

ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

Updated 1/25/2020

AZHSWA State Top Performance Records may only be set at the AZHSWA Championship
Top Performance Rankings are based on Sinclair Formula - Which uses Bodyweight relative to Total

TOP PERFORMANCES - GIRLS

Rank	Sinclair	Total	BW	Name	School	Grade	Location
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ALL-TIME

1	183.05	141	63.80	Mia Rasmussen	Queen Creek	12	2019
2	181.15	156	79.20	Celina Ortega	Metro Tech	12	2020
3	177.19	135	64.20	Yuliana Lopez	Metro Tech	12	2018
4	175.62	122	54.60	Carli McBride	Queen Creek	10	2020
5	174.05	142	103.90	Alexis Jones	Queen Creek	11	2017
6	158.09	113	56.90	Kale'a Mason	Basha	10	2020
7	150.37	105	55.00	Bella Graves	Queen Creek	10	2019
8	147.03	94	50.70	Julianna Park	American Leadership	12	2017
9	145.84	92	49.90	Antonia Chirco	Queen Creek	11	2017
10	142.20	104	58.90	Nicole Bowman	Queen Creek	12	2019

SENIOR

1	183.05	141	63.80	Mia Rasmussen	Queen Creek	12	2019
2	181.15	156	79.20	Celina Ortega	Metro Tech	12	2020
3	177.19	135	64.20	Yuliana Lopez	Metro Tech	12	2018
4	158.47	151	104.10	Alexis Jones	Queen Creek	12	2017
5	147.03	94	50.70	Julianna Park	American Leadership	12	2017

JUNIOR

1	174.05	142	103.90	Alexis Jones	Queen Creek	11	2017
2	152.91	133	81.00	Celina Ortega	Metro Tech	11	2019
3	145.84	92	49.90	Antonia Chirco	Queen Creek	11	2017
4	140.03	118	75.60	Lilly Nevill	Queen Creek	11	2019
5	134.49	104	65.70	Amanda Cochran	Queen Creek	11	2017

SOPHOMORE

1	175.62	122	54.60	Carli McBride	Queen Creek	10	2020
2	158.09	113	56.90	Kale'a Mason	Basha	10	2020
3	150.37	105	55.00	Bella Graves	Queen Creek	10	2019
4	141.04	119	75.80	Kaelyn Rice	Perry	10	2019
5	132.77	92	56.10	Tyanne Workman	American Leadership	10	2017

FRESHMAN

1	153.54	98	50.60	Kale'a Mason	American Leadership	8	2017
2	140.09	81	43.20	Kawena Mason	Basha	7	2020
3	136.98	111	70.00	Asia Jones	American Leadership QC	9	2019
4	135.47	115	77.40	Lorena Calderon	Metro Tech	9	2018
5	129.86	83	48.80	Tessa Sherwood	Casteel	9	2020