

Nebraska AAU Powerlifting



Women's Records

July 19, 2017

Women's Open Equipped Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
97				
105				
114				
123	209.25 Michelle Brunmeier 07/015/06	110.00 Michelle Brunmeier 07/015/06	270.00 Michelle Brunmeier 07/015/06	589.50 Michelle Brunmeier 07/015/06
132				
148	303.25 Rita Carlson 07/06/05	176.25 Terri Miller 04/22/06	330.75 Rita Carlson 07/06/05	777.25 Rita Carlson 07/06/05
165	319.50 Kelli Lambert 07/19/08	225.75 Kelli Lambert 07/19/08	341.50 Kelli Lambert 07/19/08	887.25 Kelli Lambert 07/19/08
181	330.50 Kacie Sharp 07/15/06	170.75 Kacie Sharp 07/15/06	341.50 Kacie Sharp 07/15/06	843.25 Kacie Sharp 07/15/06
198	374.75 Kacie Sharp 07/21/07	236.75 Kacie Sharp 07/21/07	352.50 Kacie Sharp 07/21/07	964.50 Kacie Sharp 07/21/07
220	407.75 Katey Dodge 07/18/09	220.25 Katey Dodge 07/18/09	358.00 Katey Dodge 07/18/09	986.50 Katey Dodge 07/18/09
SHW				

Women's Open Raw Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
97				
105				
114	154.25 Theresa Sedivy 04/06/13	132.25 Theresa Sedivy 04/06/13	214.75 Theresa Sedivy 04/06/13	501.50 Theresa Sedivy 04/06/13
123	220.25 Sadie Oppegard 08/01/15	126.75 Sadie Oppegard 08/01/15	270.00 Sadie Oppegard 08/01/15	617.25 Sadie Oppegard 08/01/15
132	231.25 Darlene Warner 07/16/16	115.50 Jill Holle 07/16/11	319.50 Darlene Warner 07/16/16	666.75 Darlene Warner 07/16/16
148	242.50 Coco Chairez 08/01/15	143.25 Sabrina Long 07/16/11	325.00 Sabrina Long 07/16/11	705.25 Sabrina Long 07/16/11
165	281.00 Margaret Spencer 04/09/16	165.25 Terri Miller 11/17/07	336.00 Heidi Wallace 08/01/15	710.75 Margaret Spencer 04/09/16
181	330.50 Miki Cestnik 06/26/10	209.25 Elizabeth Gregory 07/16/16	402.25 Elizabeth Gregory 07/16/16	892.75 Elizabeth Gregory 07/16/16
198	325.00 Katey Dodge 04/05/14	159.75 Katey Dodge 04/05/14	319.50 Katey Dodge 04/05/14	804.50 Katey Dodge 04/05/14
220	385.75 Katey Dodge 04/08/17	187.25 Katey Dodge 04/08/17	374.75 Katey Dodge 04/08/17	947.75 Katey Dodge 04/08/17
SHW	352.50 Katey Dodge 07/16/16	187.25 Amanda Pospisil 04/05/14	352.75 Amanda Pospisil 04/05/14	876.25 Katey Dodge 07/16/16

Women's Master Equipped Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
97				
105				
114				
123				
132				
148	303.00 Rita Carlson 07/16/05	143.25 Rita Carlson 07/16/05	330.25 Rita Carlson 07/16/05	777.00 Rita Carlson 07/16/05
165				
181				
198				
220				
SHW				

Women's Master Raw Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
97				
105				
114				
123				
132	137.75 Kim Favinger 07/18/09	88.00 Kim Favinger 07/18/09	220.25 Kim Favinger 07/18/09	446.25 Kim Favinger 07/18/09
148	242.50 Megan Martin 07/16/16	126.75 Megan Martin 07/16/16	303.00 Megan Martin 08/01/15	655.75 Megan Martin 07/16/16
165	159.75 Susan Gregory 07/16/16	110.00 Susan Gregory 07/16/16	220.25 Susan Gregory 07/16/16	490.50 Susan Gregory 07/16/16
181	165.25 Lela McNinch 08/01/15	121.25 Lela McNinch 08/01/15	220.25 Lela McNinch 08/01/15	507.00 Lela McNinch 08/01/15
198	181.75 Lela McNinch 07/16/16	126.75 Lela McNinch 07/16/16	236.75 Lela McNinch 07/16/16	545.50 Lela McNinch 07/16/16
220				
SHW				

Women's Teen Equipped Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
66				
77	66.00 Amira Thoene 07/20/13	24.25 Amira Thoene 07/20/13	115.50 Amira Thoene 07/20/13	206.00 Amira Thoene 07/20/13
88				
97	181.75 Allison Hyde 04/09/16	77.00 Lexi Eddy 07/15/06	209.25 Allison Hyde 04/09/16	446.25 Allison Hyde 04/09/16
105	192.75 Megan Hampton 07/15/06	115.50 Megan Hampton 07/15/06	220.25 Megan Hampton 07/16/05	523.50 Megan Hampton 07/15/06
114	259.00 Liliana Velazquez 04/08/17	126.75 Liliana Velazquez 04/08/17	292.00 Liliana Velazquez 04/08/17	678.00 Liliana Velazquez 04/08/17
123	280.00 Kristen Thernes 04/09/05	140.00 Kristen Thernes 04/09/05	330.50 Kristen Thernes 04/22/06	744.00 Kristen Thernes 04/22/06
132	270.00 Erin Ludlow 07/16/05	132.25 Erin Ludlow 07/16/05	302.00 Erin Ludlow 07/16/05	704.25 Erin Ludlow 07/16/05
148	369.25 Erin Ludlow 07/21/07	154.25 Erin Ludlow 07/21/07	319.50 Shelby Steele 03/07/07	837.50 Erin Ludlow 07/21/07
165	314.00 Kate Wellensiek 04/22/06	176.25 Kate Wellensiek 04/22/06	319.50 Shelby Steele 07/18/09	799.0 Kate Wellensiek 04/22/06
181	292.00 Kacie Sharp 07/16/05	159.75 Kaci Sharp 07/16/05	336.00 Kacie Sharp 07/16/05	788.00 Kacie Sharp 07/16/05
198	358.00 Simone Bhaskaran 07/16/16	187.25 Hope Block 04/22/06	363.75 Simone Bhaskaran 04/09/16	892.75 Simone Bhaskaran 04/09/16
220	303.25 Carmel Hemphill 04/08/17	132.25 Carmel Hemphill 04/08/17	292.00 Carmel Hemphill 04/08/17	727.50 Carmel Hemphill 04/08/17
SHW	320.00 Allison Mattox 04/09/05	176.25 Tami Maloun 03/04/06	336.00 Allison Mattox 11/05/05	800.00 Allison Mattox 04/09/05

Women's Teen Raw Powerlifting Records

Wt Class	Squat	Bench	Deadlift	Total
66				
77	66.00 Amira Thoene 04/06/13	44.00 Amira Thoene 04/06/13	115.50 Amira Thoene 04/06/13	225.75 Amira Thoene 04/06/13
88	99.00 Molly Mares 07/16/11	66.00 Miranda Worden 07/19/08	132.25 Amira Thoene 07/19/14	281.00 Molly Mares 07/16/11
97	126.75 Lexi Eddy 04/22/06	77.00 Molly Mares 04/06/13	165.25 Molly Mares 04/06/13	358.00 Molly Mares 04/06/13
105	187.25 Bailey Kuhlmann 09/23/16	129.00 Bailey Kuhlmann 09/23/16	264.50 Bailey Kuhlmann 09/23/16	581.00 Bailey Kuhlmann 09/23/16
114	369.25 Belle Stuart 07/16/11	121.25 Bailey Kuhlmann 08/01/15	259.00 Bailey Kuhlmann 07/16/16	661.25 Belle Stuart 07/16/11
123	236.75 Jordan Baker 04/05/14	137.75 Trinity Fakler 07/16/16	259.00 Caroline Cook 04/17/10	606.25 Jordan Baker 04/05/14
132	314.25 Elsie Magwire 09/23/16	146.50 Elsie Magwire 09/23/16	347.25 Elsie Magwire 09/23/16	791.50 Elsie Magwire 09/23/16
148	314.25 Elsie Magwire 04/08/17	170.75 Marissa Waters 04/09/16	363.75 Elsie Magwire 04/08/17	821.00 Elsie Magwire 04/08/17
165	236.75 Celeste Heinz 06/26/10	154.25 Celeste Heinz 06/26/10	303.00 Beckie Kubiaczyk 07/21/07	683.25 Celeste Heinz 06/26/10
181	275.50 Rebecca Mueller 04/06/13	137.50 Celeste Heinz 04/17/10	305.25 Celeste Heinz 04/17/10	677.75 Rebecca Mueller 07/20/13
198	286.50 Abbie Leschinsky 04/09/16	165.25 Abbie Leschinsky 04/09/16	308.50 Abbie Leschinsky 04/09/16	760.50 Abbie Leschinsky 04/09/16
220	203.75 Darian McCollum 04/06/13	104.50 Darian McCollum 04/06/13	259.00 Darian McCollum 04/06/13	567.50 Darian McCollum 04/06/13
SHW	286.50 Logan Standerford 04/08/17	126.75 Abby Coday 04/09/16	380.25 Logan Standerford 04/08/17	782.50 Logan Standerford 04/08/17

Women's Bench Only Records

Wt Class	Open Equipped	Open Raw	Master Equipped	Master Raw	Teen Equipped	Teen Raw
66						
77					24.25 Amira Theone 07/20/13	55.00 Miranda Worden 07/21/07
88						66.00 Miranda Worden 07/19/08
97					77.00 Lexi Eddy 07/15/06	77.00 Miranda Worden 04/04/09
105					104.50 Megan Hampton 07/16/05	82.50 Miranda Worden 04/17/10
114		93.50 Heather Geisbusch 07/18/09			115.50 Megan Hampton 03/04/06	88.00 Belle Stuart 07/16/11
123	110.00 Michelle Brunmeier 07/15/06	121.25 Theresa Sedivy 04/22/06		104.50 Sherri Tompkins 06/26/10	137.79 Kristen Thernes 07/16/05	88.00 Miranda Worden 07/16/11
132		143.25 Tish Spencer 04/09/16		88.00 Kim Favinger 07/18/09	104.50 Chelsea Dotson 04/22/06	137.75 Elsie Magwire 07/16/16
148	187.25 Terri Miller 07/15/06	110.00 Mariah Henninger 04/17/10			115.50 Brooke Kuhlmann 04/17/10	143.25 Elsie Magwire 04/08/17
165	214.75 Terri Miller 03/07/07	165.25 Terri Miller 11/17/07			159.75 Shelby Steele 07/18/09	154.25 Celeste Heinz 06/26/10
181	187.25 Bettina Scurlock 07/15/06	121.25 Lela McNinch 08/01/15		121.25 Lela McNinch 08/01/15	126.76 Maren Kennedy 07/16/05	137.75 Celeste Heinz 04/17/10
198	236.75 Kacie Sharp 07/21/07	126.75 Lela McNinch 07/16/16		126.75 Lela McNinch 07/16/16	187.25 Tami Maloun 07/15/06	
220						93.50 Trisha Collins 04/05/14
SHW					187.25 Vanessa Gauthier 07/21/07	121.25 Sagan Troupe 07/21/07

Women's Open Push Pull Records

Wt Class	Bench Equipped	Deadlift Equipped	Total Equipped	Bench Raw	Deadlift Raw	Total Raw
97						
105						
114				115.50 Theresa Sedivy 04/02/11	209.25 Theresa Sedivy 04/02/11	325.00 Theresa Sedivy 04/02/11
123	110.00 Michelle Brunmeier 07/15/06	270.00 Michelle Brunmeier 07/15/06	380.25 Michelle Brunmeier 07/15/06	104.50 Michelle Brunmeier 03/04/06	248.00 Michelle Brunmeier 03/04/06	352.50 Michelle Brunmeier 03/04/06
132				99.00 Taylor Stara 07/16/16	231.25 Taylor Stara 07/16/16	330.50 Taylor Stara 07/16/16
148	187.25 Terri Miller 07/15/06	330.50 Rita Carlson 07/16/05	473.75 Rita Carlson 07/16/05	110.00 Mariah Henninger 04/17/10	225.75 Mariah Henninger 04/17/10	336.00 Mariah Henninger 04/17/10
165	165.25 Terri Miller 03/04/06	314.00 Shelby Steele 04/05/08	462.75 Shelby Steele 04/05/08	137.75 Lauren Harris 07/20/13	352.50 Lauren Harris 07/20/13	490.50 Lauren Harris 07/20/13
181	170.75 Kacie Sharp 07/15/06	341.50 Kacie Sharp 07/15/06	512.50 Kacie Sharp 07/15/06	121.25 Lela McNinch 08/01/15	242.50 Michala Stricklin 07/19/14	352.50 Michala Stricklin 07/19/14
198	236.75 Kacie Sharp 07/21/07	352.50 Kacie Sharp 07/21/07	589.50 Kacie Sharp 07/21/07	126.75 Lela McNinch 07/16/16	248.00 Makayla Jacobsen 04/11/15	363.75 Lela McNinch 07/16/16
220						
SHW						

Women's Master Push Pull Records

Wt Class	Bench Equipped	Deadlift Equipped	Total Equipped	Bench Raw	Deadlift Raw	Total Raw
97						
105						
114						
123						
132				88.00 Kim Favinger 07/18/09	220.25 Kim Favinger 07/18/09	308.50 Kim Favinger 07/18/09
148	143.25 Rita Carlson 07/16/05	330.50 Rita Carlson 07/16/05	473.99 Rita Carlson 07/16/05	110.00 Shawn Edwards 07/16/11	270.00 Shawn Edwards 07/16/11	380.25 Shawn Edwards 07/16/11
165						
181				121.25 Lela McNinch 08/01/15	220.25 Lela McNinch 08/01/15	341.50 Lela McNinch 08/01/15
198				126.75 Lela McNinch 07/16/16	126.75 Lela McNinch 07/16/16	363.75 Lela McNinch 07/16/16
220						
SHW						

Women's Teen Push Pull Records

Wt Class	Bench Equipped	Deadlift Equipped	Total Equipped	Bench Raw	Deadlift Raw	Total Raw
66						
77	24.25 Amira Theone 07/20/13	115.50 Amira Thoene 07/20/13	139.75 Amira Thoene 07/20/13	55.00 Miranda Worden 07/21/07	115.50 Amira Thoene 04/16/13	159.75 Miranda Worden 07/21/07
88				66.00 Miranda Worden 07/19/08	132.25 Amira Thoene 07/19/14	192.75 Miranda Worden 07/19/08
97	77.00 Lexi Eddy 07/15/06	170.75 Lexi Eddy 07/15/06	248.00 Lexi Eddy 07/15/06	77.00 Miranda Worden 04/04/09	165.25 Molly Mares 04/06/13	242.50 Molly Mares 04/06/13
105	104.50 Megan Hampton 07/16/05	220.25 Megan Hampton 07/16/05	325.00 Megan Hampton 07/16/05	82.50 Miranda Worden 04/17/10	198.25 Molly Mares 07/19/14	275.50 Molly Mares 07/19/14
114	115.50 Megan Hampton 03/04/06	231.25 Megan Hampton 03/04/06	347.00 Megan Hampton 03/04/06	88.00 Belle Stuart 07/16/11	214.75 Naomi Kerwood 04/11/15	303.00 Naomi Kerwood 04/11/15
123	104.50 Lindsey Probst 11/05/05	198.25 Lindsey Probst 11/05/05	303.00 Lindsey Probst 11/05/05	88.00 Miranda Worden 07/16/11	198.25 Amanda Damratowski 07/18/09	270.00 Amanda Damratowsk 07/18/09
132	104.50 Chelsea Dotson 04/22/06	220.25 Rachel Wells 04/04/09	314.00 Chelsea Dotson 04/22/06	137.75 Elsie Magwire 07/16/16	330.50 Elsie Magwire 07/16/16	468.25 Elsie Magwire 07/16/16
148	132.25 Shelby Steele 03/07/07	319.50 Shelby Steele 03/07/07	451.75 Shelby Steele 03/07/07	143.25 Elsie Magwire 04/08/17	363.75 Elsie Magwire 04/08/17	507.00 Elsie Magwire 04/08/17
165	159.75 Shelby Steele 07/18/09	319.50 Shelby Steele 07/18/09	479.50 Shelby Steele 07/18/09	154.25 Celeste Heinz 06/26/10	292.00 Celeste Heinz 06/26/10	446.25 Celeste Heinz 06/26/10
181	143.25 Maren Kennedy 04/22/06	325.0 Maren Kennedy 04/22/06	468.25 Maren Kennedy 04/22/06	137.75 Celeste Heinz 04/17/10	305.25 Celeste Heinz 04/17/10	443.00 Celeste Heinz 04/17/10
198	187.25 Tami Maloun 07/15/06	352.50 Tami Maloun 03/07/07	534.50 Tami Maloun 03/07/07	126.75 Taylor Morgan 07/16/16	264.50 Taylor Morgan 07/16/16	391.25 Taylor Morgan 07/16/16
220				93.50 Trisha Collins 04/05/14	220.25 Trisha Collins 04/05/14	314.00 Trisha Collins 04/05/14
SHW	220.25 Allison Mattox 11/18/06	319.50 Allison Mattox 11/18/06	540.0 Allison Mattox 11/18/06	99.00 LaKeisha Wheeler 04/11/15	253.50 LaKeisha Wheeler 04/11/15	352.50 LaKeisha Wheeler 04/11/15