

USAW Women's American Records (Open Category)
Set from June 1, 2025 through October 2025

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	Optimus Barbell Club	103kg *	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
	Sophia Shaft	Optimus Barbell Club	101kg *	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
	Record Standard		100kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
63 kg / Clean & Jerk	Sophia Shaft	Optimus Barbell Club	130kg *	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
	Record Standard		128kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
63 kg / Total	Sophia Shaft	Optimus Barbell Club	233kg *	6/24/2025	Colorado Springs, CO	National Championships	* JR National Record
	Record Standard		230kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Snatch	Olivia Reeves	USA	119kg *	6/18/2025	Cali, Columbia	Pan American Championship	* IWF World Record
	Record Standard		117kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69 kg / Clean & Jerk	Olivia Reeves	USA	149kg *	6/18/2025	Cali, Columbia	Pan American Championship	* IWF World Record
	Record Standard		148kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69kg / Total	Olivia Reeves	USA	268kg *	6/18/2025	Cali, Columbia	Pan American Championship	* IWF World Record
	Record Standard		268kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Snatch	Olivia Reeves	unaffiliated	124kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Olivia Reeves	unaffiliated	120kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Olivia Reeves	unaffiliated	115kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Ella Nickolson	Hive Weightlifting	114kg *	8/22/2025	Asuncion, Paraguay	JR Pan Am Games	* JR National Record
	Record Standard		113kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Clean & Jerk	Olivia Reeves	USA	155kg*	10/8/2025	Forde, Norway	2025 World Championship	* IWF World Record
	Olivia Reeves	unaffiliated	153kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Olivia Reeves	unaffiliated	146kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Record Standard		141kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Total	Olivia Reeves	USA	278kg*	10/8/2025	Forde, Norway	2025 World Championship	* IWF World Record
	Olivia Reeves	unaffiliated	277kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Olivia Reeves	unaffiliated	270kg	8/31/2025	Fort Worth, TX	Virus Weightlifting Series 2	
	Record Standard		252kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86 kg / Snatch	Jenny Arthur	Vardanian Weightlifting	108kg	6/29/2025	Colorado Springs, CO	National Championships	
	Jenny Arthur	Vardanian Weightlifting	106kg	6/29/2025	Colorado Springs, CO	National Championships	
	Jenny Arthur	Vardanian Weightlifting	103kg	6/29/2025	Colorado Springs, CO	National Championships	
	Record Standard		101kg				
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
86 kg / Clean & Jerk	Jenny Arthur	Vardanian Weightlifting	135kg	6/29/2025	Colorado Springs, CO	National Championships	
	Record Standard		133kg				
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	USA	117kg	7/18/2025	Cali, Columbia	Pan American Championship
	Mary Theisen-Lappen	1 Kilo	116kg	6/29/2025	Colorado Springs, CO	National Championships
	Mary Theisen-Lappen	1 Kilo	212kg	6/29/2025	Colorado Springs, CO	National Championships
	Record Standard		211kg	6/24/2025	Colorado Springs, CO	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 some weight classes, the USAW record standard is higher than the current IWF World Record, meaning even if a world record exists, it won't be recorded as an American Record until a U.S. athlete meets or exceeds the USAW standard.

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69 kg / Snatch	Olivia Reeves	USA	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	USA	146kg *	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
69kg / Total	Olivia Reeves	USA	265kg *	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record
	Olivia Reeves	USA	260kg *	6/19/2025	Cali, Columbia	Pan American Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Clean & Jerk	Olivia Reeves	USA	155kg *	10/8/2025	Forde, Norway	2025 World Championship	*IWF World Record
Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
77 kg / Total	Olivia Reeves	USA	278kg*	10/8/2025	Forde, Norway	2025 World Championship	*IWF World Record