WARRIOR WEIGHT LIFTING RECORDS

GIRLS'S BENCH PRESS

SCHOOL RECORD: Becky Herigstad (180-4) 1994-1995

MIDDLE WEIGHT					HEAVY WEIGHT					SUPER HEAVY WEIGHT			
120-140 lbs.					150-170 lbs.					180-200 lbs.			
	Name	Year	Weight-Reps			Name	Year	Weight-Reps			Name	Year	Weight-Reps
1	Melanie Foster	86-87	120-3		1	Shannon Miller	84-85	150-3		1	Melanie Foster	86-87	180-3
2	Shannon Miller	86-87	120-3		2	Melanie Foster	86-87	150-3		2	Shannon Miller	87-88	180-3
3	Laurie Nelson	86-87	120-3		3	Laurie Nelson	86-87	150-3		3	Laurie Nelson	87-88	180-3
4	LeeAnn Conradsen	88-89	120-3		4	April Verhasselt	91-92	150-3		4	Becky Herigstad	94-95	180-4
5	Robin Schow	88-89	120-3		5	Taunya King	92-93	150-3		5	Teresa Reuter	94-95	180-3
6	Vonnie Schmierer	89-90	120-3		6	Teresa Reuter	92-93	150-3					
7	Taunya King	89-90	120-3		7	Becky Herigstad	92-93	150-3					
8	April Verhaselt	89-90	120-3		8	Kaci Quale	94-95	150-3					
9	Lynette McNeil	89-90	120-3		9	Becky Lange	96-97	150-3					
10	Lora Redman	89-90	120-3		10	Tandy Schmierer	96-97	150-3					
11	Darcy Miller	89-90	120-3		11	Ashley Lange	96-97	150-3					
12	Sue Ann Herigstad	90-91	120-3		12	Nikki Rice	98-99	150-3					
13	Teresa Reuter	91-92	120-3		13	Kaylee Stanford	08-09	150-3					
14	Bre Anne Basta	91-92	120-3										
15	Becky Herigstad	91-92	120-3										
16	Kaci Quale	92-93	120-3										
17	De Ann Osbun	92-93	120-3										
18	Tammy Pierce	92-93	120-3										
19	Terry Pierce	93-94	120-3										
20	Misty Anderson	93-94	120-3										
21	Kim Reece	93-94	120-3										
22	Ashley Lange	93-94	120-3										
23	Becky Lange	93-94	120-3										
24	Shannon Ozbun	94-95	120-3										
25	Amy Engstrom	94-95	120-3										
26	Tandi Schmierer	95-96	120-3										
27	Sari Madsen	95-96	120-3										
28	Jackie Dardis	95-96	120-3										
29	Nichole Rice	95-96	120-3										

30	Tamara Tombre	95-96	120-3										
31	Melissa Reynolds	95-96	120-3										
32	Janelle Carlson	95-96	120-3										
33	Kari Scheetz	95-96	120-3										
34	Jennifer Scheetz	96-97	120-3										
35	Angie Arneson	96-97	120-3										
36	Yoshie Mivra	96-97	120-3										
37	Talina Tombre	96-97	120-3										
38	Jessica Fischer	96-97	120-3										
39	Aimee Carr	96-97	120-3										
40	Kelly Engstrom	96-97	120-3										
41	Kirstein Opdahl	96-97	120-3										
42	Amber Carr	96-97	120-3										
43	Chandi Melby	97-98	120-3										
44	Nicki Fischer	97-98	120-3										
45	Aliza Hoon	97-98	120-3										
46	Kim Steffen	97-98	120-3										
47	Heidi Schmierer	97-98	120-3										
48	Missy Conradsen	97-98	120-3										
49	Iris Krack	97-98	120-3										
50	Heather Ozbun	98-99	120-3										
51	Rachelle Lawrence	98-99	120-3										
52	Angie Keller	99-00	120-3										
53	Tiffany Steffen	99-00	120-3										
54	Tara Eschenbacher	99-00	120-3										
55	Erin Scheetz	00-01	120-3										
56	Shelly Schow	00-01	120-3										
57	Morgan Ernster	02-03	120-3										
58	Christa Ler	02-03	120-3										
59	Mandi Etzel	02-03	120-3										
60	Leah Rambur	02-03	120-3										
61	Jill Jorgensen	02-03	120-3										
62	Ashlee Sharbono	03-04	120-3										
63	Laura Stevenson	06-07	120-3										
64	Kaylee Stanford	07-08	120-3										
65	Payton Phillippi	10-11	120-3										
66	Brittany Smith	11-12	120-3										

67	Hanna Jepsen	11-12	120-3										
68	Bridger Rice	11-12	120-3										
69	Shanae Prevost	12-13	120-3										