

2016 Power Day May 1, 2016 Clearfield PA

Bench

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Attempt 1		Attempt 2		Attempt 3		Attempt 4		Best Lift		Schwartz/Malone	Comments	
								kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs			
Pamela	Scarano	Female	123	Master (45-49)	48	PA	55.61	122.6	32.5	71.65	35	77.162	-37.5	-82.673	---	---	35	77.162	70.8731	---
Nyela	Hernandez	Female	148	Youth (12-13)	12	PA	61.416	135.4	30	66.139	35	77.162	-37.5	-82.673	---	---	35	77.162	65.1168	---
Rylie	Dubbs	Female	148	Youth (12-13)	13	PA	64.773	142.8	30	66.139	32.5	71.65	-35	-77.162	---	---	32.5	71.65	57.8934	---
Joni	Talavera	Female	181	Open	34	PA	81.374	179.4	45	99.208	47.5	104.72	50	110.231	---	---	50	110.231	74.6155	Special Olympian
Rochelle	Dubbs	Female	198 +	Open / Submaster (35-39)	39	PA	113.942	251.2	82.5	181.881	85	187.393	90	198.416	---	---	85	187.393	NA	---
RJ	Karl	Male	123	Open	25	PA	55.338	122	-57.5	-126.766	57.5	126.766	60	132.277	---	---	60	132.277	118.3221	Special Olympian
Nick	Oddo	Male	132	Open	27	PA	58.513	129	45	99.208	47.5	104.72	-50	-110.231	---	---	47.5	104.72	88.0901	Special Olympian
Gary	Teeter	Male	132	Master (50-54)	51	PA	58.06	128	100	220.462	105	231.485	-108	-238.099	---	---	105	231.485	194.7255	---
James	Lomeo	Male	148	Open / Master (50-54)	53	PA	67.132	148	115	253.532	-120	-264.555	-120	-264.555	---	---	115	253.532	184.9259	---
Hunter	Stiner	Male	148	Youth (12-13)	13	PA	65.771	145	60	132.277	62.5	137.789	67.5	148.812	---	---	67.5	148.812	110.5971	---
Michael	Gaal	Male	148	Master (45-49)	46	PA	66.224	146	52.5	115.743	55	121.254	57.5	126.766	---	---	57.5	126.766	94.2123	Special Olympian
Rich	Smith	Male	165	Open / Junior (20-24)	23	PA	70.307	155	90	198.416	97.5	214.951	-102.5	-225.974	---	---	97.5	214.951	150.573	---
Luke	McCullough	Male	165	Teen (14-15)	15	PA	71.214	157	67.5	148.812	75	165.347	-80	-176.37	---	---	75	165.347	114.5687	---
Curtis	Miller	Male	181	Open	30	PA	80.286	177	135	297.624	142.5	314.159	147.5	325.182	---	---	147.5	325.182	205.2873	---
Lee	Howe	Male	181	Open / Master (40-44)	41	FL	80.286	177	125	275.578	-130	-286.601	-130	-286.601	---	---	125	275.578	173.9723	---
Rilee	Bechdel	Male	181	Teen (16-17)	16	PA	81.647	180	102.5	225.974	110	242.508	-112.5	-248.02	---	---	110	242.508	151.2768	---
Ryan	Bickle	Male	181	Teen (16-17)	16	PA	78.471	173	75	165.347	85	187.393	-97.5	-214.951	---	---	85	187.393	120.8122	---
Cody	Perez	Male	181	Junior (20-24)	24	PA	78.471	173	125	275.578	130	286.601	137.5	303.136	---	---	137.5	303.136	195.4315	---
Brian	Marhon	Male	181	Master (40-44)	41	PA	82.1	181	-125	-275.578	-125	-275.578	125	275.578	---	---	125	275.578	171.2441	---
Chuck	Cole	Male	181	Master (60-64)	63	PA	80.286	177	107.5	236.997	-112.5	-248.02	-112.5	-248.02	---	---	107.5	236.997	149.6162	---
Sam	Maines	Male	198	Open	25	PA	88.904	196	-127.5	-281.089	127.5	281.089	-137.5	-303.136	---	---	127.5	281.089	165.7584	---
Greg	Dixon	Male	198	Open	38	PA	83.007	183	117.5	259.043	122.5	270.066	-125	-275.578	---	---	122.5	270.066	167.171	---
Conor	Myers	Male	198	Teen (18-19)	19	PA	88.451	195	120	264.555	127.5	281.089	-137.5	-303.136	---	---	127.5	281.089	166.2925	---
Craig	Maurer	Male	198	Master (60-64)	62	PA	83.915	185	57.5	126.766	62.5	137.789	65	143.3	---	---	65	143.3	87.7142	Special Olympian
Jeremiah	Fritz	Male	220	Open	25	PA	98.43	217	147.5	325.182	152.5	336.205	157.5	347.228	---	---	157.5	347.228	193.6144	---
Noah	Smith	Male	220	Open	29	PA	98.883	218	145	319.67	147.5	325.182	-172.5	-380.297	---	---	147.5	325.182	180.9637	---
Stuart	Hough	Male	220	Open	53	PA	96.162	212	137.5	303.136	145	319.67	-150	-330.693	---	---	145	319.67	180.2621	---
Frank	Hipple	Male	220	Open	37	PA	92.079	203	120	264.555	127.5	281.089	132.5	292.112	---	---	132.5	292.112	169.1331	---
Michael	Hitcho, Jr.	Male	220	Open	37	PA	93.213	205.5	120	264.555	127.5	281.089	132.5	292.112	---	---	132.5	292.112	167.4681	---
Clyde	Ryce	Male	220	Open / Master (60-64)	62	PA	93.894	207	80	176.37	87.5	192.904	95	209.439	---	---	95	209.439	119.5898	---
Clint	Whysong	Male	220	Submaster (35-39)	36	PA	94.347	208	-152.5	-336.205	-152.5	-336.205	-152.5	-336.205	---	---	---	---	336.205	---
Anthony	Campiere	Male	220	Master (55-59)	58	PA	98.43	217	110	242.508	120	264.555	127.5	281.089	---	---	127.5	281.089	156.7354	---
Corey	Thompson	Male	242	Teen (16-17)	17	PA	100.698	222	105	231.485	110	242.508	112.5	248.02	---	---	112.5	248.02	136.9567	---
Dan	Scott	Male	242	Master (50-54)	51	PA	108.862	240	157.5	347.228	-170	-374.786	-170	-374.786	---	---	157.5	347.228	186.8781	---
Andy	Brough	Male	242	Master (55-59)	56	PA	103.873	229	137.5	303.136	145	319.67	150	330.693	---	---	150	330.693	180.5255	---
Seth	Krape	Male	275	Open	27	PA	---	---	---	---	---	---	---	---	---	---	---	---	Injured, unable to compete	---
Dennis	Henderson, Jr.	Male	275	Master (50-54)	52	PA	115.212	254	160	352.74	167.5	369.274	170	374.786	---	---	170	374.786	199.1612	---
Anthony	Peterson	Male	308	Open	28	NJ	134.717	297	137.5	303.136	-170	-374.786	-170	-374.786	---	---	137.5	303.136	154.5082	---
Paul	D'Antonio	Male	SHW	Open	47	PA	146.964	324	185	407.855	192.5	424.39	---	---	---	---	192.5	424.39	210.3701	Outstanding Bench Presser

Deadlift

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Attempt 1		Attempt 2		Attempt 3		Attempt 4		Best Lift		Schwartz/Malone	Comments	
								kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs			
Ashlyn	Hitcho	Female	66	Youth (8-9)	9	PA	28.667	63.2	-45	-99.208	50	110.231	55	121.254	---	---	55	121.254	NA	---
Nyela	Hernandez	Female	148	Youth (12-13)	12	PA	61.416	135.4	47.5	104.72	85	187.393	90	198.416	---	---	90	198.416	167.4433	---
Joni	Talavera	Female	181	Open	34	PA	81.374	179.4	82.5	181.881	92.5	203.928	95	209.439	---	---	95	209.439	141.7694	Special Olympian
RJ	Karl	Male	123	Open	25	PA	55.338	122	77.5	170.858	87.5	192.904	95	209.439	---	---	95	209.439	187.3433	Special Olympian
Nick	Oddo	Male	132	Open	27	PA	58.513	129	70	154.324	82.5	181.881	90	198.416	---	---	90	198.416	166.9076	Special Olympian
Hunter	Stiner	Male	148	Youth (12-13)	13	PA	65.771	145	110	242.508	117.5	259.043	125	275.578	---	---	125	275.578	204.8094	---
Michael	Gaal	Male	148	Master (45-49)	46	PA	66.224	146	82.5	181.881	87.5	192.904	92.5	203.928	---	---	92.5	203.928	151.559	Special Olympian
Rich	Smith	Male	165	Open / Junior (20-24)	23	PA	70.307	155	157.5	347.228	167.5	369.274	172.5	380.297	---	---	172.5	380.297	266.3983	---
Luke	McCullough	Male	165	Teen (14-15)	15	PA	71.214	157	---	---	---	---	---	---	---	---	---	---	Injured, unable to compete	---
Curtis	Miller	Male	181	Open	30	PA	80.286	177	247.5	545.644	265	584.225	272.5	600.76	---	---	272.5	600.76	379.2596	Outstanding Deadlifter
Ryan	Bickle	Male	181	Open / Teen (16-17)	16	PA	78.471	173	165	363.763	175	385.809	185	407.855	---	---	185	407.855	262.9442	---
Rilee	Bechdel	Male	181	Teen (16-17)	16	PA	81.647	180	127.5	281.089	137.5	303.136	147.5	325.182	---	---	147.5	325.182	202.8484	---
Chuck	Cole	Male	181	Master (60-64)	63	PA	80.286	177	-182.5	-402.344	-182.5	-402.344	---	---	---	---	---	0	---	---
Conor	Myers	Male	198	Teen (18-19)	19	PA	88.451	195	190	418.878	207.5	457.459	220	485.017	---	---	220	485.017	286.936	---
Craig	Maurer	Male	198	Master (60-64)	62	PA	83.915	185	82.5	181.881	92.5	203.928	102.5	225.974	---	---	102.5	225.974	138.3186	Special Olympian
Noah	Smith	Male	220	Open	29	PA	98.883	218	220	485.017	242.5	534.621	250	551.156	---	---	250	551.156	306.7181	---
Frank	Hipple	Male	220	Open	37	PA	92.079	203	22	48.502	240	529.109	245	540.133	---	---	245	540.133	312.7367	---
Stuart	Hough	Male	220	Open	53	PA	96.162	212	222.5	490.529	235	518.086	-240	-529.109	---	---	235	518.086	292.1489	---
Michael	Hitcho, Jr.	Male	220	Open	37	PA	93.213	205.5	210	462.971	222.5	490.529	232.5	512.575	---	---	232.5	512.575	293.8591	---
Clyde	Ryce	Male	220	Open / Master (60-64)	62	PA	93.894	207	155	341.717	170	374.786	182.5	402.344	---	---	182.5	402.344	229.7382	---
Anthony	Campiere	Male	220	Master (55-59)	58	PA	98.43	217	152.5	336.205	165	363.763	180	396.832	---	---	180	396.832	221.2736	---
Corey	Thompson	Male	242	Open / Teen (16-17)	17	PA	100.698	222	205	451.948	215	473.994	-227.5	-501.552	---	---	215	473.994	261.7394	---
Seth	Krape	Male	275	Open	27	PA	---	---	---	---	---	---	---	---	---	---	---	---	Injured, unable to compete	---
Paul	D'Antonio	Male	SHW	Open	47	PA	146.964	324	185	407.855	192.5	424.39	pass	0	---	---	---	---	Injured, unable to compete	---

Strict Curl

First Name	Last Name	Gender	Weight Class	Division	Age	State	Bodyweight	Attempt 1		Attempt 2		Attempt 3		Attempt 4		Best Lift	
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