

SOUTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

REVISED: 2/1/11

97 LB. CLASS	SQUAT	225	KELLY NAQUIN	2009	ELLENDER
	BENCH	115	JULIA SWIGART	2011	NORTHSHORE
	DEAD	250	KELLY NAQUIN	2010	ELLENDER
	TOTAL	570	KELLY NAQUIN	2010	ELLENDER
105 LB. CLASS	SQUAT	255	JORDAN PEREZ	2010	NORTHSHORE
	BENCH	135	LISA LUC	2002	SLIDELL
			KAYLI ALPHONSO	2011	NORTHSHORE
	DEAD	315	MORGAN BLEAKLEY	2011	LUTCHER
	TOTAL	655	MORGAN BLEAKLEY	2011	LUTCHER
114. LB. CLASS	SQUAT	285	ELISE BREAUX	2009	PJP II
	BENCH	120	HAYLEE JACOB	2008	NORTHSHORE
			MEGAN KREWSKY	2011	NORTHSHORE
	DEAD	285	SARAH VOGEL	2011	PJP II
	TOTAL	645	AMBER SWISSHELM	2000	SLIDELL
123 LB. CLASS	SQUAT	300	MARGARET TRICHE	2010	ELLENDER
	BENCH	152.5	LAUREN DENIGER	2011	PJP II
	DEAD	300	AMBREA LEE	2007	LUTCHER
	TOTAL	725	AMBREA LEE	2007	LUTCHER
132 LB. CLASS	SQUAT	290	HALEY HESPEN	2011	PJP II
	BENCH	170	NATASHA BOURGEOIS	2011	NORTHSHORE
	DEAD	305	HALEY HESPEN	2011	PJP II
	TOTAL	720	HALEY HESPEN	2011	PJP II
148 LB. CLASS	SQUAT	340	LENA WATSON	2007	ELLENDER
	BENCH	195	LENA WATSON	2007	ELLENDER
	DEAD	355	SUZANNE LOUQUE	2011	LUTCHER
	TOTAL	870	LENA WATSON	2007	ELLENDER
165 LB. CLASS	SQUAT	335	MEGAN BRATHBERRY	2011	PJP II
	BENCH	175	ELENA RUDIGER	2010	NORTHSHORE
	DEAD	340	MEGAN BRATHBERRY	2010	PJP II
			MEGAN BRATHBERRY	2010	PJP II
	TOTAL	785	ASHLEY SANDERS	2002	SLIDELL
			KYLEE JACKSON	2011	LUTCHER
181 LB. CLASS	SQUAT	310	MEREDITH ENXING	2001	SLIDELL
	BENCH	165	MEGHAN COLLINS	2009	PJP II
			RACHEL NOTO	2011	PJP II
	DEAD	335	MEGHAN COLLINS	2009	PJP II
TOTAL	795	MEGHAN COLLINS	2009	PJP II	
198 LB. CLASS	SQUAT	350	CHINA STORKS	2011	LUTCHER
	BENCH	175	CHINA STORKS	2011	LUTCHER
	DEAD	390	CHINA STORKS	2011	LUTCHER
	TOTAL	915	CHINA STORKS	2011	LUTCHER
220 LB. CLASS	SQUAT	350	JALEEN DUMAS	2011	LUTCHER
	BENCH	190	JALEEN DUMAS	2011	LUTCHER
	DEAD	385	JALEEN DUMAS	2011	LUTCHER
	TOTAL	925	JALEEN DUMAS	2011	LUTCHER
SHW CLASS	SQUAT	520	ASHTON CHATELAIN	2011	DESTREHAN
	BENCH	250	ASHTON CHATELAIN	2011	DESTREHAN
	DEAD	435	RICKEYMA ROSS	2010	LUTCHER
	TOTAL	1190	ASHTON CHATELAIN	2011	DESTREHAN