

Date
'2023-07-22

2023 Female Power Evolution
Mountain Island Fitness, Charlotte, NC

Formula
Wilks

Meet Results: Kilos

PI	Name	Sex	DOB	Age	Country	State	Equip.	Division	Bodywe	WeightC	Squat1	Squat2K	Squat3K	Best3Squa	Bench1	Bench2	Bench3K	Bench4K	Best3Benc	Deadlift1	Deadlift2	Deadlift3	Deadlift4	Best3Dead	TotalKg	Event
									ghtKg	lassKg	Kg	g	g	tKg	Kg	Kg	g	g	hKg	Kg	Kg	Kg	Kg	liftKg		
1	Everette Sherrill	F	'2003	20	USA	NC	Bare	J-T	65.6	67.5	125	132.5	-137.5	132.5	52.5	55	-60		55	127.5	132.5	-137.5		132.5	320	1 SBD
2	Courtney Fox	F	'2000	23	USA	NC	Bare	J-T	67.4	67.5	110	120	-125	120	37.5	45	50		50	102.5	110	120		120	290	1 SBD
1	Christina Walton	F	'2000	21	USA	NC	Bare	J-T	82	82.5	120	125	-132.5	125	45	52.5	-60		52.5	120	132.5	-140		132.5	310	1 SBD
1	Isabella Heffner	F	'1995	23	USA	SC	Bare	J-T	88.5	90	147.5	157.5	162.5	162.5	62.5	70	77.5		77.5	152.5	167.5	177.5		177.5	417.5	1 SBD
1	Cindy Thompson	F	'1982	40	USA	NC	Bare	M1-T	72.6	75	90	97.5	102.5	102.5	60	65	72.5		72.5	70	82.5	87.5		87.5	262.5	1 SBD
1	Mandy Self-Sparrow	F	'1975	47	USA	NC	Bare	M1-T	86	90	97.5	102.5	110	110	55	-60	-60		55	112.5	-120	120		120	285	1 SBD
1	Kimberly Dorton	F	'1975	43	USA	NC	Bare	M1-T	102.1	110	102.5	-125	-132.5	102.5	40	70	-75		70	142.5	165	175		175	347.5	1 SBD
1	Jennifer Zwaan	F	'1975	44	USA	NC	Bare	M1-U	71.8	75	125	135	145	145	80	87.5	-95		87.5	142.5	165	175		175	407.5	1 SBD
1	Sonja Drury	F	'1965	53	USA	NC	Bare	M3-T	67.1	67.5	82.5	92.5	-102.5	92.5	37.5	45	-50		45	90	97.5	105		105	242.5	1 SBD
1	Sue Ann Hurlbert	F	'1960	62	USA	SC	Bare	M5-T	50.2	52	57.5	-61.5	61.5	61.5	42.5	45	47.5	-48.5	47.5	85	95	101.5		101.5	210.5	1 SBD
1	Christina Walton	F	'2000	21	USA	NC	Bare	N-X	82	82.5	120	125	-132.5	125	45	52.5	-60		52.5	120	132.5	-140		132.5	310	1 SBD
1	Angela Dunn	F	'1990	33	USA	NC	Bare	N-X	140	110+	105	117.5	122.5	122.5	65	77.5	82.5		82.5	105	122.5	127.5		127.5	332.5	1 SBD
1	Christina Walton	F	'2000	21	USA	NC	Bare	O-T	82	82.5	120	125	-132.5	125	45	52.5	-60		52.5	120	132.5	-140		132.5	310	1 SBD
1	Liz Gutierrez	F	'1995	24	USA	NC	Bare	O-T	83.2	90	85	95	105	105	42.5	47.5	50		50	97.5	107.5	112.5		112.5	267.5	1 SBD
1	Amy Portillo	F	'1997	26	USA	NC	Bare	O-T	99.1	100	145	-152.5	155	155	50	57.5	-62.5		57.5	135	145	152.5	167.5	152.5	365	1 SBD
1	Jennifer Zwaan	F	'1975	44	USA	NC	Bare	O-U	71.8	75	125	135	145	145	80	87.5	-95		87.5	142.5	165	175		175	407.5	1 SBD
1	Sophia Drury	F	'2000	17	USA	NC	Bare	T2-X	58.8	60	50	60	65	65	25	-32.5	-32.5		25	67.5	72.5	77.5		77.5	167.5	1 SBD
1	Sara Hampton	F	'2000	16	USA	NC	Bare	T2-X	65	67.5	80	90	100	100	42.5	52.5	57.5		57.5	92.5	100	105		105	262.5	1 SBD
1	Katy Silvers	F	'1981	42	USA	NC	Wraps	M1-T	109	110	160	170	185	185	72.5	77.5	82.5		82.5	140	162.5	180		180	447.5	1 SBD
1	Bethany Brooks	F	'1994	28	USA	NC	Wraps	N-X	54.6	56	-82.5	82.5	-92.5	82.5	25	30	-32.5		30	80	90	97.5		97.5	210	1 SBD
1	Kristie Johnston	F	'1985	34	USA	NC	Wraps	O-T	80.1	82.5	155	167.5	177.5	177.5	92.5	100	-105		100	155	167.5	177.5	-190.5	177.5	455	1 SBD
1	Jordan Berryhill	F	'1991	32	USA	NC	Wraps	O-T	84.5	90	90	97.5	102.5	102.5	45	50	-52.5		50	102.5	107.5	110		110	262.5	1 SBD
1	Katy Silvers	F	'1981	42	USA	NC	Wraps	O-T	109	110	160	170	185	185	72.5	77.5	82.5		82.5	140	162.5	180		180	447.5	1 SBD
1	Kari Rankin	F	'1990	26	USA	NC	Wraps	O-U	77.8	82.5	92.5	110	-122.5	110	67.5	-75	-75		67.5	142.5	165	180		180	357.5	1 SBD
DQ	Kristen Smith	F	'1997	25	USA	NC	Wraps	O-U	79.7	82.5	-155	-155	-155		70	77.5	-82.5		77.5	140	162.5	-170		162.5	DQ	SBD
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	M2-U	64.1	67.5	232.5	247.5	-252.5	247.5	-135	-150	150		150	140	152.5	165		165	562.5	1 SBD
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	M2-U	89.1	90	277.5	-295	295	295	-180	180	205		205	177.5	190	197.5		197.5	697.5	1 SBD
2	Jeanine Russell	F	'1975	43	USA	SC	Multi-ply	M2-U	83.5	90	175	190	-200	190	70	-115	115		115	170	185	-200		185	490	1 SBD
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	O-U	64.1	67.5	232.5	247.5	-252.5	247.5	-135	-150	150		150	140	152.5	165		165	562.5	1 SBD
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	O-U	89.1	90	277.5	-295	295	295	-180	180	205		205	177.5	190	197.5		197.5	697.5	1 SBD
1	Ciearra Jackson-Griffen	F	'1991	32	USA	NC	Bare	N-X	81.2	82.5					87.5	95	100	105	100	142.5	150	157.5	162.5	157.5	257.5	1 BD
1	Jessica Littleton	F	'1990	30	USA	NC	Bare	N-X	97	100					50	57.5	-60		57.5	125	137.5	150	166	150	207.5	1 BD
1	Ciearra Jackson-Griffen	F	'1991	32	USA	NC	Bare	O-T	81.2	82.5					87.5	95	100	105	100	142.5	150	157.5	162.5	157.5	257.5	1 BD
1	Kristen Smith	F	'1997	25	USA	NC	Wraps	O-U	79.7	82.5					70	77.5	-82.5		77.5	140	162.5	-170		162.5	240	1 BD
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	97.7	100					-112.5	-122.5	122.5		122.5	140	162.5	-180		162.5	285	1 BD
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	97.7	100					-112.5	-122.5	122.5		122.5	140	162.5	-180		162.5	285	1 BD
DQ	Sarah Harris	F	'2000	22	USA	SC	Bare	J-T	64.8	67.5					-62.5	-62.5	-62.5								DQ	B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	97.7	100					-112.5	-122.5	122.5		122.5						122.5	1 B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	97.7	100					-112.5	-122.5	122.5		122.5						122.5	1 B
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	M2-U	64.1	67.5					-135	-150	150		150						150	1 B
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	M2-U	89.1	90					-180	180	205		205						205	1 B
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	O-U	64.1	67.5					-135	-150	150		150						150	1 B
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	O-U	89.1	90					-180	180	205		205						205	1 B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	97.7	100										140	162.5	-180		162.5	162.5	1 D
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	97.7	100										140	162.5	-180		162.5	162.5	1 D

Meet Results: Pounds

Pl	Name	Sex	DOB	Age	Country	State	Equip.	Division	Bodyweight	WeightC	Squat1L	Squat2L	Squat3L	Best3Squa	Bench1L	Bench2L	Bench3L	Bench4L	Best3Benc	Deadlift1	Deadlift2	Deadlift3	Deadlift4	Best3Dead	TotalLb	Event	
									ghtLb	lassLb	b	b	b	tlb	b	b	b	b	hLb	Lb	Lb	Lb	Lb	liftLb			
1	Everette Sherrill	F	'2003	20	USA	NC	Bare	J-T	144.6	148.8	275.6	292.1	-303.1	292.1	115.7	121.3	-132.3	0	121.3	281.1	292.1	-303.1	0	292.1	705.5	1 SBD	
2	Courtney Fox	F	'2000	23	USA	NC	Bare	J-T	148.6	148.8	242.5	264.6	-275.6	264.6	82.7	99.2	110.2	0	110.2	226	242.5	264.6	0	264.6	639.3	1 SBD	
1	Christina Walton	F	'2002	21	USA	NC	Bare	J-T	180.8	181.9	264.6	275.6	-292.1	275.6	99.2	115.7	-132.3	0	115.7	264.6	292.1	-308.6	0	292.1	683.4	1 SBD	
1	Isabella Heffner	F	'1995	23	USA	SC	Bare	J-T	195.1	198.4	325.2	347.2	358.2	358.2	137.8	154.3	170.9	0	170.9	336.2	369.3	391.3	0	391.3	920.4	1 SBD	
1	Cindy Thompson	F	'1982	40	USA	NC	Bare	M1-T	160.1	165.3	198.4	214.9	226	226	132.3	143.3	159.8	0	159.8	154.3	181.9	192.9	0	192.9	578.7	1 SBD	
1	Mandy Self-Sparrow	F	'1975	47	USA	NC	Bare	M1-T	189.6	198.4	214.9	226	242.5	242.5	121.3	-132.3	-132.3	0	121.3	248	-264.6	264.6	0	264.6	628.3	1 SBD	
1	Kimberly Dorton	F	'1975	43	USA	NC	Bare	M1-T	225.1	242.5	226	-275.6	-292.1	226	88.2	154.3	-165.3	0	154.3	314.2	363.8	385.8	0	385.8	766.1	1 SBD	
1	Jennifer Zwaan	F	'1978	44	USA	NC	Bare	M1-U	158.3	165.3	275.6	297.6	319.7	319.7	176.4	192.9	-209.4	0	192.9	314.2	363.8	385.8	0	385.8	898.4	1 SBD	
1	Sonja Drury	F	'1965	53	USA	NC	Bare	M3-T	147.9	148.8	181.9	203.9	-226	203.9	82.7	99.2	-110.2	0	99.2	198.4	214.9	231.5	0	231.5	534.6	1 SBD	
1	Sue Ann Hurlbert	F	'1960	62	USA	SC	Bare	M5-T	110.7	114.6	126.8	-135.6	135.6	135.6	93.7	99.2	104.7	-106.9	104.7	187.4	209.4	223.8	0	223.8	464.1	1 SBD	
1	Christina Walton	F	'2002	21	USA	NC	Bare	N-X	180.8	181.9	264.6	275.6	-292.1	275.6	99.2	115.7	-132.3	0	115.7	264.6	292.1	-308.6	0	292.1	683.4	1 SBD	
1	Angela Dunn	F	'1990	33	USA	NC	Bare	N-X	308.6	shw	231.5	259	270.1	270.1	143.3	170.9	181.9	0	181.9	231.5	270.1	281.1	0	281.1	733	1 SBD	
1	Christina Walton	F	'2002	21	USA	NC	Bare	O-T	180.8	181.9	264.6	275.6	-292.1	275.6	99.2	115.7	-132.3	0	115.7	264.6	292.1	-308.6	0	292.1	683.4	1 SBD	
1	Liz Gutierrez	F	'1995	24	USA	NC	Bare	O-T	183.4	198.4	187.4	209.4	231.5	231.5	93.7	104.7	110.2	0	110.2	214.9	237	248	0	248	589.7	1 SBD	
1	Amy Portillo	F	'1997	26	USA	NC	Bare	O-T	218.5	220.5	319.7	-336.2	341.7	341.7	110.2	126.8	-137.8	0	126.8	297.6	319.7	336.2	369.3	336.2	804.7	1 SBD	
1	Jennifer Zwaan	F	'1978	44	USA	NC	Bare	O-U	158.3	165.3	275.6	297.6	319.7	319.7	176.4	192.9	-209.4	0	192.9	314.2	363.8	385.8	0	385.8	898.4	1 SBD	
1	Sophia Drury	F	'2000	17	USA	NC	Bare	T2-X	129.6	132.3	110.2	132.3	143.3	143.3	55.1	-71.6	-71.6	0	55.1	148.8	159.8	170.9	0	170.9	369.3	1 SBD	
1	Sara Hampton	F	'2007	16	USA	NC	Bare	T2-X	143.3	148.8	176.4	198.4	220.5	220.5	93.7	115.7	126.8	0	126.8	203.9	220.5	231.5	0	231.5	578.7	1 SBD	
1	Katy Silvers	F	'1981	42	USA	NC	Wraps	M1-T	240.3	242.5	352.7	374.8	407.9	407.9	159.8	170.9	181.9	0	181.9	308.6	358.2	396.8	0	396.8	986.6	1 SBD	
1	Bethany Brooks	F	'1994	28	USA	NC	Wraps	N-X	120.4	123.5	-181.9	181.9	-203.9	181.9	55.1	66.1	-71.6	0	66.1	176.4	198.4	214.9	0	214.9	463	1 SBD	
1	Kristie Johnston	F	'1985	34	USA	NC	Wraps	O-T	176.6	181.9	341.7	369.3	391.3	391.3	203.9	220.5	-231.5	0	220.5	341.7	369.3	391.3	-420	391.3	1003.1	1 SBD	
1	Jordan Berryhill	F	'1991	32	USA	NC	Wraps	O-T	186.3	198.4	198.4	214.9	226	226	99.2	110.2	-115.7	0	110.2	226	237	242.5	0	242.5	578.7	1 SBD	
1	Katy Silvers	F	'1981	42	USA	NC	Wraps	O-T	240.3	242.5	352.7	374.8	407.9	407.9	159.8	170.9	181.9	0	181.9	308.6	358.2	396.8	0	396.8	986.6	1 SBD	
1	Kari Rankin	F	'1996	26	USA	NC	Wraps	O-U	171.5	181.9	203.9	242.5	-270.1	242.5	148.8	-165.3	-165.3	0	148.8	314.2	363.8	396.8	0	396.8	788.1	1 SBD	
DQ	Kristen Smith	F	'1997	25	USA	NC	Wraps	O-U	175.7	181.9	-341.7	-341.7	-341.7	0	154.3	170.9	-181.9	0	170.9	308.6	358.2	-374.8	0	358.2	DQ	SBD	
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	M2-U	141.3	148.8	512.6	545.6	-556.7	545.6	-297.6	-330.7	330.7	0	330.7	308.6	336.2	363.8	0	363.8	1240.1	1 SBD	
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	M2-U	196.4	198.4	611.8	-650.4	650.4	650.4	-396.8	396.8	451.9	0	451.9	391.3	418.9	435.4	0	435.4	1537.7	1 SBD	
2	Jeanine Russell	F	'1975	43	USA	SC	Multi-ply	M2-U	184.1	198.4	385.8	418.9	-440.9	418.9	154.3	-253.5	253.5	0	253.5	374.8	407.9	-440.9	0	407.9	1080.3	1 SBD	
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	O-U	141.3	148.8	512.6	545.6	-556.7	545.6	-297.6	-330.7	330.7	0	330.7	308.6	336.2	363.8	0	363.8	1240.1	1 SBD	
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	O-U	196.4	198.4	611.8	-650.4	650.4	650.4	-396.8	396.8	451.9	0	451.9	391.3	418.9	435.4	0	435.4	1537.7	1 SBD	
1	Ciearra Jackson-Griffen	F	'1991	32	USA	NC	Bare	N-X	179	181.9	0	0	0	0	192.9	209.4	220.5	231.5	220.5	314.2	330.7	347.2	358.2	347.2	567.7	1 BD	
1	Jessica Littleton	F	'1992	30	USA	NC	Bare	N-X	213.8	220.5	0	0	0	0	110.2	126.8	-132.3	0	126.8	275.6	303.1	330.7	366	330.7	457.5	1 BD	
1	Ciearra Jackson-Griffen	F	'1991	32	USA	NC	Bare	O-T	179	181.9	0	0	0	0	192.9	209.4	220.5	231.5	220.5	314.2	330.7	347.2	358.2	347.2	567.7	1 BD	
1	Kristen Smith	F	'1997	25	USA	NC	Wraps	O-U	175.7	181.9	0	0	0	0	154.3	170.9	-181.9	0	170.9	308.6	358.2	-374.8	0	358.2	529.1	1 BD	
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	215.4	220.5	0	0	0	0	-248	-270.1	270.1	0	270.1	308.6	358.2	-396.8	0	358.2	628.3	1 BD	
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	215.4	220.5	0	0	0	0	-248	-270.1	270.1	0	270.1	308.6	358.2	-396.8	0	358.2	628.3	1 BD	
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	215.4	220.5	0	0	0	0	-248	-270.1	270.1	0	270.1	308.6	358.2	-396.8	0	358.2	628.3	1 BD	
DQ	Sarah Harris	F	'2000	22	USA	SC	Bare	J-T	142.9	148.8	0	0	0	0	-137.8	-137.8	-137.8	0	0	0	0	0	0	0	0	DQ	B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	215.4	220.5	0	0	0	0	-248	-270.1	270.1	0	270.1	0	0	0	0	0	0	270.1	1 B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	215.4	220.5	0	0	0	0	-248	-270.1	270.1	0	270.1	0	0	0	0	0	0	270.1	1 B
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	M2-U	141.3	148.8	0	0	0	0	-297.6	-330.7	330.7	0	330.7	0	0	0	0	0	0	330.7	1 B
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	M2-U	196.4	198.4	0	0	0	0	-396.8	396.8	451.9	0	451.9	0	0	0	0	0	0	451.9	1 B
1	Melissa Smith	F	'1974	48	USA	NC	Multi-ply	O-U	141.3	148.8	0	0	0	0	-297.6	-330.7	330.7	0	330.7	0	0	0	0	0	0	330.7	1 B
1	Shelley Yates	F	'1975	48	USA	NC	Multi-ply	O-U	196.4	198.4	0	0	0	0	-396.8	396.8	451.9	0	451.9	0	0	0	0	0	0	451.9	1 B
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	M1-T	215.4	220.5	0	0	0	0	0	0	0	0	0	0	308.6	358.2	-396.8	0	358.2	358.2	1 D
1	Anika Harper	F	'1980	43	USA	NC	Single-ply	O-T	215.4	220.5	0	0	0	0	0	0	0	0	0	0	308.6	358.2	-396.8	0	358.2	358.2	1 D

TEAM STANDINGS

Nebobarbell	42	Willis Lewis
1776 Fitness Group	4	