Midwest Regional

6/9/2018

Shady Gators Resort, Lake Ozark, MO

Full Power

Name	Sex	Age	Class	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total
AMBER DUENKEL	F	24	Open	RC	120.2	123	225.97	242.51	270.06	281.09	270.064	121.25	132.28	-143.3	0	132.28	402.34	264.55	286.6	308.64	-319.67	308.64	**710.9835**
AMBER JENKINS	F	39	Open	R	165	165	126.76	132.28	143.3	0	143.299	77.161	82.673	88.184	0	88.184	231.483	214.95	220.46	231.48	0	231.48	**462.966**
EMILY TIGHE	F	23	Novice	RC	159.4	165	236.99	-270.06	-292.11	0	236.995	-148.81	148.81	-154.32	0	148.81	385.805	303.13	314.16	341.71	0	341.71	**727.518**
JANELLE CAMPBELL	F	48	M2-MST	R	178.4	181	203.93	225.97	-231.48	0	225.972	121.25	132.28	137.79	0	137.79	363.759	242.51	264.55	275.58	0	275.58	**639.334**
JOEL BYRAM	M	18	T3-TN	R	233.4	242	479.5	501.55	518.08	0	518.081	292.11	314.16	325.18	0	325.18	843.26	485.01	512.57	523.59	0	523.59	**1366.852**
RYAN WALLER	M	16	T2-TN	R	129.6	132	242.51	264.55	-281.09	0	264.552	-181.88	-181.88	181.88	0	181.88	446.432	314.16	-330.69	-330.69	0	314.16	**760.587**
TYLAR WALKER	M	25	Open	RC	213.2	220	523.59	562.17	600.75	0	600.754	325.18	358.25	369.27	0	369.27	970.024	578.71	611.78	622.8	0	622.8	**1592.8235**
JAMES SULLIVAN	M	30	Open	RC	216	220	451.94	479.5	501.55	0	501.547	325.18	330.69	352.74	0	352.74	854.283	573.2	589.73	611.78	0	611.78	**1466.059**
BRANDON MARESH	M	23	Open	R	169	181	363.76	385.81	-402.34	0	385.805	264.55	281.09	-292.11	0	281.09	666.892	451.94	479.5	496.04	0	496.04	**1162.9265**
CHARLES ROARK	M	22	Open	R	183	198	-385.81	-385.81	385.81	0	385.805	259.04	281.09	-303.13	0	281.09	666.892	501.55	523.59	540.13	0	540.13	**1207.0185**
TAYLOR ZUMWALT	M	24	Open	R	197.8	198	264.55	292.11	319.67	0	319.667	248.02	275.58	-303.13	0	275.58	595.242	341.71	385.81	407.85	0	407.85	**1003.093**
ETHAN MARKLEY	M	26	Open	R	216.2	220	512.57	551.15	-573.2	0	551.15	396.83	418.87	-435.41	0	418.87	970.024	523.59	567.68	-584.22	0	567.68	**1537.7085**
JOEL BYRAM	M	18	Open	R	233.4	242	479.5	501.55	518.08	0	518.081	292.11	314.16	325.18	0	325.18	843.26	485.01	512.57	523.59	0	523.59	**1366.852**
CALEB STEPHENS	M	29	Novice	RC	264.4	275	622.8	-661.38	-699.96	0	622.8	385.81	-407.85	429.9	0	429.9	1052.7	705.47	755.08	-804.68	0	755.08	**1807.772**
ERIC EMORY	M	30	Novice	R	197	198	253.53	286.6	314.16	0	314.156	187.39	-225.97	-236.99	0	187.39	501.547	308.64	358.25	-402.34	0	358.25	**859.794**
PJ ADAM	M	28	Novice	R	239.4	242	303.13	336.2	369.27	0	369.271	187.39	209.44	-231.48	0	209.44	578.708	424.39	457.45	-485.01	0	457.45	**1036.162**
LUKE GABRIEL	M	29	MPF	RC	211	220	446.43	479.5	507.06	0	507.058	347.22	-363.76	363.76	0	363.76	870.817	562.17	600.75	-633.82	0	600.75	**1471.5705**

Push Pull

Name	Sex	Age	Class	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PP Total
JANET MARTIN	F	49	M2-MST	R	245.8	SHW	137.79	143.3	148.81	-154.32	148.811	303.13	325.18	-330.69	0	325.18	**473.989**

Bench Press Only

Name	Sex	Age	Class	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench
SHARI WOFFORD	F	54	M3-MST	R	243.2	SHW	165.35	176.37	181.88	0	**181.8795**
BRETT MARZ	M	27	Open	R	219.8	220	347.22	369.27	374.78	0	**374.782**
MARK DANIELS	M	40	Open	R	226.8	242	363.76	-380.29	380.29	0	**380.2935**
MARK DANIELS	M	40	Novice	R	226.8	242	363.76	-380.29	380.29	0	**380.2935**
MARK DANIELS	M	40	M1-MST	R	226.8	242	363.76	-380.29	380.29	0	**380.2935**
RYNE JOHNSON	M	25	Open	R	324	SHW	462.97	507.06	-525.25	0	**507.058**
COREY SHELTON	M	23	Open	R	196.8	198	286.6	292.11	308.64	0	**308.644**
ETHAN MARKLEY	M	26	Open	R	216.2	220	396.83	418.87	-435.41	0	**418.874**
DENNIS WRIGHT	M	36	Open	MP	320.8	SHW	699.96	-755.08	-771.61	0	**699.9605**
JOE ABRAMOVITZ	M	23	Open	MP	225	242	551.15	650.36	672.4	0	**672.403**
RICK STREB	M	62	M5-MST	MP	256.2	275	573.2	-622.8	-622.8	0	**573.196**
RICH MCDOWELL	M	51	M3-MST	MP	265.8	275	777.12	-804.68	804.68	0	**804.679**
BUD WOFFORD	M	50	M3-MST	MP	302.6	308	-440.92	Pass	Pass	0	**INJ**
WILLIAM MCKNIGHT	M	46	M2-MST	SP	382	SHW	462.97	501.55	2193.6	0	**501.5465**
WILLIAM MCKNIGHT	M	46	M2-MST	R	382	SHW	363.76	402.34	-424.39	0	**402.3395**