

2026 Junior World Championships Rankings - Women

Rankings as of 10/23/25

	Athlete Name	Body Weight	Total	% of A Standard	Age as of 12/31/26	Competition Total Achieved
1	Ella Nicholson	77	245	114.486%	20	2025 Junior Pan Am Games
2	Grace Montgomery	76	211	98.60%	20	2025 Junior World Championships
3	Jade Morales	53	174	97.21%	19	2025 National Championships

A Standard - New BW's	
48	163
53	179
58	194
63	203
69	210
77	214
86	218
86+	237

A Standard- Old Catergories	
45	150
49	167
55	185
59	196
64	203
71	212
76	214
81	215
87	219
87+	237

B Standard - New BW's	
48	154
53	169
58	183
63	191
69	198
77	202
86	206
86+	224

B Standard- Old Categories	
45	142
49	157
55	175
59	185
64	192
71	200
76	202
81	203
87	207
87+	224