

HIGHLANDER POWERLIFTING SCHOOL RECORDS - GIRLS

	<u>Squat</u>	<u>Bench Press</u>	<u>Dead Lift</u>	<u>Total Weight</u>
97				
105				
114	Bethany Prior 310 lbs State Meet (2024)	Bethany Prior 195 lbs State Meet (2024)	Bethany Prior 300 lbs Lake Creek (2024)	Bethany Prior 790 lbs State Meet (2024)
123	Kaelyn Miller 305 lbs Region IV Meet (2024)	Kaelyn Miller 170 lbs Region IV Meet (2024)	Kaelyn Miller 275 lbs Region IV Meet (2024)	Kaelyn Miller 750 lbs Region IV Meet (2024)
132	Kaelyn Miller 285 lbs Lake Creek (2023)	Kaelyn Miller 180 lbs Lake Creek (2023)	Kaelyn Miller 265 lbs Lake Creek (2023)	Kaelyn Miller 725 lbs Lake Creek (2023)
148	Dacree Shama 230 lbs Lake Creek (2023)	Kayley Radford 120 lbs Montgomery (2023)	Dacree Shama 265 lbs Lake Creek (2023)	Dacree Shama 590 lbs Lake Creek (2023)
165	Holly Mullins 315 lbs Lake Creek (2024)	Holly Mullins 200 lbs State Meet (2024)	Holly Mullins 325 lbs Region IV Meet (2024)	Holly Mullins 840 lbs State Meet (2024)
181				
198	Rachel Volk 255 lbs Waller (2020)	Daniella Randerson 95 lbs TWH Tri-Meet #2 (2024)	Rachel Volk 265 lbs Magnolia (2020)	Rachel Volk 590 lbs Waller (2020)
220	Jorah Guest 195 lbs TWH Intrasquad (2024)	Jorah Guest 95 lbs Lake Creek (2024)	Jorah Guest 205 lbs TWH Intrasquad (2024)	Jorah Guest 495 lbs TWH Intrasquad (2024)
259				
259+				