

2016 MIDWEST OPEN RESULTS-OMAHA, NE

Name		Division	Wgt	Class	SQUAT/CURL				BENCH				DEADLIFT				State	NTL	Wold	ALL				
RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS	Place	Coef.							
STRICT CURL																								
Carrie McDonald	F	IA	45-49	151.0	165		-28.2	28.2	30.7	-33.2					30.7	67.7	1	0.2						
Jake Garner	M	NE	20-24	173.5	181		53.2	58.2	-63.2						58.2	128.3	1	0.3						
Skyler Yoder	M	NE	16-17	272.5	275		50.7	55.7	60.7						60.7	133.8	1	0.2						
Dave Paladino	M	NE	45-49	162.0	165		40.7	45.7	48.2	50.7					50.7	111.8	1	0.3						
Bob Blaha	M	NE	40-44	204.0	220		38.2	48.2	50.7						50.7	111.8	1	0.2						
August Yoder	M	NE	16-17	164.0	165		43.2	48.2	-53.2						48.2	106.3	1	0.3						
Jeremey Meyer	M	NE	5-39, PFI	224.0	242		60.7	65.7	70.7	-73.2					70.7	155.9	1.1	0.3						
FULL POWERLIFTING																								
Mary Kosmicki	F	NE	60-64	112.5	114	7	35.0	42.5	45.0		22.5	27.5	30.0		75.0	60.0	65.0	70.0		145.0	319.7	1	1.3	
Page Dalton	F	NE	PEN(25-3	121.5	123	8	75.0	-80.0	-80.0		-60.0	-60.0	-60.0		15.0	112.5	117.5	125.0	127.5		140.0	308.6	1	1.2
Diane Reyes	F	NE	50-54	136.0	148	9	-35.0	40.0	47.5		27.5	32.5	-37.5		80.0	57.5	67.5	75.0		155.0	341.7	1	1.1	
Andrea Golden	F	IA	20-24	132.0	132	10	82.5	90.0	-95.0		47.5	50.0	-52.5		140.0	117.5	127.5	137.5	-140.0		277.5	611.8	1	2.1
Jamie Holmberg	F	IA	16-17	146.5	148	11	-107.5	-117.5	-117.5		50.0	57.5	-60.0		-50.0	110.0	120.0	130.0			80.0	176.4	1	0.5
Ashley Galvan	F	NE	PEN(25-3	148.0	148	10	77.5	87.5	92.5		-57.5	60.0	-62.5		152.5	102.5	117.5	125.0			277.5	611.8	1	1.9
Scott Hansen	M	NE	35-39	147.4	148	8	135.0	142.5	147.5	152.5	97.5	105.0	110.0		262.5	177.5	185.0	-190.0			447.5	986.6	1	3.0
David Backhaus	M	NE	40-44	145.0	148	11	100.0	110.0	115.0		70.0	72.5	75.0		190.0	127.5	-137.5	-137.5			317.5	700.0	1	2.2
Rylee Bush	M	IA	18-19	161.5	165	11	182.5	190.0	-197.5		105.0	115.0	-122.5		305.0	195.0	205.0	210.0	-215.0		515.0	1135.4	1	3.2
Alicia Witt	F	MO	20-24	147.5	165	12	67.5	75.0	82.5		47.5	-52.5	-52.5		130.0	85.0	97.5	105.0			235.0	518.1	1	1.6
Eduardo Gardea	M	NE	PEN(25-3	161.0	165	13	155.0	165.0	-172.5		100.0	105.0	-110.0		270.0	200.0	207.5	212.5			482.5	1063.7	1	3.0
Justin Hughes	M	IA	PEN(25-3	163.5	165	11	152.5	157.5	-165.0		105.0	110.0	115.0		272.5	160.0	167.5	-172.5			440.0	970.0	2	2.7
Lamar Brown	M	NE	35-39	161.0	165	12	157.5	165.0	-167.5		112.5	115.0	-122.5		280.0	195.0	205.0				485.0	1069.2	1	3.0
Ronnie Powell	M	NE	5-69, PFI	164.5	165	12	102.5	112.5	-122.5		102.5	0.0	0.0		215.0	182.5	192.5	0.0			407.5	898.4	1	2.5
Jennifer Nguyen	F	NE	20-24	168.5	181	7	82.5	90.0	95.0		45.0	-47.5	-47.5		140.0	100.0	110.0	117.5			257.5	567.7	1	1.5
Rylee Lawson	M	IA	18-19	181.5	181	12	185.0	190.0	-195.0		-125.0	-130.0	130.0		320.0	237.5	257.5	-272.5			577.5	1273.2	1	3.2
Kasey Edwards	F	NE	PEN(25-3	178.5	181	10	87.5	90.0	92.5		-50.0	57.5	-62.5		150.0	130.0	135.0	142.5			292.5	644.8	1	1.6
Hannah Dorcey	F	NE	PEN(25-3	176.4	181	12	77.5	82.5	90.0		55.0	-60.0	-60.0		145.0	107.5	112.0	117.5			262.5	578.7	2	1.5
Brandon Mitzel	M	IA	20-24	193.0	198	13	185.0	200.0	210.0		125.0	130.0	137.5		347.5	230.0	242.5	-250.0			590.0	1300.7	1	3.1
Elizabeth Gregory	F	NE	PEN(25-3	187.0	198	12	112.5	120.0	-130.0		85.0	90.0	-95.0		210.0	167.5	175.0	-182.5			385.0	848.8	1	2.1
Eliss Hall	F	NE	PEN(25-3	196.0	198	12	115.0	125.0	-137.5		62.5	67.5	72.5		197.5	145.0	-147.5	-147.5			342.5	755.1	2	1.7
Jay Petersen	M	NE	35-39	196.0	198	15	185.0	197.5	210.0		-122.5	122.5	130.0		340.0	250.0	265.0	272.5	277.5		612.5	1350.3	1	3.1
Eric Tiarks	M	IA	PEN, 35-3	198.0	198	14	155.0	165.0	-175.0		125.0	132.5	140.0		305.0	192.5	197.5	-202.5			502.5	1107.8	1	2.5
Catherine Dargin	F	NE	45-49	223.5	198+	8	65.0	72.5	77.5		35.0	37.5	42.5		120.0	-95.0	105.0	-115.0			225.0	496.0	1	1.0
Brendan Wulf	M	NE	20-24	209.5	220	13	170.0	177.5	187.5		115.0	-120.0	-120.0		302.5	227.5	-235.0	-235.0			530.0	1168.4	1	2.5
Leon Johnson	M	NE	40-44	257.5	275	15	97.5	105.0	112.5		75.0	80.0	-87.5		192.5	127.5	-140.0	140.0			332.5	733.0	2	1.3
Phil Reno	M	NE	40-44	270.0	275	13	-175.0	180.0	-187.5		87.5	95.0	100.0		280.0	165.0	-177.5	-182.5			445.0	981.0	1	1.6
BENCH																								
Dave Paladino	M	NE	45-49	162.0	165						107.5	-110.0	-110.0								107.5	237.0	1	0.7
August Yoder	M	NE	16-17	164.0	165						97.5	102.5	105.0	107.5							107.5	237.0	1	0.7
Shane Heywood	M	IA	35-39	189.0	198						165.0	170.0	-172.5								170.0	374.8	1	0.9
Bob Blaha	M	NE	40-44	204.0	220						85.0	92.5	102.5								102.5	226.0	2	0.5
Chris Walter	M	NE	40-44	197.5	220						192.5	197.5	202.5	-207.5							202.5	446.4	1	1.0
John Probasco	M	NE	50-54	242.0	242						147.5	152.5	0.0								152.5	336.2	1	0.6
Jess Eide	M	IA	35-39	241.5	242						165.0	-175.0	175.0	-185.0							175.0	385.8	2	0.7
Rick Osborn	M	IA	55-59	234.5	242						147.5	152.5	-155.0								152.5	336.2	1	0.7
Skyler Yoder	M	NE	16-17	272.5	275						145.0	150	-155.0								150.0	330.7	1	0.6
Jeremey Meyer	M	NE	5-39, PFI	224.0	242						182.5	187.5	190.0	192.5							192.5	424.4	1.1	0.9
DEADLIFT																								
Troy Becker	M	NE	20-24	164.5	165										250.0	262.5	-267.5				262.5	578.7	1	1.6
Jay Petersen	M	NE	PEN(25-3	196.0	198										250.0	265.0	272.5	277.5			277.5	611.8	1	1.4
PUSH/PULL																								
Rickey Nelsen	M	SD	PEN(25-3	152.0	165						-137.5	-137.5	-137.5		-137.5	137.5	142.5	150.0	162.5		25.0	55.1	1	0.2
Ronnie Powell	M	NE	5-69, PFI	164.5	165						102.5	0.0	0.0			182.5	192.5	0.0			295.0	650.4	1	1.8
BENCH REP CHALLENGE																								
NAME			REP WEIG	BODY WEIGHT	REPS																			
Rickey Nelsen	M	SD	225	152.0	12																			
August Yoder	M	NE	185	164.0	12																			
Bonica Lough	F	NE	225	198.0	14																			

Jess	Eide	M	IA	225	241.5	44												
Jake	Garner	M	NE	185	173.5	14												
Rylee	Bush	M	IA	225	161.5	8												
Skylar	Yoder	M	NE	275	272.5	10												
Eric	Tiarks	M	IA	225	198.0	22												
DEADLIFT REP CHALLENGE																		
NAME				REP WEIGHT	BODY WEIGHT	REPS												
Troy	Becker	M	NE	405	164.5	12												
Rylee	Bush	M	IA	405	161.5	6												
August	Yoder	M	NE	225	164.0	21												
TEAM RESULTS																		
TEAM							1st -10pts	2nd - 7pts	3rd - 6pts	4th- 5pts	5th - 4pts	6th - 3pts	7th - 2 pt	8th - 1 pt	9th - .5pt	10th - .25	TOTAL POINTS	PLACE
BODYSMITH POWER TEAM							7	1									77	1st