

ICG WOMENS ALL-TIME TOP 10

SQUAT

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1					
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10					

RAW

#	NAME	LIFT	CLASS	FED	DATE
1	CLAUDIA MORALES	385.0	198	RPS	12/07/14
2	JAMIE WENGER	335.0	220	RPS	10/28/17
3	EMMA IRWIN	297.6	181	USPA	07/21/18
4	SARA KELLEY	286.6	SHW	USPA	07/22/17
5	KATIE BRYAN	231.4	SHW	USPA	07/22/17
6	STEPH IRWIN	231.4	148	USPA	11/11/17
7	CHRISTINE FERRANTE	214.9	198	USPA	07/21/18
8	MELISSA YAMPOL	209.4	148	USPA	04/16/16
9	MADDIE HARDER	203.9	132	USPA	07/21/18
10	KENDRA JOAQUIN	203.9	181	USPA	07/21/18

BENCH PRESS

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
1					
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RAW

#	NAME	LIFT	CLASS	FED	DATE
1	CLAUDIA MORALES	205.0	198	RPS	12/07/14
2	SARA KELLEY	187.3	SHW	USPA	07/22/17
3	ANNA KNAPSKI	170.7	198	WABDL	11/21/10
4	MANDY DECKARD	170.7	220	WABDL	07/11/15
5	CHRISTINE FERRANTE	165.3	198	USPA	07/21/18
6	JAMIE WENGER	155.0	220	RPS	10/28/17
7	KENDRA JOAQUIN	148.8	181	USPA	07/21/18
8	STEPH IRWIN	137.7	148	USPA	07/22/17
9	KATIE BRYAN	137.7	SHW	USPA	07/22/17
10	EMMA IRWIN	126.7	181	USPA	07/21/18

DEADLIFT

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
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RAW

#	NAME	LIFT	CLASS	FED	DATE
1	ANNA KNAPSKI	429.7	198	WABDL	05/11/13
2	CLAUDIA MORALES	410.0	198	RPS	12/07/14
3	EMMA IRWIN	374.7	181	USPA	07/21/18
4	MANDY DECKARD	358.0	220	WABDL	07/11/15
5	SARA KELLEY	352.7	SHW	USPA	07/22/17
6	STEPH IRWIN	352.7	148	USPA	11/11/17
7	JAMIE WENGER	335.0	220	RPS	10/28/17
8	CHRISTINE FERRANTE	325.1	198	USPA	07/21/18
9	MELISSA YAMPOL	319.7	148	USPA	04/16/16
10	KENDRA JOAQUIN	303.1	181	USPA	07/21/18

FULL MEET

EQUIPPED

#	NAME	LIFT	CLASS	FED.	DATE
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RAW

#	NAME	LIFT	CLASS	FED	DATE
1	CLAUDIA MORALES	1000.0	198	RPS	12/07/14
2	JAMIE WENGER	825.0	220	RPS	10/28/17
3	SARA KELLEY	815.7	SHW	USPA	07/22/17
4	EMMA IRWIN	799.1	181	USPA	07/21/18
5	STEPH IRWIN	716.5	148	USPA	11/11/17
6	CHRISTINE FERRANTE	705.4	198	USPA	07/21/18
7	KENDRA JOAQUIN	655.8	181	USPA	07/21/18
8	MELISSA YAMPOL	650.4	148	USPA	04/16/16
9	KATIE BRYAN	628.3	SHW	USPA	07/22/17
10	MADDIE HARDER	595.2	132	USPA	07/21/18

* THE ICG TOP 10 LISTS ARE FOR SANCTIONED LIFTS ONLY *