Backwoods Barbell, Hickory, NC

19-Dec-20

Backwoods Holiday Classic Classic - Full Power Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Katy Silvers - SM	39	MF-R	268.8	SHW	0.797	127.5	137.5	140	140	65	72.5	-75	72.5	212.5	140	152.5	157.5	157.5	**370**
Melissa Smith - O	46	DF-MI	140.3	148	1.066	205	217.5	227.5	227.5	47.5	95	-100	95	322.5	137.5	147.5	-155	147.5	**470**
Shelley Yates - O	45	DF-MI	197.5	198	0.866	277.5	-287.5	287.5	287.5	77.5	-145	147.5	147.5	435	180	187.5	-207.5	187.5	**622.5**
Brittany Berryhill	29	DF-RO	228.8	SHW	0.824	160	167.5	172.5	172.5	77.5	85	92.5	92.5	265	140	152.5	162.5	162.5	**427.5**
Rachel Brockwell	27	DF-RO	175.9	181	0.916	110	122.5	137.5	137.5	60	67.5	70	70	207.5	112.5	117.5	127.5	127.5	**335**
Katy Silvers - O	39	DF-RO	268.8	SHW	0.797	127.5	137.5	140	140	65	72.5	-75	72.5	212.5	140	152.5	157.5	157.5	**370**
Grace Jones	25	DF-RO	217.1	SHW	0.836	102.5	107.5	110	110	42.5	47.5	-50	47.5	157.5	105	110	-120	110	**267.5**
Abby Foy	22	OF-R	147.5	148	1.027	115	130	-142.5	130	70	77.5	-87.5	77.5	207.5	115	127.5	132.5	132.5	**340**
Missy Taylor - O	45	OF-R	118	123	1.219	92.5	100	105	105	65	70	-77.5	70	175	102.5	107.5	120	120	**295**
Katie Roseman	21	NF-R	173.1	181	0.925	105	115	117.5	117.5	55	-62.5	-62.5	55	172.5	120	127.5	132.5	132.5	**305**
Dawn Williams	55	M4F-F	118.8	123	1.212	70	72.5	77.5	77.5	47.5	50	-52.5	50	127.5	90	92.5	95	95	**222.5**
Lisa Baker	54	M3F-F	119.6	123	1.205	75	80	82.5	82.5	40	42.5	-45	42.5	125	95	102.5	107.5	107.5	**232.5**
Shelley Yates - M	45	2F-M	197.5	198	0.866	277.5	-287.5	287.5	287.5	77.5	-145	147.5	147.5	435	180	187.5	-207.5	187.5	**622.5**
Melissa Smith - M	46	2F-M	140.3	148	1.066	205	217.5	227.5	227.5	47.5	95	-100	95	322.5	137.5	147.5	-155	147.5	**470**
Missy Taylor - M	45	M2F-F	118	123	1.219	92.5	100	105	105	65	70	-77.5	70	175	102.5	107.5	120	120	**295**
Jennifer Rush	43	M1F-F	146.5	148	1.032	77.5	80	-85	80	42.5	-47.5	47.5	47.5	127.5	80	85	92.5	92.5	**220**
Micah Chrisco - T	19	T3F-F	175.4	181	0.685	170	182.5	190	190	105	112.5	115	115	305	182.5	192.5	207.5	207.5	**512.5**
Max Hedrick	17	T2F-F	161.1	165	0.726	142.5	152.5	157.5	157.5	-102.5	107.5	-112.5	107.5	265	175	182.5	187.5	187.5	**452.5**
Cameron Wilson	17	T2F-F	215.2	220	0.615	142.5	152.5	160	160	102.5	107.5	110	110	270	185	192.5	205	205	**475**
Levi Niswander	35	DF-MI	290.3	308	0.564	390	425	-455	425	295	320	335	335	760	295	-330	330	330	**1090**
Justin Wood	28	DF-MI	294.7	308	0.563	385	410	-425	410	-265	265	-280	265	675	265	282.5	-295	282.5	**957.5**
Cody Wesson	28	DF-MI	327.9	SHW	0.554	362.5	387.5		387.5	207.5	227.5	-240	227.5	615	235	260	292.5	292.5	**907.5**
Jason Hamilton	39	DF-RO	178.7	181	0.677	197.5	212.5	-230	212.5	102.5	120	-137.5	120	332.5	210	-220		210	**542.5**
Tyler Goins	28	DF-RO	195.9	198	0.642	302.5	322.5	-337.5	322.5	167.5	172.5	-177.5	172.5	495	265	277.5		277.5	**772.5**
Justin Williams	27	DF-RO	216.5	220	0.613	282.5	295	317.5	317.5	185	190	200	200	517.5	302.5	317.5	-332.5	317.5	**835**
Shane Wagoner	27	DF-RO	232.4	242	0.597	190	212.5	225	225	145	-150	150	150	375	207.5	230	242.5	242.5	**617.5**
Tyler Parlier	32	DF-RO	303.9	308	0.56	300	310	312.5	312.5	182.5	195	-207.5	195	507.5	305	327.5	-335	327.5	**835**
Jacob Reynolds - O	37	OF-R	163.7	165	0.717	185	192.5	200	200	120	130	-135	130	330	220	230	-232.5	230	**560**
Daniel Merck	25	OF-R	219	220	0.61	220	227.5	240	240	142.5	155	-160	155	395	217.5	227.5	240	240	**635**
Austin Rousseau	22	OF-R	213.9	220	0.616	202.5	210	225	225	-147.5	-157.5	-157.5	0	0	192.5	202.5	210	210	**0**
Brandon Hernandez -	26	OF-R	152.8	165	0.755	160	170	182.5	182.5	107.5	115	122.5	122.5	305	192.5	212.5	227.5	227.5	**532.5**
Rocky Hall	30	OF-R	180.7	181	0.672	200	210	220	220	142.5	150	157.5	157.5	377.5	242.5	257.5	272.5	272.5	**650**
Adam Barber	23	NF-RO	191.3	198	0.651	227.5	237.5	247.5	247.5	152.5	162.5	-170	162.5	410	242.5	247.5	255	255	**665**
Gabriel Jackson	20	NF-RO	350.8	SHW	0.549	240	245	250	250	145	150	152.5	152.5	402.5	237.5	247.5	257.5	257.5	**660**
Brandon Hernandez -	26	NF-R	152.8	165	0.755	160	170	182.5	182.5	107.5	115	122.5	122.5	305	192.5	212.5	227.5	227.5	**532.5**
Micah Chrisco - N	19	NF-R	175.4	181	0.685	170	182.5	190	190	105	112.5	115	115	305	182.5	192.5	207.5	207.5	**512.5**
Corey Sidden	21	NF-R	227.8	242	0.601	200	210	220	220	-142.5	-142.5	142.5	142.5	362.5	215	227.5	240	227.5	**590**
Chris Young	39	PFF-M	284	308	0.567	340	-370	-375	340	215	-240	-240	215	555	250	272.5		272.5	**827.5**
Jacob Reynolds - MP	37	MPFF-	163.7	165	0.717	185	192.5	200	200	120	130	-135	130	330	220	230	-232.5	230	**560**
Derek Williams	54	M3F-R	236	242	0.594	227.5	242.5	255	255	107.5	115	120	120	375	212.5	232.5	-240	232.5	**607.5**

Backwoods Holiday Classic - Full Power Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Levi Niswander	35	DF-MI	290.3	308	0.564	859.79	936.96	-1003	936.955	650.4	705.47	738.54	738.54	1675.5	650.36	-727.5	727.52	727.52	**2403.014**
Justin Wood	28	DF-MI	294.7	308	0.563	848.77	903.89	-937	903.886	-584.2	584.22	-617.3	584.22	1488.1	584.22	622.8	-650.4	622.8	**2110.904**
Shelley Yates - O	45	DF-MF	197.5	198	0.866	611.78	-633.8	633.82	633.823	170.9	-319.7	325.18	325.18	959	396.83	413.36	-457.5	413.36	**1372.363**
Shelley Yates - M	45	2F-M	197.5	198	0.866	611.78	-633.8	633.82	633.823	170.9	-319.7	325.18	325.18	959	396.83	413.36	-457.5	413.36	**1372.363**
Justin Williams	27	DF-R	216.5	220	0.613	622.8	650.36	699.96	699.961	407.9	418.87	440.92	440.92	1140.9	666.89	699.96	-733	699.96	**1840.841**
Cody Wesson	28	DF-M	327.9	SHW	0.554	799.17	854.28	0	854.283	457.5	501.55	-529.1	501.55	1355.8	518.08	573.2	644.85	644.85	**2000.674**
Melissa Smith - O	46	DF-MF	140.3	148	1.066	451.94	479.5	501.55	501.547	104.7	209.44	-220.5	209.44	710.98	303.13	325.18	-341.7	325.18	**1036.162**
Melissa Smith - M	46	2F-M	140.3	148	1.066	451.94	479.5	501.55	501.547	104.7	209.44	-220.5	209.44	710.98	303.13	325.18	-341.7	325.18	**1036.162**
Tyler Goins	28	DF-R	195.9	198	0.642	666.89	710.98	-744.1	710.984	369.3	380.29	-391.3	380.29	1091.3	584.22	611.78	0	611.78	**1703.053**
Chris Young	39	PFF-I	284	308	0.567	749.56	-815.7	-826.7	749.564	474	-529.1	-529.1	473.99	1223.6	551.15	600.75	0	600.75	**1824.306**
Tyler Parlier	32	DF-R	303.9	308	0.56	661.38	683.43	688.94	688.938	402.3	429.9	-457.5	429.9	1118.8	672.4	722.01	-738.5	722.01	**1840.841**
Rocky Hall	30	OF-R	180.7	181	0.672	440.92	462.97	485.01	485.012	314.2	330.69	347.22	347.22	832.24	534.62	567.68	600.75	600.75	**1432.99**
Adam Barber	23	NF-R	191.3	198	0.651	501.55	523.59	545.64	545.639	336.2	358.25	-374.8	358.25	903.89	534.62	545.64	562.17	562.17	**1466.059**
Brandon Hernandez -	26	OF-R	152.8	165	0.755	352.74	374.78	402.34	402.34	237	253.53	270.06	270.06	672.4	424.39	468.48	501.55	501.55	**1173.949**
Brandon Hernandez -	26	NF-R	152.8	165	0.755	352.74	374.78	402.34	402.34	237	253.53	270.06	270.06	672.4	424.39	468.48	501.55	501.55	**1173.949**
Jacob Reynolds - O	37	OF-R	163.7	165	0.717	407.85	424.39	440.92	440.92	264.6	286.6	-297.6	286.6	727.52	485.01	507.06	-512.6	507.06	**1234.576**
Jacob Reynolds - MP	37	MPFF-	163.7	165	0.717	407.85	424.39	440.92	440.92	264.6	286.6	-297.6	286.6	727.52	485.01	507.06	-512.6	507.06	**1234.576**
Daniel Merck	25	OF-R	219	220	0.61	485.01	501.55	529.1	529.104	314.2	341.71	-352.7	341.71	870.82	479.5	501.55	529.1	529.1	**1399.921**
Shane Wagoner	27	DF-R	232.4	242	0.597	418.87	468.48	496.04	496.035	319.7	-330.7	330.69	330.69	826.73	457.45	507.06	534.62	534.62	**1361.340**
Jason Hamilton	39	DF-R	178.7	181	0.677	435.41	468.48	-507.1	468.478	226	264.55	-303.1	264.55	733.03	462.97	-485	0	462.97	**1195.995**
Gabriel Jackson	20	NF-R	350.8	SHW	0.549	529.1	540.13	551.15	551.15	319.7	330.69	336.2	336.2	887.35	523.59	545.64	567.68	567.68	**1455.036**
Derek Williams	54	M3F-R	236	242	0.594	501.55	534.62	562.17	562.173	237	253.53	264.55	264.55	826.73	468.48	512.57	-529.1	512.57	**1339.294**
Corey Sidden	21	NF-R	227.8	242	0.601	440.92	462.97	485.01	485.012	-314.2	-314.2	314.16	314.16	799.17	473.99	501.55	529.1	501.55	**1300.714**
Brittany Berryhill	29	DF-R	228.8	SHW	0.824	352.74	369.27	380.29	380.294	170.9	187.39	203.93	203.93	584.22	308.64	336.2	358.25	358.25	**942.4665**
Micah Chrisco - T	19	T3F-I	175.4	181	0.685	374.78	402.34	418.87	418.874	231.5	248.02	253.53	253.53	672.4	402.34	424.39	457.45	457.45	**1129.857**
Micah Chrisco - N	19	NF-R	175.4	181	0.685	374.78	402.34	418.87	418.874	231.5	248.02	253.53	253.53	672.4	402.34	424.39	457.45	457.45	**1129.857**
Missy Taylor - O	45	OF-R	118	123	1.219	203.93	220.46	231.48	231.483	143.3	154.32	-170.9	154.32	385.81	225.97	236.99	264.55	264.55	**650.357**
Missy Taylor - M	45	M2F-I	118	123	1.219	203.93	220.46	231.48	231.483	143.3	154.32	-170.9	154.32	380.29	225.97	236.99	264.55	264.55	**650.357**
Abby Foy	22	OF-R	147.5	148	1.027	253.53	286.6	-314.2	286.598	154.3	170.86	-192.9	170.86	457.45	253.53	281.09	292.11	292.11	**749.564**
Max Hedrick	17	T2F-I	161.1	165	0.726	314.16	336.2	347.22	347.225	-226	236.99	-248	236.99	584.22	385.81	402.34	413.36	413.36	**997.5815**
Rachel Brockwell	27	DF-R	175.9	181	0.916	242.51	270.06	303.13	303.133	132.3	148.81	154.32	154.32	457.45	248.02	259.04	281.09	281.09	**738.541**
Katy Silvers - SM	39	MF-R	268.8	SHW	0.797	281.09	303.13	308.64	308.644	143.3	159.83	-165.3	159.83	468.48	308.64	336.2	347.22	347.22	**815.702**
Katy Silvers - O	39	DF-R	268.8	SHW	0.797	281.09	303.13	308.64	308.644	143.3	159.83	-165.3	159.83	468.48	308.64	336.2	347.22	347.22	**815.702**
Cameron Wilson	17	T2F-I	215.2	220	0.615	314.16	336.2	352.74	352.736	226	236.99	242.51	242.51	595.24	407.85	424.39	451.94	451.94	**1047.185**
Katie Roseman	21	NF-R	173.1	181	0.925	231.48	253.53	259.04	259.041	121.3	-137.8	-137.8	121.25	380.29	264.55	281.09	292.11	292.11	**672.403**
Lisa Baker	54	M3F-I	119.6	123	1.205	165.35	176.37	181.88	181.88	88.18	93.696	-99.21	93.696	275.58	209.44	225.97	236.99	236.99	**512.5695**
Dawn Williams	55	M4F-I	118.8	123	1.212	154.32	159.83	170.86	170.857	104.7	110.23	-115.7	110.23	281.09	198.41	203.93	209.44	209.44	**490.5235**
Jennifer Rush	43	M1F-I	146.5	148	1.032	170.86	176.37	-187.4	176.368	93.7	-104.7	104.72	104.72	281.09	176.37	187.39	203.93	203.93	**485.012**
Grace Jones	25	DF-R	217.1	SHW	0.836	225.97	236.99	242.51	242.506	93.7	104.72	-110.2	104.72	347.22	231.48	242.51	-264.6	242.51	**589.7305**
Austin Rousseau	22	OF-R	213.9	220	0.616	446.43	462.97	496.04	496.035	-325.2	-347.2	-347.2	0	0	424.39	446.43	462.97	462.97	**0**

19-Dec-20

Backwoods Holiday Classic - Bench Press - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Zack Stump	17	T2B-F	198.2	198	0.639	105	112.5	-117.5	**112.5**
Zack Viers	23	OB-R	180.4	181	0.673	-195	200	-217.5	**200**
LB Bullins	36	OB-R	236.4	242	0.593	212.5	220	-227.5	**220**
Greyson Williams	20	OB-M	242.1	242	0.589	290	-305	305	**305**
Stephen Lane	32	OB-St	270.2	275	0.572	-277.5	295	320	**320**
Charles Wright	67	M6B-F	215.3	220	0.614	110	117.5	125	**125**
Barry McCauley	51	T3B-S	268.6	275	0.573	232.5	242.5	252.5	**252.5**
David Crater	46	M2B-F	270.5	275	0.572	195	-207.5	-207.5	**195**
Josh Richardson	41	T1B-M	257.5	275	0.579	275	-290	-290	**275**

Backwoods Holiday Classic - Bench Press - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Zack Stump	17	T2B-F	198.2	198	0.639	231.48	248.02	-259	**248.0175**
Charles Wright	67	M6B-F	215.3	220	0.614	242.51	259.04	275.58	**275.575**
David Crater	46	M2B-F	270.5	275	0.572	429.9	-457.5	-457.5	**429.897**
LB Bullins	36	OB-R	236.4	242	0.593	468.48	485.01	-501.5	**485.012**
Zack Viers	23	OB-R	180.4	181	0.673	-429.9	440.92	-479.5	**440.92**
Barry McCauley	51	T3B-S	268.6	275	0.573	512.57	534.62	556.66	**556.6615**
Josh Richardson	41	T1B-M	257.5	275	0.579	606.27	-639.3	-639.3	**606.265**
Greyson Williams	20	OB-M	242.1	242	0.589	639.33	-672.4	672.4	**672.403**
Stephen Lane	32	OB-St	270.2	275	0.572	-611.8	650.36	705.47	**705.472**

19-Dec-20

Backwoods Holiday Classic - Deadlift Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Isaac York	18	T3D-F	177.7	181	0.68	-217.5	217.5	-227.5	**217.5**

Backwoods Holiday Classic - Deadlift Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Isaac York	18	T3D-F	177.7	181	0.68	-479.5	479.5	-501.5	**479.5005**

19-Dec-20

Backwoods Holiday Classic - Squat Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat
Mara Hall	16	T2B-F	127.1	132	1.149	70	85	-95	**85**

Backwoods Holiday Classic - Squat Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat
Mara Hall	16	T2B-F	127.1	132	1.149	154.32	187.39	-209.4	**187.391**

Team Champ: **Muzz's Gym**