

APL Australian National Records  
 CLASSIC RAW 3-LIFT COMPETITION  
 -JUNIOR WOMEN-  
 (Tested)



JUNIOR 15-19							
Current Record				Former Record			
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	67.5					
	Bench	42.5					
	Deadlift	75.0					
	Total	185.0					
48 kg	Squat	72.5					
	Bench	47.5					
	Deadlift	82.5					
	Total	200.0					
52 kg	Squat	77.5					
	Bench	50.0					
	Deadlift	87.5					
	Total	215.0					
56 kg	Squat	82.5					
	Bench	52.5					
	Deadlift	92.5					
	Total	227.5					
60 kg	Squat	87.5					
	Bench	55.0					
	Deadlift	97.5					
	Total	240.0					
67.5 kg	Squat	97.5					
	Bench	62.5					
	Deadlift	107.5					
	Total	265.0					
75 kg	Squat	107.5					
	Bench	67.5					
	Deadlift	115.0					
	Total	287.5					
82.5 kg	Squat	115.0					
	Bench	72.5					
	Deadlift	122.5					
	Total	310.0					
90 kg	Squat	125.0					
	Bench	75.0					
	Deadlift	130.0					
	Total	330.0					
90+ kg	Squat	132.5					
	Bench	80.0					
	Deadlift	135.0					
	Total	347.5					

APL Australian National Records  
**CLASSIC RAW 3-LIFT COMPETITION**  
**-JUNIOR WOMEN-**  
**(Tested)**



JUNIOR 20-23							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	72.5					
	Bench	47.5					
	Deadlift	82.5					
	Total	202.5					
48 kg	Squat	80.0					
	Bench	50.0					
	Deadlift	90.0					
	Total	220.0					
52 kg	Squat	85.0					
	Bench	55.0					
	Deadlift	95.0					
	Total	235.0					
56 kg	Squat	90.0					
	Bench	57.5					
	Deadlift	102.5					
	Total	250.0					
60 kg	Squat	100.0	Molly Dally	27-Apr-19	95.0	Not Set	
	Bench	65.0	Molly Dally	27-Apr-19	60.0	Not Set	
	Deadlift	130.0	Molly Dally	27-Apr-19	105.0	Not Set	
	Total	295.0	Molly Dally	27-Apr-19	262.5	Not Set	
67.5 kg	Squat	140.0	Kacie Trost	27-Apr-19	107.5	Not Set	
	Bench	67.5					
	Deadlift	165.0	Kacie Trost	27-Apr-19	117.5	Not Set	
	Total	365.0	Kacie Trost	27-Apr-19	290.0	Not Set	
75 kg	Squat	117.5					
	Bench	72.5					
	Deadlift	125.0					
	Total	315.0					
82.5 kg	Squat	125.0					
	Bench	77.5					
	Deadlift	135.0					
	Total	337.5					
90 kg	Squat	135.0					
	Bench	82.5					
	Deadlift	140.0					
	Total	360.0					
90+ kg	Squat	145.0					
	Bench	87.5					
	Deadlift	147.5					
	Total	380.0					