



Meet Name: Powerlift on the Plains Meet
Location: Brookings South Dakota Brookings,
Meet Date: 21-Nov-09
Director: Jay Trenhaile

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												
148	Kara Trenhaile	12	Volga, SD	Teen	60.00	132.25	37.50	82.50	90.00	198.25	187.50	413.25
	Mariah Henninger	15	Gibbon, NE	Teen	0.00	0.00	50.00	110.00	87.50	192.75	0.00	0.00
	Mariah Henninger	15	Gibbon, NE	Open	0.00	0.00	50.00	110.00	87.50	192.75	0.00	0.00
Male Raw Powerlifting												
088	Westin Trenhaile	9	Volga, SD	Teen	40.00	88.00	25.00	55.00	65.00	143.25	130.00	286.50
105	Spencer Volden	12	Orchard, NE	Teen	85.00	187.25	37.50	82.50	97.50	214.75	220.00	485.00
114	Tyler Wagner	13	Webster, SD	Teen	85.00	187.25	40.00	88.00	95.00	209.25	220.00	485.00
123	Sung Yeon Han	17	Orchard, NE	Teen	100.00	220.25	65.00	143.25	137.50	303.00	302.50	666.75
	Austin Grout	14	Western, SD	Teen	80.00	176.25	52.50	115.50	97.50	214.75	230.00	507.00
148	Minsoo Kang	17	Lincoln, NE	Teen	92.50	203.75	57.50	126.75	140.00	308.50	290.00	639.25
165	Jordan Volden	14	Orchard, NE	Teen	70.00	154.25	42.50	93.50	107.50	236.75	220.00	485.00
181	Issac Randall	28	Brookings, SD	Open	160.00	352.50	115.00	253.50	175.00	385.75	450.00	992.00
242	Kenneth Ruben	27	Lincoln, NE	Open	265.00	584.00	187.50	413.25	275.00	606.25	727.50	1603.75
Male Equipped Powerlifting												
148	Luke Henson	14	Omaha, NE	Teen	147.60	325.25	80.00	176.25	157.50	347.00	385.10	848.75
	Michael Beckman	16	Orchard, NE	Teen	92.50	203.75	55.00	121.25	127.50	281.00	275.00	606.25
181	Alex Hanson	22	Brookings, SD	Open	197.50	435.25	107.50	236.75	237.50	523.50	542.50	1195.75
198	Matt Newman	17	Orchard, NE	Teen	185.00	407.75	105.00	231.25	202.50	446.25	492.50	1085.75
	Justin McClurg	21	Brookings, SD	Open	225.00	496.00	137.50	303.00	230.00	507.00	592.50	1306.00
	Barry Hutchinson	41	Dell Rapids, SD	Open	212.50	468.25	137.50	303.00	240.00	529.00	590.00	1300.50
	Craig Veldkamp	23	Brookings, SD	Open	185.00	407.75	105.00	231.25	237.50	523.50	527.50	1162.75
242	Keith Meyer	16	Orchard, NE	Teen	105.00	231.25	82.50	181.75	137.50	303.00	325.00	716.25
	Jeff Shabram	33	Orchard, NE	Open	165.00	363.75	125.00	275.50	200.00	440.75	490.00	1080.25
Female Raw Bench Only												
123	Serri Tomkins	28	Lincoln, NE	Master	--	-	0.00	0.00	--	-	0.00	0.00
Male Raw Bench Only												
181	Michael Madigan	53	Bellevue, NE	Master	--	-	180.00	396.75	--	-	180.00	396.75
Female Raw Push Pull												
148	Mariah Henninger	15	Gibbon, NE	Teen	--	-	50.00	110.00	87.50	192.75	137.50	303.00
	Mariah Henninger	15	Gibbon, NE	Open	--	-	50.00	110.00	87.50	192.75	137.50	303.00
Male Raw Push Pull												
066	Aiden Grout	11	Webster, SD	Teen	--	-	25.00	55.00	50.00	110.00	75.00	165.25
181	Thayer Trenhaile	15	Volga, SD	Teen	--	-	90.00	198.25	160.00	352.50	250.00	551.00
	Dallis Vanderwal	15	Volga, SD	Teen	--	-	0.00	0.00	0.00	0.00	0.00	0.00
Male Equipped Push Pull												
165	Zach Henson	17	Omaha, NE	Teen	--	-	135.00	297.50	230.00	507.00	365.00	804.50