

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 97# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|-------------------|--------------|------------------|-------------|
| 1 | Nikki Williams | Georgia | 18-19 | 154.2 |
| 2 | Brandie Campbell | Texas | 18-19 | 132.2 |
| 3 | Geri Cunningham | Utah | 16-17 | 110.0 |
| 4 | Angel DePineda | Oregon | 18-19 | 98.0 |
| 5 | Desiree Estrada | Texas | 16-17 | 93.5 |
| 6 | Amanda Anderson | Utah | 18-19 | 93.5 |
| 7 | Aunja Norland | Washington | 16-17 | 88.0 |
| 8 | Maricel Bimbo | Hawaii | 18-19 | 88.0 |
| 9 | Lisa Marie Garcia | Washington | 18-19 | 84.7 |
| 10 | Angela Barrera | Texas | 16-17 | 77.0 |
| 11 | Katherine Todd | Washington | 18-19 | 77.0 |
| 12 | Margie Villamore | Hawaii | 18-19 | 71.5 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 105# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|------------------|--------------|------------------|-------------|
| 1 | Nikki Williams | Georgia | 18-19 | 176.2 |
| 2 | Emily Kubiak | California | 18-19 | 154.2 |
| 3 | Brandie Campbell | Texas | 18-19 | 148.7 |
| 4 | Molly Jaeger | Texas | 18-19 | 132.2 |
| 5 | Angela Rocha | Texas | 16-17 | 121.2 |
| 6 | Chelsea Wright | Oregon | 18-19 | 115.5 |
| 7 | Cheyene Tavares | Hawaii | 16-17 | 111.1 |
| 8 | Ashleigh Wilder | Texas | 18-19 | 110.0 |
| 9 | Myrissa Barnet | Texas | 18-19 | 93.5 |
| 10 | Lori Hirojosa | Texas | 18-19 | 82.0 |
| 11 | Hannah Best | Louisiana | 18-19 | 77.0 |
| 12 | Elizabeth Snook | Washington | 16-17 | 71.5 |
| 13 | Chanel Lewis | Texas | 18-19 | 71.5 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 114# WEIGHT CLASS
 (in Case of Tie, Youngest Age Group Is First)

| # LIFTER | STATE | AGE GROUP | LIFT |
|-----------------------|--------------|------------------|-------------|
| 1 Ambyr Reyes | Utah | 18-19 | 203.7 |
| 2 Nikki Williams | Georgia | 18-19 | 192.7 |
| 3 Ambyr Reyes | Utah | 16-17 | 165.2 |
| 4 Anna Rytivaara | Finland | 18-19 | 165.2 |
| 5 Brandie Campbell | Texas | 18-19 | 159.7 |
| 6 Tyler Garcia | Texas | 18-19 | 148.7 |
| 7 Sarah Moorman | Washington | 16-17 | 143.2 |
| 7 Brittany Burroughs | Georgia | 16-17 | 143.2 |
| 8 Cassie Embry | Utah | 18-19 | 143.2 |
| 9 Ren Yamashita | Hawaii | 18-19 | 137.7 |
| 10 Cassie Embry | Utah | 16-17 | 126.7 |
| 11 Anna Cade | Washington | 16-17 | 121.2 |
| 12 Daiana DosSantos | Brazil | 18-19 | 121.2 |
| 13 Merissa Baker | Texas | 18-19 | 121.2 |
| 14 Kate Rose Callahan | Washington | 18-19 | 115.5 |
| 15 Olivia Trenino | Texas | 16-17 | 110.0 |
| 16 Karina Gneck | Arizona | 16-17 | 104.5 |
| 17 Katie Hutchinson | Florida | 18-19 | 101.1 |
| 18 Shelby Stott | Washington | 16-17 | 82.5 |
| 19 Courtney Wyre | Georgia | 18-19 | 82.5 |
| 20 Mariam Bimbo | Hawaii | 18-19 | 77.0 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 123# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # LIFTER | STATE | AGE GROUP | LIFT |
|--------------------|--------------|------------------|-------------|
| 1 Ambyr Reyes | Utah | 18-19 | 225.0 |
| 2 Nikki Williams | Georgia | 18-19 | 204.8 |
| 3 Jill Remiticado | Hawaii | 18-19 | 203.7 |
| 4 Tasha Griffin | Montana | 18-19 | 200.0 |
| 5 Joy Yamashita | Hawaii | 16-17 | 187.2 |
| 6 Amanda Harris | Texas | 16-17 | 170.7 |
| 7 Karina Phipps | Nevada | 18-19 | 166.3 |
| 8 Beth Deming | Oregon | 16-17 | 154.2 |
| 9 Emily Deatrich | Texas | 18-19 | 154.2 |
| 10 Kaila Fairchild | Idaho | 16-17 | 148.7 |
| 10 Lacey Sanchez | Oklahoma | 16-17 | 148.7 |
| 12 Karina Phipps | Nevada | 16-17 | 143.2 |
| 12 Erica Ansberry | California | 16-17 | 143.2 |
| 14 Amanda Wenzel | Washington | 18-19 | 137.0 |
| 15 Brittany Rains | Florida | 18-19 | 135.0 |
| 16 Debra Brown | Washington | 16-17 | 115.5 |
| 17 Angela Pate | Oklahoma | 16-17 | 110.0 |
| 18 Anna Cade | Washington | 18-19 | 105.6 |
| 19 Amanda Wenzel | Washington | 16-17 | 104.5 |
| 20 Lizzie Carey | Washington | 18-19 | 93.5 |
| 21 Susan DeCastro | Texas | 18-19 | 93.5 |
| 22 Rachel Talley | Washington | 18-19 | 88.0 |
| 23 Michelle Barada | Washington | 16-17 | 82.5 |
| 23 Rachel Talley | Washington | 16-17 | 82.5 |
| 25 Juliana VanKolk | Washington | 18-19 | 74.8 |
| 26 Ali Laurent | Louisiana | 18-19 | 71.5 |
| 27 Alayna Jayto | Washington | 16-17 | 61.0 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 132# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|-------------------|--------------|------------------|-------------|
| 1 | Nikki Williams | Georgia | 16-17 | 214.7 |
| 2 | Judith Sverchek | Washington | 18-19 | 210.0 |
| 3 | Christie Hansen | Oregon | 18-19 | 192.7 |
| 4 | Kylee Pierceall | Oregon | 18-19 | 181.7 |
| 5 | Katherine Cade | Washington | 16-17 | 150.9 |
| 6 | Marie Rochat | Oregon | 18-19 | 148.7 |
| 7 | Brittany Rains | Florida | 18-19 | 132.2 |
| 8 | Jenny Watt | California | 18-19 | 127.8 |
| 9 | April Schilt | Washington | 16-17 | 126.7 |
| 10 | Kathleen Girard | California | 18-19 | 126.7 |
| 11 | Mackenzie Sanders | Washington | 16-17 | 110.0 |
| 12 | Megan Ray | Florida | 18-19 | 110.0 |
| 12 | Patti Hansen | Oregon | 18-19 | 110.0 |
| 13 | Abigail Seale | Texas | 16-17 | 99.0 |
| 14 | Lizzie Carey | Washington | 16-17 | 93.5 |
| 15 | Rabecah Miller | Oregon | 18-19 | 93.5 |
| 16 | Loren Evans | Alabama | 18-19 | 90.2 |
| 17 | Emily Bierce | Washington | 18-19 | 89.1 |
| 18 | Rachel Talley | Washington | 16-17 | 88.0 |
| 19 | Melissa Garza | Texas | 16-17 | 82.5 |
| 20 | Jessica Downs | Washington | 16-17 | 77.0 |
| 21 | Pohai Thomas | Hawaii | 16-17 | 73.7 |
| 22 | Lauren Nettles | Louisiana | 18-19 | 71.5 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 148# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|--------------------|--------------|------------------|-------------|
| 1 | Suriane DeSouza | Brazil | 18-19 | 253.5 |
| 2 | Nikki Williams | Georgia | 16-17 | 231.2 |
| 3 | Christy Hansen | Oregon | 18-19 | 209.2 |
| 3 | Tiffany McKinney | Texas | 18-19 | 209.2 |
| 4 | Marie Rochat | Oregon | 18-19 | 203.2 |
| 5 | Mallory Burda | California | 18-19 | 192.7 |
| 6 | Beth Deming | Oregon | 16-17 | 190.0 |
| 7 | Amanda Konzal | Washington | 18-19 | 187.2 |
| 8 | Sarah Biddle | Indiana | 16-17 | 170.7 |
| 9 | Emily Dickman | Washington | 18-19 | 165.2 |
| 10 | Summer Swackhammer | California | 18-19 | 159.7 |
| 11 | Sara Ange | Texas | 16-17 | 154.2 |
| 12 | Cyndi Monroe | Washington | 18-19 | 154.2 |
| 13 | Amanda Proctor | Georgia | 18-19 | 143.2 |
| 14 | Madison Klint | Utah | 18-19 | 137.7 |
| 15 | Olivia Houseman | Washington | 16-17 | 132.2 |
| 16 | Christian Day | Indiana | 18-19 | 132.2 |
| 17 | Steffanie Guffie | Washington | 18-19 | 132.2 |
| 19 | Kelli Grantham | Hawaii | 18-19 | 126.7 |
| 20 | Casey Karhan | Montana | 18-19 | 115.5 |
| 20 | Kaycee Burgess | Texas | 18-19 | 115.5 |
| 20 | Emily Pritchett | Nevada | 18-19 | 115.5 |
| 23 | Chelsi Marshall | Washington | 18-19 | 104.5 |
| 24 | Tina Rino | Colorado | 18-19 | 99.0 |
| 25 | Sonya Steinback | Washington | 18-19 | 88.0 |
| 26 | Megan Ray | Florida | 18-19 | 85.0 |
| 27 | Alyssa Barada | Washington | 16-17 | 82.5 |
| 28 | Maren Calhoon | Florida | 16-17 | 70.0 |
| 29 | Sarah Bair | Washington | 16-17 | 66.0 |
| 30 | Vanessa Teixeira | Hawaii | 16-17 | 60.0 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
 BY FEMALE LIFTERS AGE 16-19 IN
 THE 165# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----|--------------------|------------|-----------|-------|
| 1 | Courtney Gathright | Texas | 18-19 | 325.0 |
| 2 | Nikki Williams | Georgia | 16-17 | 264.5 |
| 3 | Sara Rowse | Washington | 18-19 | 231.2 |
| 4 | Kelly Womack | California | 18-19 | 181.7 |
| 5 | Sarah Biddle | Indiana | 16-17 | 176.2 |
| 6 | Amanda Proctor | Georgia | 18-19 | 170.7 |
| 6 | Amy Bladow | Oregon | 18-19 | 170.7 |
| 6 | Kristina Warren | Georgia | 18-19 | 170.7 |
| 9 | Kelly Buschke | Oregon | 16-17 | 144.3 |
| 10 | Tamara Snook | Washington | 18-19 | 143.2 |
| 11 | Rachel Blackshear | Washington | 16-17 | 138.8 |
| 12 | Olvia Houseman | Washington | 16-17 | 137.7 |
| 13 | Julie Polk | Washington | 16-17 | 132.2 |
| 14 | Ashley Wirt | Texas | 16-17 | 126.7 |
| 15 | Teneka Means | Oregon | 18-19 | 121.2 |
| 16 | Laura Tarkon | Texas | 18-19 | 110.0 |
| 16 | Christian Kaipo | Hawaii | 18-19 | 110.0 |
| 18 | Ashley Smith | Idaho | 16-17 | 104.5 |
| 19 | Ashley LaVigne | Washington | 18-19 | 99.0 |
| 20 | Mckenzie Baxter | Florida | 18-19 | 95.0 |
| 21 | Tasha Dotson | Washington | 16-17 | 93.5 |
| 21 | Kirstin Ramirez | California | 16-17 | 93.5 |
| 23 | Brittany Baro | Hawaii | 18-19 | 88.0 |
| 23 | Candra Grimm | Washington | 18-19 | 88.0 |
| 25 | Katharina Wilkes | Germany | 18-19 | 60.5 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
 BY FEMALE LIFTERS AGE 16-19 IN
 THE 181# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----|--------------------|------------|-----------|-------|
| 1 | Courtney Gathright | Texas | 18-19 | 347.0 |
| 2 | Courtney Gathright | Texas | 16-17 | 300.8 |
| 3 | Kelly Womack | California | 18-19 | 231.2 |
| 4 | Jennifer Otto | Washington | 16-17 | 187.2 |
| 5 | Rachel Messer | Washington | 18-19 | 187.2 |
| 5 | Savannan Espinoza | Texas | 16-17 | 181.7 |
| 7 | Karola Bond | Oregon | 16-17 | 176.2 |
| 7 | Margot O'Halloran | California | 16-17 | 176.2 |
| 9 | Amanda Proctor | Georgia | 18-19 | 170.7 |
| 10 | Abigail Biddle | Indiana | 18-19 | 143.2 |
| 11 | Hannah Biddle | Indiana | 18-19 | 137.7 |
| 11 | Debra Anderson | Minnesota | 18-19 | 137.7 |
| 11 | Rosie Yanikyan | Canada | 18-19 | 137.7 |
| 14 | Angela Johnisee | Oregon | 18-19 | 130.0 |
| 15 | Addie Langlois | Louisiana | 18-19 | 126.7 |
| 15 | Jillian Bruno | California | 18-19 | 126.7 |
| 15 | Nikki Gilbertson | Montana | 18-19 | 126.7 |
| 18 | Julie Polk | Washington | 18-19 | 121.3 |
| 19 | Tiana Blakemore | Hawaii | 18-19 | 112.2 |
| 20 | Brianna Jean Judd | Arizona | 16-17 | 99.0 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE 198# WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|-------------------|--------------|------------------|-------------|
| 1 | Kayla Sua | Washington | 16-17 | 242.5 |
| 2 | Jessica Hurley | Hawaii | 16-17 | 236.7 |
| 2 | Kelly Womack | California | 18-19 | 236.7 |
| 4 | Clara Frost | Washington | 16-17 | 209.2 |
| 5 | Alexandria Cairo | Texas | 18-19 | 204.8 |
| 6 | Holly Boob | Washington | 18-19 | 203.7 |
| 7 | Hannah Biddle | Indiana | 18-19 | 187.2 |
| 8 | Krista Williams | Georgia | 18-19 | 176.2 |
| 9 | Margot O'Halloran | California | 16-17 | 170.7 |
| 10 | Lauren Vaterlaus | California | 18-19 | 170.7 |
| 10 | Tamara Snook | Washington | 18-19 | 170.7 |
| 12 | Bridgett Brown | Georgia | 18-19 | 154.2 |
| 12 | Selita Nonu | Utah | 18-19 | 154.2 |
| 14 | Antonio Mauer | Oregon | 18-19 | 132.2 |
| 15 | Gina Strate | Louisiana | 18-19 | 110.0 |
| 15 | Olga Hernandez | Texas | 18-19 | 110.0 |

HIGHEST ALL-TIME BENCH PRESSES IN WABDL
BY FEMALE LIFTERS AGE 16-19 IN
THE SUPER WEIGHT CLASS

(in Case of Tie, Youngest Age Group Is First)

(Includes all meets up until January 1, 2010)

| # | LIFTER | STATE | AGE GROUP | LIFT |
|----------|------------------|--------------|------------------|-------------|
| 1 | Randolyn Nohara | Hawaii | 16-17 | 352.5 |
| 2 | Kayla Taueli | Washington | 16-17 | 330.5 |
| 3 | Katie Sons | Texas | 18-19 | 303.0 |
| 4 | Katie Sons | Texas | 16-17 | 292.0 |
| 5 | Rebecca Jordan | Alabama | 18-19 | 275.5 |
| 6 | Samantha Baty | Michigan | 16-17 | 242.5 |
| 7 | Danielle Pratt | Georgia | 18-19 | 215.8 |
| 7 | Lauren Vaterlaus | California | 18-19 | 215.8 |
| 9 | Megan Toomey | California | 16-17 | 214.7 |
| 10 | Krista Williams | Georgia | 18-19 | 214.7 |
| 11 | Kayla Sua | Washington | 16-17 | 209.2 |
| 12 | Lynelle Brode | Washington | 18-19 | 209.2 |
| 13 | Laci Wright | Georgia | 18-19 | 203.7 |
| 14 | Rachel Malone | Oregon | 16-17 | 187.2 |
| 15 | Sarah Sylvester | Washington | 18-19 | 181.7 |
| 15 | Amy Moses | Texas | 18-19 | 181.7 |
| 17 | Jana Prothman | Washington | 18-19 | 176.0 |
| 18 | Rebekah Garcia | Texas | 16-17 | 148.7 |
| 19 | Hannah Biddle | Indiana | 16-17 | 143.2 |
| 20 | Tracy Perry | Nevada | 18-19 | 143.2 |
| 21 | Corina Sosa | Texas | 18-19 | 137.2 |
| 22 | Bridgett Brown | Georgia | 18-19 | 132.2 |
| 23 | Angela Grimm | Oregon | 18-19 | 126.2 |