

USA Weightlifting Women's American Records
These are the records since the body weight category changes in 2018 to the present.

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
45 kg / Snatch	Record Standard		82 kg			
45 kg / Clean & Jerk	Cicely Kyle	USA/Power and Grace	96 kg	4/19/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Cicely Kyle	USA/Power and Grace	95 kg	12/8/2019	Satt Lake City, UT	2019 American Open Finals
	Record Standard		94 kg			
45 kg / Total	Record Standard		181 kg			
49 kg / Snatch	Jourdan Delacruz	USA/Power and Grace	89 kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Jourdan Delacruz	USA/Power and Grace	87 kg	1/27/2020	Rome, ITA	2020 Roma World Cup
	Jourdan Delacruz	USA/Power and Grace	85 kg	1/27/2020	Rome, ITA	2021 Roma World Cup
	Record Standard		84 kg			
49 kg / Clean & Jerk	Jourdan Delacruz	USA/Power and Grace	112 kg	3/27/2023	Bariloche, ARG	2023 Pan American Championships
	Jourdan Delacruz	USA/Power and Grace	111 kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Jourdan Delacruz	USA/Power and Grace	108 kg	1/27/2020	Rome, ITA	2020 Roma World Cup
	Alyssa Ritchey	USA/Team Juggernaut	107 kg	4/27/2019	Guatemala City, GUA	2019 Pan American Championships
	Record Standard		106 kg			
49 kg / Total	Jourdan Delacruz	USA/Power and Grace	200 kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Jourdan Delacruz	USA/Power and Grace	195 kg	1/27/2020	Rome, ITA	2020 Roma World Cup
	Alyssa Ritchey	USA/Team Juggernaut	190 kg	4/27/2019	Guatemala City, GUA	2019 Pan American Championships
	Record Standard		187 kg			
55 kg / Snatch	Jourdan Delacruz	Power and Grace	91 kg	2/17/2019	Chigago, IL	2019 Pan American Ch. Trials
	Record Standard		89 kg			
55 kg / Clean & Jerk	Jourdan Delacruz	USA/Power and Grace	116 kg	4/27/2019	Guatemala City, GUA	2019 Pan American Championships
	Record Standard		114 kg			
55 kg / Total	Jourdan Delacruz	USA/Power and Grace	207 kg	4/27/2019	Guatemala City, GUA	2019 Pan American Championships
	Jourdan Delacruz	Power and Grace	203 kg	2/17/2019	Chigago, IL	2019 Pan American Ch. Trials
	Record Standard		199 kg			
59 kg / Snatch	Danielle Gunnin	USA/Atlas Weightlifting	100 kg	3/29/2023	Bariloche, ARG	2023 Pan American Championships
	Danielle Gunnin	Atlas Weightlifting	98 kg	12/2/2022	Atlanta, GA	American Open Finals
	Taylor Wilkins	Florid	96 kg	7/1/2022	Las Vegas, NV	USA Weightlifting National Championships
	Taylor Wilkins	USA/Spoon Barbell	95kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Standard		95 kg			
59 kg / Clean & Jerk	Taylor Wilkins	USA/Florica Elite	124 kg	6/12/2023	Havana, CUB	2023 Grand Prix 1
	Taylor Wilkins	USA/Spoon Barbell	122kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Record Standard		118 kg			
59 kg / Total	Taylor Wilkins	USA/Florica Elite	221 kg	6/12/2023	Havana, CUB	2023 Grand Prix 1
	Taylor Wilkins	USA/Spoon Barbell	217 kg	4/20/2021	Santo Domingo, DOM	Rescheduled 2020 Pan American Championships
	Record Standard		213 kg			
64 kg / Snatch	Mattie Sasser	USA/Forza Weightlifting	102kg	7/30/2019	Lima, PER	2019 Pan American Games
	Record Standard		102 kg			
64 kg / Clean & Jerk	Mattie Sasser	USA/Forza Weightlifting	130kg	7/30/2019	Lima, PER	2019 Pan American Games
	Record Standard		129 kg			
64 kg / Total	Mattie Sasser	USA/Forza Weightlifting	232kg	7/30/2019	Lima, PER	2019 Pan American Games
	Record Standard		231 kg			
71 kg / Snatch	Olivia Reeves	USA/Unattached	120 kg	6/22/2024	Pittsburg, PA	National Championships
	Olivia Reeves	USA/Unattached	118 kg	4/7/2024	Phuket, TH	2024 IWF World Cup
	Olivia Reeves	USA/Unattached	115 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2
	Olivia Reeves	USA/Unattached	113 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2
	Kate Nye	USA/Team Hercules	112 kg *	9/23/2019	Pattaya, THA	2019 IWF World Championships
	Kate Nye	USA/Team Hercules	110 kg	4/25/2019	Guatemala City, GUA	Pan-American Championships
	Record Standard		107 kg			

* JR WR

* JR WR

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Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
71 kg / Clean & Jerk	Olivia Reeves	USA/Unattached	151 kg	6/22/2024	Pittsburg, PA	National Championships	
	Olivia Reeves	USA/Unattached	150 kg	4/7/2024	Phuket, TH	2024 IWF World Cup	
	Olivia Reeves	USA/Unattached	147 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2	* JR WR
	Olivia Reeves	USA/Unattached	144 kg *	12/11/2023	Doha, QAT	2023 IWF Grand Prix 2	* JR WR
	Olivia Reeves	USA/Unattached	142 kg *	9/13/2023	Riyadh, SAU	2023 IWF World Championships	* JR WR
	Kate Nye	USA/Team Hercules	137 kg	6/5/2019	Suva, FIJ	2019 IWF Junior World Championships	
	Record Standard		136 kg				
71 kg / Total	Olivia Reeves	USA/Unattached	271 kg	6/22/2024	Pittsburg, PA	National Championships	
	Olivia Reeves	USA/Unattached	268 kg	4/7/2024	Phuket, TH	2024 IWF World Cup	
	Olivia Reeves	USA/Unattached	262 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2	* JR WR
	Olivia Reeves	USA/Unattached	259 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2	* JR WR
	Olivia Reeves	USA/Unattached	255 kg *	12/10/2023	Doha, QAT	2023 IWF Grand Prix 2	* JR WR
	Olivia Reeves	USA/Unattached	253 kg *	9/13/2023	Riyadh, SAU	2023 IWF World Championships	* JR WR
	Kate Nye	USA/Team Hercules	248 kg	9/23/2019	Pattaya, THA	2019 IWF World Championships	
	Kate Nye	USA/Team Hercules	246 kg	6/5/2019	Suva, FIJ	2019 IWF Junior World Championships	
Record Standard		242 kg					
76 kg / Snatch	Ella Nicholson	Root 18 Weightlifting	113 kg	9/24/2024	Leon, ESP	IWF Junior World Championships	
	Mattie Rogers	Catalyst Athletics	112 kg	7/2/2022	Las Vegas, NV	USA Weightlifting National Championships	
	Kate Nye	USA/Power and Grace	111kg	8/1/2021	Tokyo, JPN	XXXII OLYMPIC GAMES	
	Mattie Rogers	Catalyst Athletics	110 kg	7/2/2022	Las Vegas, NV	USA Weightlifting National Championships	
	Shacasia Johnson	Team Juggernaut	109 kg	12/9/2019	Salt Lake City, UT		
	Quiana Welch	Team Juggernaut	108kg	12/10/2017	Anaheim, CA		
	Record Standard		108 kg				
76 kg / Clean & Jerk	Mattie Rogers	USA/Catalyst Athletics	141 kg	7/28/2022	Bogata, COL	2022 Pan American Championships	
	Mattie Rogers	Catalyst Athletics	140 kg	7/2/2022	Las Vegas, NV	USA Weightlifting National Championships	
	Jenny Arthur	Unattached	139kg	9/16/2018	Las Vegas, NV		
	Record Standard		139 kg				
76 kg / Total	Mattie Rogers	Catalyst Athletics	252 kg	7/2/2022	Las Vegas, NV	USA Weightlifting National Championships	
	Kate Nye	USA/Power and Grace	249kg	8/1/2021	Tokyo, JPN	XXXII OLYMPIC GAMES	
	Jenny Arthur	Unattached	245kg	9/16/2018	Las Vegas, NV	2018 American Open Series 3	
	Record Standard		245 kg				
81 kg / Snatch	Olivia Reeves	USA/Unattached	114 kg	10/23/2023	Santiago, CHI	2023 Pan American Games	
	Mattie Rogers	Catalyst Athletics	112 kg	7/4/2021	Detroit, MI	USA Weightlifting National Championships	
	Mattie Rogers	USA/Catalyst Athletics	111 kg	4/23/2021	Guayaquil, ECU	Rescheduled 2020 Pan American Championships	
	Record Standard		109 kg				
81 kg / Clean & Jerk	Kate Vibert	USA/Power and Grace	145 kg	4/7/2024	Phuket, TH	2024 IWF World Cup	
	Olivia Reeves	USA/Unattached	144 kg	10/23/2023	Santiago, CHI	2023 Pan American Games	
	Mattie Rogers	Catalyst Athletics	143kg	7/4/2021	Detroit, MI	USA Weightlifting National Championships	
	Record Standard		141 kg				
81 kg / Total	Olivia Reeves	USA/Unattached	258 kg	10/23/2023	Santiago, CHI	2023 Pan American Games	
	Mattie Rogers	Catalyst Athletics	255 kg	7/4/2021	Detroit, MI	USA Weightlifting National Championships	
	Mattie Rogers	USA/Catalyst Athletics	251 kg	4/23/2021	Guayaquil, ECU	Rescheduled 2020 Pan American Championships	
	Record Standard		248 kg				
87 kg / Snatch	Record Standard		110				
87 kg / Clean & Jerk	Record Standard		142 kg				
87 kg / Total	Record Standard		250 kg				
+87 kg / Snatch	Cheryl Haworth	Team Savannah	128 kg	5/18/2003	Chattanooga, TN	2003 USAW NATIONAL MEN'S & WOMEN'S WEIGHTLIFTING CHAMPIONSHIPS	
+87 kg / Clean & Jerk	Mary Theisen-Lappen	1Kilo	163 kg	3/4/2022	Columbus, OH	North American Open Series 1	
	Sarah Robles	USA/Team Houston	162kg	9/16/2018	Las Vegas, NV	2018 American Open Series 3	
	Cheryl Haworth	USA/Team Savannah	161 kg	6/26/2005	Shreveport, LA	2005 Mermet Cup - USA vs AUS	
+87 kg / Total	Sarah Robles	USA/Team Houston	290 kg	11/10/2018	Ashgabat, TKM	2018 IWF Senior World Championships	
	Cheryl Haworth	USA/Team Savannah	287 kg	6/26/2005	Shreveport, LA	2005 Mermet Cup - USA vs AUS	