | 35 | 163.8 | **231** | Vanessa Westbrook | 7/10/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 36 | 181 | **369** | **Kelley Spohrer** | 8/12/2017 |
| | | 38 | 181 | **309** | Natalie Mayfield | 11/19/2016 |
| | | 38 | 181.6 | **132** | Amber Jenkins | 6/10/2017 |
| **90kg/198.2lbs** | | | | | | |
| | | 35 | 194.2 | **198** | **Alexandra Rasmussen** | **9/16/2023** |
| **100kg/220.25lbs** | | | | | | |
| | | 36 | 216.2 | **320** | **Crystal Prather** | 3/1/2024 |
| | | 37 | 211.4 | **303** | Trisha Crisman | 8/25/2018 |
| | | 37 | 213.8 | **253** | Brett Sexton | 10/12/2019 |
| **110kg/242.5lbs** | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| | | 39 | 268.8 | **309** | **Katy Silvers** | 12/19/2020 |
| | | 36 | 282.2 | **270** | Beth Mockbee | 1/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 39 | 144.8 | **138** | Amy Daugherty | 5/22/2021 |
| | | 38 | 146 | **132** | Angie Peck | 6/10/2017 |
| **75kg/165.2lbs** | | | | | | |
| | | 39 | 164.4 | **237** | **Reyhan Roybal** | 4/20/2018 |
| | | 35 | 157 | **170** | Jessica Loden | 2/10/2024 |
| | | 36 | 165.1 | **165** | Jennifer Broome | 10/27/2018 |
| | | 37 | 162.3 | **154** | Lauren White | 11/19/2022 |
| | | 35 | 163.8 | **149** | Vanessa Westbrook | 7/10/2021 |
| | | 35 | 154.8 | **138** | LaDetra Cole | 3/5/2022 |
| | | 39 | 165 | **88** | Amber Jenkins | 6/9/2018 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 38 | 175 | **182** | **Lay Kaahu** | 8/12/2017 |
| | | 38 | 181 | **165** | Natalie Mayfield | 11/19/2016 |
| | | 39 | 170 | **160** | Ivana Smith | 7/10/2021 |
| | | 36 | 181 | **154** | Kelley Spohrer | 8/12/2017 |
| | | 37 | 173.1 | **149** | Vanessa Westbrook | 6/25/2022 |
| | | 38 | 168 | **143** | Katie McMinn | 1/22/2022 |
| | | 39 | 174.4 | **132** | Pamela Buskirk | 7/24/2021 |
| | | 36 | 174.6 | **94** | Lydia Braspenning | 6/9/2024 |
| | | 38 | 181.6 | **94** | Amber Jenkins | 6/10/2017 |
| **90kg/198.2lbs** | | | | | | |
| | | 37 | 198 | **248** | **Linsey Eudy** | 10/21/2023 |
| | | 35 | 194.2 | **110** | Alexandra Rasmussen | 9/16/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 36 | 216.2 | **160** | **Crystal Prather** | 3/1/2024 |
| | | 37 | 211.4 | **154** | Trisha Crisman | 8/25/2018 |
| | | 37 | 213.8 | **154** | Brett Sexton | 10/12/2019 |
| **110kg/242.5lbs** | | | | | | |
| | | 37 | 236.5 | **154** | **Naimah Abdullah** | 6/5/2021 |
| **110+kg/242.6+lbs** | | | | | | |
| | | 38 | 253.5 | **215** | **Allison Busby** | 10/21/2023 |
| | | 39 | 268.8 | **160** | Katy Silvers | 12/19/2020 |
| | | 36 | 282.2 | **154** | Beth Mockbee | 1/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 39 | 164.4 | **408** | **Reyhan Roybal** | 4/20/2018 |
| | | 36 | 165.1 | **347** | Jennifer Broome | 10/27/2018 |
| | | 35 | 163.8 | **314** | Vanessa Westbrook | 7/10/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 36 | 181 | **419** | **Kelley Spohrer** | 8/12/2017 |
| | | 38 | 181 | **347** | Natalie Mayfield | 11/19/2016 |
| | | 38 | 181.6 | **215** | Amber Jenkins | 6/10/2017 |
| **90kg/198.2lbs** | | | | | | |
| | | 35 | 194.2 | **242** | **Alexandra Rasmussen** | 9/16/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 35 | 208.1 | **375** | **Crystal Prather** | 3/18/2023 |
| | | 37 | 213.8 | **342** | Brett Sexton | 10/12/2019 |
| | | 37 | 211.4 | **314** | Trisha Crisman | 8/25/2018 |
| **110kg/242.5lbs** | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| | | 39 | 268.8 | **347** | **Katy Silvers** | 12/19/2020 |
| | | 36 | 282.2 | **303** | Beth Mockbee | 1/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | 39 | 164.4 | **1003** | **Reyhan Roybal** | 4/20/2018 |
| | | 36 | 165.1 | **788** | Jennifer Broome | 10/27/2018 |
| | | 35 | 163.8 | **694** | Vanessa Westbrook | 7/10/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| | | 36 | 181 | **942** | **Kelley Spohrer** | 8/12/2017 |
| | | 38 | 181 | **821** | Natalie Mayfield | 11/19/2016 |
| | | 38 | 181.6 | **441** | Amber Jenkins | 6/10/2017 |
| **90kg/198.2lbs** | | | | | | |
| | | 35 | 194.2 | **551** | **Alexandra Rasmussen** | 9/16/2023 |
| **100kg/220.25lbs** | | | | | | |
| | | 36 | 216.2 | **850** | **Crystal Prather** | 3/1/2024 |
| | | 37 | 211.4 | **771** | Trisha Crisman | 8/25/2018 |
| | | 37 | 213.8 | **749** | Brett Sexton | 10/12/2019 |
| **110kg/242.5lbs** | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| | | 39 | 268.8 | **816** | **Katy Silvers** | 12/19/2020 |
| | | 36 | 282.2 | **727** | Beth Mockbee | 1/21/2023 |

# FEMALE MASTERS (Gear Listed)

## 365 STRONG WORLD RANKINGS
### SQUAT - EQUIPMENT NOTED
### Female - Masters

| Weight Clas | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| **RC** | 45-49 | 46 | 111.8 | **264** | **Missy Taylor** | 4/23/2022 |
| **R** | 45-49 | 46 | 112.2 | **259** | **Missy Taylor** | 7/24/2021 |
| **R** | 70-74 | 73 | 106.3 | **154** | **Linda Costello** | 4/23/2022 |
| **R** | 60-64 | 62 | 108.2 | **149** | **Sue Ann Hurlbert** | 10/21/2023 |
| **R** | 65-69 | 65 | 107.4 | **143** | **Pam Fisher** | 5/18/2024 |
| **R** | 55-59 | 59 | 108.9 | **105** | **Sue Ann Hurlbert** | 10/17/2020 |
| **56kg/123.5lbs** | | | | | | |
| **SP** | 40-44 | 40 | 122 | **265** | **Dawn Bogart** | 4/22/2017 |
| **R** | 45-49 | 46 | 117.3 | **265** | **Missy Taylor** | 10/16/2021 |
| **RC** | 40-44 | 44 | 118 | **253** | **Tiffany Stone** | 12/9/2023 |
| **R** | 50-54 | 54 | 119.6 | **182** | **Lisa Baker** | 12/19/2020 |
| **R** | 55-59 | 56 | 118.6 | **176** | **Dawn Williams** | 7/24/2021 |
| **RC** | 45-49 | 46 | 118.9 | **160** | **Kathy Wilson** | 12/8/2018 |
| **60kg/132.2lbs** | | | | | | |
| **SP** | 40-44 | 43 | 131.9 | **331** | **Dawn Bogart** | 4/22/2017 |
| **SP** | 50-54 | 54 | 132 | **331** | **Priscilla Pardue** | 4/20/2018 |
| **RC** | 50-54 | 53 | 132.2 | **308** | **Priscilla Pardue** | 10/28/2017 |
| **R** | 40-44 | 42 | 130 | **300** | **Dawn Bogart** | 7/9/2016 |
| **RC** | 45-49 | 47 | 131.4 | **105** | **Angie Terry** | 10/29/2016 |
| **67.5kg/148.7lbs** | | | | | | |
| **MP** | 45-49 | 47 | 143.7 | **518** | **Melissa Smith** | 12/18/2021 |
| **R** | 40-44 | 43 | 147.5 | **359** | **Emily Lilly** | 5/6/2023 |

## 365 STRONG WORLD RANKINGS
### BENCH - EQUIPMENT NOTED
### Female - Masters

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| **R** | 45-49 | 46 | 111.8 | **182** | **Missy Taylor** | 4/23/2022 |
| **R** | 45-49 | 46 | 112.2 | **160** | **Missy Taylor** | 7/24/2021 |
| **R** | 60-64 | 63 | 111.1 | **108** | **Sue Ann Hurlbert** | 2/10/2024 |
| **R** | 70-74 | 73 | 106.3 | **83** | **Linda Costello** | 4/23/2022 |
| **R** | 65-69 | 65 | 107.4 | **83** | **Pam Fisher** | 5/18/2024 |
| **R** | 55-59 | 59 | 108.9 | **83** | **Sue Ann Hurlbert** | 10/17/2020 |
| **56kg/123.5lbs** | | | | | | |
| **R** | 45-49 | 46 | 117.3 | **176** | **Missy Taylor** | 10/16/2021 |
| **SP** | 40-44 | 40 | 122 | **175** | **Dawn Bogart** | 4/22/2017 |
| **R** | 40-44 | 44 | 118 | **127** | **Tiffany Stone** | 12/9/2023 |
| **R** | 55-59 | 56 | 118.6 | **116** | **Dawn Williams** | 7/24/2021 |
| **R** | 50-54 | 54 | 119.6 | **94** | **Lisa Baker** | 12/19/2020 |
| **R** | 45-49 | 46 | 118.9 | **88** | Kathy Wilson | 12/8/2018 |
| **R** | 60-64 | 62 | 123 | **66** | **Nina Snipes** | 10/21/2023 |
| **60kg/132.2lbs** | | | | | | |
| **SP** | 40-44 | 43 | 131.9 | **226** | **Dawn Bogart** | 4/22/2017 |
| **R** | 40-44 | 42 | 130 | **205** | **Dawn Bogart** | 7/9/2016 |
| **R** | 55-59 | 57 | 131.3 | **185** | **Jami Bozzuto** | 10/2/2022 |
| **R** | 45-49 | 47 | 127.2 | **180** | **Bela Ghosh** | 6/11/2016 |
| **SP** | 50-54 | 54 | 132 | **165** | **Priscilla Pardue** | 4/20/2018 |
| **R** | 50-54 | 53 | 132.2 | **143** | **Priscilla Pardue** | 10/28/2017 |
| **MP** | 55-59 | 59 | 129.6 | **132** | **JoJo Brasseaux** | 10/21/2023 |
| **R** | 60-64 | 61 | 125 | **72** | **Nina Snipes** | 5/27/2023 |
| **R** | 45-49 | 47 | 131.4 | **45** | Angie Terry | 10/29/2016 |
| **67.5kg/148.7lbs** | | | | | | |
| **MP** | 45-49 | 47 | 141.3 | **275** | **Melissa Smith** | 4/23/2022 |
| **R** | 40-44 | 43 | 147.1 | **231** | **Emily Lilly** | 3/4/2023 |

## 365 STRONG WORLD RANKINGS
### DEADLIFT - EQUIPMENT NOTED
### Female - Masters

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| **RC** | 45-49 | 46 | 111.8 | **292** | **Missy Taylor** | 4/23/2022 |
| **R** | 45-49 | 46 | 112.2 | **275** | **Missy Taylor** | 7/24/2021 |
| **R** | 65-69 | 65 | 107.4 | **242** | **Pam Fisher** | 5/18/2024 |
| **R** | 60-64 | 62 | 110.7 | **224** | **Sue Ann Hurlbert** | 7/22/2023 |
| **R** | 70-74 | 73 | 106.3 | **220** | **Linda Costello** | 4/23/2022 |
| **R** | 55-59 | 59 | 108.9 | **176** | **Sue Ann Hurlbert** | 10/17/2020 |
| **56kg/123.5lbs** | | | | | | |
| **R** | 45-49 | 47 | 119.5 | **314** | **Missy Taylor** | 10/22/2022 |
| **RC** | 40-44 | 44 | 118 | **309** | **Tiffany Stone** | 12/9/2023 |
| **SP** | 40-44 | 40 | 122 | **295** | **Dawn Bogart** | 4/22/2017 |
| **R** | 50-54 | 54 | 119.6 | **237** | **Lisa Baker** | 12/19/2020 |
| **R** | 55-59 | 56 | 118.6 | **226** | **Dawn Williams** | 7/24/2021 |
| **RC** | 45-49 | 46 | 118.9 | **187** | **Kathy Wilson** | 12/8/2018 |
| **60kg/132.2lbs** | | | | | | |
| **SP** | 40-44 | 43 | 131.9 | **402** | **Dawn Bogart** | 4/22/2017 |
| **R** | 40-44 | 42 | 130 | **350** | **Dawn Bogart** | 7/9/2016 |
| **R** | 55-59 | 57 | 131.3 | **325** | **Jami Bozzuto** | 10/2/2022 |
| **R** | 45-49 | 47 | 127.2 | **315** | **Bela Ghosh** | 6/11/2016 |
| **SP** | 50-54 | 54 | 132 | **265** | **Priscilla Pardue** | 4/20/2018 |
| **RC** | 50-54 | 53 | 132.2 | **259** | **Priscilla Pardue** | 10/28/2017 |
| **RC** | 45-49 | 47 | 131.4 | **155** | Angie Terry | 10/29/2016 |
| **67.5kg/148.7lbs** | | | | | | |
| **R** | 40-44 | 43 | 147.5 | **369** | **Emily Lilly** | 5/6/2023 |
| **MP** | 45-49 | 47 | 143.7 | **358** | **Melissa Smith** | 12/18/2021 |

## 365 STRONG WORLD RANKINGS
### TOTAL - EQUIPMENT NOTED
### Female - Masters

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **52kg/114.5lbs** | | | | | | |
| **RC** | 45-49 | 46 | 111.8 | **738** | **Missy Taylor** | 4/23/2022 |
| **R** | 45-49 | 46 | 112.2 | **694** | **Missy Taylor** | 7/24/2021 |
| **R** | 60-64 | 63 | 111.1 | **472** | **Sue Ann Hurlbert** | 2/10/2024 |
| **R** | 65-69 | 65 | 107.4 | **463** | **Pam Fisher** | 5/18/2024 |
| **R** | 70-74 | 73 | 106.3 | **457** | **Linda Costello** | 4/23/2022 |
| **R** | 55-59 | 59 | 108.9 | **364** | **Sue Ann Hurlbert** | 10/17/2020 |
| **56kg/123.5lbs** | | | | | | |
| **SP** | 40-44 | 40 | 122 | **735** | **Dawn Bogart** | 4/22/2017 |
| **R** | 45-49 | 46 | 117.3 | **733** | **Missy Taylor** | 10/16/2021 |
| **RC** | 40-44 | 44 | 118 | **689** | **Tiffany Stone** | 12/9/2023 |
| **R** | 55-59 | 56 | 118.6 | **518** | **Dawn Williams** | 7/24/2021 |
| **R** | 50-54 | 54 | 119.6 | **512** | **Lisa Baker** | 12/19/2020 |
| **RC** | 45-49 | 46 | 118.9 | **435** | **Kathy Wilson** | 12/8/2018 |
| **60kg/132.2lbs** | | | | | | |
| **SP** | 40-44 | 43 | 131.9 | **959** | **Dawn Bogart** | 4/22/2017 |
| **R** | 40-44 | 42 | 130 | **855** | **Dawn Bogart** | 7/9/2016 |
| **SP** | 50-54 | 54 | 132 | **761** | **Priscilla Pardue** | 4/20/2018 |
| **RC** | 50-54 | 53 | 132.2 | **711** | **Priscilla Pardue** | 10/28/2017 |
| **R** | 55-59 | 57 | 131.3 | **510** | **Jami Bozzuto** | 10/2/2022 |
| **R** | 45-49 | 47 | 127.2 | **495** | **Bela Ghosh** | 6/11/2016 |
| **RC** | 45-49 | 47 | 131.4 | **305** | Angie Terry | 10/29/2016 |
| **67.5kg/148.7lbs** | | | | | | |
| **MP** | 45-49 | 47 | 143.7 | **1146** | **Melissa Smith** | 12/18/2021 |
| **R** | 40-44 | 43 | 147.5 | **955** | **Emily Lilly** | 5/6/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| SP | 55-59 | 55 | 142.5 | 303 | Priscilla Pardue | 5/11/2019 |
| R | 40-44 | 41 | 143.3 | 292 | Mona Hope | 1/20/2024 |
| RC | 40-44 | 40 | 137.8 | 281 | Alexandra Gray | 4/15/2023 |
| R | 50-54 | 53 | 139.1 | 270 | Yvette Bushard | 10/16/2021 |
| RC | 50-54 | 52 | 145.4 | 265 | Priscilla Pardue | 10/29/2016 |
| R | 55-59 | 55 | 139.8 | 253 | Yvette Bushard | 5/6/2023 |
| R | 45-49 | 45 | 140 | 237 | Gina Casper | 5/27/2023 |
| R | 50-54 | 53 | 147.9 | 220 | Sonja Drury | 10/21/2023 |
| R | 40-44 | 41 | 139.9 | 182 | Ilona Eichhorn | 6/9/2024 |
| R | 40-44 | 43 | 146.5 | 176 | Jennifer Rush | 12/19/2020 |
| R | 40-44 | 40 | 140.4 | 149 | Misty Bruce | 1/22/2022 |
| | | | | | | |
| 75kg/165.2lbs | | | | | | |
| R | 40-44 | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| SP | 55-59 | 56 | 154.1 | 358 | Candice Maness | 10/27/2018 |
| R | 45-49 | 48 | 164.6 | 314 | Bonnie Mosley | 10/17/2020 |
| R | 40-44 | 41 | 164.8 | 270 | Tara Peele | 10/27/2018 |
| R | 40-44 | 41 | 158.1 | 248 | Jennifer Edwards | 10/21/2023 |
| RC | 50-54 | 54 | 160.6 | 243 | Candice Maness | 4/22/2017 |
| R | 50-54 | 53 | 163.8 | 243 | Kelly Padget | 5/6/2023 |
| R | 55-59 | 59 | 159.2 | 226 | Dawn O'Donnell | 4/23/2022 |
| R | 40-44 | 40 | 160.1 | 226 | Cindy Thompson | 7/22/2023 |
| R | 50-54 | 51 | 165.1 | 220 | Hadewij Slootweg | 6/9/2024 |
| R | 40-44 | 44 | 154.1 | 215 | Jennifer May | 5/27/2023 |
| R | 45-49 | 49 | 165 | 195 | Tina Bush | 4/9/2016 |
| R | 45-49 | 46 | 158.6 | 176 | Melissa Lovelett | 4/1/2023 |
| R | 60-64 | 60 | 162.9 | 132 | Crystal Rhoades | 10/21/2023 |
| | | | | | | |
| 82.5kg/181.7lbs | | | | | | |
| R | 45-49 | 45 | 166.9 | 402 | Emily Lilly | 6/29/2024 |
| R | 45-49 | 45 | 178.6 | 308 | Crystal McCullough | 1/22/2022 |
| RC | 55-59 | 56 | 175.6 | 281 | Cindy Meeker | 10/27/2018 |
| R | 45-49 | 49 | 179.3 | 275 | Janelle Campbell | 5/11/2019 |
| R | 45-59 | 49 | 177.2 | 265 | Jennifer Carter | 9/16/2023 |
| R | 50-54 | 51 | 181 | 265 | Sujata Bhakat | 4/20/2018 |
| RC | 45-49 | 45 | 177.7 | 237 | Heather Streible | 10/22/2022 |
| R | 55-59 | 59 | 166.9 | 231 | Dawn O'Donnell | 10/22/2022 |
| R | 45-49 | 48 | 172.6 | 231 | Amy Kivett | 6/19/2021 |
| R | 40-44 | 43 | 176.8 | 226 | Erin Newman | 5/18/2024 |
| R | 55-59 | 59 | 174.4 | 209 | Carolyn Beck | 6/19/2021 |
| RC | 55-59 | 57 | 177.3 | 187 | Shelly Moore | 6/5/2021 |
| RC | 55-59 | 58 | 175.9 | 165 | Cathy Cranford | 11/9/2019 |
| R | 55-59 | 58 | 180 | 165 | Cathy Cranford | 5/11/2019 |
| | | | | | | |
| 90kg/198.2lbs | | | | | | |
| R | 40-44 | 44 | 197.8 | 320 | Carla Akers | 4/20/2018 |
| RC | 45-49 | 46 | 190.9 | 292 | Heather Streible | 6/17/2023 |
| RC | 40-44 | 44 | 184.7 | 260 | Tricia Emrich | 7/9/2016 |
| R | 45-49 | 48 | 194.7 | 259 | Mandy Self-Sparrow | 2/10/2024 |
| RC | 45-49 | 45 | 194.9 | 226 | Kelly Jeffries | 2/25/2023 |
| R | 55-59 | 56 | 183.2 | 190 | Cathy Cranford | 10/29/2016 |
| | | | | | | |
| 100kg/220.25lbs | | | | | | |
| RC | 40-44 | 44 | 209.4 | 424 | Anika Harper | 4/13/2024 |
| RC | 45-49 | 46 | 212.8 | 275 | Heather Streible | 3/1/2024 |
| R | 45-49 | 47 | 214.3 | 264 | Barbara VanVliet | 11/11/2023 |
| R | 40-44 | 42 | 201.6 | 220 | Christy Owens | 12/18/2021 |
| RC | 45-49 | 46 | 205.5 | 209 | Renee Turner | 3/18/2023 |
| RC | 40-44 | 42 | 209.2 | 187 | Christina Lauffer | 6/19/2021 |
| R | 40-44 | 41 | 204.2 | 154 | Tiffany Meadows | 6/17/2023 |
| | | | | | | |
| 110kg/242.5lbs | | | | | | |
| RC | 40-44 | 42 | 240.3 | 408 | Katy Silvers | 7/22/2023 |
| RC | 50-54 | 50 | 240 | 340 | Ylander Ross | 1/21/2017 |
| R | 40-44 | 44 | 229.3 | 325 | Kimberly Dorton | 10/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| SP | 55-59 | 55 | 142.5 | 176 | Priscilla Pardue | 5/11/2019 |
| R | 45-49 | 48 | 145.3 | 165 | Aiysha Hayes | 1/22/2022 |
| R | 50-54 | 53 | 139.1 | 160 | Yvette Bushard | 10/16/2021 |
| R | 40-44 | 40 | 137.8 | 154 | Alexandra Gray | 4/15/2023 |
| R | 45-49 | 45 | 140 | 149 | Gina Casper | 5/27/2023 |
| R | 55-59 | 55 | 139.8 | 143 | Yvette Bushard | 5/6/2023 |
| R | 40-44 | 40 | 140.4 | 138 | Misty Bruce | 1/22/2022 |
| R | 50-54 | 53 | 144.2 | 132 | Priscilla Pardue | 4/22/2017 |
| R | 40-44 | 41 | 143.3 | 121 | Mona Hope | 1/20/2024 |
| R | 40-44 | 41 | 139.9 | 116 | Ilona Eichhorn | 6/9/2024 |
| R | 50-54 | 53 | 147.9 | 116 | Sonja Drury | 10/21/2023 |
| | | | | | | |
| 75kg/165.2lbs | | | | | | |
| SP | 55-59 | 56 | 154.1 | 270 | Candice Maness | 10/27/2018 |
| R | 40-44 | 44 | 159 | 242 | Emily Lilly | 10/21/2023 |
| SP | 60-64 | 61 | 164.5 | 209 | Cindy Meeker | 4/23/2022 |
| R | 50-54 | 52 | 162.3 | 187 | Tammy Deloatch | 11/9/2019 |
| R | 55-59 | 57 | 165.2 | 178 | Cherie Goldsmith | 4/1/2023 |
| R | 45-49 | 48 | 164.6 | 171 | Bonnie Mosley | 10/17/2020 |
| R | 55-59 | 57 | 154.3 | 160 | Paige Hitt | 4/23/2022 |
| R | 40-44 | 40 | 160.1 | 160 | Cindy Thompson | 7/22/2023 |
| R | 40-44 | 41 | 164.8 | 160 | Tara Peele | 10/27/2018 |
| R | 40-44 | 41 | 158.1 | 154 | Jennifer Edwards | 10/21/2023 |
| R | 50-54 | 52 | 163 | 138 | Kelly Padget | 9/17/2022 |
| R | 55-59 | 59 | 159.2 | 132 | Dawn O'Donnell | 4/23/2022 |
| R | 40-44 | 44 | 154.1 | 121 | Jennifer May | 5/27/2023 |
| R | 50-54 | 51 | 165.1 | 99 | Hadewij Slootweg | 6/9/2024 |
| R | 60-64 | 60 | 162.9 | 94 | Crystal Rhoades | 10/21/2023 |
| | | | | | | |
| 82.5kg/181.7lbs | | | | | | |
| SP | 40-44 | 43 | 177.3 | 253 | Christina Lauffer | 4/23/2022 |
| R | 45-49 | 45 | 166.9 | 237 | Emily Lilly | 6/29/2024 |
| SP | 60-64 | 62 | 169.1 | 215 | Cindy Meeker | 5/7/2023 |
| R | 60-64 | 63 | 179.5 | 198 | Gloria Knight-McNeil | 10/22/2022 |
| R | 55-59 | 58 | 176.8 | 182 | Cherie Goldsmith | 4/13/2024 |
| R | 45-49 | 45 | 178.6 | 176 | Crystal McCullough | 1/22/2022 |
| R | 45-49 | 49 | 177.2 | 171 | Jennifer Carter | 9/16/2023 |
| R | 45-49 | 45 | 177.7 | 165 | Heather Streible | 10/22/2022 |
| R | 45-49 | 49 | 180 | 155 | Sujata Bhakat | 6/11/2016 |
| R | 55-59 | 59 | 174.4 | 149 | Carolyn Beck | 6/19/2021 |
| R | 45-49 | 49 | 172.6 | 143 | Amy Kivett | 6/19/2021 |
| R | 45-49 | 49 | 179.3 | 143 | Janelle Campbell | 5/11/2019 |
| R | 50-54 | 51 | 181 | 143 | Sujata Bhakat | 4/20/2018 |
| R | 55-59 | 59 | 166.9 | 132 | Dawn O'Donnell | 10/22/2022 |
| R | 40-44 | 42 | 171.5 | 127 | Erin Newman | 1/20/2024 |
| R | 55-59 | 56 | 175.6 | 127 | Cindy Meeker | 10/27/2018 |
| R | 55-59 | 57 | 177.3 | 121 | Shelly Moore | 6/5/2021 |
| | | | | | | |
| 90kg/198.2lbs | | | | | | |
| SP | 40-44 | 42 | 190.9 | 237 | Anika Harper | 4/23/2022 |
| R | 40-44 | 40 | 187.2 | 193 | Mona Espinosa | 1/22/2022 |
| R | 45-49 | 45 | 194 | 187 | Heather Streible | 3/18/2023 |
| R | 40-44 | 44 | 197.8 | 187 | Carla Akers | 4/20/2018 |
| R | 40-44 | 44 | 184.7 | 150 | Tricia Emrich | 7/9/2016 |
| R | 45-49 | 45 | 194.9 | 132 | Kelly Jeffries | 2/25/2023 |
| R | 45-49 | 48 | 194.7 | 127 | Mandy Self-Sparrow | 2/10/2024 |
| R | 50-54 | 51 | 192 | 121 | Suzanne Wolfs | 6/9/2024 |
| R | 55-59 | 56 | 186.6 | 99 | Cathy Cranford | 4/22/2017 |
| R | 55-59 | 58 | 191.8 | 99 | Shelly Moore | 1/22/2022 |
| | | | | | | |
| 100kg/220.25lbs | | | | | | |
| SP | 40-44 | 43 | 215.4 | 270 | Anika Harper | 7/22/2023 |
| R | 45-49 | 46 | 212.8 | 185 | Heather Streible | 3/1/2024 |
| R | 45-49 | 46 | 205.5 | 154 | Renee Turner | 3/18/2023 |
| R | 40-44 | 42 | 214.5 | 149 | Christy Owens | 4/23/2022 |
| R | 40-44 | 44 | 209.4 | 143 | Anika Harper | 4/13/2024 |
| R | 50-54 | 54 | 215.8 | 143 | Janet Martin | 10/21/2023 |
| R | 55-59 | 55 | 217.6 | 135 | Janet Martin | 3/1/2024 |
| R | 40-44 | 42 | 209.2 | 132 | Christina Lauffer | 6/19/2021 |
| R | 45-49 | 47 | 214.3 | 105 | Barbara VanVliet | 11/11/2023 |
| R | 40-44 | 41 | 204.2 | 72 | Tiffany Meadows | 6/17/2023 |
| | | | | | | |
| 110kg/242.5lbs | | | | | | |
| R | 50-54 | 50 | 240 | 215 | Ylander Ross | 1/21/2017 |
| R | 40-44 | 42 | 241.2 | 193 | Katy Silvers | 4/13/2024 |
| R | 40-44 | 44 | 229.3 | 154 | Kimberly Dorton | 10/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| R | 40-44 | 41 | 143.3 | 320 | Mona Hope | 1/20/2024 |
| RC | 40-44 | 40 | 137.8 | 309 | Alexandra Gray | 4/15/2023 |
| R | 45-49 | 45 | 140 | 303 | Gina Casper | 5/27/2023 |
| R | 55-59 | 55 | 139.8 | 292 | Yvette Bushard | 5/6/2023 |
| R | 45-49 | 48 | 145.3 | 292 | Aiysha Hayes | 10/16/2021 |
| R | 50-54 | 53 | 139.1 | 281 | Yvette Bushard | 10/16/2021 |
| SP | 55-59 | 55 | 142.5 | 281 | Priscilla Pardue | 5/11/2019 |
| R | 50-54 | 51 | 138.2 | 259 | Sue Welker | 6/10/2017 |
| R | 50-54 | 53 | 144.2 | 253 | Priscilla Pardue | 4/22/2017 |
| R | 40-44 | 41 | 139.9 | 248 | Ilona Eichhorn | 6/9/2024 |
| R | 50-54 | 53 | 147.9 | 231 | Sonja Drury | 7/22/2023 |
| | | | | | | |
| 75kg/165.2lbs | | | | | | |
| R | 40-44 | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| R | 40-44 | 41 | 164.8 | 347 | Tara Peele | 10/27/2018 |
| R | 45-49 | 48 | 164.6 | 331 | Bonnie Mosley | 10/17/2020 |
| R | 55-59 | 59 | 159.2 | 314 | Dawn O'Donnell | 4/23/2022 |
| R | 50-54 | 51 | 165.1 | 308 | Hadewij Slootweg | 6/9/2024 |
| R | 50-54 | 53 | 163.8 | 292 | Kelly Padget | 5/6/2023 |
| R | 60-64 | 61 | 164.5 | 284 | Cindy Meeker | 4/23/2022 |
| SP | 55-59 | 56 | 154.1 | 281 | Candice Maness | 10/27/2018 |
| R | 45-49 | 49 | 165 | 280 | Tina Bush | 4/9/2016 |
| R | 40-44 | 44 | 154.1 | 275 | Jennifer May | 5/27/2023 |
| R | 55-59 | 57 | 154.3 | 270 | Paige Hitt | 4/23/2022 |
| RC | 50-54 | 54 | 160.6 | 253 | Candice Maness | 4/22/2017 |
| R | 40-44 | 41 | 158.1 | 248 | Jennifer Edwards | 10/21/2023 |
| R | 45-49 | 46 | 158.6 | 237 | Melissa Lovelett | 4/1/2023 |
| R | 60-64 | 60 | 162.9 | 165 | Crystal Rhoades | 10/21/2023 |
| | | | | | | |
| 82.5kg/181.7lbs | | | | | | |
| R | 45-49 | 45 | 166.9 | 386 | Emily Lilly | 6/29/2024 |
| R | 45-49 | 45 | 178.6 | 353 | Crystal McCullough | 1/22/2022 |
| R | 55-59 | 59 | 166.9 | 331 | Dawn O'Donnell | 10/22/2022 |
| RC | 55-59 | 56 | 175.6 | 320 | Cindy Meeker | 10/27/2018 |
| R | 45-49 | 49 | 177.2 | 320 | Jennifer Carter | 9/16/2023 |
| RC | 45-49 | 45 | 177.7 | 320 | Heather Streible | 10/22/2022 |
| SP | 40-44 | 43 | 177.3 | 309 | Christina Lauffer | 4/23/2022 |
| R | 40-44 | 43 | 176.8 | 297 | Erin Newman | 5/18/2024 |
| R | 45-49 | 48 | 172.6 | 292 | Amy Kivett | 6/19/2021 |
| R | 50-54 | 51 | 181 | 292 | Sujata Bhakat | 4/20/2018 |
| R | 45-49 | 49 | 179.3 | 286 | Janelle Campbell | 5/11/2019 |
| R | 45-49 | 49 | 180 | 275 | Sujata Bhakat | 6/11/2016 |
| R | 45-49 | 48 | 173.6 | 253 | Marjolein Maijer | 6/9/2024 |
| R | 55-59 | 59 | 174.4 | 248 | Carolyn Beck | 6/19/2021 |
| R | 55-59 | 58 | 180 | 248 | Cathy Cranford | 5/11/2019 |
| R | 55-59 | 59 | 169.1 | 243 | Nelda Newton | 10/16/2021 |
| RC | 55-59 | 57 | 177.3 | 237 | Shelly Moore | 6/5/2021 |
| R | 50-54 | 52 | 170.3 | 231 | Marlies Bakker | 6/9/2024 |
| | | | | | | |
| 90kg/198.2lbs | | | | | | |
| RC | 45-49 | 45 | 194 | 353 | Heather Streible | 3/18/2023 |
| R | 40-44 | 42 | 190.9 | 336 | Anika Harper | 4/23/2022 |
| R | 40-44 | 44 | 197.8 | 331 | Carla Akers | 4/20/2018 |
| R | 45-49 | 48 | 194.7 | 286 | Mandy Self-Sparrow | 2/10/2024 |
| RC | 40-44 | 44 | 184.7 | 285 | Tricia Emrich | 7/9/2016 |
| R | 55-59 | 57 | 183.6 | 248 | Cathy Cranford | 4/20/2018 |
| RC | 45-49 | 45 | 194.9 | 237 | Kelly Jeffries | 2/25/2023 |
| R | 55-59 | 58 | 191.8 | 209 | Shelly Moore | 1/22/2022 |
| | | | | | | |
| 100kg/220.25lbs | | | | | | |
| SP | 40-44 | 41 | 209.7 | 369 | Anika Harper | 10/16/2021 |
| RC | 45-49 | 46 | 212.8 | 355 | Heather Streible | 3/1/2024 |
| RC | 40-44 | 43 | 214.5 | 353 | Anika Harper | 5/6/2023 |
| R | 55-59 | 55 | 217.6 | 335 | Janet Martin | 3/1/2024 |
| R | 50-54 | 54 | 215.8 | 314 | Janet Martin | 10/21/2023 |
| RC | 40-44 | 42 | 209.2 | 303 | Christina Lauffer | 6/19/2021 |
| R | 45-49 | 47 | 214.3 | 297 | Barbara VanVliet | 11/11/2023 |
| RC | 45-49 | 46 | 205.5 | 275 | Renee Turner | 3/18/2023 |
| R | 40-44 | 42 | 201.6 | 237 | Christy Owens | 12/18/2021 |
| R | 40-44 | 41 | 204.2 | 182 | Tiffany Meadows | 6/17/2023 |
| | | | | | | |
| 110kg/242.5lbs | | | | | | |
| R | 40-44 | 44 | 229.3 | 402 | Kimberly Dorton | 10/21/2023 |
| RC | 50-54 | 50 | 240 | 400 | Ylander Ross | 1/21/2017 |
| RC | 40-44 | 42 | 240.3 | 397 | Katy Silvers | 7/22/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| SP | 55-59 | 55 | 142.5 | 755 | Priscilla Pardue | 5/11/2019 |
| RC | 40-44 | 40 | 137.8 | 744 | Alexandra Gray | 4/15/2023 |
| R | 40-44 | 44 | 143.3 | 733 | Mona Hope | 1/20/2024 |
| R | 50-54 | 53 | 139.1 | 711 | Yvette Bushard | 10/16/2021 |
| R | 55-59 | 55 | 139.8 | 689 | Yvette Bushard | 5/6/2023 |
| R | 45-49 | 45 | 140 | 689 | Gina Casper | 5/27/2023 |
| RC | 50-54 | 53 | 144.2 | 645 | Priscilla Pardue | 4/22/2017 |
| R | 50-54 | 53 | 147.9 | 562 | Sonja Drury | 10/21/2023 |
| R | 40-44 | 41 | 139.9 | 546 | Ilona Eichhorn | 6/9/2024 |
| R | 40-44 | 40 | 140.4 | 496 | Misty Bruce | 1/22/2022 |
| R | 40-44 | 43 | 146.5 | 485 | Jennifer Rush | 12/19/2020 |
| | | | | | | |
| 75kg/165.2lbs | | | | | | |
| R | 40-44 | 44 | 159 | 1003 | Emily Lilly | 10/21/2023 |
| SP | 55-59 | 56 | 154.1 | 909 | Candice Maness | 10/27/2018 |
| R | 45-49 | 48 | 164.6 | 816 | Bonnie Mosley | 10/17/2020 |
| R | 40-44 | 41 | 164.8 | 777 | Tara Peele | 10/27/2018 |
| RC | 50-54 | 54 | 160.6 | 678 | Candice Maness | 4/22/2017 |
| R | 55-59 | 59 | 159.2 | 672 | Dawn O'Donnell | 4/23/2022 |
| R | 50-54 | 53 | 163.8 | 672 | Kelly Padget | 5/6/2023 |
| R | 40-44 | 44 | 158.1 | 650 | Jennifer Edwards | 10/21/2023 |
| R | 50-54 | 51 | 165.1 | 628 | Hadewij Slootweg | 6/9/2024 |
| R | 40-44 | 44 | 154.1 | 612 | Jennifer May | 5/27/2023 |
| R | 45-49 | 49 | 165 | 585 | Tina Bush | 4/9/2016 |
| R | 40-44 | 40 | 160.1 | 579 | Cindy Thompson | 7/22/2023 |
| R | 45-49 | 46 | 158.6 | 496 | Melissa Lovelett | 4/1/2023 |
| R | 40-44 | 44 | 157.6 | 408 | Melissa Judd | 6/17/2023 |
| R | 60-64 | 60 | 162.9 | 391 | Crystal Rhoades | 10/21/2023 |
| | | | | | | |
| 82.5kg/181.7lbs | | | | | | |
| R | 45-49 | 45 | 166.9 | 1025 | Emily Lilly | 6/29/2024 |
| R | 45-49 | 45 | 178.6 | 838 | Crystal McCullough | 1/22/2022 |
| R | 45-49 | 49 | 177.2 | 755 | Jennifer Carter | 9/16/2023 |
| RC | 55-59 | 56 | 175.6 | 727 | Cindy Meeker | 10/27/2018 |
| RC | 45-49 | 45 | 177.7 | 711 | Heather Streible | 10/22/2022 |
| R | 45-49 | 49 | 179.3 | 705 | Janelle Campbell | 5/11/2019 |
| R | 50-54 | 51 | 181 | 700 | Sujata Bhakat | 4/20/2018 |
| R | 55-59 | 59 | 166.9 | 694 | Dawn O'Donnell | 10/22/2022 |
| R | 45-49 | 48 | 172.6 | 667 | Amy Kivett | 6/19/2021 |
| R | 40-44 | 43 | 176.8 | 639 | Erin Newman | 5/18/2024 |
| R | 55-59 | 59 | 174.4 | 606 | Carolyn Beck | 6/19/2021 |
| RC | 55-59 | 57 | 177.3 | 545 | Shelly Moore | 6/5/2021 |
| R | 55-59 | 58 | 180 | 452 | Cathy Cranford | 5/11/2019 |
| R | 45-49 | 49 | 180 | 430 | Sujata Bhakat | 6/11/2016 |
| | | | | | | |
| 90kg/198.2lbs | | | | | | |
| R | 40-44 | 44 | 197.8 | 838 | Carla Akers | 4/20/2018 |
| RC | 45-49 | 45 | 194 | 766 | Heather Streible | 3/18/2023 |
| RC | 40-44 | 44 | 184.7 | 695 | Tricia Emrich | 7/9/2016 |
| R | 45-49 | 48 | 194.7 | 672 | Mandy Self-Sparrow | 2/10/2024 |
| RC | 45-49 | 45 | 194.9 | 595 | Kelly Jeffries | 2/25/2023 |
| R | 55-59 | 56 | 183.2 | 500 | Cathy Cranford | 10/29/2016 |
| | | | | | | |
| 100kg/220.25lbs | | | | | | |
| RC | 40-44 | 44 | 209.4 | 909 | Anika Harper | 4/13/2024 |
| RC | 45-49 | 46 | 212.8 | 830 | Heather Streible | 3/1/2024 |
| R | 45-49 | 47 | 214.3 | 667 | Barbara VanVliet | 11/11/2023 |
| RC | 45-49 | 46 | 205.5 | 634 | Renee Turner | 3/18/2023 |
| RC | 40-44 | 42 | 209.2 | 623 | Christina Lauffer | 6/19/2021 |
| R | 40-44 | 42 | 201.6 | 590 | Christy Owens | 12/18/2021 |
| R | 40-44 | 41 | 204.2 | 408 | Tiffany Meadows | 6/17/2023 |
| | | | | | | |
| 110kg/242.5lbs | | | | | | |
| RC | 40-44 | 42 | 240.3 | 987 | Katy Silvers | 7/22/2023 |
| RC | 50-54 | 50 | 240 | 955 | Ylander Ross | 1/21/2017 |
| R | 40-44 | 44 | 229.3 | 893 | Kimberly Dorton | 10/21/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| **RC** | 40-44 | 40 | 277.8 | **380** | **Katy Silvers** | 10/16/2021 |
| **R** | 40-44 | 40 | 271 | **198** | **Ann McManus** | 12/9/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| **R** | 45-49 | 48 | 240 | **132** | **Janet Martin** | 4/22/2017 |
| | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| **R** | 40-44 | 42 | 259.5 | **242** | **Hollie Sands** | 5/25/2019 |
| **R** | 40-44 | 40 | 272.2 | **226** | Andrea Willis | 6/19/2021 |
| **R** | 50-54 | 53 | 250.9 | **171** | **Janet Martin** | 10/22/2022 |
| **R** | 40-44 | 40 | 276 | **171** | Katy Silvers | 9/18/2021 |
| **R** | 40-44 | 40 | 271 | **132** | Ann McManus | 12/9/2023 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| **R** | 40-44 | 42 | 259.5 | **441** | **Hollie Sands** | 5/25/2019 |
| **RC** | 40-44 | 40 | 277.8 | **380** | **Katy Silvers** | 10/16/2021 |
| **R** | 50-54 | 53 | 250.9 | **370** | **Janet Martin** | 10/22/2022 |
| **R** | 40-44 | 40 | 272.2 | **358** | Andrea Willis | 6/19/2021 |
| **R** | 40-44 | 40 | 271 | **281** | Ann McManus | 12/9/2023 |
| **R** | 45-49 | 48 | 247 | **264** | **Janet Martin** | 7/15/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| **110+kg/242.6+lbs** | | | | | | |
| **RC** | 40-44 | 40 | 276 | **920** | **Katy Silvers** | 9/18/2021 |
| **R** | 40-44 | 42 | 259.5 | **672** | **Hollie Sands** | 5/25/2019 |
| **R** | 40-44 | 40 | 271 | **612** | Ann McManus | 12/9/2023 |
| **R** | 50-54 | 51 | 255.2 | **518** | **Janet Martin** | 10/17/2020 |

# FEMALE RAW TEENAGE

## 365 STRONG WORLD RANKINGS
### RAW (Gear Listed) SQUAT
### FEMALE TEENAGE

| Weight Clas | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | | |
| **T1** | 13-15 | 13 | 86 | **132** | **Alessandra Reis** | 1/21/2023 |
| **48kg/105.7lbs** | | | | | | |
| **Y** | 10--12 | 12 | 105.2 | **121** | **Carmen Trivette** | 10/16/2021 |
| **52kg/114.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 112.4 | **165** | **McKenna Wright** | 6/17/2023 |
| **T1** | 13-15 | 13 | 111.3 | **154** | **Carmen Trivette** | 10/22/2022 |
| **T2** | 16-17 | 16 | 108.3 | **121** | **McKenna Wright** | 3/6/2021 |
| **T1** | 13-15 | 13 | 112.8 | **116** | Makayla Van Meter | 2/20/2021 |
| **56kg/123.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 123.25 | **275** | **Becca Dison** | 3/10/2018 |
| **T3** | 18-19 | 19 | 118.4 | **242** | Olivia Pasin | 11/19/2022 |
| **T2** | 16-17 | 17 | 116.2 | **137** | **Angelina Peterson** | 10/21/2023 |
| **60kg/132.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 132 | **242** | **Claire Rosser** | 8/12/2017 |
| **T1-RC** | 13-15 | 14 | 130.7 | **237** | **Beverly Lemay** | 3/18/2023 |
| **T2** | 16-17 | 16 | 129 | **198** | **Mara Hall** | 2/20/2021 |
| **T2** | 16-17 | 17 | 128.5 | **165** | Sophia Drury | 10/21/2023 |
| **T1** | 13-15 | 14 | 129.4 | **143** | **Macy Lantz** | 10/28/2017 |
| **67.5kg/148.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 142.6 | **314** | **Hanna Young** | 8/12/2017 |
| **T1-RC** | 13-15 | 15 | 135.6 | **265** | **Beverly Lemay** | 3/1/2024 |
| **T1-RC** | 13-15 | 13 | 145.1 | **264** | Haleigh Batchelor | 11/19/2022 |
| **T2** | 16-17 | 16 | 145.3 | **231** | **Sara Hampton** | 10/21/2023 |
| **T1** | 13-15 | 15 | 146.8 | **231** | **Macy Lantz** | 4/20/2018 |
| **T3** | 18-19 | 19 | 142.2 | **121** | Ashton Bishop | 3/6/2021 |
| **T1** | 13-15 | 13 | 138.4 | **105** | Peyton Lauffer | 6/19/2021 |
| **75kg/165.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 150.4 | **275** | **Sarah Oesch** | 6/11/2022 |
| **T3** | 18-19 | 19 | 161.5 | **270** | Katarina Giancroce | 4/22/2017 |
| **T2** | 16-17 | 17 | 165 | **254** | **Sarah Oesch** | 10/17/2020 |
| **T1** | 13-15 | 14 | 157.9 | **237** | **Tyler Glover** | 9/18/2021 |
| **T1** | 13-15 | 14 | 149 | **209** | Jennah Reynolds | 7/24/2021 |
| **T1** | 13-15 | 15 | 151.2 | **198** | Jocelyn Lilly | 6/29/2024 |
| **T1** | 13-15 | 13 | 164.8 | **182** | Harley Milone | 12/9/2017 |
| **T2** | 16-17 | 17 | 152.8 | **180** | Danielle Ortiz | 10/29/2016 |
| **T1** | 13-15 | 14 | 162.9 | **143** | Olivia Dubrow | 9/18/2021 |
| **82.5kg/181.7lbs** | | | | | | |
| **T3-RC** | 18-19 | 19 | 175 | **286** | **Sarah Oesch** | 10/22/2022 |
| **T3** | 18-19 | 19 | 175.4 | **281** | **Shelby Sprinkle** | 12/18/2021 |
| **T3** | 18-19 | 19 | 180.6 | **255** | Victoria Renfroe | 7/9/2016 |
| **T2** | 16-17 | 17 | 170.8 | **237** | **Sarah Oesch** | 10/3/2020 |
| **T2** | 16-17 | 16 | 179 | **198** | Sarah Sells | 10/21/2023 |
| **T3** | 18-19 | 18 | 171.8 | **190** | Emma Love | 10/29/2016 |
| **T2** | 16-17 | 17 | 179 | **154** | Chesney Samaha | 11/19/2022 |
| **T3** | 18-19 | 18 | 170.6 | **143** | Gabriella Drury | 10/21/2023 |
| **Y** | 11--12 | 11 | 176.8 | **138** | **Nevaeh McIntosh** | 3/6/2021 |
| **T2** | 16-17 | 16 | 173.8 | **105** | Kayla McCubbins | 3/6/2021 |

## 365 STRONG WORLD RANKINGS
### RAW BENCH PRESS
### FEMALE TEENAGE

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | | |
| **T1** | 13-15 | 15 | 97 | **83** | **Bella-Grace Meadows** | 4/1/2023 |
| **T1** | 13-15 | 13 | 86 | **71** | Alessandra Reis | 1/21/2023 |
| **48kg/105.7lbs** | | | | | | |
| **Y** | 10--12 | 12 | 105.2 | **83** | **Carmen Trivette** | 10/16/2021 |
| **52kg/114.5lbs** | | | | | | |
| **T1** | 13-15 | 13 | 111.3 | **99** | **Carmen Trivette** | 10/22/2022 |
| **T1** | 13-15 | 13 | 112.8 | **99** | Makayla Van Meter | 2/20/2021 |
| **T2** | 16-17 | 17 | 112 | **88.2** | **Leighann Allen** | 11/19/2016 |
| **T3** | 18-19 | 19 | 112.4 | **83** | **McKenna Wright** | 6/17/2023 |
| **T2** | 16-17 | 16 | 108.3 | **77** | McKenna Wright | 3/6/2021 |
| **56kg/123.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 123.25 | **160** | **Becca Dison** | 3/10/2018 |
| **T3** | 18-19 | 19 | 118.4 | **149** | Olivia Pasin | 11/19/2022 |
| **T2** | 16-17 | 17 | 116.2 | **88** | **Angelina Peterson** | 10/21/2023 |
| **60kg/132.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 132 | **138** | **Claire Rosser** | 8/12/2017 |
| **T2** | 16-17 | 16 | 129 | **110** | **Mara Hall** | 2/20/2021 |
| **T1** | 13-15 | 14 | 130.7 | **94** | **Beverly Lemay** | 3/18/2023 |
| **T1** | 13-15 | 14 | 129.4 | **88** | Macy Lantz | 10/28/2017 |
| **T2** | 16-17 | 17 | 128.5 | **77** | Sophia Drury | 10/21/2023 |
| **67.5kg/148.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 142.6 | **165** | **Hanna Young** | 8/12/2017 |
| **T1** | 13-15 | 13 | 147.1 | **143** | **Haleigh Batchelor** | 10/22/2022 |
| **T2** | 16-17 | 16 | 145.3 | **132** | **Sara Hampton** | 10/21/2023 |
| **T1** | 13-15 | 15 | 135.6 | **110** | Beverly Lemay | 3/1/2024 |
| **T1** | 13-15 | 15 | 146.8 | **99** | Macy Lantz | 4/20/2018 |
| **T3** | 18-19 | 19 | 142.2 | **72** | Ashton Bishop | 3/6/2021 |
| **T3** | 18-19 | 18 | 140.4 | **70** | Destiny Dula | 10/29/2016 |
| **T1** | 13-15 | 13 | 138.4 | **60** | Peyton Lauffer | 6/19/2021 |
| **75kg/165.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 150.4 | **176** | **Sarah Oesch** | 6/11/2022 |
| **T2** | 16-17 | 17 | 165 | **151** | **Sarah Oesch** | 10/17/2020 |
| **T1** | 13-15 | 14 | 157.9 | **132** | **Tyler Glover** | 9/18/2021 |
| **T3** | 18-19 | 19 | 161.5 | **126** | Katarina Giancroce | 4/22/2017 |
| **T1** | 13-15 | 14 | 162.9 | **116** | Olivia Dubrow | 9/18/2021 |
| **T2** | 16-17 | 17 | 152.8 | **110** | Danielle Ortiz | 10/29/2016 |
| **T2** | 16-17 | 16 | 156.2 | **105** | Floortje Sakkers | 6/9/2024 |
| **T1** | 13-15 | 13 | 164.8 | **99** | Harley Milone | 12/9/2017 |
| **T1** | 13-15 | 14 | 149 | **94** | Jennah Raynolds | 7/24/2021 |
| **T1** | 13-15 | 15 | 151.2 | **88** | Jocelyn Lilly | 6/29/2024 |
| **82.5kg/181.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 175 | **182** | **Sarah Oesch** | 10/22/2022 |
| **T3** | 18-19 | 19 | 180.6 | **150** | Victoria Renfroe | 7/9/2016 |
| **T2** | 16-17 | 17 | 170.8 | **149** | **Sarah Oesch** | 10/3/2020 |
| **T3** | 18-19 | 19 | 175.4 | **143** | Shelby Sprinkle | 12/18/2021 |
| **T3** | 18-19 | 18 | 171.8 | **110** | Emma Love | 10/29/2016 |
| **T2** | 16-17 | 16 | 179 | **105** | Sarah Sells | 10/21/2023 |
| **Y** | 11--12 | 11 | 176.8 | **94** | **Nevaeh McIntosh** | 3/6/2021 |
| **T2** | 16-17 | 17 | 179 | **83** | Chesney Samaha | 11/19/2022 |
| **T2** | 16-17 | 16 | 173.8 | **72** | Kayla McCubbins | 3/6/2021 |
| **T3** | 18-19 | 18 | 170.6 | **66** | Gabriella Drury | 10/21/2023 |

## 365 STRONG WORLD RANKINGS
### RAW (Gear Listed) DEADLIFT
### FEMALE TEENAGE

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | | |
| **T1** | 13-15 | 13 | 86 | **204** | **Alessandra Reis** | 1/21/2023 |
| **KC** | 5--10 | 9 | 63.8 | **132** | **Kambree Williamson** | 11/19/2022 |
| **48kg/105.7lbs** | | | | | | |
| **Y** | 10--12 | 12 | 105.2 | **143** | **Carmen Trivette** | 10/16/2021 |
| **52kg/114.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 112.4 | **237** | **McKenna Wright** | 6/17/2023 |
| **T1** | 13-15 | 14 | 114 | **231** | **Carmen Trivette** | 5/6/2023 |
| **T1** | 13-15 | 13 | 112.8 | **220** | Makayla Van Meter | 2/20/2021 |
| **T2** | 16-17 | 17 | 112 | **214.9** | **Leighann Allen** | 11/19/2016 |
| **T2** | 16-17 | 16 | 108.3 | **193** | McKenna Wright | 3/6/2021 |
| **56kg/123.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 123.25 | **319.5** | **Becca Dison** | 3/10/2018 |
| **T3** | 18-19 | 19 | 118.4 | **281** | Olivia Pasin | 11/19/2022 |
| **T2** | 16-17 | 17 | 116.2 | **171** | **Angelina Peterson** | 10/21/2023 |
| **60kg/132.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 132 | **303** | **Claire Rosser** | 8/12/2017 |
| **T2** | 16-17 | 16 | 129 | **259** | **Mara Hall** | 2/20/2021 |
| **T1-RC** | 13-15 | 14 | 130.7 | **220** | **Beverly Lemay** | 3/18/2023 |
| **T2** | 16-17 | 17 | 128.5 | **204** | Sophia Drury | 10/21/2023 |
| **T1** | 13-15 | 14 | 131.6 | **193** | **Macy Lantz** | 8/12/2017 |
| **T2** | 16-17 | 16 | 127.8 | **155** | Fiorella Tito | 10/1/2022 |
| **KC** | 5--10 | 9 | 132.3 | **100** | **Scarlett Samaha** | 11/19/2022 |
| **67.5kg/148.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 142.6 | **303** | **Hanna Young** | 8/12/2017 |
| **T2** | 16-17 | 16 | 145.3 | **275** | **Sara Hampton** | 10/21/2023 |
| **T1-RC** | 13-15 | 15 | 135.6 | **265** | **Beverly Lemay** | 3/1/2024 |
| **T1-RC** | 13-15 | 13 | 145.1 | **249** | Haleigh Batchelor | 11/19/2022 |
| **T1** | 13-15 | 15 | 146.8 | **243** | **Macy Lantz** | 4/20/2018 |
| **T3** | 18-19 | 19 | 142.2 | **231** | Ashton Bishop | 3/6/2021 |
| **T3** | 18-19 | 18 | 140.4 | **200** | Destiny Dula | 10/29/2016 |
| **T2** | 16-17 | 16 | 148.5 | **165** | Aiana Peterson | 10/1/2022 |
| **T1** | 13-15 | 13 | 138.4 | **154** | Peyton Lauffer | 6/19/2021 |
| **75kg/165.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 150.4 | **334** | **Sarah Oesch** | 6/11/2022 |
| **T2** | 16-17 | 17 | 165 | **333** | **Sarah Oesch** | 10/17/2020 |
| **T1** | 13-15 | 14 | 162.9 | **320** | **Olivia Dubrow** | 9/18/2021 |
| **T1** | 13-15 | 14 | 157.9 | **314** | Tyler Glover | 9/18/2021 |
| **T3** | 18-19 | 19 | 161.5 | **292** | Katarina Giancroce | 4/22/2017 |
| **T2** | 16-17 | 17 | 152.8 | **255** | Danielle Ortiz | 10/29/2016 |
| **T1** | 13-15 | 13 | 164.8 | **248** | Harley Milone | 12/9/2017 |
| **T1** | 13-15 | 14 | 149 | **226** | Jennah Reynolds | 7/24/2021 |
| **T1** | 13-15 | 15 | 151.2 | **226** | Jocelyn Lilly | 6/29/2024 |
| **T3** | 18-19 | 19 | 153.5 | **215** | Ashton Bishop | 8/22/2020 |
| **82.5kg/181.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 175.4 | **402** | **Shelby Sprinkle** | 12/18/2021 |
| **T3-RC** | 18-19 | 19 | 175 | **353** | **Sarah Oesch** | 10/22/2022 |
| **T3** | 18-19 | 19 | 180.6 | **330** | Victoria Renfroe | 7/9/2016 |
| **T2** | 16-17 | 17 | 170.8 | **326** | **Sarah Oesch** | 10/3/2020 |
| **T2** | 16-17 | 16 | 179 | **226** | Sarah Sells | 10/21/2023 |
| **T3** | 18-19 | 18 | 170.6 | **209** | Gabriella Drury | 10/21/2023 |
| **Y** | 11--12 | 11 | 176.8 | **200** | **Nevaeh McIntosh** | 3/6/2021 |
| **T3** | 18-19 | 18 | 171.8 | **185** | Emma Love | 10/29/2016 |
| **T2** | 16-17 | 17 | 179 | **182** | Chesney Samaha | 11/19/2022 |
| **T1** | 13-15 | 15 | 173.5 | **160** | **Kayla McCubbins** | 10/3/2020 |

## 365 STRONG WORLD RANKINGS
### RAW (Gear Listed) TOTAL
### FEMALE TEENAGE

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| **44kg/97lbs** | | | | | | |
| **T1** | 13-15 | 13 | 86 | **386** | **Alessandra Reis** | 1/21/2023 |
| **48kg/105.7lbs** | | | | | | |
| **Y** | 10--12 | 12 | 105.2 | **347** | **Carmen Trivette** | 10/16/2021 |
| **52kg/114.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 112.4 | **485** | **McKenna Wright** | 6/17/2023 |
| **T1** | 13-15 | 13 | 111.3 | **473** | **Carmen Trivette** | 10/22/2022 |
| **T2** | 16-17 | 16 | 108.3 | **391** | **McKenna Wright** | 3/6/2021 |
| **T2** | 16-17 | 17 | 112 | **281** | Leighann Allen | 11/19/2016 |
| **56kg/123.5lbs** | | | | | | |
| **T3** | 18-19 | 19 | 123.25 | **755** | **Becca Dison** | 3/10/2018 |
| **T3** | 18-19 | 19 | 118.4 | **672** | Olivia Pasin | 11/19/2022 |
| **T2** | 16-17 | 17 | 116.2 | **396** | **Angelina Peterson** | 10/21/2023 |
| **60kg/132.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 132 | **683** | **Claire Rosser** | 8/12/2017 |
| **T2** | 16-17 | 16 | 129 | **568** | **Mara Hall** | 2/20/2021 |
| **T1-RC** | 13-15 | 14 | 130.7 | **551** | **Beverly Lemay** | 3/18/2023 |
| **T2** | 16-17 | 17 | 128.5 | **446** | Sophia Drury | 10/21/2023 |
| **T1** | 13-15 | 14 | 131.6 | **391** | **Macy Lantz** | 8/12/2017 |
| **67.5kg/148.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 142.6 | **816** | **Hanna Young** | 8/12/2017 |
| **T1-RC** | 13-15 | 13 | 145.1 | **651** | **Haleigh Batchelor** | 11/19/2022 |
| **T1-RC** | 13-15 | 15 | 135.6 | **640** | Beverly Lemay | 3/1/2024 |
| **T2** | 16-17 | 16 | 145.3 | **623** | **Sara Hampton** | 10/21/2023 |
| **T1** | 13-15 | 15 | 146.8 | **573** | **Macy Lantz** | 4/20/2018 |
| **T3** | 18-19 | 19 | 142.2 | **424** | Ashton Bishop | 3/6/2021 |
| **T1** | 13-15 | 13 | 138.4 | **320** | Peyton Lauffer | 6/19/2021 |
| **75kg/165.2lbs** | | | | | | |
| **T3** | 18-19 | 19 | 150.4 | **772** | **Sarah Oesch** | 6/11/2022 |
| **T2** | 16-17 | 17 | 165 | **737** | **Sarah Oesch** | 10/17/2020 |
| **T3** | 18-19 | 19 | 161.5 | **689** | Katarina Giancroce | 4/22/2017 |
| **T1** | 13-15 | 14 | 157.9 | **683** | **Tyler Glover** | 9/18/2021 |
| **T1** | 13-15 | 14 | 162.9 | **579** | Olivia Dubrow | 9/18/2021 |
| **T2** | 16-17 | 17 | 152.8 | **545** | Danielle Ortiz | 10/29/2016 |
| **T1** | 13-15 | 14 | 149 | **529** | Jennah Reynolds | 7/24/2021 |
| **T1** | 13-15 | 13 | 164.8 | **529** | Harley Milone | 12/9/2017 |
| **T1** | 13-15 | 15 | 151.2 | **513** | Jocelyn Lilly | 6/29/2024 |
| **82.5kg/181.7lbs** | | | | | | |
| **T3** | 18-19 | 19 | 175.4 | **827** | **Shelby Sprinkle** | 12/18/2021 |
| **T3-RC** | 18-19 | 19 | 175 | **821** | **Sarah Oesch** | 10/22/2022 |
| **T3** | 18-19 | 19 | 180.6 | **735** | Victoria Renfroe | 7/9/2016 |
| **T2** | 16-17 | 17 | 170.8 | **712** | **Sarah Oesch** | 10/3/2020 |
| **T2** | 16-17 | 16 | 179 | **529** | Sarah Sells | 10/21/2023 |
| **T3** | 18-19 | 18 | 171.8 | **490** | Emma Love | 10/29/2016 |
| **Y** | 11--12 | 11 | 176.8 | **432** | **Nevaeh McIntosh** | 3/6/2021 |
| **T3** | 18-19 | 18 | 170.6 | **419** | Gabriella Drury | 10/21/2023 |
| **T2** | 16-17 | 17 | 179 | **419** | Chesney Samaha | 11/19/2022 |
| **T2** | 16-17 | 16 | 173.8 | **325** | Kayla McCubbins | 3/6/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| T1 | 13-15 | 15 | 173.5 | 94 | Kayla McCubbins | 10/3/2020 |
| 90kg/198.2lbs | | | | | None | |
| Y | 10--12 | 11 | 192.7 | 292 | Nevaeh McIntosh | 10/16/2021 |
| T1 | 13-15 | 15 | 196.5 | 242 | Karson Tolle | 10/22/2022 |
| T2 | 16-17 | 16 | 192.4 | 204 | Alyssa Beadles | 6/19/2021 |
| 100kg/220.4lbs | | | | | | |
| Y | 10--12 | 12 | 218.1 | 325 | Nevaeh McIntosh | 5/6/2023 |
| T1 | 13-15 | 13 | 200.7 | 248 | Alex Jefferson | 10/17/2020 |
| T1 | 13-15 | 14 | 200 | 237 | Karson Tolle | 6/11/2022 |
| 110kg/242.5lbs | | | | | | |
| T1-RC | 13-15 | 13 | 239.8 | 335 | Nevaeh McIntosh | 3/1/2024 |
| T1 | 13-15 | 15 | 238.5 | 325 | Abrie Meadows | 6/17/2023 |
| T1 | 13-15 | 15 | 232.4 | 286 | Kennedy Green | 10/12/2019 |
| 110+kg/242.5+lbs | | | | | | |
| T3 | 18-19 | 19 | 278.2 | 242 | Meredith Arnold | 4/24/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| T1 | 13-15 | 15 | 173.5 | 61 | Kayla McCubbins | 10/3/2020 |
| 90kg/198.2lbs | | | | | None | |
| Y | 10--12 | 10 | 183.8 | 149 | Nevaeh McIntosh | 4/24/2021 |
| T2 | 16-17 | 16 | 192.4 | 121 | Alyssa Beadles | 6/19/2021 |
| T1 | 13-15 | 15 | 196.5 | 121 | Karson Tolle | 10/22/2022 |
| 100kg/220.4lbs | | | | | | |
| Y | 10--12 | 12 | 218.1 | 204 | Nevaeh McIntosh | 5/6/2023 |
| T1 | 13-15 | 13 | 200.7 | 143 | Alex Jefferson | 10/17/2020 |
| T1 | 13-15 | 14 | 200 | 105 | Karson Tolle | 6/11/2022 |
| 110kg/242.5lbs | | | | | | |
| T1 | 13-15 | 13 | 239.8 | 190 | Nevaeh McIntosh | 3/1/2024 |
| T1 | 13-15 | 15 | 238.5 | 154 | Abrie Meadows | 6/17/2023 |
| T1 | 13-15 | 15 | 232.4 | 138 | Kennedy Green | 10/12/2019 |
| 110+kg/242.5+lbs | | | | | | |
| T3 | 18-19 | 19 | 278.2 | 149 | Meredith Arnold | 4/24/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| T2 | 16-17 | 16 | 173.8 | 149 | Kayla McCubbins | 3/6/2021 |
| 90kg/198.2lbs | | | | | None | |
| T1 | 13-15 | 15 | 196.5 | 308 | Karson Tolle | 10/22/2022 |
| T2 | 16-17 | 16 | 192.4 | 286 | Alyssa Beadles | 6/19/2021 |
| Y | 10--12 | 11 | 192.7 | 231 | Nevaeh McIntosh | 10/16/2021 |
| 100kg/220.4lbs | | | | | | |
| T1 | 13-15 | 13 | 200.7 | 303 | Alex Jefferson | 10/17/2020 |
| T1 | 13-15 | 14 | 200 | 275 | Karson Tolle | 6/11/2022 |
| Y | 10--12 | 12 | 218.1 | 275 | Nevaeh McIntosh | 5/6/2023 |
| 110kg/242.5lbs | | | | | | |
| T1 | 13-15 | 15 | 238.5 | 309 | Abrie Meadows | 6/17/2023 |
| T1-RC | 13-15 | 13 | 239.8 | 305 | Nevaeh McIntosh | 3/1/2024 |
| T1 | 13-15 | 15 | 232.4 | 275 | Kennedy Green | 10/12/2019 |
| 110+kg/242.5+lbs | | | | | | |
| T3 | 18-19 | 19 | 278.2 | 309 | Meredith Arnold | 4/24/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| T1 | 13-15 | 15 | 173.5 | 314 | Kayla McCubbins | 10/3/2020 |
| 90kg/198.2lbs | | | | | None | |
| T1 | 13-15 | 15 | 196.5 | 672 | Karson Tolle | 10/22/2022 |
| Y | 10--12 | 11 | 192.7 | 639 | Nevaeh McIntosh | 10/16/2021 |
| T2 | 16-17 | 16 | 192.4 | 612 | Alyssa Beadles | 6/19/2021 |
| 100kg/220.4lbs | | | | | | |
| T1 | 10--12 | 12 | 218.1 | 805 | Nevaeh McIntosh | 5/6/2023 |
| T1 | 13-15 | 13 | 200.7 | 694 | Alex Jefferson | 10/17/2020 |
| T1 | 13-15 | 14 | 200 | 617 | Karson Tolle | 6/11/2022 |
| 110kg/242.5lbs | | | | | | |
| T1-RC | 13-15 | 13 | 239.8 | 830 | Nevaeh McIntosh | 3/1/2024 |
| T1 | 13-15 | 15 | 238.5 | 772 | Abrie Meadows | 6/17/2023 |
| T1 | 13-15 | 15 | 232.4 | 689 | Kennedy Green | 10/12/2019 |
| 110+kg/242.5+lbs | | | | | | |
| T3 | 18-19 | 19 | 278.2 | 700 | Meredith Arnold | 4/24/2021 |

# FEMALE RAW JUNIORS (20-23)

## 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) SQUAT
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 52kg/114.5lbs | | | | | |
| | 22 | 111.6 | 250 | Elena Lopez | 6/2/2018 |
| | 20 | 108 | 165 | Maggie Parsons | 11/19/2016 |
| 56kg/123.5lbs | | | | | |
| | 20 | 120.6 | 220 | Emily Gaiser | 7/10/2021 |
| 60kg/132.2lbs | | | | | |
| | 21 | 127.9 | 276 | Alexis Rutledge | 4/23/2022 |
| | 21 | 126.3 | 182 | Gabby Bennett | 7/10/2021 |
| | 20 | 127.3 | 132 | Kristen McPherson | 10/17/2020 |
| 67.5kg/148.7lbs | | | | | |
| | 20 | 138 | 331 | Hanna Young | 4/20/2018 |
| | 20 | 144.6 | 292 | Everette Sherrill | 7/22/2023 |
| | 22 | 147.5 | 286 | Abby Foy | 12/19/2020 |
| | 23 | 148.6 | 264 | Courtney Fox | 7/22/2023 |
| | 23 | 145 | 248 | Delaney Fish | 6/10/2017 |
| | 21 | 144.2 | 209 | Emily Schnupp | 8/12/2017 |
| 75kg/165.2lbs | | | | | |
| | 23 | 164.6 | 336 | Candace Locklear | 3/10/2018 |
| | 23 | 161.5 | 314 | Alisha Martin | 4/24/2021 |
| | 23 | 153.2 | 308 | Courtney Fox | 10/21/2023 |
| | 20 | 157.2 | 281 | Lisha Lamb | 11/19/2016 |
| | 20 | 158 | 281 | Carley Bradshaw | 11/19/2016 |
| | 21 | 157.8 | 275 | Abby Rice | 4/13/2024 |
| | 21 | 162.6 | 259 | Aleya Woodall | 6/19/2021 |
| | 20 | 159.5 | 248 | Ivanna Guzman | 4/22/2017 |
| | 23 | 164 | 237 | Brooke Burns | 7/10/2021 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.8 | 275 | Christina Walton | 7/22/2023 |
| | 21 | 173.1 | 259 | Katie Roseman | 12/19/2020 |
| | 23 | 177 | 259 | Kailee Heller | 7/10/2021 |
| | 23 | 170 | 242 | Savannah Moon | 1/22/2022 |
| | 22 | 174.8 | 193 | Michelle Wood | 10/28/2017 |
| 90kg/198.2lbs | | | | | |
| | 23 | 195.1 | 358 | Isabella Heffner | 7/22/2023 |
| | 22 | 184.1 | 331 | Emely Barahona | 6/5/2021 |
| | 22 | 195.6 | 225 | Kelly Benson | 10/29/2016 |
| | 21 | 194.2 | 198 | Mariah Flint | 4/22/2017 |

## 365 STRONG WORLD RANKINGS
### RAW BENCH PRESS
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 52kg/114.5lbs | | | | | |
| | 21 | 108.3 | 94 | Racquel Wilson | 10/16/2021 |
| | 22 | 111.6 | 85 | Elena Lopez | 6/2/2018 |
| | 20 | 108 | 83 | Maggie Parsons | 11/19/2016 |
| 56kg/123.5lbs | | | | | |
| | 20 | 120.6 | 132 | Emily Gaiser | 7/10/2021 |
| 60kg/132.2lbs | | | | | |
| | 21 | 127.9 | 138 | Alexis Rutledge | 4/23/2022 |
| | 20 | 127.3 | 99 | Kristen McPherson | 10/17/2020 |
| | 21 | 126.3 | 77 | Gabby Bennett | 7/10/2021 |
| 67.5kg/148.7lbs | | | | | |
| | 21 | 138.3 | 178 | Anya Kalnins | 9/18/2021 |
| | 20 | 138 | 171 | Hanna Young | 4/20/2018 |
| | 22 | 147.5 | 171 | Abby Foy | 12/19/2020 |
| | 20 | 143.5 | 138 | Paige Harrod | 11/19/2016 |
| | 21 | 144.2 | 138 | Emily Schnupp | 8/12/2017 |
| | 23 | 144.6 | 121 | Everette Sherrill | 7/22/2023 |
| | 23 | 145 | 116 | Delaney Fish | 6/10/2017 |
| | 23 | 148.6 | 110 | Courtney Fox | 7/22/2023 |
| 75kg/165.2lbs | | | | | |
| | 21 | 157.8 | 176 | Abby Rice | 4/13/2024 |
| | 23 | 161.5 | 171 | Alisha Martin | 4/24/2021 |
| | 23 | 164.6 | 160 | Candace Locklear | 3/10/2018 |
| | 23 | 159.4 | 149 | Emily Tighe | 6/9/2018 |
| | 21 | 162.6 | 149 | Aleya Woodall | 6/19/2021 |
| | 23 | 164 | 143 | Brooke Burns | 7/10/2021 |
| | 20 | 157.2 | 138 | Lisha Lamb | 11/19/2016 |
| | 20 | 161.6 | 132 | Sarah Oesch | 3/18/2023 |
| | 22 | 161.6 | 132 | Dani Moore | 6/10/2017 |
| | 20 | 158 | 127 | Carley Bradshaw | 11/19/2016 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.3 | 193 | Sarah Oesch | 4/28/2024 |
| | 23 | 177 | 154 | Kailee Heller | 7/10/2021 |
| | 20 | 179.4 | 138 | Rebekah Kemper | 11/21/2020 |
| | 22 | 174.8 | 132 | Michelle Wood | 10/28/2017 |
| | 21 | 173.1 | 121 | Katie Roseman | 12/19/2020 |
| | 23 | 170 | 116 | Karina Salmeron | 11/21/2020 |
| | 21 | 180.8 | 116 | Christina Walton | 7/22/2023 |
| | 23 | 170 | 110 | Savannah Moon | 1/22/2022 |
| 90kg/198.2lbs | | | | | |
| | 21 | 182.2 | 190 | Sarah Oesch | 3/1/2024 |
| | 22 | 184.1 | 187 | Emely Barahona | 6/5/2021 |
| | 23 | 195.1 | 171 | Isabella Heffner | 7/22/2023 |
| | 22 | 195.6 | 170 | Kelly Benson | 10/29/2016 |

## 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) DEADLIFT
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 52kg/114.5lbs | | | | | |
| | 22 | 111.6 | 240 | Elena Lopez | 6/2/2018 |
| | 20 | 108 | 220 | Maggie Parsons | 11/19/2016 |
| 56kg/123.5lbs | | | | | |
| | 20 | 120.6 | 286 | Emily Gaiser | 7/10/2021 |
| 60kg/132.2lbs | | | | | |
| | 20 | 127.3 | 237 | Kristen McPherson | 10/17/2020 |
| | 21 | 127.9 | 226 | Alexis Rutledge | 4/23/2022 |
| | 21 | 126.3 | 215 | Gabby Bennett | 7/10/2021 |
| 67.5kg/148.7lbs | | | | | |
| | 20 | 138 | 364 | Hanna Young | 4/20/2018 |
| | 20 | 143.5 | 314 | Paige Harrod | 11/19/2016 |
| | 20 | 144.6 | 292 | Everette Sherrill | 7/22/2023 |
| | 22 | 147.5 | 292 | Abby Foy | 12/19/2020 |
| | 23 | 148.6 | 264 | Courtney Fox | 7/22/2023 |
| | 23 | 145 | 253 | Delaney Fish | 6/10/2017 |
| | 21 | 144.2 | 248 | Emily Schnupp | 8/12/2017 |
| 75kg/165.2lbs | | | | | |
| | 23 | 164.6 | 402 | Candace Locklear | 3/10/2018 |
| | 23 | 161.5 | 331 | Alisha Martin | 4/24/2021 |
| | 20 | 159.5 | 325 | Ivanna Guzman | 4/22/2017 |
| | 23 | 153.2 | 314 | Courtney Fox | 10/21/2023 |
| | 21 | 157.8 | 314 | Abby Rice | 5/18/2024 |
| | 21 | 162.6 | 308 | Aleya Woodall | 6/19/2021 |
| | 20 | 157.2 | 298 | Lisha Lamb | 11/19/2016 |
| | 20 | 158 | 292 | Carley Bradshaw | 11/19/2016 |
| | 23 | 164 | 281 | Brooke Burns | 7/10/2021 |
| 82.5kg/181.7lbs | | | | | |
| | 23 | 177 | 303 | Kailee Heller | 7/10/2021 |
| | 21 | 173.1 | 292 | Katie Roseman | 12/19/2020 |
| | 21 | 180.8 | 292 | Christina Walton | 7/22/2023 |
| | 23 | 170 | 264 | Savannah Moon | 1/22/2022 |
| | 22 | 174.8 | 226 | Michelle Wood | 10/28/2017 |
| 90kg/198.2lbs | | | | | |
| | 23 | 195.1 | 391 | Isabella Heffner | 7/22/2023 |
| | 22 | 184.1 | 331 | Emely Barahona | 6/5/2021 |
| | 21 | 194.2 | 320 | Mariah Flint | 4/22/2017 |
| | 22 | 195.6 | 265 | Kelly Benson | 10/29/2016 |

## 365 STRONG WORLD RANKINGS
### RAW (Knee Sleeves) TOTAL
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 52kg/114.5lbs | | | | | |
| | 22 | 111.6 | 575 | Elena Lopez | 6/2/2018 |
| | 20 | 108 | 468 | Maggie Parsons | 11/19/2016 |
| 56kg/123.5lbs | | | | | |
| | 20 | 120.6 | 639 | Emily Gaiser | 7/10/2021 |
| 60kg/132.2lbs | | | | | |
| | 21 | 127.9 | 639 | Alexis Rutledge | 4/23/2022 |
| | 21 | 126.3 | 474 | Gabby Bennett | 7/10/2021 |
| | 20 | 127.3 | 468 | Kristen McPherson | 10/17/2020 |
| 67.5kg/148.7lbs | | | | | |
| | 20 | 138 | 865 | Hanna Young | 4/20/2018 |
| | 22 | 147.5 | 749 | Abby Foy | 11/9/2019 |
| | 20 | 144.6 | 705 | Everette Sherrill | 7/22/2023 |
| | 23 | 148.6 | 639 | Courtney Fox | 7/22/2023 |
| | 23 | 145 | 617 | Delaney Fish | 6/10/2017 |
| | 21 | 144.2 | 595 | Emily Schnupp | 8/12/2017 |
| 75kg/165.2lbs | | | | | |
| | 23 | 164.6 | 876 | Candace Locklear | 3/10/2018 |
| | 23 | 161.5 | 816 | Alisha Martin | 4/24/2021 |
| | 21 | 157.8 | 750 | Abby Rice | 5/18/2024 |
| | 23 | 153.2 | 744 | Courtney Fox | 10/21/2023 |
| | 20 | 157.2 | 716 | Lisha Lamb | 11/19/2016 |
| | 21 | 162.6 | 716 | Aleya Woodall | 6/19/2021 |
| | 20 | 158 | 700 | Carley Bradshaw | 11/19/2016 |
| | 20 | 159.5 | 683 | Ivanna Guzman | 4/22/2017 |
| | 23 | 164 | 661 | Brooke Burns | 7/10/2021 |
| 82.5kg/181.7lbs | | | | | |
| | 23 | 177 | 716 | Kailee Heller | 7/10/2021 |
| | 21 | 180.8 | 683 | Christina Walton | 7/22/2023 |
| | 21 | 173.1 | 672 | Katie Roseman | 12/19/2020 |
| | 23 | 170 | 617 | Savannah Moon | 1/22/2022 |
| | 22 | 174.8 | 551 | Michelle Wood | 10/28/2017 |
| 90kg/198.2lbs | | | | | |
| | 23 | 195.1 | 920 | Isabella Heffner | 7/22/2023 |
| | 22 | 184.1 | 849 | Emely Barahona | 6/5/2021 |
| | 22 | 195.6 | 660 | Kelly Benson | 10/29/2016 |
| | 21 | 194.2 | 628 | Mariah Flint | 4/22/2017 |

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |
| 110kg/242.5lbs | | | | | |
| | 23 | 224 | **402** | **Maddy Webster** | 10/22/2022 |
| 110+kg/242.5+lbs | | | | | |
| | 23 | 262.8 | **331** | **Shaundre Lilley** | 12/4/2021 |
| | 22 | 330.2 | **280** | Lashonda Zander | 6/2/2018 |
| | 23 | 254.9 | **275** | Nathalie Vargas | 12/18/2021 |
| | 22 | 282.2 | **209** | Capri Cameron | 8/12/2017 |

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| | 21 | 194.2 | **110** | Mariah Flint | 4/22/2017 |
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |
| 110kg/242.5lbs | | | | | |
| | 23 | 224 | **220** | **Maddy Webster** | 10/22/2022 |
| 110+kg/242.5+lbs | | | | | |
| | 23 | 262.8 | **193** | **Shaundre Lilley** | 12/4/2021 |
| | 22 | 330.2 | **175** | Lashonda Zander | 6/2/2018 |
| | 22 | 282.2 | **160** | Capri Cameron | 8/12/2017 |
| | 23 | 254.9 | **149** | Nathalie Vargas | 12/18/2021 |

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |
| 110kg/242.5lbs | | | | | |
| | 23 | 224 | **441** | **Maddy Webster** | 10/22/2022 |
| 110+kg/242.5+lbs | | | | | |
| | 22 | 330.2 | **325** | **Lashonda Zander** | 6/2/2018 |
| | 23 | 262.8 | **320** | Shaundre Lilley | 12/4/2021 |
| | 23 | 254.9 | **292** | Nathalie Vargas | 12/18/2021 |
| | 22 | 282.2 | **259** | Capri Cameron | 8/12/2017 |

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |
| 110kg/242.5lbs | | | | | |
| | 23 | 224 | **1064** | **Maddy Webster** | 10/22/2022 |
| 110+kg/242.5+lbs | | | | | |
| | 23 | 262.8 | **843** | **Shaundre Lilley** | 12/4/2021 |
| | 22 | 330.2 | **780** | Lashonda Zander | 6/2/2018 |
| | 23 | 254.9 | **716** | Nathalie Vargas | 12/18/2021 |
| | 22 | 282.2 | **628** | Capri Cameron | 8/12/2017 |

# FEMALE RAW CLASSIC JUNIORS (20-23)

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) SQUAT
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 67.5kg/148.7lbs | | | | | |
| | 20 | 145.8 | **298** | **Anya Kalnins** | 2/20/2021 |
| 75kg/165.2lbs | | | | | |
| | 22 | 161.6 | **242** | **Dani Moore** | 6/10/2017 |
| | 23 | 159.4 | **237** | Emily Tighe | 6/9/2018 |
| | 20 | 161.6 | **187** | Sarah Oesch | 3/18/2023 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.3 | **303** | **Sarah Oesch** | 4/28/2024 |
| | 23 | 178.4 | **226** | Hannah Ramsey | 10/18/2020 |
| 90kg/198.2lbs | | | | | |
| | 21 | 182.2 | **300** | **Sarah Oesch** | 3/1/2024 |
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |

## 365 STRONG WORLD RANKINGS
### RAW BENCH PRESS
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 52kg/114.5lbs | | | | | |
| | 21 | 108.3 | **94** | **Racquel Wilson** | 10/16/2021 |
| | 22 | 111.6 | **85** | Elena Lopez | 6/2/2018 |
| | 20 | 108 | **83** | Maggie Parsons | 11/19/2016 |
| 56kg/123.5lbs | | | | | |
| | 20 | 120.6 | **132** | **Emily Gaiser** | 7/10/2021 |
| 60kg/132.2lbs | | | | | |
| | 21 | 127.9 | **138** | **Alexis Rutledge** | 4/23/2022 |
| | 20 | 127.3 | **99** | Kristen McPherson | 10/17/2020 |
| | 21 | 126.3 | **77** | Gabby Bennett | 7/10/2021 |
| 67.5kg/148.7lbs | | | | | |
| | 21 | 138.3 | **178** | **Anya Kalnins** | 9/18/2021 |
| | 20 | 138 | **171** | Hanna Young | 4/20/2018 |
| | 22 | 147.5 | **171** | Abby Foy | 12/19/2020 |
| | 20 | 143.5 | **138** | Paige Harrod | 11/19/2016 |
| | 21 | 144.2 | **138** | Emily Schnupp | 8/12/2017 |
| | 23 | 144.6 | **121** | Everette Sherrill | 7/22/2023 |
| | 23 | 145 | **116** | Delaney Fish | 6/10/2017 |
| | 23 | 148.6 | **110** | Courtney Fox | 7/22/2023 |
| 75kg/165.2lbs | | | | | |
| | 21 | 157.8 | **176** | **Abby Rice** | 4/13/2024 |
| | 23 | 161.5 | **171** | Alisha Martin | 4/24/2021 |
| | 23 | 164.6 | **160** | Candace Locklear | 3/10/2018 |
| | 23 | 159.4 | **149** | Emily Tighe | 6/9/2018 |
| | 21 | 162.6 | **149** | Aleya Woodall | 6/19/2021 |
| | 23 | 164 | **143** | Brooke Burns | 7/10/2021 |
| | 20 | 157.2 | **138** | Lisha Lamb | 11/19/2016 |
| | 20 | 161.6 | **132** | Sarah Oesch | 3/18/2023 |
| | 22 | 161.6 | **132** | Dani Moore | 6/10/2017 |
| | 20 | 158 | **127** | Carley Bradshaw | 11/19/2016 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.3 | **193** | **Sarah Oesch** | 4/28/2024 |
| | 23 | 177 | **154** | Kailee Heller | 7/10/2021 |
| | 20 | 179.4 | **138** | Rebekah Kemper | 11/21/2020 |
| | 22 | 174.8 | **132** | Michelle Wood | 10/28/2017 |
| | 21 | 173.1 | **121** | Katie Roseman | 12/19/2020 |
| | 23 | 170 | **116** | Karina Salmeron | 11/21/2020 |
| | 21 | 180.8 | **116** | Christina Walton | 7/22/2023 |
| | 23 | 170 | **110** | Savannah Moon | 1/22/2022 |
| 90kg/198.2lbs | | | | | |
| | 21 | 182.2 | **190** | **Sarah Oesch** | 3/1/2024 |
| | 22 | 184.1 | **187** | Emely Barahona | 6/5/2021 |
| | 23 | 195.1 | **171** | Isabella Heffner | 7/22/2023 |
| | 22 | 195.6 | **170** | Kelly Benson | 10/29/2016 |
| | 21 | 194.2 | **110** | Mariah Flint | 4/22/2017 |
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 67.5kg/148.7lbs | | | | | |
| | 21 | 138.3 | **320** | **Anya Kalnins** | 9/18/2021 |
| 75kg/165.2lbs | | | | | |
| | 23 | 159.4 | **342** | **Emily Tighe** | 6/9/2018 |
| | 20 | 161.6 | **303** | Sarah Oesch | 3/18/2023 |
| | 22 | 161.6 | **253** | Dani Moore | 6/10/2017 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.3 | **347** | **Sarah Oesch** | 4/28/2024 |
| | 23 | 178.4 | **204** | Hannah Ramsey | 10/18/2020 |
| 90kg/198.2lbs | | | | | |
| | 21 | 182.2 | **390** | **Sarah Oesch** | 3/1/2024 |
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |

## 365 STRONG WORLD RANKINGS
### RAW CLASSIC (Knee Wraps) TOTAL
### FEMALE - JUNIORS (20-23)

| Wgt Class | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|
| 67.5kg/148.7lbs | | | | | |
| | 20 | 145.8 | **772** | **Anya Kalnins** | 2/20/2021 |
| 75kg/165.2lbs | | | | | |
| | 23 | 159.4 | **727** | **Emily Tighe** | 6/9/2018 |
| | 22 | 161.6 | **628** | Dani Moore | 6/10/2017 |
| | 20 | 161.6 | **623** | Sarah Oesch | 3/18/2023 |
| 82.5kg/181.7lbs | | | | | |
| | 21 | 180.3 | **843** | **Sarah Oesch** | 4/28/2024 |
| | 23 | 178.4 | **568** | Hannah Ramsey | 10/18/2020 |
| 90kg/198.2lbs | | | | | |
| | 21 | 182.2 | **880** | **Sarah Oesch** | 3/1/2024 |
| 100kg/220.4lbs | | | | | |
| | | | | NONE | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 110kg/242.5lbs | | | | | | |
| 110+kg/242.5+lbs | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 110kg/242.5lbs | | | | | | |
| | | 23 | 224 | 220 | Maddy Webster | 10/22/2022 |
| 110+kg/242.5+lbs | | | | | | |
| | | 23 | 262.8 | 193 | Shauntre Lilley | 12/4/2021 |
| | | 22 | 330.2 | 175 | Lashonda Zander | 6/2/2018 |
| | | 22 | 282.2 | 160 | Capri Cameron | 8/12/2017 |
| | | 23 | 254.9 | 149 | Nathalie Vargas | 12/18/2021 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 110kg/242.5lbs | | | | | | |
| 110+kg/242.5+lbs | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 110kg/242.5lbs | | | | | | |
| 110+kg/242.5+lbs | | | | | | |

## FEMALE EQUIPPED & GEARED JUNIORS (20-23)

| | | | | | | |
|---|---|---|---|---|---|---|
| 56kg/123.5lbs | | | | | | |
| MP | | 20 | 123.2 | 248 | Josefina Bueno | 3/5/2022 |
| 67.5kg/148.7lbs | | | | | | |
| MP | | 21 | 148.2 | 405 | Madeleine Giess | 1/21/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 56kg/123.5lbs | | | | | | |
| MP | | 20 | 123.2 | 127 | Josefina Bueno | 3/5/2022 |
| 67.5kg/148.7lbs | | | | | | |
| MP | | 21 | 148.2 | 245 | Madeleine Giess | 1/21/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 56kg/123.5lbs | | | | | | |
| MP | | 20 | 123.2 | 297 | Josefina Bueno | 3/5/2022 |
| 67.5kg/148.7lbs | | | | | | |
| MP | | 21 | 148.2 | 425 | Madeleine Giess | 1/21/2017 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 56kg/123.5lbs | | | | | | |
| MP | | 20 | 123.2 | 672 | Josefina Bueno | 3/5/2022 |
| 67.5kg/148.7lbs | | | | | | |
| MP | | 21 | 148.2 | 1075 | Madeleine Giess | 1/21/2017 |

## FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS
SQUAT - EQUIPMENT NOTED
M/P/F Divisional Leaders

| Weight Clas | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 48kg/105.7lbs | | | | | | |
| FP | RC | 33 | 104.3 | 193 | Stephanie Washington | 7/10/2021 |
| 56kg/123.5lbs | | | | | | |
| FP | RC | 29 | 122 | 242 | Amanda Isley | 10/28/2017 |
| 67.5kg/148.7lbs | | | | | | |
| FP | R | 36 | 139.4 | 215 | LaDetra Cole | 10/29/2022 |
| 75kg/165.2lbs | | | | | M/P/F | |
| FP | R | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| FP | R | 27 | 161.2 | 275 | Mikhayla Dunn | 12/18/2021 |
| FP | R | 35 | 154.7 | 253 | LaDetra Cole | 3/5/2022 |
| FP | R | 33 | 160 | 242 | Heather Ingalls | 8/12/2017 |
| 82.5kg/181.7lbs | | | | | | |
| FP | R | 45 | 166.9 | 402 | Emily Lilly | 6/29/2024 |
| FP | RC | 26 | 177.5 | 386 | Emily Merritt | 5/11/2019 |
| FP | R | 29 | 177.6 | 314 | Gabrielle Robbins | 11/9/2019 |
| FP | R | 28 | 177.5 | 303 | Mikhayla Dunn | 4/15/2023 |
| FP | R | 31 | 178.2 | 281 | Emily Gilson | 10/17/2020 |
| FP | R | 39 | 178.2 | 220 | Pamela Buskirk | 3/5/2022 |
| 90+kg/198.2+lbs | | | | | Female | |
| FP | RC | 34 | 250 | 309 | Tarra Farnham | 5/22/2021 |

365 STRONG WORLD RANKINGS
BENCH - EQUIPMENT NOTED
M/P/F Divisional Leaders

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 48kg/105.7lbs | | | | | | |
| FP | RC | 33 | 104.3 | 110 | Stephanie Washington | 7/10/2021 |
| 56kg/123.5lbs | | | | | | |
| FP | RC | 29 | 122 | 132 | Amanda Isley | 8/12/2017 |
| 67.5kg/148.7lbs | | | | | | |
| FP | R | 36 | 139.4 | 116 | LaDetra Cole | 10/29/2022 |
| 75kg/165.2lbs | | | | | M/P/F | |
| FP | R | 44 | 159 | 242 | Emily Lilly | 10/21/2023 |
| FP | R | 33 | 160 | 187 | Heather Ingalls | 8/12/2017 |
| FP | R | 57 | 165.2 | 178 | Cherie Goldsmith | 4/1/2023 |
| FP | R | 27 | 161.2 | 154 | Mikhayla Dunn | 12/18/2021 |
| FP | R | 35 | 154.7 | 138 | LaDetra Cole | 3/5/2022 |
| 82.5kg/181.7lbs | | | | | | |
| FP | R | 45 | 166.9 | 237 | Emily Lilly | 6/29/2024 |
| FP | R | 29 | 177.6 | 204 | Gabrielle Robbins | 11/9/2019 |
| FP | R | 26 | 177.5 | 165 | Emily Merritt | 5/11/2019 |
| FP | R | 28 | 177.5 | 160 | Mikhayla Dunn | 4/15/2023 |
| FP | R | 31 | 178.2 | 149 | Emily Gilson | 10/17/2020 |
| PP | R | 39 | 174.4 | 132 | Pamela Buskirk | 7/24/2021 |
| 90+kg/198.2+lbs | | | | | Female | |
| FP | R | 34 | 250 | 138 | Tarra Farnham | 5/22/2021 |

365 STRONG WORLD RANKINGS
DEADLIFT - EQUIPMENT NOTED
M/P/F Divisional Leaders

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 48kg/105.7lbs | | | | | | |
| FP | RC | 33 | 104.3 | 226 | Stephanie Washington | 7/10/2021 |
| 56kg/123.5lbs | | | | | | |
| FP | RC | 29 | 122 | 303 | Amanda Isley | 10/28/2017 |
| 67.5kg/148.7lbs | | | | | | |
| FP | R | 36 | 139.4 | 336 | LaDetra Cole | 10/29/2022 |
| 75kg/165.2lbs | | | | | M/P/F | |
| FP | R | 35 | 154.7 | 380 | LaDetra Cole | 3/5/2022 |
| FP | R | 44 | 159 | 380 | Emily Lilly | 10/21/2023 |
| FP | R | 27 | 161.2 | 320 | Mikhayla Dunn | 12/18/2021 |
| FP | R | 33 | 160 | 303 | Heather Ingalls | 8/12/2017 |
| 82.5kg/181.7lbs | | | | | | |
| FP | R | 29 | 177.6 | 397 | Gabrielle Robbins | 11/9/2019 |
| FP | RC | 26 | 178.7 | 391 | Emily Merritt | 10/27/2018 |
| FP | R | 45 | 166.9 | 386 | Emily Lilly | 6/29/2024 |
| FP | R | 28 | 177.5 | 353 | Mikhayla Dunn | 4/15/2023 |
| FP | R | 31 | 178.2 | 342 | Emily Gilson | 10/17/2020 |
| PP | R | 39 | 178.2 | 286 | Pamela Buskirk | 3/5/2022 |
| 90+kg/198.2+lbs | | | | | Female | |
| FP | RC | 34 | 250 | 336 | Tarra Farnham | 5/22/2021 |

365 STRONG WORLD RANKINGS
TOTAL - EQUIPMENT NOTED
M/P/F Divisional Leaders

| Weight Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 48kg/105.7lbs | | | | | | |
| FP | RC | 33 | 104.3 | 529 | Stephanie Washington | 7/10/2021 |
| 56kg/123.5lbs | | | | | | |
| FP | RC | 29 | 122 | 678 | Amanda Isley | 10/28/2017 |
| 67.5kg/148.7lbs | | | | | | |
| FP | R | 36 | 139.4 | 667 | LaDetra Cole | 10/29/2022 |
| 75kg/165.2lbs | | | | | M/P/F | |
| FP | R | 44 | 159 | 1003 | Emily Lilly | 10/21/2023 |
| FP | R | 35 | 154.7 | 771 | LaDetra Cole | 3/5/2022 |
| FP | R | 27 | 161.2 | 749 | Mikhayla Dunn | 12/18/2021 |
| FP | R | 33 | 160 | 733 | Heather Ingalls | 8/12/2017 |
| 82.5kg/181.7lbs | | | | | | |
| FP | R | 45 | 166.9 | 1025 | Emily Lilly | 6/29/2024 |
| FP | RC | 26 | 177.5 | 937 | Emily Merritt | 5/11/2019 |
| FP | R | 29 | 177.6 | 914 | Gabrielle Robbins | 11/9/2019 |
| FP | R | 28 | 177.5 | 816 | Mikhayla Dunn | 4/15/2023 |
| FP | R | 31 | 178.2 | 772 | Emily Gilson | 10/17/2020 |
| 90+kg/198.2+lbs | | | | | Female | |
| FP | RC | 34 | 250 | 783 | Tarra Farnham | 5/22/2021 |

## FEMALE PARALIFTER

365 STRONG WORLD RANKINGS
SQUAT - EQUIPMENT NOTED
FEMALE - PARALIFTER

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|

365 STRONG WORLD RANKINGS
BENCH - EQUIPMENT NOTED
FEMALE - PARALIFTER

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|
| 44kg/97lbs | | | | | | |
| | | 15 | 97 | 83 | Bella-Grace Meadows | 4/1/2023 |

365 STRONG WORLD RANKINGS
DEADLIFT - EQUIPMENT NOTED
FEMALE - PARALIFTER

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|

365 STRONG WORLD RANKINGS
TOTAL - EQUIPMENT NOTED
FEMALE - PARALIFTER

| Wgt Class | | Age | Wgt | Lbs | Name | Date |
|---|---|---|---|---|---|---|

## FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS
Standing Curl
FEMALE

| DIV | RAW | AGE | WGT | LIFT | NAME | DATE | WGTCL |
|---|---|---|---|---|---|---|---|
| M5 | R | 62 | 123 | 37.5 | Nina Snipes | 10/21/2023 | 123 |
| Open | R | 62 | 123 | 37.5 | Nina Snipes | 10/21/2023 | 123 |
| T1 | R | 14 | 118.6 | 37.5 | Elena Sannicandro | 8/19/2023 | 123 |
| M5 | R | 61 | 125 | 32.5 | Nina Snipes | 5/27/2023 | 132 |
| T1 | R | 15 | 124.4 | 52.5 | Elena Sannicandro | 5/11/2024 | 132 |
| T2 | R | 17 | 126.2 | 37.5 | Antia Sannicandro | 8/19/2023 | 132 |
| M4 | R | 59 | 127.2 | 60 | JoJo Brasseaux | 6/17/2023 | 132 |
| MPF | R | 59 | 129.6 | 60 | JoJo Brasseaux | 10/21/2023 | 132 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Open | **R** | 59 | 129.8 | **60** | **JoJo Brasseaux** | 10/21/2023 | | 132 |
| Open | **R** | 28 | 132 | **45** | Shannon Mitchell | 5/18/2024 | | 132 |
| M2 | **R** | 46 | 137 | **50** | **Aiysha Hayes** | 6/5/2021 | | 148 |
| Open | **R** | n/a | 140 | **80** | **Julie Johnson** | 10/17/2020 | | 148 |
| Open | **R** | 31 | 147.3 | **65** | MacKenzie Rideout | 5/4/2024 | | 148 |
| Open | **R** | 25 | 136.1 | **40** | Isabella Tully | 5/18/2024 | | 148 |
| T1 | **R** | 13 | 147.6 | **71.5** | **Haleigh Batchelor** | 10/22/2022 | | 148 |
| M5 | **R** | 62 | 156.9 | **88** | **Maureen Clary** | 9/19/2020 | | 165 |
| M5 | **R** | 60 | 162.9 | **40** | Crystal Rhoades | 10/21/2023 | | 165 |
| Open | **R** | 32 | 162.5 | **77** | **Ashley Stacharowski** | 10/22/2022 | | 165 |
| JR | **R** | 21 | 180.3 | **80** | **Sarah Oesch** | 4/28/2024 | | 181 |