12-Oct-19 Kentucky State - Full Power Pound Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3		Best Squat	Bench 1	Bench 2	Bench 3		Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Pl-Div-WtCl
Brett Sexton - KY	37	-OF-RC	213.8	SHW	214.95	225.97	253.53		253.53	126.76	137.79	154.32		154.32	407.85	275.58	319.67	341.71	0	341.71	**749.564**	1-F-OF-RC-T-SHW
Bonnie Mosley - KY	47	M2F-RC	161.6	165	214.95	220.46	-231.48		220.46	132.28	143.3	165.35		165.35	385.81	225.97	248.02	253.53	0	253.53	**639.334**	1-F-M2F-RC-X-165
Hollie Sands - KY	42	-M1F-R	261.5	SHW	341.71	385.81	-418.87		385.81	253.53	270.06	-281.09		270.06	655.87	468.48	501.55	518.08	0	518.08	**1173.94**	1-F-M1F-R-X-SHW
Hunter McCubbins - KY	19	-T3F-R	189.1	198	264.55	281.09	303.13		303.13	203.93	231.48	242.51		242.51	545.64	396.83	424.39	440.92	0	440.92	**986.558**	1-M-T3F-R-X-198
Aiden Brown - KY	17	-T2F-R	150.4	165	209.44	231.48	259.04		259.04	154.32	170.86	-187.39		170.86	429.9	286.6	319.67	341.71	369.27	341.71	**771.61**	1-M-T2F-R-X-165
Ben Mosley - KY	22	-OF-RC	198.4	198	446.43	501.55	-540.13		501.55	314.16	341.71	352.74		352.74	854.28	-512.57	551.15	-567.68	0	551.15	**1405.43**	1-M-OF-RC-U-198
Daniel Thorn - KY	31	-OF-RC	232.6	242	556.66	589.73	617.29		617.29	330.69	347.22	358.25		358.25	975.54	633.82	-688.94	-688.94	0	633.82	**1609.35**	1-M-OF-RC-T-242
James Justice-KY-O	48	-OF-RC	250.4	275	-501.5	529.1	-589.73		529.1	303.13	341.71	347.22		347.22	876.33	501.55	534.62	551.15	-567.68	551.15	**1427.47**	1-M-OF-RC-T-275
Travis Ruffin - KY	37	M-OF-R-	274.6	275	407.85	424.39	451.94		451.94	314.16	325.18	0		325.18	777.12	518.08	534.62	551.15	-601.99	551.15	**1328.27**	1-M-OF-R-U-275
Mike McIntosh - KY	36	M-OF-R-	365.6	SHW	440.92	485.01	507.06		507.06	396.83	451.94	-485.01		451.94	959	440.92	501.55	-556.66	0	501.55	**1460.54**	1-M-OF-R-U-SHW
Jamie Ness - KY	36	M-OF-R-	176	181	374.78	385.81	396.83		396.83	286.6	297.62	-303.13		297.62	694.45	496.04	-518.08	-518.08	0	496.04	**1190.48**	1-M-OF-R-T-181
John Riggs - KY	24	M-OF-R-	191.8	198	325.18	341.71	-363.76		341.71	264.55	275.58	281.09		281.09	622.8	396.83	418.87	435.41	0	435.41	**1058.20**	1-M-OF-R-T-198
Anthony Thorn - KY	28	M-OF-R-	216	220	512.57	551.15	578.71		578.71	314.16	336.2	347.22		347.22	925.93	628.31	-672.4	-672.4	0	628.31	**1554.24**	1-M-OF-R-T-220
Chase Meredith - KY	22	M-OF-R-	209.9	220	418.87	446.43	-451.94		446.43	308.64	325.18	-341.71		325.18	771.61	490.52	523.59	-551.15	0	523.59	**1295.20**	2-M-OF-R-T-220
Meredith Waugh - KY	20	M-OF-R-	290.4	308	-507.1	534.62	567.68		567.68	380.29	396.83	413.36		413.36	981.05	507.06	534.62	558.29	0	558.29	**1539.33**	1-M-OF-R-T-308
Dakota Westmoreland-KY	26	M-OF-R-	286.3	308	462.97	501.55	-534.62		501.55	336.2	358.25	374.78		374.78	876.33	578.71	617.29	-644.85	0	617.29	**1493.62**	2-M-OF-R-T-308
Nathan Crawford - KY-MPF	53	MPFF-R	194.4	198	253.53	264.55	270.06		270.06	176.37	187.39	198.41		198.41	468.48	380.29	-407.85	-407.85	0	380.29	**848.771**	1-M-MPFF-RC-X-198
Steve Reschke - KY	66	-M6F-R	228	242	203.93	220.46	231.48		231.48	165.35	176.37	-187.39		176.37	407.85	308.64	319.67	-330.69	0	319.67	**727.518**	1-M-M6F-R-X-242
Nathan Crawford - KY-M3	53	M3F-RC	194.4	198	253.53	264.55	270.06		270.06	176.37	187.39	198.41		198.41	468.48	380.29	-407.85	-407.85	0	380.29	**848.771**	1-M-M3F-RC-X-198
James Justice - KY-M2	48	M2F-RC	250.4	275	-501.5	529.1	-589.73		529.1	303.13	341.71	347.22		347.22	876.33	501.55	534.62	551.15	-567.68	551.15	**1427.47**	1-M-M2F-RC-X-275

12-Oct-19 Kentucky State - Push Pull Pound Results

Name	Age	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	Push Pull Total
Jeff Trent - KY	50	-M3P-R	293.8	308	275.58	292.11	303.13	0	303.13	429.9	451.94	485.01	501.55	485.01	**788.144**
Eddie Rose - KY	49	-M2P-R	242	242	325.18	341.71	352.74	0	352.74	451.94	485.01	501.55	0	501.55	**854.282**

12-Oct-19 Kentucky State - Bench Only Pound Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench
Drew Howard - KY	20	M-OB-R-	280.2	308	407.85	429.9	-440.92	0	**429.897**

12-Oct-19 Midwest Regional - Full Power Pound Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3		Best Squat	Bench 1	Bench 2	Bench 3		Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Pl-Div-WtCl
Kennedy Green - MW	15	-T1F-R-	232.4	SHW	231.48	264.55	286.6		286.6	137.79	-154.32	-154.32		137.79	424.39	231.48	253.53	264.55	275.58	264.55	**688.937**	1-F-T1F-R-X-SHW
Brett Sexton - MW	37	-OF-RC	213.8	SHW	214.95	225.97	253.53		253.53	126.76	137.79	154.32		154.32	407.85	275.58	319.67	341.71	0	341.71	**749.564**	1-F-OF-RC-T-SHW
Hollie Sands - MW	42	-M1F-R-	261.5	SHW	341.71	385.81	-418.87		385.81	253.53	270.06	-281.09		270.06	655.87	468.48	501.55	518.08	0	518.08	**1173.94**	1-F-M1F-R-X-SHW
Ben Mosley - MW	22	-OF-RC	198.4	198	446.43	501.55	-540.13		501.55	314.16	341.71	352.74		352.74	854.28	-512.57	551.15	-567.68	0	551.15	**1405.43**	1-M-OF-RC-U-198
Jason Sands - MW	25	I-OF-R-	177.4	181	275.58	308.64	330.69		330.69	253.53	275.58	-292.11		275.58	606.27	451.94	479.5	507.06	-534.62	507.06	**1113.32**	1-M-OF-R-U-181
Nathan Crawford - MW	53	M3F-RC	194.4	198	253.53	264.55	270.06		270.06	176.37	187.39	198.41		198.41	468.48	380.29	-407.85	-407.85	0	380.29	**848.771**	1-M-M3F-RC-X-198
Steve Reschke - MW	66	-M6F-R	228	242	203.93	220.46	231.48		231.48	165.35	176.37	-187.39		176.37	407.85	308.64	319.67	-330.69	0	319.67	**727.518**	1-M-M6F-R-X-242
Dakota Westmoreland-MW	26	M-OF-R-	286.3	308	462.97	501.55	-534.62		501.55	336.2	358.25	374.78		374.78	876.33	578.71	617.29	-644.85	0	617.29	**1493.62**	3-M-OF-R-T-308
Chelby Roades	27	F-OF-R-	148	148	WD																	
Tito Duran Jr.	31	-OF-RC	198	198	INJ																	

12-Oct-19 Midwest Regional - Standing Curl Pound Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Curl 1	Curl 2	Curl 3		Best Curl
Jamie Ness-Curl	36	M-O-Cu	176	181	134.48	143.3	146.61		**146.61**
Jeff Trent-Curl	50	M-O-Cu	293.8	308	154.32	-170.86	170.86		**170.86**
Steve Rescke-Curl	66	M-O-Cu	228	242	88.184	99.207	104.72		**104.72**