

Lady Duster Basketball Weight Lifting

440 CLUB

Ashley Daily	470	2007	Miranda Karn	450	2010
Jena Isaacson	510	2007	Whitney Wagner	440	2010
Kate Johnson	530	2007			
Kristin Killough	440	2007			
Mallory Murdoch	470	2007			
Jordan Pfeifer	465	2008			
Katie Stevenson	480	2008			
Brea Schneider	450	2009			
Paige Hasty	470	2009			
Kirsten Larson	540	2009			
Linnea Larson	480	2009			
Chelsey Morten	455	2009			

550 CLUB

Tabitha Kreutzer	570	2007
Lauren Hoeft	580	2010

Individual Records

Bench Press

1. Paige Hasty	145	2010
2. Bobbie Hunter	135	2004
2. Julie Robinson	135	2004
2. Kirsten Larson	135	2008
2. Lauren Hoeft	135	2010

Parallel Squat

1. Tabitha Kreutzer	300	2007
1. Lauren Hoeft	300	2009
3. Kate Johnson	265	2008

Hang Clean

1. Kirsten Larson	165	2009
2. Kate Johnson	150	2008
3. Lauren Hoeft	145	2010
4. Linnea Larson	140	2009
4. Jena Isaacson	140	2007
4. Tabitha Kreutzer	140	2007

Military Press

1. Kirsten Larson	115	2009
2. Paige Hasty	110	2009
3. Jordan Pfeifer	105	2008