

## 2013 CHRISTMAS CLASSIC RESULTS-OMAHA, NE

		<b>SQUAT/CURL</b>				<b>BENCH</b>				<b>DEADLIFT</b>							
<b>Name</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>TOTAL</b>	<b>LBS</b>
<b>STRICT CURL</b>																	
Seth Walter	OPEN, 14-15	90	97	20.0	-22.5	-22.5										20.0	44.1
Zach Williamson	OPEN, 12-13	111	114	27.5	30.0	-32.5										30.0	66.1
Diego Sainz	40-44	160.5	165	42.5	47.5	-52.5										47.5	104.7
Pat Williamson	OPEN, 40-44	198	198	52.5	-57.0	-57.0										52.5	115.7
Shane Heywood (IA)	OPEN, 35-39	191	198	50.0	55.0	60.0										60.0	132.3
Robert Blaha	OPEN, 40-44	193.5	198	50.0	55.0	-57.5										55.0	121.3
Jeremey Meyer	OPEN, 30-34, PFM	222	242	67.5	-75.0	-75.0										67.5	148.8
<b>FULL POWERLIFTING</b>																	
Ila Paladino (F)	11& under	68	97	14.1	16.6	19.1		-14.0	14.0	-19.0		27.5	30.0	35.0		68.1	150.1
Kari Sakamoto (F)	20-24	114.5	114	70.0	75.0	80.0		47.5	-52.5	-52.5		117.5	130.0	132.5	137.5	260.0	573.2
Lana Melroy (F)	OPEN, 35-39	130.5	132	60.0	67.5	70.0		32.5	35.0	-42.5		82.5	77.5	90.0	102.5	195.0	429.9
Brandon Go	OPEN	144.5	148	147.5	162.5	170.0		110.0	120.0	-122.5		225.5	-232.5	-232.5		515.5	1136.5
Dave Paladino	45-49	163	165	-147.5	147.5	-155.0		95.0	102.5	-107.5		170.0	177.5	182.5		432.5	953.5
Scott Runyan	OPEN, 45-49	168.5	181	-150.0	150.0	185.0		115.0	132.5	-137.5		160.0	190.0	200.0		517.5	1140.9
Pat Douglas	OPEN, 35-39	175	181	165.0	177.5	192.5		117.5	125.0	130.0		205.0	222.5	240.0		562.5	1240.1
Dan Goodwin Sr	80-84	171.5	181	75.0	77.5	-80.0		65.0	70.0	72.5		130.0	132.5	142.5	145.0	292.5	644.8
Matthew Noguchi	18-19	211	220	175.0	190.0	205.0		120.0	127.5	-137.5		227.5	242.5	260.0	-275.0	592.5	1306.2
Ben Garcia	20-24	218	220	180.0	187.5	197.5		112.5	120.0	-127.5		187.5	197.5	-205.0		515.0	1135.4
Dan Bunch	OPEN, 45-49	390	SHW	200.0	215.0	227.5		115.0	130.0	-137.5		227.5	245.0	-252.5		602.5	1328.3
<b>BENCH</b>																	
Jerry Folkers	60-64	165	165					117.5	120.0	122.5						122.5	270.1
Shane Heywood (IA)	OPEN, 35-39	191	198					142.5	150.0	-157.5						150.0	330.7
Pat Williamson	OPEN, 40-44	198	198					125.0	132.5	-140.0						132.5	292.1
Robert Blaha	OPEN, 40-44	193.5	198					102.5	107.5	-112.5						107.5	237.0
Gary Stillman	35-39	203.5	220					165.0	172.5	-182.5						172.5	380.3
Chris Walter	OPEN, 40-44	202	220					192.5	-207.5	-207.5						192.5	424.4
Rick Osborn (IA)	55-59	235.5	242					160.0	165.0	-167.5						165.0	363.8
John Probasco	50-54	234.5	242					160.0	165.0	-167.5						165.0	363.8
<b>PUSH/PULL</b>																	
Seth Walter	OPEN, 14-15	90	97					27.5	-37.5	-37.5		62.5	67.5	72.5		100.0	220.5
Zach Williamson	OPEN, 12-13	111	114					37.5	45.0	-57.5		75.0	80.0	90.0		135.0	297.6
Matt Eveland	OPEN, 30-34	296	308					225.0	237.5	-245.0		287.5	305.0	320.0		557.5	1229.1