



Womens Submaster Classic Raw National Records

Weight Class	Squat	Bench Press	Deadlift	Total
97				
105				
114				
123				
132	Heather Plunk 370	Heather Plunk 175	Heather Plunk 370	Heather Plunk 915
148				
165	Natalie Kennon 280	Natalie Kennon 135	Natalie Kennon 300	Natalie Kennon 715
181				
198				
198+	Samantha Russell 340	Samantha Russell 160	Samantha Russell 285	Samantha Russell 785