American Woman's Records

These are the records since the body weight categories changed 8.01.26 to the present.

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
49 kg / Snatch	Record Standard		78kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
49 kg / Clean & Jerk	Record Standard		101kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
49 kg / Total	Record Standard		179kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
53 kg / Snatch	Miranda Ulrey	USA	96kg	4/27/2026	Panama City, Panama	Pan American Championship
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
53 kg / Clean & Jerk	Miranda Ulrey	USA	120kg	4/27/2026	Panama City, Panama	Pan American Championship
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
53 kg / Total	Miranda Ulrey	USA	216kg	4/27/2026	Panama City, Panama	Pan American Championship
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
57 kg / Snatch	Record Standard		94kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
57 kg / Clean & Jerk	Record Standard		110kg			
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
57 kg / Total	Record Standard		204kg			

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
61 kg / Snatch	Record Standard		107kg			

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
61 kg / Clean & Jerk	Record Standard		131kg			

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
61 kg / Total	Record Standard		238kg			

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
69 kg / Snatch	Olivia Reeves	USA	119kg *	6/18/2025	Cali, Columbia	Pan American Championship

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

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
69kg / Total	Record Standard		258kg			

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
77 kg / Snatch	Olivia Reeves	unaffiliated	125kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1

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

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
77 kg / Total	Olivia Reeves	unaffiliated	279kg	3/6/2026	Columbus, OH	Virus Weightlifting Series 1

Class / Lift	Name	Represents	Weight	Date	Site	Event Name

86 kg / Snatch	Ella Nickolson	USA	115kg	5/18/2026	Telford, England	British Weightlifting Championships
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
86 kg / Clean & Jerk	Ella Nickolson	USA	141kg	5/18/2026	Telford, England	British Weightlifting Championships
Class / Lift	Name	Represents	Weight	Date	Site	Event Name
86 kg / Total	Ella Nickolson	USA	256kg	5/18/2026	Telford, England	British Weightlifting 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
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
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

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.

The following lifts were World Records as well as American Records

Class / Lift	Name	Represents	Weight	Date	Site	Event Name
77kg/ Snatch	**Olivia Reeves**	**USA**	**123kg**	**10/8/2025**	**Forde, Norway**	**2024 World Championship**
77 kg / Clean & Jerk	**Olivia Reeves**	**USA**	**155kg***	**10/8/2025**	**Forde, Norway**	**2025 World Championship**
77 kg / Total	**Olivia Reeves**	**USA**	**278kg***	**10/8/2025**	**Forde, Norway**	**2025 World Championship**