



**Meet Name: 2016 Orchard AAU Powerlifting Meet**

**Location:** Orchard High School Orchard, NE

**Meet Date:** 09-Apr-16

**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
<b>Female Raw Powerlifting</b>												
123	Trinity Fakler	17	Beatrice, NE	Teen	87.50	192.75	57.50	126.75	97.50	214.75	242.50	534.50
132	Elsie Magwire	15	Spencer, NE	Teen	115.00	253.50	60.00	132.25	152.50	336.00	327.50	722.00
	Emily Hausmann	17	Spencer, NE	Teen	75.00	165.25	52.50	115.50	122.50	270.00	250.00	551.00
	Vanessa Carpenter	16	Clearwater, NE	Teen	75.00	165.25	37.50	82.50	115.00	253.50	227.50	501.50
	Abigail Sharp	16	Omaha, NE	Teen	92.50	203.75	55.00	121.25	0.00	0.00	0.00	0.00
148	Marissa Waters	17	Adams, NE	Teen	92.50	203.75	77.50	170.75	145.00	319.50	315.00	694.25
	Courtney Fujan	18	Pickrell, NE	Teen	87.50	192.75	52.50	115.50	102.50	225.75	242.50	534.50
	Maggie Arlt	25	Kearney, NE	Open	110.00	242.50	55.00	121.25	117.50	259.00	282.50	622.75
	Stephanie Sharp	50	Omaha, NE	Master	100.00	220.25	35.00	77.00	77.50	170.75	212.50	468.25
165	Mariha Waters	17	Adams, NE	Teen	100.00	220.25	70.00	154.25	127.50	281.00	297.50	655.75
	Margaret Spencer	20	Gibbon, NE	Open	127.50	281.00	52.50	115.50	142.50	314.00	322.50	710.75
181	Quincey Epley	14	North Platte, NE	Teen	62.50	137.75	40.00	88.00	107.50	236.75	210.00	462.75
198	Abbie Leschinsky	19	Lincoln, NE	Teen	130.00	286.50	75.00	165.25	140.00	308.50	345.00	760.50
220	Katey Dodge	34	Lincoln, NE	Open	171.00	376.75	80.00	176.25	155.00	341.50	406.00	895.00
UNL	Mireya Chavez	16	Columbus, NE	Teen	120.00	264.50	42.50	93.50	167.50	369.25	330.00	727.50
	Cassie Steskal	18	Clearwater, NE	Teen	100.00	220.25	50.00	110.00	142.50	314.00	292.50	644.75
	LaKeisha Wheeler	18	Butte, NE	Teen	97.50	214.75	52.50	115.50	120.00	264.50	270.00	595.00
	JoBeth Humphries	18	Clearwater, NE	Teen	70.00	154.25	45.00	99.00	115.00	253.50	230.00	507.00
	Abby Coday	19	Howells, NE	Open	105.00	231.25	57.50	126.75	127.50	281.00	290.00	639.25
<b>Female Equipped Powerlifting</b>												
097	Allison Hyde	15	Columbus, NE	Teen	82.50	181.75	25.00	55.00	95.00	209.25	202.50	446.25
148	Michaela Graham	15	Columbus, NE	Teen	82.50	181.75	50.00	110.00	92.50	203.75	225.00	496.00
	Jaiden Switzer	17	Royal, NE	Teen	60.00	132.25	40.00	88.00	115.00	253.50	215.00	473.75
165	Avery Neptune	17	Atkinson, NE	Teen	90.00	198.25	50.00	110.00	112.50	248.00	252.50	556.50
198	Simone Bhaskaran	18	Columbus, NE	Teen	160.00	352.50	80.00	176.25	165.00	363.75	405.00	892.75
UNL	Molly Vetick	18	Columbus, NE	Teen	92.50	203.75	50.00	110.00	117.50	259.00	260.00	573.00



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Raw Powerlifting</b>												
077	Coy Wickersham	8	Orchard, NE	Youth	37.50	82.50	22.50	49.50	52.50	115.50	112.50	248.00
088	Cash Wickersham	8	Orchard, NE	Youth	37.50	82.50	22.50	49.50	55.00	121.25	115.00	253.50
114	Uriel Salas	15	Orchard, NE	Teen	70.00	154.25	62.50	137.75	125.00	275.50	257.50	567.50
123	Gunnar Shabram	12	Orchard, NE	Youth	60.00	132.25	35.00	77.00	70.00	154.25	165.00	363.75
	Cade Mlnarik	16	Clearwater, NE	Teen	60.00	132.25	37.50	82.50	110.00	242.50	207.50	457.25
132	Seth Lampert	16	Brunswick, NE	Teen	105.00	231.25	70.00	154.25	157.50	347.00	332.50	733.00
	Devin Sikes	17	York, NE	Teen	80.00	176.25	70.00	154.25	115.00	253.50	265.00	584.00
148	Benjamin Spencer	10	Gibbon, NE	Youth	67.50	148.75	32.50	71.50	80.00	176.25	180.00	396.75
	Arnulfo Salas	18	Orchard, NE	Teen	110.00	242.50	90.00	198.25	172.50	380.25	372.50	821.00
	Alex Reed	16	Spencer, NE	Teen	132.50	292.00	80.00	176.25	145.00	319.50	357.50	788.00
	Brody O'Bryan	16	Niobrara, NE	Teen	100.00	220.25	80.00	176.25	132.50	292.00	312.50	688.75
	Zach Medinger	15	Columbus, NE	Teen	102.50	225.75	60.00	132.25	125.00	275.50	287.50	633.75
	Tyler Wright	15	Clearwater, NE	Teen	90.00	198.25	50.00	110.00	135.00	297.50	275.00	606.25
	Monte Lofing	57	Beatrice, NE	Master	186.00	410.00	100.00	220.25	175.00	385.75	461.00	1016.25
165	Nathan Baxter	18	North Platte, NE	Teen	145.00	319.50	112.50	248.00	197.50	435.25	455.00	1003.00
	Justin Sivilla	15	Omaha, NE	Teen	137.50	303.00	77.50	170.75	152.50	336.00	367.50	810.00
	Jory Carson	18	Lynch, NE	Teen	137.50	303.00	70.00	154.25	152.50	336.00	360.00	793.50
	Jacob Long	15	Clearwater, NE	Teen	112.50	248.00	67.50	148.75	172.50	380.25	352.50	777.00
	Bryan Rodriguez	14	Clearwater, NE	Teen	47.50	104.50	37.50	82.50	77.50	170.75	162.50	358.00
	Tyler Holm	28	Omaha, NE	Open	202.50	446.25	112.50	248.00	207.50	457.25	522.50	1151.75
	Christopher Weber	41	Lincoln, NE	Master	140.00	308.50	120.00	264.50	185.00	407.75	445.00	981.00
181	Zach King	14	Clearwater, NE	Teen	100.00	220.25	70.00	154.25	157.50	347.00	327.50	722.00
	Clay Thiele	15	Clearwater, NE	Teen	95.00	209.25	80.00	176.25	145.00	319.50	320.00	705.25
198	Kane Swanson	17	Spencer, NE	Teen	137.50	303.00	82.50	181.75	172.50	380.25	392.50	865.25
	Ira Lampert	14	Brunswick, NE	Teen	130.00	286.50	82.50	181.75	155.00	341.50	367.50	810.00
	David Cook	15	Omaha, NE	Teen	105.00	231.25	72.50	159.75	125.00	275.50	302.50	666.75
	Alex Sigerson	17	Omaha, NE	Teen	102.50	225.75	72.50	159.75	125.00	275.50	300.00	661.25
	Quincy Johnson	23	Fremont, NE	Open	202.50	446.25	152.50	336.00	252.50	556.50	607.50	1339.25
	Andrew Huffman	22	Lincoln, NE	Open	210.00	462.75	132.50	292.00	215.00	473.75	557.50	1229.00
	Ryan Hasenkamp	28	Lincoln, NE	Open	190.00	418.75	112.50	248.00	252.50	556.50	555.00	1223.50
	Luke Vondracek	26	Verdigre, NE	Open	180.00	396.75	137.50	303.00	220.00	485.00	537.50	1184.75
220	Derek Robbins	17	Omaha, NE	Teen	90.00	198.25	57.50	126.75	110.00	242.50	257.50	567.50
	Paul Epley	38	North Platte, NE	Open	157.50	347.00	120.00	264.50	245.00	540.00	522.50	1151.75
	Mike Sharp	51	Omaha, NE	Master	160.00	352.50	110.00	242.50	165.00	363.75	435.00	959.00
242	Shane Van Ostrand	18	Orchard, NE	Teen	145.00	319.50	82.50	181.75	177.50	391.25	405.00	892.75
	Jeff Shabram	39	Orchard, NE	Open	165.00	363.75	122.50	270.00	190.00	418.75	477.50	1052.50
	Howard Huffman	60	Lincoln, NE	Master	175.00	385.75	125.00	275.50	182.50	402.25	482.50	1063.50
275	Zane Herley	16	Clearwater, NE	Teen	112.50	248.00	65.00	143.25	150.00	330.50	327.50	722.00
308	Brodie Besler	18	Cambridge, NE	Teen	232.50	512.50	135.00	297.50	240.00	529.00	607.50	1339.25
	Clinton Berg	38	Lincoln, NE	Open	242.50	534.50	167.50	369.25	252.50	556.50	662.50	1460.50
SH	Ronnie Cornelius	21	Pickrell, NE	Open	222.50	490.50	125.00	275.50	247.50	545.50	595.00	1311.50



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<b>Male Equipped Powerlifting</b>												
066	Gavin Gregurich	9	Valley, NE	Youth	30.00	66.00	17.50	38.50	47.50	104.50	95.00	209.25
077	Gage Gregurich	11	Valley, NE	Youth	67.50	148.75	32.50	71.50	90.00	198.25	190.00	418.75
148	Justin Allemang	18	Clearwater, NE	Teen	162.50	358.00	85.00	187.25	192.50	424.25	440.00	970.00
	Justin Allemang	18	Clearwater, NE	Open	162.50	358.00	85.00	187.25	192.50	424.25	440.00	970.00
165	Dustin Roy	25	Valley, NE	Open	190.00	418.75	127.50	281.00	207.50	457.25	525.00	1157.25
	Bill Gernstein	59	Waterloo, NE	Master	132.50	292.00	70.00	154.25	115.00	253.50	317.50	699.75
198	Shawn Buxton	16	Inman, NE	Teen	120.00	264.50	67.50	148.75	142.50	314.00	330.00	727.50
220	Wade Schaad	18	Columbus, NE	Teen	192.50	424.25	125.00	275.50	232.50	512.50	550.00	1212.50
	Zach Hyde	17	Columbus, NE	Teen	180.00	396.75	85.00	187.25	185.00	407.75	450.00	992.00
242	Denilson Diaz	17	Columbus, NE	Teen	212.50	468.25	125.00	275.50	202.50	446.25	540.00	1190.25
275	Sam Tierney	18	Columbus, NE	Teen	227.50	501.50	147.50	325.00	160.00	352.50	535.00	1179.25
<b>Female Raw Bench Only</b>												
132	Morgan Harmon	17	Spencer, NE	Teen	--	-	42.50	93.50	--	-	42.50	93.50
	Faith Woslager	16	Clearwater, NE	Teen	--	-	32.50	71.50	--	-	32.50	71.50
	Tish Spencer	46	Gibbon, NE	Master	--	-	65.00	143.25	--	-	65.00	143.25
165	Margaret Spencer	20	Gibbon, NE	Open	--	-	52.50	115.50	--	-	52.50	115.50
181	Quincey Epley	14	North Platte, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00
<b>Male Raw Bench Only</b>												
088	Jaxson Weber	12	Lincoln, NE	Teen	--	-	35.00	77.00	--	-	35.00	77.00
132	Devin Sikes	17	York, NE	Teen	--	-	70.00	154.25	--	-	70.00	154.25
148	Benjamin Spencer	10	Gibbon, NE	Teen	--	-	32.50	71.50	--	-	32.50	71.50
165	Nathan Baxter	18	North Platte, NE	Teen	--	-	112.50	248.00	--	-	112.50	248.00
	Christopher Weber	41	Lincoln, NE	Open	--	-	120.00	264.50	--	-	120.00	264.50
	Christopher Weber	41	Lincoln, NE	Master	--	-	120.00	264.50	--	-	120.00	264.50
SH	Ronnie Cornelius	21	Pickrell, NE	Open	--	-	125.00	275.50	--	-	125.00	275.50
<b>Male Equipped Bench Only</b>												
066	Gavin Gregurich	9	Valley, NE	Teen	--	-	17.50	38.50	--	-	17.50	38.50
077	Gage Gregurich	11	Valley, NE	Teen	--	-	32.50	71.50	--	-	32.50	71.50
148	Justin Allemang	18	Clearwater, NE	Teen	--	-	85.00	187.25	--	-	85.00	187.25
	Justin Allemang	18	Clearwater, NE	Open	--	-	85.00	187.25	--	-	85.00	187.25
<b>Female Raw Push Pull</b>												
165	Margaret Spencer	20	Gibbon, NE	Open	--	-	52.50	115.50	142.50	314.00	195.00	429.75
181	Quincey Epley	14	North Platte, NE	Teen	--	-	40.00	88.00	107.50	236.75	147.50	325.00
<b>Male Raw Push Pull</b>												
088	Jaxson Weber	12	Lincoln, NE	Teen	--	-	35.00	77.00	67.50	148.75	102.50	225.75
148	Benjamin Spencer	10	Gibbon, NE	Teen	--	-	32.50	71.50	80.00	176.25	112.50	248.00
	Monte Lofing	57	Beatrice, NE	Master	--	-	100.00	220.25	175.00	385.75	275.00	606.25
165	Nathan Baxter	18	North Platte, NE	Teen	--	-	112.50	248.00	197.50	435.25	310.00	683.25
	Christopher Weber	41	Lincoln, NE	Master	--	-	120.00	264.50	185.00	407.75	305.00	672.25
198	Chandler Thompson	22	Grand Island, NE	Open	--	-	122.50	270.00	205.00	451.75	327.50	722.00
220	Paul Epley	38	North Platte, NE	Open	--	-	120.00	264.50	245.00	540.00	365.00	804.50
SH	Ronnie Cornelius	21	Pickrell, NE	Open	--	-	125.00	275.50	247.50	545.50	372.50	821.00



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Equipped Push Pull</b>												
066	Gavin Gregurich	9	Valley, NE	Teen	--	-	17.50	38.50	47.50	104.50	65.00	143.25
077	Gage Gregurich	11	Valley, NE	Teen	--	-	32.50	71.50	90.00	198.25	122.50	270.00
148	Justin Allemang	18	Clearwater, NE	Teen	--	-	85.00	187.25	192.50	424.25	277.50	611.75
	Justin Allemang	18	Clearwater, NE	Open	--	-	85.00	187.25	192.50	424.25	277.50	611.75
181	Preston Dickau	17	Atkinson, NE	Teen	--	-	97.50	214.75	177.50	391.25	275.00	606.25

Outstanding female teen lifter - Elsie Magwire

Outstanding male teen lifter - Justin Allemang

Boys team: 1st place Clearwater-Orchard

Girls team: 1st Columbus; 2nd Clearwater-Orchard

Co-ed team: 1st Columbus; 2nd Clearwater-Orchard; 3rd Boyd County