



Meet Name: 2010 Orchard AAU Powerlifting Meet

Location: Orchard High School Orchard, NE

Meet Date: 17-Apr-10

Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Female Raw Powerlifting												
105	Miranda Worden	12	Burwell, NE	Teen	50.00	110.00	37.50	82.50	70.00	154.25	157.50	347.00
114	Alisa Hrbek	13	Verdigre, NE	Teen	57.50	126.75	30.00	66.00	72.50	159.75	160.00	352.50
123	Caroline Cook	17	Verdigre, NE	Teen	65.00	143.25	45.00	99.00	117.50	259.00	227.50	501.50
148	Rachel Wells	16	Cairo, NE	Teen	92.50	203.75	42.50	93.50	112.50	248.00	247.50	545.50
	Mariah Henninger	15	Gibbon, NE	Teen	72.50	159.75	50.00	110.00	102.50	225.75	225.00	496.00
	Ashley Charron	16	Columbus, NE	Teen	57.50	126.75	40.00	88.00	100.00	220.25	197.50	435.25
	Mariah Henninger	15	Gibbon, NE	Open	72.50	159.75	50.00	110.00	102.50	225.75	225.00	496.00
165	Emily Lemburg	18	Cairo, NE	Teen	97.50	214.75	55.00	121.25	115.00	253.50	267.50	589.50
	Dominique Cook	14	Verdigre, NE	Teen	57.50	126.75	37.50	82.50	100.00	220.25	195.00	429.75
	Michaela Thiele	16	Clearwater, NE	Teen	52.50	115.50	37.50	82.50	70.00	154.25	160.00	352.50
181	Celeste Heinz	18	Cairo, NE	Teen	97.50	214.75	62.50	137.75	138.50	305.25	298.50	658.00
	Mallory Roblee	18	Bridgeport, NE	Teen	97.50	214.75	50.00	110.00	112.50	248.00	260.00	573.00
	Riley Rosendahl	15	Columbus, NE	Teen	50.00	110.00	32.50	71.50	102.50	225.75	185.00	407.75
220	Shayla Rudy	17	Columbus, NE	Teen	72.50	159.75	47.50	104.50	125.00	275.50	245.00	540.00
Female Equipped Powerlifting												
123	Amanda Damratowsk	19	Dannebrog, NE	Open	57.50	126.75	32.50	71.50	97.50	214.75	187.50	413.25
148	Brooke Kuhlmann	16	Table Rock, NE	Teen	72.50	159.75	52.50	115.50	92.50	203.75	217.50	479.50
	Kara Trenhaile	12	Volga, SD	Teen	62.50	137.75	35.00	77.00	92.50	203.75	190.00	418.75
165	Christy Baustert	17	Ravenna, NE	Teen	72.50	159.75	42.50	93.50	107.50	236.75	222.50	490.50
	Allison Ramer	16	Shubert, NE	Teen	60.00	132.25	27.50	60.50	92.50	203.75	180.00	396.75



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Male	Raw	Powerlifting										
077	Creston Bertschinger	10	Orchard, NE	Teen	37.50	82.50	25.00	55.00	42.50	93.50	105.00	231.25
097	Jagger Smith	12	Orchard, NE	Teen	57.50	126.75	32.50	71.50	72.50	159.75	162.50	358.00
	Westin Trenhaile	9	Volga, SD	Teen	42.50	93.50	27.50	60.50	65.00	143.25	135.00	297.50
105	Spencer Volden	13	Orchard, NE	Teen	92.50	203.75	45.00	99.00	102.50	225.75	240.00	529.00
114	Ernie Short	15	Clearwater, NE	Teen	82.50	181.75	55.00	121.25	107.50	236.75	245.00	540.00
123	Alex Hart	0	Lynch, NE	Teen	50.00	110.00	32.50	71.50	67.50	148.75	150.00	330.50
	Zachary Benson	9	Volga, SD	Teen	37.50	82.50	30.00	66.00	65.00	143.25	132.50	292.00
132	Eric Ingebretsen	16	Grand Island, NE	Teen	122.50	270.00	67.50	148.75	162.50	358.00	352.50	777.00
	Cody McGhghy	19	Bridgeport, NE	Teen	115.00	253.50	77.50	170.75	147.50	325.00	340.00	749.50
148	Blaine Stoural	18	Verdigre, NE	Teen	135.00	297.50	72.50	159.75	185.00	407.75	392.50	865.25
	Chase Ruzicka	12	Verdigre, NE	Teen	62.50	137.75	35.00	77.00	77.50	170.75	175.00	385.75
	Monte Lofing	51	Beatrice, NE	Master	147.50	325.00	92.50	203.75	157.50	347.00	397.50	876.25
165	Dylan Ferguson	16	Columbus, NE	Teen	137.50	303.00	97.50	214.75	167.50	369.25	402.50	887.25
	Spencer Frederick	18	Verdigre, NE	Teen	130.00	286.50	82.50	181.75	170.00	374.75	382.50	843.25
	Brady Zimmerer	15	Verdigre, NE	Teen	132.50	292.00	70.00	154.25	142.50	314.00	345.00	760.50
	Eli Schreier	15	Verdigre, NE	Teen	107.50	236.75	72.50	159.75	150.00	330.50	330.00	727.50
	Lance Vakoc	15	Verdigre, NE	Teen	115.00	253.50	67.50	148.75	137.50	303.00	320.00	705.25
181	Caleb Wiggins	18	Bridgeport, NE	Teen	192.50	424.25	97.50	214.75	222.50	490.50	512.50	1129.75
	Nathan Hrbek	18	Verdigre, NE	Teen	152.50	336.00	110.00	242.50	197.50	435.25	460.00	1014.00
	Benjamin Stuart	17	Bridgeport, NE	Teen	170.00	374.75	95.00	209.25	192.50	424.25	457.50	1008.50
	Wade Frederick	16	Verdigre, NE	Teen	120.00	264.50	77.50	170.75	157.50	347.00	355.00	782.50
	Randy Baker	18	O'Neill, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
198	Andrew Huffman	16	Lincoln, NE	Teen	177.50	391.25	110.00	242.50	185.00	407.75	472.50	1041.50
	Justin Reiley	17	Verdigre, NE	Teen	160.00	352.50	120.00	264.50	192.50	424.25	472.50	1041.50
	Jared Dather	18	Verdigre, NE	Teen	137.50	303.00	85.00	187.25	195.00	429.75	417.50	920.25
	Victor Vega	19	Columbus, NE	Teen	142.50	314.00	112.50	248.00	150.00	330.50	405.00	892.75
	Cole Kopejtka	12	Verdigre, NE	Teen	75.00	165.25	42.50	93.50	95.00	209.25	212.50	468.25
220	Brandon Nichols	17	Columbus, NE	Teen	167.50	369.25	110.00	242.50	222.50	490.50	500.00	1102.25
	Jared Hrbek	18	Verdigre, NE	Teen	162.50	358.00	100.00	220.25	182.50	402.25	445.00	981.00
	Ethan DeKay	19	Page, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	James Watson	29	Lincoln, NE	Open	227.50	501.50	155.00	341.50	250.00	551.00	632.50	1394.25
	Howard Huffman	54	Lincoln, NE	Open	182.50	402.25	132.50	292.00	222.50	490.50	537.50	1184.75
242	Cody Schacht	18	Orchard, NE	Teen	145.00	319.50	80.00	176.25	182.50	402.25	407.50	898.25
	Ethan Kopejtka	13	Verdigre, NE	Teen	120.00	264.50	75.00	165.25	152.50	336.00	347.50	766.00
	Dylan Hamilton	12	Verdigre, NE	Teen	67.50	148.75	50.00	110.00	112.50	248.00	230.00	507.00
	Wes Lehman	30	Lincoln, NE	Open	185.00	407.75	132.50	292.00	217.50	479.50	535.00	1179.25
275	Josh Lytle	18	Page, NE	Teen	142.50	314.00	97.50	214.75	192.50	424.25	432.50	953.25
	Joe Hrbek	14	Verdigre, NE	Teen	142.50	314.00	80.00	176.25	167.50	369.25	390.00	859.75
	Nick Serr	15	Dannebrog, NE	Teen	112.50	248.00	87.50	192.75	137.50	303.00	337.50	744.00
308	Matt Maloun	17	Page, NE	Teen	105.00	231.25	0.00	0.00	147.50	325.00	0.00	0.00
SH	Zachery Schoenhofer	17	Columbus, NE	Teen	227.50	501.50	132.50	292.00	227.50	501.50	587.50	1295.00



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Male Equipped Powerlifting												
132	Kelby Jones	17	Auburn, NE	Teen	112.50	248.00	70.00	154.25	137.50	303.00	320.00	705.25
	Michael Beckman	16	Orchard, NE	Teen	115.00	253.50	52.50	115.50	122.50	270.00	290.00	639.25
148	Tanner Hart	17	Clearwater, NE	Teen	110.00	242.50	77.50	170.75	167.50	369.25	355.00	782.50
165	Miguel Bernal-Sanche	18	Columbus, NE	Teen	165.00	363.75	92.50	203.75	197.50	435.25	455.00	1003.00
	Shane Willats	14	Orchard, NE	Teen	97.50	214.75	60.00	132.25	110.00	242.50	267.50	589.50
181	Jake Mohr	17	Columbus, NE	Teen	185.00	407.75	110.00	242.50	190.00	418.75	485.00	1069.00
	Jordan Volden	15	Orchard, NE	Teen	95.00	209.25	47.50	104.50	120.00	264.50	262.50	578.50
	Skyler Strobe	18	Orchard, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
198	Michael Griffith	16	Columbus, NE	Teen	200.00	440.75	160.00	352.50	215.00	473.75	575.00	1267.50
	Matt Newman	18	Orchard, NE	Teen	217.50	479.50	112.50	248.00	215.00	473.75	545.00	1201.50
220	Zach Tierney	17	Columbus, NE	Teen	242.50	534.50	137.50	303.00	235.00	518.00	615.00	1355.75
	John Larkowski	17	O'Neill, NE	Teen	137.50	303.00	85.00	187.25	155.00	341.50	377.50	832.00
	Aaron Antholz	15	Humboldt, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Jeff Shabram	33	Orchard, NE	Open	172.50	380.25	127.50	281.00	205.00	451.75	505.00	1113.25
242	Cole Ziemba	17	Columbus, NE	Teen	200.00	440.75	127.50	281.00	220.00	485.00	547.50	1207.00
	Kenny Ruben	28	Lincoln, NE	Open	342.50	755.00	235.00	518.00	285.00	628.25	862.50	1901.25
275	Aaron Hemenway	17	Orchard, NE	Teen	195.00	429.75	132.50	292.00	217.50	479.50	545.00	1201.50
Female Raw Bench Only												
105	Miranda Worden	12	Burwell, NE	Teen	--	-	37.50	82.50	--	-	37.50	82.50
148	Mariah Henninger	15	Gibbon, NE	Teen	--	-	50.00	110.00	--	-	50.00	110.00
	Mariah Henninger	15	Gibbon, NE	Open	--	-	50.00	110.00	--	-	50.00	110.00
181	Celeste Heinz	18	Cairo, NE	Teen	--	-	62.50	137.75	--	-	62.50	137.75
Female Equipped Bench Only												
148	Brooke Kuhlmann	16	Table Rock, NE	Teen	--	-	52.50	115.50	--	-	52.50	115.50
165	Christy Baustert	17	Ravenna, NE	Teen	--	-	42.50	93.50	--	-	42.50	93.50
Male Raw Bench Only												
132	Cody McGhghy	19	Bridgeport, NE	Teen	--	-	77.50	170.75	--	-	77.50	170.75
181	Benjamin Stuart	17	Bridgeport, NE	Teen	--	-	95.00	209.25	--	-	95.00	209.25
198	Andrew Huffman	16	Lincoln, NE	Teen	--	-	110.00	242.50	--	-	110.00	242.50
Male Equipped Bench Only												
132	Kelby Jones	17	Auburn, NE	Teen	--	-	70.00	154.25	--	-	70.00	154.25
220	Aaron Antholz	15	Humboldt, NE	Teen	--	-	0.00	0.00	--	-	0.00	0.00
Female Raw Push Pull												
105	Miranda Worden	12	Burwell, NE	Teen	--	-	37.50	82.50	70.00	154.25	107.50	236.75
148	Rachel Wells	16	Cairo, NE	Teen	--	-	42.50	93.50	112.50	248.00	155.00	341.50
	Mariah Henninger	15	Gibbon, NE	Teen	--	-	50.00	110.00	102.50	225.75	152.50	336.00
	Mariah Henninger	15	Gibbon, NE	Open	--	-	50.00	110.00	102.50	225.75	152.50	336.00
165	Emily Lemburg	18	Cairo, NE	Teen	--	-	55.00	121.25	115.00	253.50	170.00	374.75
181	Celeste Heinz	18	Cairo, NE	Teen	--	-	62.50	137.75	138.50	305.25	201.00	443.00
Female Equipped Push Pull												
165	Christy Baustert	17	Ravenna, NE	Teen	--	-	42.50	93.50	107.50	236.75	150.00	330.50
	Allison Ramer	16	Shubert, NE	Teen	--	-	27.50	60.50	92.50	203.75	120.00	264.50



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Male Raw	Push Pull											
123	Alex Hart	0	Lynch, NE	Teen	--	-	32.50	71.50	67.50	148.75	100.00	220.25
132	Cody McGhghy	19	Bridgeport, NE	Teen	--	-	77.50	170.75	147.50	325.00	225.00	496.00
148	Monte Lofing	51	Beatrice, NE	Master	--	-	92.50	203.75	157.50	347.00	250.00	551.00
181	Caleb Wiggins	18	Bridgeport, NE	Teen	--	-	97.50	214.75	222.50	490.50	320.00	705.25
	Benjamin Stuart	17	Bridgeport, NE	Teen	--	-	95.00	209.25	192.50	424.25	287.50	633.75
	Jay Trenhaile	45	Volga, SD	Master	--	-	107.50	236.75	162.50	358.00	270.00	595.00
198	Andrew Huffman	16	Lincoln, NE	Teen	--	-	110.00	242.50	185.00	407.75	295.00	650.25
220	Ryan Hart	23	Clarkson, NE	Open	--	-	142.50	314.00	227.50	501.50	370.00	815.50
275	Nick Serr	15	Dannebrog, NE	Teen	--	-	87.50	192.75	137.50	303.00	225.00	496.00
SH	Zachery Schoenhofer	17	Columbus, NE	Teen	--	-	132.50	292.00	227.50	501.50	360.00	793.50

Boys Team Results

Girls Team Results

Co-ed Team Results

- 1 - Clearwater-Orchard
- 2 - Columbus High
- 3 - Verdigre
- 4 - Southside Power - Lincoln
- 5 - Bridgeport
- 6 - Volga, South Dakota
- 7 - Humbolt-Table Rock-Steinauer
- O'Neill
- Grand Island
- Beatrice
- Lynch
- 8- Centura
- Clarkson

- 1 - Centura
- 2 - Verdigre
- 3 - Columbus High
- 4 - Humbolt-Table Rock-Steinauer
- 5 - Burwell
- 6 - Bridgeport
- Gibbon
- Volga, South Dakota
- 7 - Clearwater-Orchard

- 1 - Verdigre
- 2 - Humbolt-Table Rock-Steinauer

Best Lifters

Male Teen Lightweight: Miguel Bernal-Sanchez (Columbus)
 Heavyweight Caleb Wiggins (Bridgeport)

Female: Celeste Heinz (Centura)