

USA Weightlifting Women's Senior Records 7.28.25
These are the records since the body weight categories changes in 2025 to the present.

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
48 kg / Snatch	Record Standard		87kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
48 kg / Clean & Jerk	Record Standard		110kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
48 kg / Total	Record Standard		198kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
53 kg / Snatch	Record Standard		88kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
53 kg / Clean & Jerk	Record Standard		113kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
53 kg / Total	Record Standard		204kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
58 kg / Snatch	Record Standard		98kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
58 kg / Clean & Jerk	Record Standard		122kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
58 kg / Total	Record Standard		219kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
63 kg / Snatch	Sophia Shaft Sophia Shaft Record Standard	Optimus Barbell Club Optimus Barbell Club	103kg * 101kg * 100kg	6/24/2025 6/24/2025	Colorado Springs, CO Colorado Springs, CO	National Championships National Championships	* JR National Record * JR National Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
63 kg / Clean & Jerk	Sophia Shaft Record Standard	Optimus Barbell Club	130kg * 128kg	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
63 kg / Total	Sophia Shaft Record Standard	Optimus Barbell Club	233kg * 230kg	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Snatch	Olivia Reeves Record Standard	USA	119kg * 117kg	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Clean & Jerk	Olivia Reeves Record Standard	USA	149kg * 148kg	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69kg / Total	Olivia Reeves Record Standard	USA	268kg * 268kg	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Snatch	Record Standard		113kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Clean & Jerk	Record Standard		141kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Total	Record Standard		252kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86 kg / Snatch	Jenny Arthur Jenny Arthur Jenny Arthur Record Standard	Vardanian Weightlifting Vardanian Weightlifting Vardanian Weightlifting	108kg 106kg 103kg 101kg	6/29/2025 6/29/2025 6/29/2025	Colorado Springs, CO Colorado Springs, CO Colorado Springs, CO	National Championships National Championships National Championships	
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86 kg / Clean & Jerk	Jenny Arthur Record Standard	Vardanian Weightlifting	135kg 133kg	6/29/2025	Colorado Springs, CO	National Championships	
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86 kg / Total	Jenny Arthur Record Standard	Vardanian Weightlifting	243kg 241kg	6/29/2025	Colorado Springs, CO	National Championships	
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86+ kg / Snatch	Mary Theisen-Lappen Mary Theisen-Lappen Mary Theisen-Lappen Record Standard	USA 1 Kilo 1 Kilo	117kg 116kg 212kg 211kg	7/18/2025 6/29/2025 6/29/2025 6/24/2025	Cali, Columbia Colorado Springs, CO Colorado Springs, CO Colorado Springs, CO	Pan American Championship National Championships National Championships National Championships	
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86+ kg / Clean & Jerk	Mary Theisen-Lappen	USA	161kg	7/18/2025	Cali, Columbia	Pan American Championship	

	Mary Theisen-Lappen	USA	156kg	7/18/2025	Cali, Columbia	Pan American Championship
	Mary Theisen-Lappen	USA	153kg	7/18/2025	Cali, Columbia	Pan American Championship
	Mary Theisen-Lappen	1 Kilo	144kg	6/29/2025	Colorado Springs, CO	National Championships
	Record Standard		243kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
86+ kg / Total	Mary Theisen-Lappen	USA	278kg	7/18/2025	Cali, Columbia	Pan American Championship
	Mary Theisen-Lappen	1 Kilo	258kg	6/29/2025	Colorado Springs, CO	National Championships
	Record Standard		251kg			

According to USA Weightlifting (USAW), an American Record can only be recognized if a U.S. lifter successfully lifts a weight that exceeds USAW's official record standard during a sanctioned event.

In certain instances, the USAW record standard is equal to, or higher than, the current IWF World Record, meaning if a US lifter makes a world record, it won't be recorded as an American Record unless it exceeds the USAW standard.

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Snatch	Olivia Reeves	USA	117kg	6/18/2025	Cali, Columbia	Pan American Championship	*WF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Clean & Jerk	Olivia Reeves	USA	146kg *	6/18/2025	Cali, Columbia	Pan American Championship	*WF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69kg / Total	Olivia Reeves	USA	268g *	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
	Olivia Reeves	USA	265kg*	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
	Olivia Reeves	USA	260 kg*	6/19/2025	Cali, Columbia	Pan American Championship	*IWF World Record