

**SOUTH DAKOTA HIGH SCHOOL STATE POWERLIFTING MEET
GIRLS' RECORDS (1997-2015)**

SQUAT				TOTAL			
1	ABBY SUDBECK	MITCHELL	320 2015	1	ABBY SUDBECK	MITCHELL	845
2	MAKENZIE HAGERTY	O'GORMAN	315 2013	2	KAYLA FRANK	O'GORMAN	785
3	MAKENZIE HAGERTY	O'GORMAN	305 2014	3	KLARISSA KOBERNUSZ	O'GORMAN	760
3	KATELYN RAAEN	O'GORMAN	305 2012	4	JILL NELSEN	DELL RAPIDS	755
3	KATELYN RAAEN	O'GORMAN	305 2011	5	MAKENZIE HAGERTY	O'GORMAN	745
6	KLARISSA KOBERNUSZ	O'GORMAN	300 2013	6	CAITLIN WAY	MITCHELL	740
6	KAYLA FRANK	O'GORMAN	300 2008	7	BRITTANY LIPETZKY	O'GORMAN	730
8	DAWN WILLIAMS	O'GORMAN	285 2010	8	MORGAN HERMANSON	O'GORMAN	725
9	BRITTANY LIPETZKY	O'GORMAN	275 2008	9	MAKENZIE HAGERTY	O'GORMAN	725
10	MICHAELA GOLDAMMER	O'GORMAN	270 2015	10	ANA SCHWEER	WATERTOWN	720
10	DAWN WILLIAMS	O'GORMAN	270 2009				

BENCH PRESS				CO-EFFICIENT			
1	KAYLA FRANK	O' GORMAN	180 2008	1	DAWN WILLIAMS	O' GORMAN	5.6962
2	ABBY SUDBECK	MITCHELL	150 2015	2	KAYLA FRANK	O' GORMAN	5.6071
2	ERIN HAGEN	SF ROOSEVELT	150 1998	3	TAYLOR REINHILLER	BALTIC	5.4762
4	MAKENZIE HAGERTY	O'GORMAN	145 2014	4	KLARISSA KOBERNUSZ	O'GORMAN	5.4480
4	LESLIE TERWILLIGER	MADISON	145 2013	5	LAURA NIEDERT	MADISON	5.3556
4	LEXI FINCK	MADISON	145 2012	6	KATIE BREUER	MADISON	5.3504
4	DAWN WILLIAMS	O'GORMAN	145 2010	7	MICHAELA GOLDAMMER	O'GORMAN	5.3469
4	SHELBY BAILEY	DELL RAPIDS	145 2009	8	KAYLA FRANK	O' GORMAN	5.2107
4	BRIA JANKE	MADISON	145 2005	9	MICHAELA GOLDAMMER	O'GORMAN	5.2033
4	JODIE PETERSON	YANKTON	145 2000	10	LAURA NIEDERT	MADISON	5.2030

DEAD LIFT			
1	ABBY SUDBECK	MITCHELL	375 2015
2	JILL NELSEN	DELL RAPIDS	355 2015
2	JILL NELSEN	DELL RAPIDS	355 2014
4	KARISSA ROGERS	MADISON	350 2001
4	KARISSA ROGERS	MADISON	350 2000
4	CAITLIN, WAY	MITCHELL	350 2009
7	ANA SCHWEER	WATERTOWN	340 2008
7	KARISSA ROGERS	MADISON	340 1999
9	ABBY SUDBECK	MITCHELL	335 2014
9	KLARISSA KOBERNUSZ	O'GORMAN	335 2013
9	ABBY SUDBECK	MITCHELL	335 2013

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