

GIRLS WEIGHTLIFTING

2011-12 CHAMPIONSHIP RECORDS



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FHSAA Girls Weightlifting Championships

Team Champions and Runners-Up

Year	Class	Champion	Score	Coach	Runner-Up	Score	Coach	Site
2004		Spruce Creek (Port Orange)	44	Mike Randow	Keystone Heights	22	Terri Parrish	DeLand HS
2005		Spruce Creek (Port Orange)	47	Mike Randow	Oviedo Lakewood Ranch (Bradenton)	13 13	Danny Evans Josh Hunter	DeLand HS
2006		Spruce Creek (Port Orange)	48	Mike Randow	New Smyrna Beach	17	Daria Turner	Santa Fe CC, Gainesville
2007		Spruce Creek (Port Orange)	33	Mike Randow	Port Charlotte	18	Sonia Tirb	River Ridge HS, New Port Richey
2008		Spruce Creek (Port Orange)	56	Tom Bennett	Navarre New Smyrna Beach	11 11	Aaron Daniel Tim McRae	River Ridge HS, New Port Richey
2009		Spruce Creek (Port Orange)	30	Tom Bennett	New Smyrna Beach	19	Tim McRae	River Ridge HS, New Port Richey
2010		Columbia (Lake City)	22	Mitch Shoup	Navarre	21	Aaron Daniel	River Ridge HS, New Port Richey
2011		Spruce Creek (Port Orange)	28	Tom Bennett	Navarre	26	Aaron Daniel	Kissimmee Civic Center

Team Championships

(Note: Totals include co-championships)

Spruce Creek (Port Orange), 7, Columbia (Lake City) 1.

Individual Championships

Spruce Creek (Port Orange) 25, Booker (Sarasota) 3, Columbia (Lake City) 3, Navarre 3, New Smyrna Beach 3, Wekiva (Apopka) 3, Winter Springs 3, Choctawhatchee (Fort Walton Beach) 2, Keystone Heights 2, Lake Brantley (Altamonte Springs) 2, North Marion (Citra) 2, Oviedo 2, St. Cloud 2, Seabreeze (Daytona Beach) 2, Altha 1, Avon Park 1, Bozeman (Panama City) 1, Clay (Green Cove Springs) 1, DeLand 1, Gainesville 1, Lakewood Ranch (Bradenton) 1, Lyman (Longwood) 1, Manatee (Bradenton) 1, Osceola (Kissimmee) 1, Palatka 1, Port Charlotte 1, Santa Fe (Alachua) 1, Sebastian River 1, Seminole (Sanford) 1, Southeast (Bradenton) 1, Timber Creek (Orlando) 1, West Port (Ocala) 1.

Championships Records

TEAM RECORDS

Most Team Championships

7—Spruce Creek (Port Orange), 2004, 2005, 2006, 2007, 2008, 2009, 2011.

Consecutive Team Championships

6—Spruce Creek (Port Orange), 2004, 2005, 2006, 2007, 2008, 2009.

Current Consecutive Team Championships

None

Most Individual Championships, All-Time

25—Spruce Creek (Port Orange).
 3—Booker (Sarasota).
 3—Columbia (Lake City)
 3—Navarre
 3—New Smyrna Beach.
 3—Wekiva (Apopka)
 3—Winter Springs.
 2—Choctawhatchee (Fort Walton Beach).
 2—Keystone Heights.
 2—Lake Brantley (Altamonte Springs).
 2—North Marion (Citra).
 2—Oviedo.
 2—St. Cloud.
 2—Seabreeze (Daytona Beach).

Most Individual Championships, One Meet

6—Spruce Creek (Port Orange), 2006.
 5—Spruce Creek (Port Orange), 2008.
 4—Spruce Creek (Port Orange), 2005.
 3—Spruce Creek (Port Orange), 2009.
 2—Columbia (Lake City), 2010.
 2—Navarre, 2011
 2—New Smyrna Beach, 2007.
 2—Spruce Creek (Port Orange), 2004.
 2—Spruce Creek (Port Orange), 2007.
 2—Spruce Creek (Port Orange), 2011.
 2—Winter Springs, 2005.

INDIVIDUAL RECORDS

Most Individual Titles, Career

3—Morgan Candage, Seabreeze (Daytona Beach), 2007 139; Spruce Creek (Port Orange), 2008 154, 2009 169.
 3—Lakitta Johnson, North Marion (Citra), 2008 UNL, 2009 UNL, 2010 UNL.
 3—Kaysie Junco, Spruce Creek (Port Orange), 2008 101, ...

2009 101, 2010 101.

3—Jessica Reynolds, Booker (Sarasota), 2005 UNL, 2006 UNL, 2007 UNL.
 3—Niaja Griffin, Wekiva (Apopka), 2009 139, 2010 139, 2011 154.
 2—Brittany Adamek, Spruce Creek (Port Orange), 2006 169, 2008 169.
 2—Angela Candage, Seabreeze (Daytona Beach), 2004 139; Spruce Creek (Port Orange), 2005 129.
 2—Michelle Downs, Oviedo, 2005 119, 2006 119.
 2—Zanquina Ellison, Osceola (Kissimmee), 2009 119, 2011 129.
 2—Sara Hansell, St. Cloud, 2006 154, 2007 154.
 2—Jaycie Kargas, Spruce Creek (Port Orange), 2004 110, 2005 110.
 2—Erica Tumminello, Spruce Creek (Port Orange), 2005 183, 2006 183.
 2—Heather Wolfe, Spruce Creek (Port Orange), 2007 101, 2008 110.

FHSAA Finals Meet Records

Bench Press

FHSAA Records

Overall—280 pounds, Lakitta Johnson, North Marion (Citra), 2009.

101 lbs.—155 pounds, Mimi Ho, Palatka, 2011.

110 lbs.—160 pounds, Erica Cook, Gainesville, 2007.

119 lbs.—175 pounds, Zankina Ellison, Osceola (Kissimmee), 2009.

129 lbs.—185 pounds, Angela Candage, Spruce Creek (Port Orange), 2005.

139 lbs.—200 pounds, Celine Oskandy, Spruce Creek (Port Orange), 2011.

154 lbs.—200 pounds, Rebekah Babston, Santa Fe (Alachua), 2005; Kristian Rainge-Campbell, Spruce Creek (Port Orange), 2009.

169 lbs.—215 pounds, Morgan Candage, Spruce Creek (Port Orange), 2009.

183 lbs.—235 pounds, Miranda Whitley, New Smyrna Beach, 2008.

199 lbs.—220 pounds, Alexa DeCristofaro, New Smyrna Beach, 2007.

UNL—280 pounds, Lakitta Johnson, North Marion (Citra), 2009.

Clean & Jerk

FHSAA Records

Overall—230 pounds, Lakitta Johnson, North Marion (Citra), 2009.

101 lbs.—165 pounds, Kaysie Junco, Spruce Creek (Port Orange), 2010.

110 lbs.—165 pounds, Ashley Koren, Spruce Creek (Port Orange), 2011.

119 lbs.—170 pounds, Jameeka Anderson, Navarre, 2011.

129 lbs.—185 pounds, Angela Candage, Spruce Creek (Port Orange), 2005.

139 lbs.—190 pounds, Niaja Griffin, Wekiva (Apopka), 2010.

154 lbs.—210 pounds, Kristian Rainge-Campbell, Spruce Creek (Port Orange), 2009.

169 lbs.—210 pounds, Morgan Candage, Spruce Creek (Port Orange), 2009.

183 lbs.—215 pounds, Celeste Gomez, Columbia (Lake City), 2009; Celeste Gomez, Columbia (Lake City), 2010.

199 lbs.—195 pounds, LaKendra Thames, Winter Springs, 2005; Katie Ryck, Port Charlotte, 2006; Katie Ryck, Port Charlotte, 2007; Shenea Rufus, Robert E. Lee (Jacksonville), 2009; Stefania Maresca, Timber Creek (Orlando), 2011.

UNL—235 pounds, Lakitta Johnson, North Marion (Citra), 2010.

Total Weight

FHSAA Records

Overall—510 pounds, Lakitta Johnson (280-230), North Marion (Citra), 2009.

101 lbs.—305 pounds, Kaysie Junco (140-165), Spruce Creek (Port Orange), 2010.

110 lbs.—310 pounds, Erica Cook (160-150), Gainesville, 2007; Ashley Koren (145-165), Spruce Creek (Port Orange), 2011.

119 lbs.—340 pounds, Jameeka Anderson (170-170), Navarre, 2011.

129 lbs.—370 pounds, Angela Candage (185-185), Spruce Creek (Port Orange), 2005.

139 lbs.—365 pounds, Niaja Griffin (175-190), Wekiva (Apopka), 2010; Alicia Choquette (180-185), New Smyrna Beach, 2010.

154 lbs.—410 pounds, Kristian Rainge-Campbell (200-210), Spruce Creek (Port Orange), 2009.

169 lbs.—425 pounds, Morgan Candage (215-215), Spruce Creek (Port Orange), 2009.

183 lbs.—440 pounds, Celeste Gomez (225-215), Columbia (Lake City), 2010.

199 lbs.—405 pounds, Shenea Rufus (210-195), Robert E. Lee (Jacksonville), 2009.

UNL—510 pounds, Lakitta Johnson (280-230), North Marion (Citra) 2009.

Discontinued Events

Clean

FHSAA Records

Overall—195 pounds, Summer Crosby, Union County (Lake Butler), 2004.

101 lbs.—140 pounds, Kimberly Torres, Lake Brantley (Altamonte Springs), 2004

110 lbs.—145 pounds, Jaycie Kargas, Spruce Creek (Port Orange), 2004; 145 pounds, Samantha Turnbull, Spruce Creek (Port Orange), 2004.

119 lbs.—165 pounds, Brittany Meng, Keystone Heights, 2004.

129 lbs.—170 pounds, Sam DeCristofaro, Manatee (Bradenton), 2004.

139 lbs.—195 pounds, Angela Candage, Seabreeze (Daytona Beach), 2004; 195 pounds, Ashley Cleaver, Winter Springs, 2004.

154 lbs.—175 pounds, Lauren Austin, Oak Ridge (Orlando), 2004; 175 pounds, Jennifer Joyce, Seminole (Sanford), 2004.

169 lbs.—195 pounds, Summer Crosby, Union County (Lake Butler), 2004.

183 lbs.—175 pounds, Jennifer Spee, Seminole (Sanford), 2004.

199 lbs.—175 pounds, Amy Hartman, Winter Springs, 2004; Amanda Wright, Spruce Creek (Port Orange), 2004.

UNL—185 pounds, Latavia Bagley, West Port (Ocala), 2004.

Total Weight (w/Clean)

FHSAA Records

Overall—460 pounds, Latavia Bagley (275-185), West Port (Ocala), 2004.

101 lbs.—285 pounds, Kimberly Torres (145-140), Lake Brantley (Altamonte Springs), 2004.

110 lbs.—285 pounds, Jaycie Kargas (140-145), Spruce Creek (Port Orange), 2004.

119 lbs.—300 pounds, Brittany Meng (135-165), Keystone Heights, 2004.

129 lbs.—325 pounds, Sam DeCristofaro (155-170), Manatee (Bradenton), 2004.

139 lbs.—370 pounds, Angela Candage (175-195), Seabreeze (Daytona Beach), 2004.

154 lbs.—350 pounds, Ashlee Cain (190-160), Altha, 2004.

169 lbs.—380 pounds, Julia Martin (190-190), Spruce Creek (Port Orange), 2004.

183 lbs.—340 pounds, Jennifer Spee (165-175), Seminole (Sanford), 2004.

199 lbs.—390 pounds, Amy Hartman (215-175), Winter Springs, 2004.

UNL—460 pounds, Latavia Bagley (275-185), West Port (Ocala), 2004.

Individual Champions

Note: Numbers after school name are weight lifted as follows – bench press, clean & jerk and total weight.

101 Pounds

2004	Kimberly Torres, Lake Brantley (Altamonte Springs), 145-140-285.
2005	Alison Lacey, Lakewood Ranch (Bradenton), 120-150-270.
2006	Stephanie Wheeler, Spruce Creek (Port Orange), 135-150-285.
2007	Heather Wolfe, Spruce Creek (Port Orange), 125-130-155.
2008	Kaysie Junco, Spruce Creek (Port Orange), 120-145-265.
2009	Kaysie Junco, Spruce Creek (Port Orange), 130-145-275.
2010	Kaysie Junco, Spruce Creek (Port Orange), 140-165-305.
2011	Mimi Ho, Palatka, 155-140-295.

110 Pounds

2004	Jaycie Kargas, Spruce Creek (Port Orange), 140-145-285.
2005	Jaycie Kargas, Spruce Creek (Port Orange), 145-155-300.
2006	Samantha Turnbull, Spruce Creek (Port Orange), 135-160-295.
2007	Erica Cook, Gainesville, 160-150-300.
2008	Heather Wolfe, Spruce Creek (Port Orange), 140-160-300.
2009	Ashley Nenna, Lake Mary, 140-140-280.
2010	Brooke Baudendistel, Clay (Green Cove Springs), 135-150-285.
2011	Ashley Koren, Spruce Creek (Port Orange), 145-165-310.

119 Pounds

2004	Brittany Meng, Keystone Heights, 135-165-300.
2005	Michelle Downs, Oviedo, 150-145-295.
2006	Michelle Downs, Oviedo, 160-145-305.
2007	Leigha Nave, Spruce Creek (Port Orange), 140-165-305.
2008	Christina Baranet, DeLand, 150-160-310.
2009	Zanquina Ellson, Osceola (Kissimmee), 175-155-330.
2010	Tanisha Thomas, Navarre, 170-160-330.
2011	Jameeka Anderson, Navarre, 170-170-340.

129 Pounds

2004	Sam DeCristofaro, Manatee (Bradenton), 155-170-325.
2005	Angela Candage, Spruce Creek (Port Orange), 185-185-370.
2006	Mahassen Fattouh, Spruce Creek (Port Orange), 160-170-330.
2007	Kelly David, Lake Brantley (Altamonte Springs), 165-145-310.
2008	Sarah Cowles, Spruce Creek (Port Orange), 150-170-320.
2009	Kristin Boyer, Fort Walton Beach, 150-160-310.
2010	Alaina Timmons, Columbia (Lake City), 170-160-330.
2011	Zanquina Ellison, Osceola (Kissimmee), 175-155-330.

139 Pounds

2004	Angela Candage, Seabreeze (Daytona Beach), 175-195-370.
2005	Ashley Cleavers, Winter Springs, 160-175-335.
2006	Ashley Fides, Spruce Creek (Port Orange), 170-170-340.
2007	Morgan Candage, Seabreeze (Daytona

2008	Beach), 170-170-340. Enchantre Argo, Lyman (Longwood), 165-165-300.
2009	Niaja Griffin, Wekiva (Apopka), 160-160-320.
2010	Niaja Griffin, Wekiva (Apopka), 175-190-365.
2011	Celine Oskandy, Spruce Creek (Port Orange), 200-150-350.

154 Pounds

2004	Ashlee Cain, Altha, 190-160-350.
2005	Rebekah Babston, Santa Fe (Alachua), 200-165-365.
2006	Sara Hansell, St. Cloud, 180-185-365.
2007	Sara Hansell, St. Cloud, 180-195-375.
2008	Morgan Candage, Spruce Creek (Port Orange), 195-205-400.
2009	Kristian Rainge-Campbell, Spruce Creek (Port Orange), 200-210-410.
2010	Nicole Corey, Choctawhatchee (Fort Walton Beach), 170-175-345.
2011	Niaja Griffin, Wekiva (Apopka), 190-175-365.

169 Pounds

2004	Julia Martin, Spruce Creek (Port Orange), 190-190-380.
2005	Amanda Wright, Spruce Creek (Port Orange), 165-190-355.
2006	Brittany Adamek, Spruce Creek (Port Orange), 175-175-350.
2007	Patrice Doemer, New Smyrna Beach, 195-170-365.
2008	Brittany Adamek, Spruce Creek (Port Orange), 180-190-370.
2009	Morgan Candage, Spruce Creek (Port Orange), 215-210-425.
2010	Kelsey Vance, Southeast (Bradenton), 190-205-395.
2011	Brandi Lucas, Sebastian River, 180-185-365.

183 Pounds

2004	Jennifer Spee, Seminole (Sanford), 165-175-340.
2005	Erica Tumminello, Spruce Creek (Port Orange), 175-210-385.
2006	Erica Tumminello, Spruce Creek (Port Orange), 175-190-365.
2007	Anachelle Mejias, Avon Park, 215-165-380.
2008	Maranda Whitley, New Smyrna Beach, 235-190-425.
2009	Celste Gomez, Columbia (Lake City), 210-215-425.
2010	Celeste Gomez, Columbia (Lake City), 225-215-440.
2011	Jamesha King, Choctawhatchee (Fort Walton Beach), 185-175-360.

199 Pounds

2004	Amy Hartman, Winter Springs, 215-175-390.
2005	LaKendra Thames, Winter Springs, 175-195-370.
2006	Katie Ryck, Port Charlotte, 180-195-375.
2007	Alexa DeCristofaro, New Smyrna Beach, 220-175-395.
2008	Kasey Franks, Bozeman (Panama City), 195-160-355.
2009	Shanea Rufus, Robert E. Lee (Jacksonville), 210-195-405.
2010	Morgan Buettcher, Keystone Heights, 190-175-365.
2011	Stefania Maresca, Timber Creek (Orlando), 185-195-380.

Unlimited

2004	Latavia Bagley, West Port (Ocala), 275-185-460.
2005	Jessica Reynolds, Booker (Sarasota), 225-185-410.
2006	Jessica Reynolds, Booker (Sarasota), 240-205-445.

2007	Jessica Reynolds, Booker (Sarasota), 250-210-460.
2008	Lakitta Johnson, North Marion (Citra), 250-215-465.
2009	Lakitta Johnson, North Marion (Citra), 280-230-510.
2010	Lakitta Johnson, North Marion (Citra), 270-235-505.
2011	Kayla Poole, Navarre, 245-195-440.

FHSAA Finals All-Time Team Scoring Leaders

2004

1. Spruce Creek (Port Orange), 44; 2. Keystone Heights, 22; 3. Seminole (Sanford) 17; 4. Winter Springs, 15; 5. Manatee (Bradenton), 10; 6. Lakewood Ranch (Bradenton), 8; 7. (tie) Altha, Lake Brantley (Altamonte Springs), Oviedo, Seabreeze (Daytona Beach) and West Port (Ocala), 7.

2005

1. Spruce Creek (Port Orange), 47; 2. (tie) Lakewood Ranch (Bradenton) and Oviedo, 13; 4. Winter Springs, 12; 5. (tie) Booker (Sarasota) and West Orange (Winter Garden), 10; 7. (tie) St. Cloud and Belleview, 9; 9. (tie) Gainesville, Sarasota and Seminole (Sanford), 8.

2006

1. Spruce Creek (Port Orange), 48; 2. New Smyrna Beach, 17; 3. Port Charlotte, 14; 4. St. Cloud, 11; 5. Milton, 8; 6. (tie) Booker (Sarasota), Crystal River, Dr. Phillips (Orlando), Keystone Heights, and Oviedo, 7.

2007

1. Spruce Creek (Port Orange), 33; 2. Port Charlotte, 18; 3. Gainesville, 16; 4. (tie) Fort Walton Beach and New Smyrna Beach, 14; 6. Columbia (Lake City), 12; 7. Lake Brantley (Altamonte Springs), 11; 8. St. Cloud, 8; 9. (tie) Avon Park, Booker (Sarasota) and Seabreeze (Daytona Beach), 7.

2008

1. Spruce Creek (Port Orange), 56; 2. (tie) Navarre and New Smyrna Beach, 11; 4. North Marion (Citra), 10; 5. Columbia (Lake City), 9; 6. (tie) Manatee and Port Charlotte, 8; 8. (tie) Bozeman (Panama City), DeLand, Lyman (Longwood) and Timber Creek (Orlando), 7.

2009

1. Spruce Creek (Port Orange), 30; 2. New Smyrna Beach, 19; 3. Columbia (Lake City), 16; 4. Port Charlotte, 11; 5. Southeast (Bradenton), 10; 6. (tie) Bozeman (Panama City), Manatee (Bradenton) and North Marion (Citra) 9; 9. (tie) Timber Creek (Orlando) and Wekiva (Apopka), 8.

2010

1. Columbia (Lake City), 22; 2. Navarre, 21; 3. New Smyrna Beach, 17; 4. Spruce Creek (Port Orange), 16; 5. Port Charlotte, 14; 6. Choctawhatchee (Fort Walton Beach), 12; 7. Mosley (Lynn Haven), 11; 8. Southeast (Bradenton), 10; 9. (tie) Clay (Green Cove Springs), Lake Mary and Palatka, 9.

2011

1. Spruce Creek (Port Orange), 28; 2. Navarre, 26; 3. Timber Creek (Orlando), 19; 4. Wekiva (Apopka), 13; 5. Mosley (Lynn Haven), 12; 6. (tie) Palatka and Seminole Ridge (Loxahatchee), 10; 8. (tie) Choctawhatchee, Osceola (Kissimmee) and Sebastian River, 7.