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