

**Women's American Records**  
**These were the records set through 6.30.25 in the bodyweight categories established**  
**on 6.1.25**

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
<b>48 kg / Snatch</b>	Record Standard		82kg	1/1/2026		
	Record Standard		87kg			
<b>48 kg / Clean &amp; Jerk</b>	Record Standard		105kg	1/1/2026		
	Record Standard		110kg			
<b>48 kg / Total</b>	Record Standard		193kg	1/1/2026		
	Record Standard		198kg			
<b>53 kg / Snatch</b>	Miranda Ulrey	USA	96kg	4/27/2026	Panama City, Panama	Pan American Championship
	Miranda Ulrey	Fourteen Forty Collective	95kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Miranda Ulrey	Fourteen Forty Collective	93kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Miranda Ulrey	Fourteen Forty Collective	90kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Record Standard		83kg	1/1/2026		
	Record Standard		88kg			
<b>53 kg / Clean &amp; Jerk</b>	Miranda Ulrey	USA	120kg	4/27/2026	Panama City, Panama	Pan American Championship
	Miranda Ulrey	USA	116kg	4/27/2026	Panama City, Panama	Pan American Championship
	Miranda Ulrey	Fourteen Forty Collective	115kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Record Standard		108kg	1/1/2026		
	Record Standard		113kg			
<b>53 kg / Total</b>	Miranda Ulrey	USA	216kg	4/27/2026	Panama City, Panama	Pan American Championship
	Miranda Ulrey	Fourteen Forty Collective	210kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Record Standard		199kg	1/1/2026		
	Record Standard		204kg			
<b>58 kg / Snatch</b>	Miranda Ulrey	Fourteen Forty Collective	96kg	6/26/2026	Colorado Springs, CO	National Championships
	Miranda Ulrey	Fourteen Forty Collective	94kg	6/26/2026	Colorado Springs, CO	National Championships
	Record Standard		93kg	1/1/2026		
	Record Standard		98kg			
<b>58 kg / Clean &amp; Jerk</b>	Record Standard		117kg	1/1/2026		
	Record Standard		122kg			
<b>58 kg / Total</b>	Record Standard		214kg	1/1/2026		
	Record Standard		219kg			
<b>63 kg / Snatch</b>	Sophia Shaft	Optimus Barbell Club	110kg	6/26/2026	Colorado Springs, CO	National Championships
	Sophia Shaft	Optimus Barbell Club	107kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Sophia Shaft	Optimus Barbell Club	105kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Sophia Shaft	Optimus Barbell Club	103kg *	6/24/2025	Colorado Springs, CO	National Championships
	Sophia Shaft	Optimus Barbell Club	101kg *	6/24/2025	Colorado Springs, CO	National Championships
	Record Standard		100kg			
<b>63 kg / Clean &amp; Jerk</b>	Sophia Shaft	Optimus Barbell Club	134kg	6/26/2026	Colorado Springs, CO	National Championships
	Sophia Shaft	Optimus Barbell Club	133kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Sophia Shaft	Optimus Barbell Club	130kg *	6/24/2025	Colorado Springs, CO	National Championships
	Record Standard		128kg			
<b>63 kg / Total</b>	Sophia Shaft	Optimus Barbell Club	244kg	6/26/2026	Colorado Springs, CO	National Championships
	Sophia Shaft	Optimus Barbell Club	240kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	Sophia Shaft	Optimus Barbell Club	233kg *	6/24/2025	Colorado Springs, CO	National Championships
	Record Standard		230kg			
<b>69 kg / Snatch</b>	Olivia Reeves	USA	119kg *	6/18/2025	Cal, Columbia	Pan American Championship
	Record Standard		117kg			
<b>69 kg / Clean &amp; Jerk</b>	Olivia Reeves	USA	149kg *	6/18/2025	Cal, Columbia	Pan American Championship
	Record Standard		148kg			
<b>69 kg / Total</b>	Record Standard		263kg			
	Record Standard		268kg			
<b>77 kg / Snatch</b>	Olivia Reeves	unaffiliated	125kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1
	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

\* JR National Record  
\* JR National Record

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\* JR National Record

\* IWF World Record

\* IWF World Record

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	
<b>77 kg / Clean &amp; Jerk</b>	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	
<b>77 kg / Total</b>	Olivia Reeves	unaffiliated	279kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1	*IWF World Record
	Olivia Reeves	USA	278kg*	10/8/2025	Forde, Norway	2025 World Championship	
	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	
<b>86 kg / Snatch</b>	Ella Nickolson	USA	115kg	5/18/2026	Telford, England	British Weightlifting Championships	
	Ella Nickolson	USA	110kg	5/18/2026	Telford, England	British Weightlifting Championships	
	Witte, Katelyn	Sanctuary Barbell	109kg	12/7/2025	Datona Beach, FL	2025 Virus Weightlifting Finals & UMWf Championships	
	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	
<b>86 kg / Clean &amp; Jerk</b>	Ella Nickolson	USA	141kg	5/18/2026	Telford, England	British Weightlifting Championships	
	Witte, Katelyn	Sanctuary Barbell	136kg	12/7/2025	Datona Beach, FL	2025 Virus Weightlifting Finals & UMWf Championships	
	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	
<b>86 kg / Total</b>	Ella Nickolson	USA	256kg	5/18/2026	Telford, England	British Weightlifting Championships	
	Witte, Katelyn	Sanctuary Barbell	245kg	12/7/2025	Datona Beach, FL	2025 Virus Weightlifting Finals & UMWf Championships	
	Jenny Arthur	Vardanian Weightlifting	243kg	6/29/2025	Colorado Springs, CO	National Championships	
	Record Standard		241kg				

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
<b>86+ kg / Snatch</b>	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	
<b>86+ kg / Clean &amp; Jerk</b>	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	
<b>86+ kg / Total</b>	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 or standard by 1 kilo.

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 exceeds the USAW standard by 1 kilo.

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
<b>69 kg / Snatch</b>	Olivia Reeves	USA	117kg	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
<b>69 kg / Clean &amp; Jerk</b>	Olivia Reeves	USA	146kg *	6/18/2025	Cali, Columbia	Pan American Championship	*IWF World Record

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
<b>69kg / Total</b>	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	
<b>77 kg / Clean &amp; Jerk</b>	Olivia Reeves	USA	155kg*	10/8/2025	Forde, Norway	2025 World Championship	*IWF World Record

Class / Lift	Name	Represents	Weight	Date	Site	Event Name	
<b>77 kg / Total</b>	Olivia Reeves	USA	278kg*	10/8/2025	Forde, Norway	2025 World Championship	*IWF World Record