

Official American Records
(American records may only be set at drug tested, USAW national/trials or IWF Sanctioned events)

Records from 2018 American Open Series II to 2024 IWF World Championships
(All Records Updated as of 12/10/24)

Open Men American Records

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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55kg

Snatch	Brey Kobashigawa	Team Hawaii	110kg	12/9/18	Milwaukee, WI
C&Jerk	Gabe Chhum	Max Kane Barbell	134kg	6/28/22	Las Vegas, NV
Total	Standard		242kg		

61kg

Snatch	Hampton Morris	USA/Unattached	127kg	4/2/24	Phuket, THA
C&Jerk	Hampton Morris	USA/Unattached	176kg	4/2/24	Phuket, THA
Total	Hampton Morris	USA/Unattached	303kg	4/2/24	Phuket, THA

67kg

Snatch	Standard		139kg		
C&Jerk	Hampton Morris	USA/Unattached	178kg	11/17/23	Guadalajara, MEX
Total	Standard		312kg		

73kg

Snatch	CJ Cummings	USA/Team Divergent	155kg	4/21/21	Santo Domingo, DOM
C&Jerk	CJ Cummings	USA/Team Divergent	193kg	6/25/19	La Havana, CUB
Total	CJ Cummings	USA/Team Divergent	347kg	6/25/19	La Havana, CUB

81kg

Snatch	Standard		163kg		
C&Jerk	Harrison Maurus	USA/Alpha Barbell	200kg	11/5/18	Ashgabat, TKM
Total	Harrison Maurus	USA/Power and Grace	361kg	7/31/21	Tokyo, JPN

89kg

Snatch	Standard		170kg		
C&Jerk	Standard		207kg		
Total	Nathan Damron	USA/Cal Strength	370kg	12/11/22	Bogotá, COL

96kg

Snatch	Standard		174kg		
C&Jerk	Standard		213kg		
Total	Standard		380kg		

102kg

Snatch	Wes Kitts	USA/Cal Strength	177kg	6/16/23	Havana, CUB
C&Jerk	Standard		218kg		
Total	Wes Kitts	USA/Cal Strength	388kg	6/16/23	Havana, CUB

109kg

Snatch	Wes Kitts	USA/California Strength	177kg	8/31/21	Tokyo, JPN
C&Jerk	Wes Kitts	USA/California Strength	223kg	4/26/19	Guatemala City, GUA
Total	Wes Kitts	USA/California Strength	399kg	4/26/19	Guatemala City, GUA

+109kg

Snatch	Shane Hamman	USA/Unattached	197.5kg	11/26/02	Warsaw, POL
C&Jerk	Shane Hamman	USA/Unattached	237.5kg	8/25/04	Athens, GRE
Total	Shane Hamman	USA/Unattached	430kg	8/25/04	Athens, GRE

Open Women American Records

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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45kg

Snatch	Standard		82kg		
C&Jerk	Cicely Kyle	USA/Power and Grace	96kg	4/19/21	Santo Domingo, DOM
Total	Standard		181kg		

49kg

Snatch	Jourdan Delacruz	USA/Power and Grace	89kg	4/20/21	Santo Domingo, DOM
C&Jerk	Jourdan Delacruz	USA/Power and Grace	112kg	3/27/23	Bariloche, ARG
Total	Jourdan Delacruz	USA/Power and Grace	200kg	4/20/21	Santo Domingo, DOM

55kg

Snatch	Jourdan Delacruz	Power and Grace	91kg	2/15/19	Chicago, IL
C&Jerk	Jourdan Delacruz	USA/Power and Grace	116kg	4/24/19	Guatemala City, GUA
Total	Jourdan Delacruz	USA/Power and Grace	207kg	4/24/19	Guatemala City, GUA

59kg

Snatch	Danielle Gunnin	USA/Atlas Weightlifting	100kg	3/29/23	Bariloche, ARG
C&Jerk	Taylor Wilkins	USA/Florida Elite	124kg	6/12/23	Havana, CUB
Total	Taylor Wilkins	USA/Florida Elite	221kg	6/12/23	Havana, CUB

64kg

Snatch	Mattie Sasser	USA/Forza Weightlifting	102kg	7/29/19	Lima, PER
C&Jerk	Mattie Sasser	USA/Forza Weightlifting	130kg	7/29/19	Lima, PER
Total	Mattie Sasser	USA/Forza Weightlifting	232kg	7/29/19	Lima, PER

71kg

Snatch	Olivia Reeves	USA/Unattached	120kg	6/22/24	Pittsburgh, PA
C&Jerk	Olivia Reeves	USA/Unattached	151kg	6/22/24	Pittsburgh, PA
Total	Olivia Reeves	USA/Unattached	271kg	6/22/24	Pittsburgh, PA

76kg

Snatch	Ella Nicholson	Root 18 Weightlifting	113kg	9/24/24	Leon, ESP
C&Jerk	Mattie Rogers	USA/Catalyst Athletics	141kg	7/28/22	Bogota, COL
Total	Mattie Rogers	Catalyst Athletics	252kg	7/2/22	Las Vegas, NV

81kg

Snatch	Olivia Reeves	Unattached/USA	114kg	10/23/23	Santiago, CHI
C&Jerk	Kate Vibert	USA/Power and Grace	145kg	4/9/24	Phuket, THA
Total	Olivia Reeves	Unattached/USA	258kg	10/23/23	Santiago, CHI

87kg

Snatch	Standard		110kg		
C&Jerk	Standard		142kg		
Total	Standard		250kg		

87kg+

Snatch	Cheryl Haworth	Team Savannah	128kg	5/18/03	Chattanooga, TN
C&Jerk	Mary Theisen-Lappen	1Kilo	163kg	3/4/22	Columbus, OH
Total	Sarah Robles	USA/Team Houston	290kg	11/10/18	Ashgabat, TKM

Junior Men American Records

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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55kg

Snatch	Standard		110kg		
C&Jerk	Gabe Chhum	Max Kane Barbell	134kg	6/28/22	Las Vegas, NV
Total	Standard		242kg		

61kg

Snatch	Hampton Morris	USA/Unattached	127kg	4/2/24	Phuket, THA
C&Jerk	Hampton Morris	USA/Unattached	176kg	4/2/24	Phuket, THA
Total	Hampton Morris	USA/Unattached	303kg	4/2/24	Phuket, THA

67kg

Snatch	Standard		139kg		
C&Jerk	Hampton Morris	USA/Unattached	178kg	11/17/23	Guadalajara, MEX
Total	Standard		312kg		

73kg

Snatch	CJ Cummings	USA/Team Divergent	154kg	6/25/19	La Havana, CUB
C&Jerk	CJ Cummings	USA/Team Divergent	193kg	6/25/19	La Havana, CUB
Total	CJ Cummings	USA/Team Divergent	347kg	6/25/19	La Havana, CUB

81kg

Snatch	Standard		160kg		
C&Jerk	Harrison Maurus	USA/Alpha Barbell	200kg	11/5/18	Ashgabat, TKM
Total	Harrison Maurus	USA/Alpha Barbell	357kg	11/5/18	Ashgabat, TKM

89kg

Snatch	Standard		161kg		
C&Jerk	Standard		201kg		
Total	Harrison Maurus	USA/Alpha Barbell	355kg	5/17/18	Santo Domingo, DOM

96kg

Snatch	Standard		163kg		
C&Jerk	Standard		202kg		
Total	Standard		363kg		

102kg

Snatch	Standard		172kg		
C&Jerk	Standard		206kg		
Total	Standard		378kg		

109kg

Snatch	Standard		173kg		
C&Jerk	Standard		207kg		
Total	Standard		379kg		

109kg+

Snatch	Matt Rue IV	Les Petits Animaux	165.5kg	12/3/00	Buffalo, NY
C&Jerk	Spencer Moorman	California Strength	204kg	12/4/11	Mobile, AL
Total	Jason Kristal	USA/Unattached	365kg	7/8/99	Savannah, GA

Junior Women American Records

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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45kg

Snatch	Standard		70kg		
C&Jerk	Standard		88kg		
Total	Standard		150kg		

49kg

Snatch	Standard		81kg		
C&Jerk	Hayley Reichardt	USA/Garage Strength	102kg	11/10/19	Lima, PER
Total	Standard		178kg		

55kg

Snatch	Katharine Estep	USA/Alpha Barbell	89kg	10/7/21	Jeddah, KSA
C&Jerk	Jourdan Delacruz	USA/Power and Grace	112kg	11/3/18	Ashgabat, TKM
Total	Jourdan Delacruz	USA/Power and Grace	198kg	11/3/18	Ashgabat, TKM

59kg

Snatch	Miranda Ulrey	Fourteen Forty Collec.	97kg	6/21/24	Palmira, COL
C&Jerk	Miranda Ulrey	Fourteen Forty Collec.	117kg	9/21/24	Leon, ESP
Total	Miranda Ulrey	Fourteen Forty Collec.	211kg	6/21/24	Palmira, COL

64kg

Snatch	Sophia Shaft	Optimus Barbell Club	101kg	12/10/24	Manama, BRN
C&Jerk	Sophia Shaft	Optimus Barbell Club	124kg	12/10/24	Manama, BRN
Total	Sophia Shaft	Optimus Barbell Club	225kg	12/10/24	Manama, BRN

71kg

Snatch	Olivia Reeves	USA/ Unattached	115kg	12/10/23	Doha, QAT
C&Jerk	Olivia Reeves	USA/Unattached	147kg	12/10/23	Doha, QAT
Total	Olivia Reeves	USA/Unattached	262kg	12/10/23	Doha, QAT

76kg

Snatch	Ella Nicholson	Root 18 Weightlifting	113kg	9/24/24	Leon, ESP
C&Jerk	Kate Vibert	USA/Team Hercules	135kg	7/29/19	Lima, PER
Total	Ella Nicholson	Root 18 Weightlifting	244kg	9/24/24	Leon, ESP

81kg

Snatch	Olivia Reeves	Unattached/USA	114kg	10/23/23	Santiago, CHI
C&Jerk	Olivia Reeves	Unattached/USA	144kg	10/23/23	Santiago, CHI
Total	Olivia Reeves	Unattached/USA	258kg	10/23/23	Santiago, CHI

87kg

Snatch	Juliana Riotto	Garage Strength	106kg	12/9/18	Milwaukee, WI
C&Jerk	Standard		134kg		
Total	Juliana Riotto	Garage Strength	234kg	12/9/18	Milwaukee, WI

87kg+

Snatch	Cheryl Haworth	Team Savannah	128kg	5/16/03	Chattanooga, TN
C&Jerk	Cheryl Haworth	USA/Team Savannah	160kg	12/9/01	Syracuse, NY
Total	Cheryl Haworth	USA/Team Savannah	285kg	12/9/01	Syracuse, NY

Collegiate Men American Records

These records can be set at National University Championships and World Weightlifting Championships for university and college students

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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55kg

Snatch	Brey Kobashigawa	University of Nevada LV	103kg	3/8/19	Las Vegas, NV
C&Jerk	Brey Kobashigawa	University of Nevada LV	130kg	3/8/19	Las Vegas, NV
Total	Brey Kobashigawa	University of Nevada LV	233kg	3/8/19	Las Vegas, NV

61kg

Snatch	Standard		113kg		
C&Jerk	Standard		141kg		
Total	Standard		252kg		

67kg

Snatch	Standard		128kg		
Snatch	Standard		164kg		
Total	Standard		288kg		

73kg

Snatch	Standard		140kg		
C&Jerk	Ryan Grimsland	LRU University	182kg	3/4/22	Columbus, OH
Total	Ryan Grimsland	LRU University	320kg	3/4/22	Columbus, OH

81kg

Snatch	Oscar Chaplin III	Savannah State	150kg	12/11/98	Shreveport, LA
C&Jerk	Standard		184kg		
Total	Standard		330kg		

89kg

Snatch	James Tatum	NCSAB	159kg	9/24/16	New Orleans, LA
C&Jerk	Kendrick Farris	LSU - Shreveport	197kg	7/12/13	Shreveport, LA
Total	Kendrick Farris	LSU - Shreveport	352kg	7/12/13	Shreveport, LA

96kg

Snatch	Jared Fleming	LSU - Shreveport	165kg	9/28/14	Albuquerque, NM
C&Jerk	Kendrick Farris	USA/LSU - Shreveport	211kg	7/12/13	Kazan, RUS
Total	Kendrick Farris	USA/LSU - Shreveport	372kg	7/12/13	Kazan, RUS

102kg

Snatch	Standard		162kg		
C&Jerk	Standard		201kg		
Total	Standard		358kg		

109kg

Snatch	Standard		163kg		
C&Jerk	Standard		206kg		
Total	Standard		365kg		

109kg+

Snatch	Matt Rue IV	Raritan Valley CC	167.5kg	2/3/02	Shreveport, LA
C&Jerk	Tayon Vereen	Brewton-Parker College	211kg	3/1/24	Columbus, OH
Total	Tayon Vereen	Brewton-Parker College	373kg	3/1/24	Columbus, OH

Collegiate Women American Records

These records can be set at National University Championships and World Weightlifting Championships for university and college students

Class/Lift	Athlete Name	Representing	Weight	Date	Location
45kg					
Snatch	Standard		76kg		
C&Jerk	Standard		87kg		
Total	Standard		167kg		

49kg

Snatch	Caitlin Hogan	USA/Texas Women's University	81kg	11/13/16	Merida, MEX
C&Jerk	Caitlin Hogan	USA/Texas Women's University	107kg	11/13/16	Merida, MEX
Total	Caitlin Hogan	USA/Texas Women's University	188kg	11/13/16	Merida, MEX

55kg

Snatch	Leila Cook	Arizona State University	83kg	2/29/24	Columbus, OH
C&Jerk	Leila Cook	Arizona State University	108kg	2/29/24	Columbus, OH
Total	Leila Cook	Arizona State University	191kg	2/29/24	Columbus, OH

59kg

Snatch	Taylor Turner	Northern Michigan University	90kg	4/22/18	Ogden, UT
C&Jerk	Kaija Bramwell	Brigham Young University	109kg	3/9/19	Las Vegas, NV
Total	Taylor Turner	Northern Michigan University	198kg	4/22/18	Ogden, UT

64kg

Snatch	Mary Peck	USA/Cal State Sacramento	95kg	11/15/16	Merida, MEX
C&Jerk	Standard		119kg		
Total	Standard		214kg		

71kg

Snatch	Mattie Rogers	USA/Valencia College	103kg	11/16/16	Merida, MEX
C&Jerk	Mattie Rogers	USA/Valencia College	132kg	11/16/16	Merida, MEX
Total	Mattie Rogers	USA/Valencia College	235kg	11/16/16	Merida, MEX

76kg

Snatch	Mattie Rogers	University of Central Florida	106kg	3/10/19	Las Vegas, NV
C&Jerk	Mattie Rogers	University of Central Florida	133kg	3/10/19	Las Vegas, NV
Total	Mattie Rogers	University of Central Florida	239kg	3/10/19	Las Vegas, NV

81kg

Snatch	Standard		101kg		
C&Jerk	Standard		132kg		
Total	Standard		234kg		

87kg

Snatch	Amanda Robles	UC Berkley	102kg	3/3/24	Columbus, OH
C&Jerk	Standard		133kg		
Total	Standard		234kg		

87kg+

Snatch	Cheryl Haworth	Savannah College of Art & Design	120kg	2/1/03	Shreveport, LA
C&Jerk	Sarah Robles	DeVry University	156kg	9/27/15	Ogden, UT
Total	Sarah Robles	DeVry University	276kg	9/27/15	Ogden, UT

Youth Men American Records: 13 years old and Under

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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32kg

Snatch	Adam Hancock	Unattached	39kg	6/28/19	Anaheim, CA
C&Jerk	Andrew Taussig	Kansas City Weightlifting	49kg	6/24/23	Colorado Springs, CO
Total	Adam Hancock	Unattached	87kg	6/28/19	Anaheim, CA

36kg

Snatch	Hutch Friend	Club Boris	45kg	6/24/16	Austin, TX
C&Jerk	Dandre Adams	East Coast Gold	60kg	6/24/23	Colorado Springs, CO
Total	Hutch Friend	Club Boris	103kg	6/24/16	Austin, TX

39kg

Snatch	Hutch Friend	Boris Bootcamp Weightlifting	56kg	6/23/17	Atlanta, GA
C&Jerk	Diego Yoo	3 Kings Weightlifting	70kg	6/25/22	Las Vegas, NV
Total	Diego Yoo	3 Kings Weightlifting	125kg	6/25/22	Las Vegas, NV

44kg

Snatch	Hampton Morris	Dwala Barbell	58kg	6/23/17	Atlanta, GA
C&Jerk	Hampton Morris	Dwala Barbell	80kg	6/23/17	Atlanta, GA
Total	Hampton Morris	Dwala Barbell	138kg	6/23/17	Atlanta, GA

49kg

Snatch	Jaimon Mogard	State 35 Strength	60kg	6/24/23	Colorado Springs, CO
C&Jerk	Bradley Bates	Glass City Weightlifting	76kg	6/24/23	Colorado Springs, CO
Total	Bradley Bates	Glass City Weightlifting	133kg	6/24/23	Colorado Springs, CO

55kg

Snatch	CJ Cummings	Team Savannah	75kg	6/25/12	Dearborn, MI
C&Jerk	CJ Cummings	Team Savannah	100kg	6/25/12	Dearborn, MI
Total	CJ Cummings	Team Savannah	175kg	6/25/12	Dearborn, MI

61kg

Snatch	CJ Cummings	USA/Team Savannah	91kg	4/14/13	Tashkent, UZB
C&Jerk	CJ Cummings	USA/Team Savannah	118kg	4/14/13	Tashkent, UZB
Total	CJ Cummings	USA/Team Savannah	209kg	4/14/13	Tashkent, UZB

67kg

Snatch	CJ Cummings	USA/Team Savannah	105kg	8/17/13	Shreveport, LA
C&Jerk	CJ Cummings	Team Savannah	131kg	12/7/13	Dallas, TX
Total	CJ Cummings	USA/Team Savannah	235kg	8/17/13	Shreveport, LA

73kg

Snatch	Standard		89kg		
C&Jerk	Standard		112kg		
Total	Standard		200kg		

73kg+

Snatch	Morgan McCullough	Mash Mafia Weightlifting	92kg	12/8/16	Orlando, FL
C&Jerk	Morgan McCullough	Mash Mafia Weightlifting	118kg	12/8/16	Orlando, FL
Total	Morgan McCullough	Mash Mafia Weightlifting	210kg	12/8/16	Orlando, FL

Youth Men American Records: 14-15 year old

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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39kg

Snatch	Kai Reynolds	Unaffiliated	47kg	6/16/24	Pittsburgh, PA
C&Jerk	Kai Reynolds	Unaffiliated	60kg	6/16/24	Pittsburgh, PA
Total	Standard		115kg		

44kg

Snatch	Hutch Friend	Team Divergent	64kg	2/16/18	Spokane, WA
C&Jerk	Diego Yoo	3 Kings Weightlifting	81kg	6/25/23	Colorado Springs, CO
Total	Standard		147kg		

49kg

Snatch	Hutch Friend	USA/Team Divergent	76kg	3/8/19	Las Vegas, NV
C&Jerk	Logan Lockwood	USA/4Star Strength	98kg	10/5/21	Jeddah, KSA
Total	Hutch Friend	USA/Team Divergent	169kg	3/8/19	Las Vegas, NV

55kg

Snatch	Hampton Morris	ALLSOUTH Barbell	95kg	5/10/19	Memphis, TN
C&Jerk	Hampton Morris	ALLSOUTH Barbell	117kg	5/10/19	Memphis, TN
Total	Hampton Morris	ALLSOUTH Barbell	212kg	5/10/19	Memphis, TN

61kg

Snatch	Hampton Morris	ALLSOUTH Barbell	109kg	12/6/19	Salt Lake City, UT
C&Jerk	Hampton Morris	ALLSOUTH Barbell	146kg	12/6/19	Salt Lake City, UT
Total	Hampton Morris	ALLSOUTH Barbell	255kg	12/6/19	Salt Lake City, UT

67kg

Snatch	Standard		117kg		
C&Jerk	CJ Cummings	Team Savannah	153kg	7/19/14	Salt Lake City, UT
Total	CJ Cummings	Team Savannah	263kg	7/19/14	Salt Lake City, UT

73kg

Snatch	CJ Cummings	USA/Team Savannah	134kg	9/17/15	San Luis Potosi, MEX
C&Jerk	CJ Cummings	Team Savannah	175kg	8/15/15	Dallas, TX
Total	CJ Cummings	Team Savannah	306kg	8/15/15	Dallas, TX

81kg

Snatch	Standard		134kg		
C&Jerk	Harrison Maurus	Unattached	171kg	12/5/15	Reno, NV
Total	Harrison Maurus	Unattached	303kg	12/5/15	Reno, NV

89kg

Snatch	Standard		135kg		
C&Jerk	Standard		168kg		
Total	Standard		298kg		

89kg+

Snatch	Ian Wilson	Hassle Free BBC	137kg	12/13/09	Mobile, AL
C&Jerk	Morgan McCullough	Mash Mafia	170kg	9/14/18	Las Vegas, NV
Total	Ian Wilson	Hassle Free BBC	303kg	12/13/09	Mobile, AL

Youth Men American Records: 16-17 year old

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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49kg

Snatch	Jagarii Gardner	Orlando Strength	77kg	12/7/23	Wilmington, NC
C&Jerk	Logan Lockwood	4Star Strength	103kg	3/3/22	Columbus, OH
Total	Standard		208kg		

55kg

Snatch	Standard		102kg		
C&Jerk	Standard		124kg		
Total	Standard		224kg		

61kg

Snatch	Hampton Morris	USA/Unattached	120kg	10/6/21	Jeddah, KSA
C&Jerk	Hampton Morris	USA/Unattached	156kg	10/6/21	Jeddah, KSA
Total	Hampton Morris	USA/Unattached	276kg	10/6/21	Jeddah, KSA

67kg

Snatch	Standard		129kg		
C&Jerk	Standard		165kg		
Total	Standard		289kg		

73kg

Snatch	CJ Cummings	USA/Team Savannah	141kg	12/1/17	Anaheim, CA
C&Jerk	CJ Cummings	USA/Team Savannah	185kg	4/7/17	Bangkok, THA
Total	CJ Cummings	USA/Team Savannah	322kg	4/7/17	Bangkok, THA

81kg

Snatch	Harrison Maurus	USA/Alpha Barbell	155kg	12/2/17	Anaheim, CA
C&Jerk	Harrison Maurus	USA/Alpha Barbell	193kg	12/2/17	Anaheim, CA
Total	Harrison Maurus	USA/Alpha Barbell	348kg	12/2/17	Anaheim, CA

89kg

Snatch	Standard		149kg		
C&Jerk	Standard		186kg		
Total	Standard		329kg		

96kg

Snatch	Timothy Davis Jr.	ODC Barbell	151kg	12/5/21	Denver, CO
C&Jerk	Morgan McCullough	Mash Mafia	190kg	9/15/19	Daytona Beach, FL
Total	Ian Wilson	Hassle Free BBC	339kg	12/4/11	Mobile, AL

102kg

Snatch	Standard		159kg		
C&Jerk	Standard		191kg		
Total	Standard		350kg		

102kg+

Snatch	Ryan Sennett	Team Hercules BBC	142kg	12/14/14	Washington, DC
C&Jerk	Colin Reis	Jake Pudenz Strength	182kg	12/5/21	Denver, CO
Total	Ryan Sennett	Team Hercules BBC	314kg	12/14/14	Washington, DC

Youth Women American Records: 13 years old and Under

Class/Lift	Athlete Name	Representing	Weight	Date	Location
30kg					
Snatch	Rayya Howard	Nashville Weightlifting Club	31kg	12/5/24	Tucson, AZ
C&Jerk	Rayya Howard	Nashville Weightlifting Club	37kg	12/5/24	Tucson, AZ
Total	Rayya Howard	Nashville Weightlifting Club	68kg	12/5/24	Tucson, AZ

33kg

Snatch	Kendra Hoover	Alpha Barbell	35kg	6/15/18	Grand Rapids, MI
C&Jerk	Kendra Hoover	Alpha Barbell	45kg	6/15/18	Grand Rapids, MI
Total	Kendra Hoover	Alpha Barbell	80kg	6/15/18	Grand Rapids, MI

36kg

Snatch	Kendra Hoover	Alpha Barbell	41kg	2/15/19	Chicago, IL
C&Jerk	Kendra Hoover	Alpha Barbell	53kg	9/13/19	Daytona Beach, FL
Total	Kendra Hoover	Alpha Barbell	93kg	2/15/19	Chicago, IL

40kg

Snatch	Jaedyn Orton	5 Rings Barbell	46kg	6/25/22	Las Vegas, NV
C&Jerk	Kendra Hoover	Alpha Barbell	58kg	3/5/20	Columbus, OH
Total	Kendra Hoover	Alpha Barbell	103kg	3/5/20	Columbus, OH

45kg

Snatch	Kaiya Bryant	Coastal Empire WL	56kg	2/16/18	Spokane, WA
C&Jerk	Kaiya Bryant	Coastal Empire WL	72kg	2/16/18	Spokane, WA
Total	Kaiya Bryant	Coastal Empire WL	128kg	2/16/18	Spokane, WA

49kg

Snatch	Kaiya Bryant	Coastal Empire WL	65kg	9/13/18	Las Vegas, NV
C&Jerk	Kaiya Bryant	Coastal Empire WL	79kg	9/13/18	Las Vegas, NV
Total	Kaiya Bryant	Coastal Empire WL	144kg	9/13/18	Las Vegas, NV

55kg

Snatch	Standard		62kg		
C&Jerk	Haley Trinh	USA/Hassle Free BBC	77kg	12/14/17	Lima, PER
Total	Standard		139kg		

59kg

Snatch	Mia Rhodes	Florida Elite	64kg	6/16/18	Grand Rapids, MI
C&Jerk	Ireland Sullivan	Kansas City Wtlifting	81kg	3/4/22	Columbus, OH
Total	Ireland Sullivan	Kansas City Wtlifting	144kg	3/4/22	Columbus, OH

64kg

Snatch	Standard		71kg		
C&Jerk	Standard		88kg		
Total	Standard		160kg		

64kg+

Snatch	Julia Yun	Hassle Free BBC	80kg	9/9/17	Grand Rapids, MI
C&Jerk	Julia Yun	Hassle Free BBC	96kg	12/7/17	Anaheim, CA
Total	Julia Yun	Hassle Free BBC	175kg	9/9/17	Grand Rapids, MI

Youth Women American Records: 14 and 15 Years old

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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36kg

Snatch	Standard		37kg		
C&Jerk	Cadence Ricci	Unattached	53kg	10/4/19	San Diego, CA
Total	Cadence Ricci	Unattached	88kg	10/4/19	San Diego, CA

40kg

Snatch	Jaedyn Orton	5 Rings	46kg	3/3/23	Columbus, OH
C&Jerk	Jaedyn Orton	5 Rings	56kg	3/3/23	Columbus, OH
Total	Jadeyn Orton	5 Rings	102kg	3/3/23	Columbus, OH

45kg

Snatch	Jaedyn Orton	5 Rings Barbell	60kg	2/29/24	Columbus, OH
C&Jerk	Olivia Chardon	Epidemic WLC	75kg	12/9/16	Orlando, FL
Total	Olivia Chardon	Epidemic WLC	134kg	12/9/16	Orlando, FL

49kg

Snatch	Jade Morales	Team Divergent	68kg	12/1/22	Atlanta, GA
C&Jerk	Kaiya Bryant	USA/Coastal Empire	88kg	8/25/19	Guayaquil, ECU
Total	Kaiya Bryant	USA/Coastal Empire	154kg	3/10/19	Las Vegas, NV

55kg

Snatch	Ella Grizzle	CHOPTANK	73kg	9/14/18	Las Vegas, NV
C&Jerk	Kaiya Bryant	Coastal Empire	90kg	6/29/19	Anaheim, CA
Total	Ella Grizzle	CHOPTANK	159kg	9/14/18	Las Vegas, NV

59kg

Snatch	Haley Trinh	Team Divergent	74kg	10/5/19	San Diego, CA
C&Jerk	Emma Heck	Team O.C.	97kg	6/26/22	Las Vegas, NV
Total	Emma Heck	Team O.C.	169kg	6/26/22	Las Vegas, NV

64kg

Snatch	Taylor Babb	Unattached	82kg	12/10/16	Orlando, FL
C&Jerk	Olivia Reeves	Unattached	99kg	6/16/18	Grand Rapids, MI
Total	Taylor Babb	Unattached	180kg	12/10/16	Orlando, FL

71kg

Snatch	Athena Schrijver	Myles Ahead	84kg	6/25/16	Austin, TX
C&Jerk	Athena Schrijver	Myles Ahead	106kg	6/25/16	Austin, TX
Total	Athena Schrijver	Myles Ahead	190kg	6/25/16	Austin, TX

76kg

Snatch	Alyssa Ballard	USA/Panhandle Power	83kg	12/2/19	Buenos Aires, ARG
C&Jerk	Alyssa Ballard	Panhandle Power	105kg	7/28/19	Albuquerque, NM
Total	Alyssa Ballard	USA/Panhandle Power	187kg	12/2/19	Buenos Aires, ARG

76kg+

Snatch	Sarah Uschmann	Denali Weightlifting	92kg	6/29/19	Anaheim, CA
C&Jerk	Julia Yun	Team Divergent	115kg	6/29/19	Anaheim, CA
Total	Julia Yun	Team Divergent	203kg	6/29/19	Anaheim, CA

Youth Women American Records: 16 and 17 years old

Class/Lift	Athlete Name	Representing	Weight	Date	Location
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40kg

Snatch	Standard		45kg		
C&Jerk	Standard		58kg		
Total	Standard		99kg		

45kg

Snatch	Laney Yost	Fourteen Forty	61kg	6/26/23	Colorado Springs, CO
C&Jerk	Standard		78kg		
Total	Laney Yost	Fourteen Forty	132kg	6/26/23	Colorado Springs, CO

49kg

Snatch	Jaycee Mann	The Weight Room	72kg	12/1/22	Atlanta, GA
C&Jerk	Jaycee Mann	The Weight Room	92kg	6/27/22	Las Vegas, NV
Total	Jaycee Mann	The Weight Room	163kg	6/27/22	Las Vegas, NV

55kg

Snatch	Katharine Estep	USA/Alpha Barbell	89kg	10/7/21	Jeddah, KSA
C&Jerk	Katharine Estep	USA/Alpha Barbell	109kg	10/7/21	Jeddah, KSA
Total	Katharine Estep	USA/Alpha Barbell	198kg	10/7/21	Jeddah, KSA

59kg

Snatch	Peyton Brown	USA/Team O.C.	85kg	10/11/18	Buenos Aires, ARG
C&Jerk	Maddy Myers	Invictus Athletics	106kg	12/19/14	San Francisco, CA
Total	Peyton Brown	Team O.C.	186kg	7/27/18	Valley Forge, PA

64kg

Snatch	Standard		87kg		
C&Jerk	Brianna Marquez	Bexar Barbell	108kg	6/27/22	Las Vegas, NV
Total	Standard		196kg		

71kg

Snatch	Olivia Reeves	Unattached	94kg	3/7/20	Columbus, OH
C&Jerk	Olivia Reeves	Unattached	121kg	3/7/20	Columbus, OH
Total	Olivia Reeves	Unattached	215kg	3/7/20	Columbus, OH

76kg

Snatch	Ella Nicholson	Root 18/USA	105kg	11/20/23	Guadalajara, MEX
C&Jerk	Ella Nicholson	Root 18/USA	122kg	11/20/23	Guadalajara, MEX
Total	Ella Nicholson	Root 18/USA	227kg	11/20/23	Guadalajara, MEX

81kg

Snatch	Standard		93kg		
C&Jerk	Avery Owens	CHFP Weightlifting	116kg	12/8/19	Salt Lake City, UT
Total	Avery Owens	CHFP Weightlifting	205kg	12/8/19	Salt Lake City, UT

81kg+

Snatch	Sarah Uschmann	CHFP Weightlifting	102kg	12/5/21	Denver, CO
C&Jerk	Ashamarie Benitez	USA/Team Lara	125kg	11/4/17	Palmira, COL
Total	Ashamarie Benitez	USA/Team Lara	226kg	11/4/17	Palmira, COL