

**Pan Am Senior Championships Rankings - Women**

Rankings as of 3/18/25

	<b>Athlete Name</b>	<b>Body Weight</b>	<b>Total</b>	<b>% of A Standard</b>	<b>Competition Total Achieved</b>
1	Olivia Reeves	71	267	113.62%	2024 IWF World Championships
2	Mary Theisen-Lappen	87+	284	107.98%	2025 Virus Weightlifting Series 1
3	Jourdan Delacruz	49	195	105.41%	2024 Olympic Games
4	Mattie Rogers	76	250	105.04%	2025 Virus Weightlifting Series 1
5	Ella Nicholson	76	244	102.52%	2024 Junior World Championships
*	Ella Nicholson	77	240	100.84%	2025 Junior Pan American Championships
6	Miranda Ulrey	59	219	100.46%	2025 Virus Weightlifting Series 1
7	Cicely Kyle	45	167	100.00%	2024 IWF World Championships
8	Sophia Shaft	64	225	99.56%	2024 IWF World Championships
9	Meredith Alwine	71	233	99.15%	2024 IWF World Championships
10	Katie Estep	64	222	98.23%	2024 Junior World Championships
11	Anna McElderry	81	233	97.49%	2025 Virus Weightlifting Series 1
12	Mariah Park	81	231	96.65%	2024 IWF World Championships
13	Kayla Kass	87	234	96.30%	2024 North American Open Series 2
*	Abigail Cooper	64	216	95.58%	2024 North American Open Series 2
14	Victoria Jefferson	87	231	95.06%	2024 North American Open Finals
*	Sarah Barnett	87	231	95.06%	2025 Virus Weightlifting Series 1
*	Ava Biesterfeld	71	223	94.89%	2025 Virus Weightlifting Series 1

<b>A Standard</b>	
45	167
49	185
55	206
59	218
64	226
71	235
76	238
81	239
87	243
87+	263

<b>B Standard (Minimum)</b>	
45	159
49	176
55	196
59	207
64	215
71	223
76	226
81	227
87	231
87+	263