WARRIOR WEIGHT LIFTING RECORDS

GIRLS'S PARALLEL SQUAT

SCHOOL RECORD: Sheena Mecklenberg (310-1) 2007-2008

MIDDLE WEIGHT 150-170 lbs				HEAVY WEIGHT 180-200 lbs				SUPER HEAVY WEIGHT 210-230 lbs				Super-Super Hv WT (260----lbs)			
	Name	Year	Weight-Reps		Name	Year	Weight-Reps		Name	Year	Weight-Reps		Name	Year	Weight-Reps
1	Becky Herigstad	93-94	150-6	1	Melanie Foster	86-87	180-3	1	Becky Herigstad	94-95	210-5	1	Mandi Etzel	02-03	260-3
2	Kaci Quale	93-94	150-8	2	Laurie Nelson	86-87	180-3	2	Ashley Lange	95-96	210-5	2	Sheena Mecklenberg	07-08	260-3
3	Terry Pierce	93-94	150-3	3	Kaci Quale	93-94	180-3	3	Janelle Carlson	96-97	210-3				
4	Teresa Reuter	93-94	150-3	4	Becky Herigstad	93-94	180-4	4	Alicia Madsen	96-97	210-3				
5	DeAnn Ozbun	93-94	150-3	5	Becky Lange	01-02	180-3	5	Jennifer Scheetz	96-97	210-3				
6	Tammy Pierce	93-94	150-3	6	Ashley Lange	94-95	180-7	6	Kim Steffen	97-98	210-3				
7	Becky Lange	93-94	150-3	7	Teresa Reuter	94-95	180-3	7	Megan McPherson	97-98	210-3				
8	Tandi Schmierer	93-94	150-3	8	Tandi Schmierer	95-96	180-4	8	Rachelle Lawrance	97-98	210-3				
9	Shannon Ozbun	93-94	150-3	9	Amy Engstrom	95-96	180-4	9	Talina Tombre	97-98	210-3				
10	Sari Madsen	93-94	150-3	10	Kari Scheetz	95-96	180-3	10	Melissa Braun	01-02	210-3				
11	Ashley Lange	93-94	150-3	11	Nichole Rice	95-96	180-3	11	Angie Keller	01-02	210-3				
12	Jean Zabolaga	94-95	150-3	12	Janelle Carlson	95-96	180-4	12	Mandi Etzel	01-02	210-3				
13	Kari Scheetz	94-95	150-3	13	Alicia Madsen	96-97	180-4	13	Mindy Trizinski	02-03	210-3				
14	Lindsey Fitzgerald	94-95	150-3	14	Lacey Miller	96-97	180-3	14	Tiffany Steffen	02-03	210-3				
15	Amy Engstom	94-95	150-3	15	Heather Ozbun	96-97	180-3	15	Sheena Mecklenberg	05-06	210-3				
16	Tamarra Tombre	95-96	150-3	16	Amiee Carr	96-97	180-3	16	Laura Stevenson	06-07	210-3				
17	Janelle Carlsen	95-96	150-3	17	Amber Carr	96-97	180-3	17	Hanna Jepsen	11-12	210-3				
18	Janna Madsen	95-96	150-3	18	Jessica Fischer	96-97	180-3	18	Bridger Rice	11-12	210-3				
19	Aimee Carr	95-96	150-3	19	Rachelle Lawrance	96-97	180-3	19	Shanae Prevost	12-13	210-3				
20	Amber Carr	95-96	150-3	20	Jennifer Scheetz	96-97	180-3								
21	Lacey Miller	95-96	150-3	21	Megan McPherson	96-97	180-3								
22	Alicia Madsen	95-96	150-3	22	Desirae Stanford	97-98	180-4								
23	Nichole Rice	95-96	150-3	23	Kimberley Steffen	97-98	180-3								
24	Heathe Ozbun	95-96	150-3	24	Candace Seeve	97-98	180-3								
25	April Quinnell	95-96	150-3	25	Iris Krack	97-98	180-3								
26	Melissa Reynolds	95-96	150-3	26	Talina Tombre	97-98	180-3								
27	Megan McPherson	96-97	150-3	27	Shelly Schow	97-98	180-3								
28	Jessica Fisher	96-97	150-3	28	Amanda Vojacek	97-98	180-3								
29	Jennifer Sheetz	96-97	150-3	29	Angela Keller	00-01	180-3								
30	Kirstin Opdahl	96-97	150-3	30	Amanda Etzel	01-02	180-3								
31	Talina Tombre	96-97	150-3	31	Melissa Braun	01-02	180-3								
32	Kim Steffen	96-97	150-3	32	Kati Kolbey	01-02	180-3								
33	Kelly Engstom	96-97	150-3	33	Krystal Steffen	01-02	180-3								
34	Angie Arneson	96-97	150-3	34	Ashley Sharbono	01-02	180-3								
35	Rachelle Lawrance	96-97	150-3	35	Jill Jorgensen	01-02	180-3								
36	Holly Lunsted	96-97	150-3	36	Shiela Schow	01-02	180-3								
37	Amie Johnson	96-97	150-3	37	Mindy Trizinski	02-03	180-3								
38	Kacey Pust	96-97	150-3	38	Cruz Haffemann	02-03	180-3								

39	Desirae Stanford	97-98	150-3		39	Christa Ler	02-03	180-3											
40	Candace Seeve	97-98	150-3		40	Tiffany Steffen	02-03	180-3											
41	Shelly Scow	97-98	150-3		41	Morgan Ernster	02-03	180-3											
42	Chandi Melby	97-98	150-3		42	Rhiannon Johnson	02-03	180-3											
43	Nicki Fischer	97-98	150-3		43	Kari Eschenbacher	03-04	180-3											
44	Amanda Vojacek	97-98	150-3		44	Laura Stevenson	04-05	180-3											
45	Iris Krack	97-98	150-3		45	Alyssa Stanford	04-05	180-3											
46	Jackie Dardis	97-98	150-3		46	Sheena Mecklenberg	04-05	180-3											
47	Marcella Bassini	97-98	150-3		47	Katelyn Eskridge	05-06	180-3											
48	Hiedi Schmierer	98-99	150-3		48	Shelby Hurley	09-10	180-3											
49	Tara Eschenbacher	98-99	150-3		49	Casie Ler	09-10	180-3											
50	Misty Eschenbacher	98-99	150-3		50	Stephanie Nollmeyer	09-10	180-3											
51	Cortney McKenna	98-99	150-3		51	Bridger Rice	10-11	180-3											
52	Amanda Etzel	99-00	150-3		52	Hanna Jepson	10-11	180-3											
53	Angela Keller	00-01	150-3		53	Brittany Smith	10-11	180-3											
54	Alish Walla	00-01	150-3		54	Shanae Prevost	11-12	180-3											
55	Christ Ler	00-01	150-3																
56	Jolyn Ler	00-01	150-3																
57	Melissa Braun	00-01	150-3																
58	Erin Scheetz	00-01	150-3																
59	Jill Jorgenson	00-01	150-3																
60	Morgan Ernster	01-02	150-3																
61	Ashley Sharbono	01-02	150-3																
62	Tiffany Steffen	01-02	150-3																
63	Krystal Steffen	01-02	150-3																
64	Kati Kolbe	01-02	150-3																
65	Kandace Steffen	01-02	150-3																
66	Shiela Schow	01-02	150-3																
67	Mindy Trizinski	02-03	150-10																
68	Cruz Haffemann	02-03	150-3																
69	Sabrina Basta	02-03	150-3																
70	Rhiannon Johnson	02-03	150-3																
71	Jessica Thiessen	02-03	150-3																
72	Kari Eschenbacher	02-03	150-3																
73	Kodi Herbert	02-03	150-3																
74	Alyssa Stanford	03-04	150-3																
75	Laura Stevenson	03-04	150-3																
76	Kimberly Pust	03-04	150-3																
77	Sheena Mecklenberg	04-05	150-3																
78	Katelyn Estrige	04-05	150-3																
79	Kristi Dobraska	05-06	150-3																
80	Jana Stevenson	06-07	150-3																
81	Stephanie Nollmeyer	06-07	150-3																
82	Shelby Hurley	08-09	150-3																
83	Payton Phillippi	09-10	150-3																
84	Hanna Jepsen	10-11	150-3																

85	Bridger Rice	10-11	150-3																
86	Shanae Prevost	11-12	150-3																