

| Name | Grade | Team | Division/ Class | Body Wt | Wt cls | Best Squat | Best Bench | Best Dead lift | Total | Place | Region |
|----------------------|-------|----------------------------------|--------------------|---------|--------|------------|------------|----------------|-------|-------|-------------------------|
| DAIGLE, LACEY | 12 | North Vermilion High School | 4A | 94.4 | 97 | 170 | 100 | 220 | 490 | 1 | Bayou Regional Champion |
| PERRY, CASSI | 12 | Tioga High School | 4A | 94.4 | 97 | 175 | 90 | 225 | 490 | 2 | |
| NEIL, GRACIE | 12 | South Terrebonne High School | 4A | 93.1 | 97 | 165 | 115 | 165 | 445 | 3 | |
| DUFERENE, ANGEL | 11 | Franklinton High School | 4A | 92.0 | 97 | 130 | 100 | 180 | 410 | 4 | |
| WILLIAMS, FAITH | 10 | Bolton High School | 4A | 93.6 | 97 | 135 | 70 | 140 | 345 | 5 | |
| ENLOE, KATIE | 9 | North DeSoto High School | 4A | 94.8 | 97 | 105 | 60 | 150 | 315 | 6 | |
| JONES, ALLURE | 10 | Liberty Magnet High School | 4A | 92.0 | 97 | 110 | 75 | 125 | 310 | 7 | |
| NORWOOD, SARAJAH | 10 | Northwood-Shreve High School | 4A | 88.2 | 97 | 140 | | | 0 | | |
| ACOSTA, ALLY | 9 | Plaquemine High School | 4A | 92.9 | 97 | 0 | 0 | 0 | 0 | | |
| MORAGNE, KARALYN | 12 | Lakeshore High School | 4A | 102.9 | 105 | 260 | 135 | 225 | 620 | 1 | |
| ARD, KAYLEE | 10 | Franklinton High School | 4A | 101.9 | 105 | 215 | 95 | 220 | 530 | 2 | |
| FOURNIER, REBECCA | 10 | Leesville High School | 4A | 103.0 | 105 | 180 | 65 | 215 | 460 | 3 | |
| JOHNSON, KARLEY | 9 | Tioga High School | 4A | 105.1 | 105 | 170 | 105 | 180 | 455 | 4 | |
| DOMINIQUE, CIANA | 11 | Assumption High School | 4A | 103.6 | 105 | 175 | 75 | 180 | 430 | 5 | |
| HAYMON, ELIZABETH | 12 | Leesville High School | 4A | 102.7 | 105 | 160 | 85 | 180 | 425 | 6 | |
| HUTH, ASHLEY | 10 | Pearl River High School | 4A | 100.4 | 105 | 120 | 70 | 185 | 375 | 7 | |
| AGADAGA, ASIA | 12 | Liberty Magnet High School | 4A | 103.5 | 105 | 145 | 60 | 170 | 375 | 8 | |
| BOYD, BREE | 10 | Assumption High School | 4A | 105.4 | 105 | 180 | | | 0 | | |
| TALIAFERRO, MEREDITH | 11 | St. Michael's the Archangel - BR | 4A | 113.8 | 114 | 225 | 125 | 290 | 640 | 1 | |
| CHAVEZ, CELINE | 12 | Leesville High School | 4A | 109.8 | 114 | 235 | 120 | 260 | 615 | 2 | |
| CROSS, KA'NIA | 10 | Tioga High School | 4A | 111.6 | 114 | 220 | 105 | 265 | 590 | 3 | |
| JOHNSON ,PARIS | 12 | Peabody Magnet | 4A | 114.2 | 114 | 225 | 110 | 250 | 585 | 4 | |
| ARCEMENT, GRACE | 10 | South Terrebonne High School | 4A | 113.9 | 114 | 205 | 100 | 215 | 520 | 5 | |
| THIBODEAUX, CHLOE | 10 | Assumption High School | 4A | 108.6 | 114 | 190 | 95 | 215 | 500 | 6 | |
| SUMPTER, KRYSTIN | 12 | Assumption High School | 4A | 110.9 | 114 | 180 | 120 | 185 | 485 | 7 | |
| PENDLETON, BRILEY | 10 | North DeSoto High School | 4A | 111.7 | 114 | 185 | 70 | 230 | 485 | 8 | |
| KOCH, EMMA | 12 | North Vermilion High School | 4A | 112.9 | 114 | 165 | 95 | 225 | 485 | 9 | |
| GRAY, JALEIGHA | 9 | Plaquemine High School | 4A | 112.3 | 114 | 165 | 75 | 200 | 440 | 10 | |
| BILLIOT, SELENA | 11 | Ellender High School | 4A | 108.0 | 114 | 50 | 50 | 140 | 240 | 11 | |
| MCCLAY, KIERSON | 9 | Liberty Magnet High School | 4A | 113.2 | 114 | 100 | 0 | 0 | 0 | | |
| MICHIELS, JOSEPHINE | 9 | Bolton High School | 4A | 114.5 | 114 | 100 | 60 | 0 | 0 | | |
| PETERSON, MATAJAH | 10 | Peabody Magnet | 4A | 110.8 | 114 | 0 | 0 | 0 | 0 | | |
| SILVER, CAMRYN | 12 | Vandebilt Catholic High School | 4A | 111.8 | 114 | 0 | | | 0 | | |
| SHIELDS, LYDIA | 11 | North Vermilion High School | 4A | 121.0 | 123 | 250 | 145 | 265 | 660 | 1 | |
| YODER, HARLEY | 10 | Northwood-Shreve High School | 4A | 123.1 | 123 | 240 | 125 | 215 | 580 | 2 | |
| WELCH, BREANNA | 10 | Leesville High School | 4A | 117.9 | 123 | 205 | 115 | 245 | 565 | 3 | |
| ROSHTO, AVA | 12 | Franklinton High School | 4A | 118.5 | 123 | 210 | 100 | 240 | 550 | 4 | |
| LEGE, AYDEN | 10 | North Vermilion High School | 4A | 121.1 | 123 | 210 | 85 | 240 | 535 | 5 | |
| MATHERNE, KEIRSTYN | 10 | South Terrebonne High School | 4A | 120.5 | 123 | 200 | 105 | 210 | 515 | 6 | |
| OGANYAN, MILANA | 10 | Lakeshore High School | 4A | 118.8 | 123 | 210 | 90 | 200 | 500 | 7 | |

| Name | Grade | Team | Division/ Class | Body Wt | Wt cls | Best Squat | Best Bench | Best Dead lift | Total | Place | Region |
|----------------------|-------|----------------------------------|--------------------|---------|--------|------------|------------|----------------|-------|-------|-------------------------|
| THOMPSON, KATELYN | 12 | Peabody Magnet | 4A | 120.6 | 123 | 185 | 95 | 215 | 495 | 8 | |
| HEBERT, MOLLY | 12 | Assumption High School | 4A | 115.3 | 123 | 190 | 85 | 205 | 480 | 9 | |
| GIDDENS, ANNA | 9 | North DeSoto High School | 4A | 120.4 | 123 | 190 | 85 | 205 | 480 | 10 | |
| ANDERS, ZARIA | 12 | Pearl River High School | 4A | 118.8 | 123 | 165 | 80 | 200 | 445 | 11 | |
| CARLIN, TONI | 10 | Plaquemine High School | 4A | 121.1 | 123 | 150 | 85 | 205 | 440 | 12 | |
| BOTELER, ONYCAH | 10 | Pearl River High School | 4A | 117.5 | 123 | 160 | 75 | 180 | 415 | 13 | |
| DIX, GEORGIA | 9 | Northwood-Shreve High School | 4A | 118.2 | 123 | 180 | | | 0 | | |
| SPEARS, HANNAH | 12 | Franklinton High School | 4A | 121.8 | 123 | 190 | | | 0 | | |
| WHITE, HARLEY | 12 | South Terrebonne High School | 4A | 131.0 | 132 | 315 | 165 | 335 | 815 | 1 | Bayou Regional Champion |
| SCHILLING, MARLEIGH | 11 | Franklinton High School | 4A | 129.0 | 132 | 300 | 130 | 280 | 710 | 2 | |
| LANDRY, SADIE | 11 | Assumption High School | 4A | 130.3 | 132 | 290 | 125 | 280 | 695 | 3 | |
| DONG, JENNIFER | 10 | Franklinton High School | 4A | 123.9 | 132 | 245 | 120 | 290 | 655 | 4 | |
| VICE, MAKAYLA | 11 | North Vermilion High School | 4A | 127.8 | 132 | 205 | 115 | 260 | 580 | 5 | |
| GRANGER, HALLIE | 12 | North DeSoto High School | 4A | 130.5 | 132 | 230 | 100 | 240 | 570 | 6 | |
| MATTHEWS, MADELINE | 10 | Northwood-Shreve High School | 4A | 125.5 | 132 | 185 | 95 | 235 | 515 | 7 | |
| BENTON, RILEY | 12 | North DeSoto High School | 4A | 129.2 | 132 | 160 | 85 | 255 | 500 | 8 | |
| PELLEGRIN, MADISON | 11 | South Terrebonne High School | 4A | 128.1 | 132 | 180 | 95 | 215 | 490 | 9 | |
| CASTAGNOS, SARA | 11 | Assumption High School | 4A | 129.4 | 132 | 185 | 100 | 205 | 490 | 10 | |
| SHIELDS, CASEY | 10 | Northwood-Shreve High School | 4A | 128.5 | 132 | 180 | 85 | 185 | 450 | 11 | |
| BORDELON, RYAN | 10 | Vandebilt Catholic High School | 4A | 127.9 | 132 | 150 | 65 | 215 | 430 | 12 | |
| PROVOST, VICTORIA | 10 | St. Michael's the Archangel - BR | 4A | 130.3 | 132 | 165 | 65 | 200 | 430 | 13 | |
| HOOKER, MARISA | 12 | Liberty Magnet High School | 4A | 130.5 | 132 | 155 | 85 | 185 | 425 | 14 | |
| PATIN, NEVAEH | 10 | Liberty Magnet High School | 4A | 128.4 | 132 | 135 | 70 | 180 | 385 | 15 | |
| BROOKS, RAELEIGH | 9 | Pearl River High School | 4A | 123.7 | 132 | 115 | 60 | 145 | 320 | 16 | |
| LEBLANC, BAILEY | 11 | North Vermilion High School | 4A | 129.0 | 132 | 0 | 0 | 0 | 0 | | |
| TRAN, TRUC | 12 | South Terrebonne High School | 4A | 145.6 | 148 | 295 | 125 | 265 | 685 | 1 | |
| REMEDES, KELCIE | 12 | North DeSoto High School | 4A | 140.8 | 148 | 275 | 135 | 270 | 680 | 2 | |
| NELSON, MICAH | 12 | Peabody Magnet | 4A | 139.8 | 148 | 275 | 105 | 295 | 675 | 3 | |
| NEAL, CILECIA | 11 | Tioga High School | 4A | 142.6 | 148 | 265 | 115 | 280 | 660 | 4 | |
| RICHARDSON, SHAMIYAH | 12 | Bolton High School | 4A | 146.5 | 148 | 250 | 105 | 290 | 645 | 5 | |
| LANEHEART, TYANNA | 11 | Peabody Magnet | 4A | 135.5 | 148 | 230 | 115 | 275 | 620 | 6 | |
| DUFRENE, MADDIE | 9 | Vandebilt Catholic High School | 4A | 148.1 | 148 | 230 | 115 | 265 | 610 | 7 | |
| BENNETT, BAILEE | 12 | Leesville High School | 4A | 141.0 | 148 | 245 | 110 | 245 | 600 | 8 | |
| GIBBS, ANAH | 9 | North Vermilion High School | 4A | 144.2 | 148 | 225 | 130 | 245 | 600 | 9 | |
| VEAL, LA'NYIA | 10 | Tioga High School | 4A | 144.8 | 148 | 215 | 105 | 275 | 595 | 10 | |
| WILKS, REILLY | 10 | St. Michael's the Archangel - BR | 4A | 145.3 | 148 | 235 | 100 | 260 | 595 | 11 | |
| TRAM, ISABEL | 10 | St. Michael's the Archangel - BR | 4A | 142.3 | 148 | 220 | 95 | 260 | 575 | 12 | |
| APPLEGATE, BROOKE | 12 | Salmen High School | 4A | 144.8 | 148 | 220 | 120 | 225 | 565 | 13 | |
| ANZOLA, MARIA | 12 | Northwood-Shreve High School | 4A | 137.8 | 148 | 205 | 85 | 270 | 560 | 14 | |
| LAMBERT, ISABELLA | 10 | Franklinton High School | 4A | 148.7 | 148 | 225 | 100 | 215 | 540 | 15 | |
| MOLLERE, TAYLA | 11 | Assumption High School | 4A | 137.8 | 148 | 195 | 80 | 195 | 470 | 16 | |

| Name | Grade | Team | Division/ Class | Body Wt | Wt cls | Best Squat | Best Bench | Best Dead lift | Total | Place | Region |
|--------------------|-------|--------------------------------|--------------------|---------|--------|------------|------------|----------------|-------|-------|---------------------------|
| TEJEEEDA, ALEXIS | 11 | Beau Chene High School | 4A | 144.2 | 148 | 165 | 75 | 210 | 450 | 17 | |
| SHORTEN, MADISON | 11 | Pearl River High School | 4A | 139.5 | 148 | 140 | 85 | 205 | 430 | 18 | |
| RIZZUTO, CHLOE | 9 | Pearl River High School | 4A | 138.6 | 148 | 140 | 55 | 180 | 375 | 19 | |
| NAQUIN, ZOE | 11 | Ellender High School | 4A | 147.4 | 148 | 150 | 60 | 0 | 0 | | |
| PAUL, SAMANTHA | 11 | Tioga High School | 4A | 161.7 | 165 | 315 | 185 | 335 | 835 | 1 | Central Regional Champion |
| BUROKER, SHELBY | 10 | North Vermilion High School | 4A | 161.7 | 165 | 285 | 140 | 280 | 705 | 2 | West Regional Champion |
| JOHNSON,ALEXIS | 12 | Tioga High School | 4A | 161.0 | 165 | 250 | 145 | 265 | 660 | 3 | |
| CURTIS, CAMERON | 11 | North DeSoto High School | 4A | 149.6 | 165 | 245 | 115 | 295 | 655 | 4 | |
| HOLLOWAY, LYASIA | 9 | Leesville High School | 4A | 160.4 | 165 | 235 | 130 | 290 | 655 | 5 | |
| HEMPHILL, ADDYSON | 10 | Northwood-Shreve High School | 4A | 161.8 | 165 | 245 | 115 | 295 | 655 | 6 | |
| DAVIS, EMILY | 11 | Assumption High School | 4A | 156.4 | 165 | 270 | 135 | 240 | 645 | 7 | |
| LOUP, CHRISTIAN | 12 | Franklinton High School | 4A | 154.1 | 165 | 230 | 130 | 275 | 635 | 8 | |
| LEE, ALYSSA | 12 | Pearl River High School | 4A | 155.3 | 165 | 245 | 110 | 265 | 620 | 9 | |
| DUPLANTIS, ALYSSE | 10 | Vandebilt Catholic High School | 4A | 156.9 | 165 | 270 | 90 | 250 | 610 | 10 | |
| NAQUIN, KEIANNA | 11 | South Terrebonne High School | 4A | 157.2 | 165 | 270 | 105 | 235 | 610 | 11 | |
| SANDERS, ALEXIS | 10 | Northwood-Shreve High School | 4A | 164.1 | 165 | 225 | 100 | 275 | 600 | 12 | |
| STANFIELD, KENNEDY | 12 | Breaux Bridge High School | 4A | 164.6 | 165 | 220 | 120 | 250 | 590 | 13 | |
| BUCKLEY, KARIAH | 11 | Pearl River High School | 4A | 156.5 | 165 | 155 | 75 | 250 | 480 | 14 | |
| DOMANGE, AVA | 10 | Vandebilt Catholic High School | 4A | 155.1 | 165 | 155 | 90 | 200 | 445 | 15 | |
| ODOM, ALEXIS | 9 | Liberty Magnet High School | 4A | 154.6 | 165 | 100 | 65 | 165 | 330 | 16 | |
| ROBINSON, CHLOE | 12 | Leesville High School | 4A | 166.8 | 181 | 305 | 165 | 325 | 795 | 1 | |
| LEBOUEF, ANGEL | 12 | North Vermilion High School | 4A | 166.4 | 181 | 300 | 145 | 300 | 745 | 2 | |
| SEEDERS, KYNLIE | 10 | Northwood-Shreve High School | 4A | 171.1 | 181 | 280 | 125 | 255 | 660 | 3 | |
| TIPTON, KAMRYN | 9 | Tioga High School | 4A | 167.8 | 181 | 270 | 105 | 270 | 645 | 4 | |
| ARKANSAS, DESTINY | 9 | Northwood-Shreve High School | 4A | 171.7 | 181 | 215 | 125 | 245 | 585 | 5 | |
| CHATELAIN, MADELYN | 10 | Lakeshore High School | 4A | 171.4 | 181 | 220 | 125 | 235 | 580 | 6 | |
| FLEMING, AMBER | 12 | Assumption High School | 4A | 172.0 | 181 | 225 | 95 | 220 | 540 | 7 | |
| LAVIOLETTE, GRACI | 11 | Breaux Bridge High School | 4A | 173.5 | 181 | 200 | 110 | 215 | 525 | 8 | |
| GREGG, HANNAH | 11 | North DeSoto High School | 4A | 165.4 | 181 | 190 | 100 | 225 | 515 | 9 | |
| BROUSSARD, MYA | 9 | Plaquemine High School | 4A | 176.1 | 181 | 190 | 85 | 240 | 515 | 10 | |
| GIBSON, KATIE | 9 | North DeSoto High School | 4A | 165.8 | 181 | 205 | 90 | 200 | 495 | 11 | |
| LANDRY, TAYTE | 11 | Franklinton High School | 4A | 194.5 | 198 | 330 | 140 | 260 | 730 | 1 | |
| PLEDGER, TRINITY | 12 | South Terrebonne High School | 4A | 194.4 | 198 | 255 | 120 | 330 | 705 | 2 | |
| MORALES, ALLIE | 11 | Plaquemine High School | 4A | 186.9 | 198 | 235 | 125 | 305 | 665 | 3 | |
| BEASLEY, DESTINY | 11 | Salmen High School | 4A | 189.7 | 198 | 250 | 115 | 290 | 655 | 4 | |
| ROBINSON, KAYLEE | 10 | Leesville High School | 4A | 193.3 | 198 | 225 | 125 | 265 | 615 | 5 | |
| DUPRE, JULIE | 12 | South Terrebonne High School | 4A | 193.3 | 198 | 225 | 130 | 230 | 585 | 6 | |
| ELLIOTT, KARA | 10 | Northwood-Shreve High School | 4A | 194.5 | 198 | 215 | 125 | 235 | 575 | 7 | |
| POFF, JAYDE | 11 | Pearl River High School | 4A | 196.9 | 198 | 195 | 115 | 255 | 565 | 8 | |
| BEAVERS, KYLIE | 10 | Tioga High School | 4A | 193.5 | 198 | 225 | 85 | 250 | 560 | 9 | |

| Name | Grade | Team | Division/ Class | Body Wt | Wt cls | Best Squat | Best Bench | Best Dead lift | Total | Place | Region |
|--------------------|-------|----------------------------------|--------------------|---------|--------|------------|------------|----------------|-------|-------|--------|
| MITCHELL, MAKENZI | 9 | Plaquemine High School | 4A | 190.3 | 198 | 190 | 105 | 235 | 530 | 10 | |
| GANDY, ALANA | 11 | Pearl River High School | 4A | 192.6 | 198 | 185 | 85 | 250 | 520 | 11 | |
| DIVINCENTI, KARLEE | 10 | St. Michael's the Archangel - BR | 4A | 193.4 | 198 | 180 | 85 | 250 | 515 | 12 | |
| MADDAN, ARMANI | 11 | Bolton High School | 4A | 194.5 | 198 | 145 | 90 | 195 | 430 | 13 | |
| TAYLOR, RYLEI | 11 | Leesville High School | 4A | 214.7 | 220 | 300 | 160 | 275 | 735 | 1 | |
| ARDION, GABBY | 12 | North Vermilion High School | 4A | 212.4 | 220 | 290 | 145 | 285 | 720 | 2 | |
| MAGEE, ARIELLE | 11 | Franklinton High School | 4A | 216.8 | 220 | 245 | 170 | 300 | 715 | 3 | |
| ODUMS, KENDALL | 11 | North DeSoto High School | 4A | 219.7 | 220 | 270 | 130 | 315 | 715 | 4 | |
| JOHNSON, VICTORIA | 12 | Peabody Magnet | 4A | 206.6 | 220 | 285 | 125 | 290 | 700 | 5 | |
| RUSS, LEIGHA | 12 | Plaquemine High School | 4A | 212.6 | 220 | 255 | 120 | 310 | 685 | 6 | |
| SPRIGGS, DERWAYNIA | 11 | Plaquemine High School | 4A | 211.8 | 220 | 210 | 95 | 275 | 580 | 7 | |
| DWIN, ANIJAH | 9 | Liberty Magnet High School | 4A | 202.7 | 220 | 135 | 75 | 245 | 455 | 8 | |
| MCQUIDDY, HANNAH | 10 | St. Michael's the Archangel - BR | 4A | 210.4 | 220 | 165 | 80 | 200 | 445 | 9 | |
| BORLAND, AVA | 11 | Tioga High School | 4A | 291.1 | SHW | 415 | 235 | 315 | 965 | 1 | |
| ARGUALLES, EVELYN | 10 | Franklinton High School | 4A | 249.3 | SHW | 345 | 170 | 360 | 875 | 2 | |
| ALLEN, MAGHEN | 11 | Tioga High School | 4A | 309.5 | SHW | 325 | 155 | 380 | 860 | 3 | |
| VICTOR, TIANA | 12 | Peabody Magnet | 4A | 280.6 | SHW | 330 | 160 | 320 | 810 | 4 | |
| GARNER, DWALANA | 12 | Assumption High School | 4A | 262.1 | SHW | 315 | 135 | 290 | 740 | 5 | |
| LATIOLAS, ELLA | 9 | Plaquemine High School | 4A | 240.2 | SHW | 285 | 115 | 325 | 725 | 6 | |
| WHITLEY, EMANI | 11 | Leesville High School | 4A | 276.1 | SHW | 275 | 150 | 300 | 725 | 7 | |
| GALEY, KT | 10 | Salmen High School | 4A | 254.9 | SHW | 305 | 115 | 300 | 720 | 8 | |
| STENNETT, KAITLYN | 12 | Leesville High School | 4A | 232.4 | SHW | 240 | 150 | 300 | 690 | 9 | |
| MENDOZA, TAYLOR | 10 | Plaquemine High School | 4A | 277.3 | SHW | 245 | 115 | 305 | 665 | 10 | |
| ROBICHAUX, CARMEN | 10 | South Terrebonne High School | 4A | 258.0 | SHW | 225 | 150 | 285 | 660 | 11 | |
| HENDRIX, KORI | 11 | North DeSoto High School | 4A | 241.1 | SHW | 260 | 115 | 280 | 655 | 12 | |
| PELLEGRIN, LAUREL | 9 | South Terrebonne High School | 4A | 226.7 | SHW | 270 | 100 | 255 | 625 | 13 | |
| ABSHIRE, NEVAEH | 9 | North Vermilion High School | 4A | 244.9 | SHW | 205 | 145 | 225 | 575 | 14 | |
| ETIENNE, MORGAN | 9 | Beau Chene High School | 4A | 245.5 | SHW | 150 | 75 | 220 | 445 | 15 | |