

5A WOMEN'S POWERLIFTING RECORDS

Weight	Bench	Record	Squat	Record	Clean	Record	Total	Record
105	Lorson, Salina South	105	Biester, Salina South	195	Kern, Valley Center Jessica Gokey, Liberal-07	125	Lorson, Salina South	495
114	Hernandez, Salina South	140	Anderson, Salina South	260	Hernandez, Salina South	150	Hernandez, Salina South	525
123	Conway, Salina South	145	Conway, Salina South	275	Mason, Liberal	165	Conway, Salina South	550
132	Miles, Salina South	140	Sauer, Salina South Miles, Salina South Lemars, Valley Center-07	275	Lamar, Valley Center-2007	170	Audrey Lemars, Valley Center-2007	575
140	Pridley, Salina South	140	Pridley, Salina South	315	Pridley, Salina South	190	Pridley, Salina South	645
148	Engel, Salina South	160	Engel, Salina South	330	Ponton, Salina South	185	Engel, Salina South	645
156	Grote, Liberal	170	Engel, Salina South	330	Grote, Liberal	215	Grote, Liberal	675
165	Ross, Salina South	165	Geissert, Salina South	320	Ross, Salina South Carnella Egana, Sal. South-07	180	Ross, Salina South	635
HWT	Shepard, Campus	200	Shepard, Campus	420	Enright, Salina South Heather Fritz, Salina South 07	185	Fritz, Salina South	680