

ICG Womens All-Time Pound For Pound Top 10

Squat

Equipped								Raw							
#	Name	Score	Weight	BW	Class	Fed	Date	#	Name	Score	Weight	BW	Class	Fed	Date
1								1	Claudia Morales	2.280	375.0	164.5	165	RPS	07/18/15
2								2	Lyndsay Cole	1.686	187.3	111.1	114	USPA	04/16/16
3								3	Jamie Wenger	1.675	335.0	200.0	220	RPS	10/28/17
4								4	Emma Irwin	1.663	297.6	179.0	181	USPA	07/22/17
5								5	Steph Irwin	1.617	231.4	143.1	148	USPA	11/11/17
6								6	Maddie Harder	1.568	203.9	130.0	132	USPA	07/21/18
7								7	Melissa Yampol	1.521	209.4	137.7	148	USPA	04/16/16
8								8	Kendra Joaquin	1.194	203.9	170.8	181	USPA	07/21/18
9								9	Christine Ferrante	1.131	214.9	190.0	198	USPA	07/21/18
10								10	Katie Bryan	1.077	231.4	214.9	SHW	USPA	07/22/17

Bench Press

Equipped								Raw							
#	Name	Score	Weight	BW	Class	Fed	Date	#	Name	Score	Weight	BW	Class	Fed	Date
1								1	Claudia Morales	1.216	200.0	164.5	165	RPS	07/18/15
2								2	Lyndsay Cole	1.061	117.9	111.1	114	USPA	04/16/16
3								3	Steph Irwin	0.945	137.7	145.7	148	USPA	07/22/17
4								4	Melissa Yampol	0.881	121.3	137.7	148	USPA	04/16/16
5								5	Tiffany Sinay	0.875	115.5	132.0	132	WABDL	05/12/12
6								6	Kendra Joaquin	0.871	148.8	170.8	181	USPA	07/21/18
7								7	Christine Ferrante	0.870	165.3	190.0	198	USPA	07/21/18
8								8	Anna Knapski	0.862	170.7	198.0	198	WABDL	11/21/10
9								9	Maddie Harder	0.848	110.2	130.0	132	USPA	07/21/18
10								10	Mandy Deckard	0.829	170.7	205.8	220	WABDL	07/11/15

Deadlift

Equipped								Raw							
#	Name	Score	Weight	BW	Class	Fed	Date	#	Name	Score	Weight	BW	Class	Fed	Date
1								1	Steph Irwin	2.465	352.7	143.1	148	USPA	07/22/17
2								2	Claudia Morales	2.432	400.0	164.5	165	RPS	07/18/15
3								3	Melissa Yampol	2.322	319.7	137.7	148	USPA	04/16/16
4								4	Anna Knapski	2.170	429.7	198.0	198	WABDL	05/11/13
5								5	Maddie Harder	2.162	281.0	130.0	132	USPA	07/21/18
6								6	Emma Irwin	2.093	374.7	179.0	181	USPA	07/21/18
7								7	Lyndsay Cole	2.083	231.4	111.1	114	USPA	04/16/16
8								8	Kendra Joaquin	1.775	303.1	170.8	181	USPA	07/21/18
9								9	Mandy Deckard	1.740	358.0	205.8	220	WABDL	07/11/15
10								10	Christine Ferrante	1.711	325.1	190.0	198	USPA	07/21/18

Full Meet

Equipped								Raw							
#	Name	Score	Weight	BW	Class	Fed	Date	#	Name	Score	Weight	BW	Class	Fed	Date
1								1	Claudia Morales	5.927	975.0	164.5	165	RPS	07/18/15
2								2	Steph Irwin	5.007	716.5	143.1	148	USPA	07/22/17
3								3	Lyndsay Cole	4.832	536.8	111.1	114	RPS	04/16/16
4								4	Melissa Yampol	4.723	650.4	137.7	148	USPA	04/16/16
5								5	Maddie Harder	4.578	595.2	130.0	132	USPA	07/21/18
6								6	Emma Irwin	4.464	799.1	179.0	181	USPA	07/21/18
7								7	Jamie Wenger	4.125	825.0	200.0	220	RPS	10/28/17
8								8	Kendra Joaquin	3.840	655.8	170.8	181	USPA	07/21/18
9								9	Christine Ferrante	3.713	705.4	190.0	198	USPA	07/21/18
10								10	Sarah Farmer	3.283	429.9	130.9	132	USPA	07/22/17

All ICG Top 10 Lists Are For Sanctioned Lifts Only