

Virginia Powerlifting Association

Final Report of Events

Female Lifters

8/1/2009

JO's Full Meet Raw

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
077	Alexandria Dodds	FL	9	76	Youth 8-9	60.63		44.09	49.60	82.67		187.39
097	Miranda Worden	NE	12	98	Teenage 12-13	100.31		77.16	79.37	144.40	148.81	321.87
105	Geraldine Gillis		11	106	Youth 10-11	132.28		88.18		154.32		374.78
114	Amanda Damrakowski	NE	18	114	Teenage 18-19	148.81		77.16		198.41		424.39
132	Kara Trenhaile		12	131	Teenage 12-13	126.78	137.79	82.67		192.90		402.34
132	Rachal Wells	NE	15	132	Teenage 14-15	184.08		93.70		231.48		509.26
148	Emalee Barton	NE	14	140	Teenage 14-15	192.90		99.21		242.51		534.62
165	Celeste Heinz		17	165	Teenage 16-17	231.48		137.79		293.21	298.72	662.48
220+	Shelbie Serpan	KS	17	268	Teenage 16-17	382.74	383.76	165.35		366.83	402.34	914.91

Virginia Powerlifting Association

Final Report of Events

Female Lifters

8/1/2009

JO's Full Meet Assisted

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Kristina Hagen	IA	23	132	Junior 20-23	187.39		99.21		225.97		512.57
132	Brittany Reed	NE	15	132	Teenage 14-15	209.44		104.72		251.45		545.64
165	Shelby Steele	NE	17	160	Teenage 16-17	264.55		159.83		314.16		738.54
181	Barbara Helton	NE	15	174	Teenage 14-15	236.99		137.79		303.13	325.18	677.91



AAU Powerlifting Association

Final Report of Events

Male Lifters

8/1/2009

JO's Full Meet Raw

* Weights listed in Pounds

W/C	Name	State	Age	Height	Category	Squat	SB	Deadlift	SB	Raw Total
077	Westin Trenhalle		9	73	Youth 8-9	71.65		44.09		126.75
105	Baron Williams	FL	14	105	Teenage 14-15	44.09		132.28		259.04
123	Zach Hajek	NE	15	120	Teenage 14-15	225.97		154.32		231.48
123	Levi Meyer	NE	17	124	Teenage 16-17	242.51		203.93		303.13
132	Dillon Durham	FL	14	132	Teenage 14-15	165.35		115.74		275.58
132	Vincent Alvarado	NE	16	131	Teenage 16-17	330.69	341.71	259.04	264.55	385.81
148	Jackson Govatos	TN	17	148	Teenage 16-17	352.74		303.13		451.94
165	Gabriel Penaherrera	NE	15	157	Teenage 14-15	314.16		242.51		347.22
165	Ryan Krajcick		15	153	Teenage 14-15	303.13		187.39		308.64
165	Quinn Rochford		15	151	Teenage 14-15	253.53		176.37		314.16
165	Michael Heinz		19	165	Teenage 18-19	385.81		275.58		473.99
181	Nick Pojar	NE	18	172	Teenage 18-19	308.64		220.46		413.36
198	Jordan Lauther	FL	17	191	Teenage 16-17	374.78		220.46		535.72
198	Eli Maderak	KS	16	190	Teenage 16-17	330.69		236.99		440.92
220	John Dixon	KS	15	203	Teenage 14-15	358.25		253.53	259.04	429.90
220	Jonathan Hall	NE	16	211	Teenage 16-17	402.34		253.53		501.55
220	Jack Hoage	NE	19	215	Teenage 18-19	413.36		319.67		523.59
242	Shae Michael Goff		18	230	Teenage 16-17	275.58		170.86		292.11
242	Kyoung-Han Chu	NE	19	235	Teenage 18-19	529.10		303.13		490.52
242	Sean O'Neill	NE	18	228	Teenage 18-19	402.34		214.95		424.39
275	William Blackwelder	FL	17	257	Teenage 16-17	435.41		259.04		551.15



AAU Powerlifting Association

Final Report of Events

Male Lifters

8/1/2009

JO's Full Meet Assisted

* Weights listed in Pounds

Wt. Cl.	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Jacob Sunde	FL	13	130	Teenage 12-13	281.09	303.13	165.35		303.13		749.56
148	Patrick Behrens	FL	14	139	Teenage 14-15	308.64		159.83		352.74		821.21
148	Cory Brossart	FL	16	135	Teenage 16-17	214.95		132.28		314.16		661.38
181	Ethan Marquis	FL	16	176	Teenage 16-17	418.87		270.06		451.94		1140.88
198	Billy Muscatello	FL	17	186	Teenage 16-17	451.94		270.06		501.55		1223.55
198	Robert Dodds	FL	18	195	Teenage 18-19	424.39		275.58		501.55		1201.51
242	Jared Weers	NE	22	230	Junior 20-23	429.90		231.48		446.43		1107.81
242	Tyler Scott		17	223	Teenage 16-17	435.41		330.69		440.92		1207.02
275	Robert "Robbie" Martin	FL	17	256	Teenage 16-17	418.87		303.13		440.92		1162.93
308+	Jordan Scott	TN	14	314	Teenage 14-15	325.18		286.60	297.62	407.85		1019.63



AAU Powerlifting Association

Final Report of Events

Male Lifters

8/1/2009

JO's Bench Press-Raw

* Weights listed in Pounds

Wt	Name	State	Age	Weight	Category	Squat	Bench	Deadlift	Total
066	Douglas Robert Newco		10	62	Youth 10-11	0.00	60.63	0.00	60.63
077	Evan Pittman		10	76	Youth 10-11	0.00	61.73	0.00	61.73
097	Raymond Cortes		11	92	Youth 10-11	0.00	93.70	0.00	93.70
105	Baron Williams (Raw)		14	105	Teenage 14-15	0.00	126.76	0.00	126.76
114	Luke Krajcek		9	108	Youth 8-9	0.00	66.14	0.00	66.14
132	Benjamin Henson		14	128	Teenage 14-15	0.00	198.41	0.00	198.41
148	Douglas Hate Newcome		43	148	Masters 40-44	0.00	220.46	0.00	220.46
148	William Falla		71	148	Masters 70-74	0.00	159.83	0.00	159.83
181	Daniel Henson		45	174	Masters 45-49	0.00	352.74	0.00	352.74
181	Russell Hurkman	NE	18	170	Teenage 18-19	0.00	341.71	0.00	341.71
188	Nick Apseloff	VA	16	186	Teenage 16-17	0.00	331.79	0.00	331.79



AAU Powerlifting Association

Final Report of Events

Male Lifters

8/1/2009

JO's Bench Press-Assisted

* Weights listed in Pounds

PLC	Name	State	Age	Weight	Category	Class	PL	SB	DL	Disq	Total Weight
105	Baron Williams(assisted)		14	0	Teenage 14-15		0.00	126.76		0.00	126.76
148	Chantz Grandell	IA	16	146	Teenage 16-17		0.00	259.04		0.00	259.04