

							BENCH PRESS	
Karen Poyner	VA	55-59	105				58	
Jason Leavitt	VA	45-49	148				120	
William Willis	NC	18-19	165				140	
Casey Bryant	VA	35-39	181				125	
Casey Bryant	VA	Law	181				125	
Joseph Sanders	NC	65-69	181				130	
Bob Dahlhamer	MD	75-79	198				111.5	
John Moore	VA	Open	220				113.5	
John Moore	VA	75-79	220				113.5	
Matt Cronin	VA	20-24	242				189	
Brooke Blough	MD	70-74	242				114	
Ryan Stone	VA	20-24	SHW				195	
							DEADLIFT	
Elizabeth Fleming	NC	Under 11	97					40
Francis Fleming	NC	Under 11	105					55
MeganComstock	NC	16-17	148					107.5
Douglas Pabst	VA	Open	165					215
Joshua Dalton	VA	25-29	181					217.5
Tyler May	VA	Under 11	198					57.5
Terry MacDonald	PA	Open	220					262.5
Matt Cronin	VA	20-24	242					250
							STRICT CURL	
Karen Poyner	VA	55-59	105					34
Sofia Graham	VA	18-19	123					20
Erika Baldwin	VA	20-24	148					27.5
Jason Leavitt	VA	45-49	148					52.5
William Willis	NC	18-19	165					65
Joshua Dalton	VA	25-29	181					62.5
Tyler May	VA	Under 11	198					30
Tyler Travis	VA	25-29	198					72.5
Bob Dahlhamer	MD	75-79	198					55
Brooke Blough	MD	70-74	242					35
Ted Brooks	MD	50-54	SHW					67.5