West Virginia State High School Powerlifting Records

Girls 9-12

Weight Class Lift Name Pounds Date

 97 Squat Penny Mann 159 1995

 Bench Penny Mann 104 1995

 Deadlift Mandy Woodson 220 1995

 Total Penny Mann 473 1995

 105 Squat Lori Jeffrey 253 1993

 Bench Lori Jeffrey 137 1993

 Deadlift Lori Jeffrey 264 1993

 Total Lori Jeffrey 650 1993

 114 Squat Lori Jeffrey 314 1994

 Bench Lori Jeffrey 170 1994

 Deadlift Lori Jeffrey 330 1994

 Total Lori Jeffrey 815 1994

 123 Squat Lori Jeffrey 308 1995

 Bench Lori Jeffrey 178 1995

 Deadlift Lori Jeffrey 341 1995

 Total Lori Jeffrey 821 1995

 132 Squat Kris Bush 286 1995

 Bench Kris Bush 154 1995

 Deadlift Kris Bush 325 1995

 Total Kris Bush 766 1995

148 Squat Amy Helminski 275 1995

 Bench Amy Helminski 159 1995

 Deadlift Amy Helminski 297 1995

 Total Amy Helminski 733 1995

165 Squat Wendy Hendrick 242 1995

 Bench Wendy Hendrick 115 1995

 Deadlift Wendy Hendrick 297 1995

 Total Wendy Hendrick 655 1995

 181 Squat Amy Helminski 275 1994

 Bench Amy Helminski 130 1994

 Deadlift Amy Helminski 290 1994

 Total Amy Helminski 695 1994

198 Squat Heather McComas 248 1995

 Bench Heather McComas 126 1995

 Deadlift Aimee Harper 303 1995

 Total Aimee Harper 666 1995

198 + Squat Crystal McClellan 440 1995

 Bench Crystal McClellan 181 1995

 Deadlift Crystal McClellan 429 1995

 Total Crystal McClellan 1052 1995