

| 13-Jun-20     |     | Backyard Challenger I - Full Power Kg Results |          |            |        |         |         |         |         |            |            |            |            |            |               |                 |             |             |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------|-----|-----------------------------------------------|----------|------------|--------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|-----------------|-------------|-------------|------------|------------|---------------|-----------|-------------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Name          | Age | Div                                           | BWt (Lb) | WtCls (Lb) | Wilks  | 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  | Coeff Score | Age & Coeff |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Emily Gilson  | 31  | F-OF-R-L                                      | 177.9    | 181        | 0.9106 | 102.5   | -115    | -115    |         | 102.5      | 57.5       | 62.5       | 65         |            | 65            | 167.5           | 102.5       | 120         | 125        |            | 125           | 292.5     | 266.3505    | 266.3505    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meredith Ward | 33  | F-OF-R-T                                      | 131.2    | 132        | 1.1221 | 100     | -105    | -105    |         | 100        | 62.5       | 67.5       | -70        |            | 67.5          | 167.5           | 127.5       | 137.5       | -145       |            | 137.5         | 305       | 342.2405    | 342.2405    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thomas Napoli | 60  | M-M5F-R-                                      | 195.9    | 198        | 0.6424 | 110     | 130     | 142.5   | 150     | 142.5      | 135        | 147.5      | 155        |            | 155           | 297.5           | 180         | 192.5       | 200        |            | 200           | 497.5     | 319.594     | 428.25596   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13-Jun-20     |     | Backyard Challenger I - Full Power Lb Results |          |            |        |         |         |         |         |            |            |            |            |            |               |                 |             |             |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name          | Age | Div                                           | BWt (Lb) | WtCls (Lb) | Wilks  | 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  | Coeff Score | Age & Coeff |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Emily Gilson  | 31  | F-OF-R-L                                      | 177.9    | 181        | 0.9106 | 225.97  | -253.53 | -253.53 | 0       | 225.97     | 126.76     | 137.79     | 143.3      | 0          | 143.3         | 369.27          | 225.97      | 264.552     | 275.58     | 0          | 275.58        | 644.8455  | 266.3505    | 266.3505    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meredith Ward | 33  | F-OF-R-T                                      | 131.2    | 132        | 1.1221 | 220.46  | -231.48 | -231.48 | 0       | 220.46     | 137.79     | 148.81     | -154.32    | 0          | 148.81        | 369.27          | 281.09      | 303.133     | -319.67    | 0          | 303.13        | 672.403   | 342.2405    | 342.2405    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thomas Napoli | 60  | M-M5F-R-                                      | 195.9    | 198        | 0.6424 | 242.51  | 286.6   | 314.16  | 330.69  | 314.16     | 297.62     | 325.18     | 341.71     | 0          | 341.71        | 655.87          | 396.83      | 424.386     | 440.92     | 0          | 440.92        | 1096.7885 | 319.594     | 428.25596   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13-Jun-20     |     | Backyard Challenger I - Push Pull Kg Results  |          |            |        |         |         |         |         |            |            |            |            |            |               |                 |             |             |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name          | Age | Div                                           | BWt (Lb) | WtCls (Lb) | Wilks  | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Push Pull Total | Coeff Score | Age & Coeff |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Todd King     | 54  | M-OP-R-T                                      | 241.4    | 242        | 0.5893 | 115     | 125     | -137.5  |         | 125        | 192.5      | 210        | 220        |            | 220           | 345             | 203.3085    | 244.7834    |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Todd King-mst | 54  | M-M3P-R-                                      | 241.4    | 242        | 0.5893 | 115     | 125     | -137.5  |         | 125        | 192.5      | 210        | 220        |            | 220           | 345             | 203.3085    | 244.7834    |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13-Jun-20     |     | Backyard Challenger I - Push Pull Lb Results  |          |            |        |         |         |         |         |            |            |            |            |            |               |                 |             |             |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name          | Age | Div                                           | BWt (Lb) | WtCls (Lb) | Wilks  | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Push Pull Total | Coeff Score | Age & Coeff |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Todd King     | 54  | M-OP-R-T                                      | 241.4    | 242        | 0.5893 | 253.53  | 275.58  | -303.13 | 0       | 275.58     | 424.39     | 462.97     | 485.01     | 0          | 485.01        | 760.587         | 203.3085    | 244.7834    |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Todd King-mst | 54  | M-M3P-R-                                      | 241.4    | 242        | 0.5893 | 253.53  | 275.58  | -303.13 | 0       | 275.58     | 424.39     | 462.97     | 485.01     | 0          | 485.01        | 760.587         | 203.3085    | 244.7834    |            |            |               |           |             |             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |