

# Power Day

Bigler, PA

3/16/2019

## Bench

First Name	Last Name	Age	State	Gender	Weight Class	Division	Bodyweight	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	Comments
							kg	kg	kg	kg	kg	kg	
Ruth	Snyder	55	PA	Female	105	Open	47.63	47.70	52.50	(55.00)	---	52.50	---
Heather	Wayland	15	PA	Female	105	Open / Teen (14-15)	46.72	40.00	45.00	(47.50)	---	45.00	---
Caroline	Witter	26	PA	Female	114	Open	51.98	45.00	50.00	52.50	---	52.50	---
Hope	Weaver	17	PA	Female	114	Open	49.44	(47.50)	47.50	(55.00)	---	47.50	---
Shea	Herbsttritt	31	PA	Female	132	Open	56.25	45.00	(52.50)	(52.50)	---	45.00	---
Kim	Doutt	58	PA	Female	181	Open / Master (55-59)	77.66	60.00	62.50	(65.00)	---	62.50	---
Nathaniel	Thorp	10	PA	Male	88	Youth (10-11)	36.11	20.00	22.50	25.00	---	25.00	---
Preston	Reed	13	PA	Male	105	Youth (12-13)	43.09	40.00	45.00	(47.50)	---	45.00	---
Nicholas	Thorp	13	PA	Male	123	Open / Youth (12-13)	53.98	47.50	(52.50)	52.50	---	52.50	---
Kevin	Pataky	33	PA	Male	165	Open	73.84	125.00	(135.00)	(135.00)	---	125.00	---
Stephen	Diorio	28	PA	Male	165	Open	72.67	62.50	75.00	80.00	---	80.00	Special Olympian
Brandon	Wagner	34	PA	Male	165	Open	70.22	35.00	42.50	(50.00)	---	42.50	Special Olympian
Shawn	Shuck	32	PA	Male	198	Open	88.00	160.00	(167.50)	167.50	---	167.50	---
Curtis	Miller	33	PA	Male	198	Open	86.36	142.50	152.50	160.00	---	160.00	---
Thomas	Weaver	47	PA	Male	198	Open	85.68	135.00	140.00	(142.50)	---	140.00	Handicapped
Andrew	Herbsttritt	34	PA	Male	198	Open	87.82	110.00	(115.00)	(115.00)	---	110.00	---
Matthew	Hutchinson	19	PA	Male	198	Teen (18-19)	86.91	137.50	145.00	(150.00)	---	145.00	---
Anthony	DePello	19	PA	Male	198	Teen (18-19)	87.82	102.50	107.50	(115.00)	---	107.50	---
Edward	Altemose	35	PA	Male	198	Submaster (35-39)	86.18	92.50	105.00	(110.00)	---	105.00	Special Olympian
Ken	Jubas	56	PA	Male	220	Open / Master (55-59)	98.07	160.00	165.00	(1.00)	---	165.00	---
Clint	Whysong	39	PA	Male	220	Open / Submaster (35-39)	96.62	(160.00)	160.00	(165.00)	---	160.00	---
Jack	Butler	46	PA	Male	242	Open	109.50	160.00	(165.00)	(167.50)	---	160.00	---
Toby	Kitchen	31	PA	Male	242	Open	109.77	125.00	142.50	150.00	---	150.00	---
Donnie	Laudenslager	25	PA	Male	242	Open	103.15	62.50	75.00	(80.00)	---	75.00	Special Olympian
Nathan	Neiderhiser	16	PA	Male	242	Teen (16-17)	101.88	105.00	115.00	(125.00)	---	115.00	---
Bob	Dunn	60	OH	Male	242	Master (60-64)	102.42	72.50	77.50	82.50	---	82.50	---
Randy	Kochik	32	PA	Male	275	Open	115.21	182.50	192.50	(200.00)	---	192.50	Outstanding BPer
Dennis	Henderson, Jr.	55	PA	Male	275	Open	117.93	155.00	167.50	(172.50)	---	167.50	---
Mario	Fontanazza, III	16	PA	Male	275	Teen (16-17)	122.83	152.50	160.00	165.00	---	165.00	---
Jacob	Neiderhiser	19	PA	Male	SHW	Teen (18-19)	151.05	122.50	137.50	(150.00)	---	137.50	---

## Deadlift

First Name	Last Name	Age	State	Gender	Weight Class	Division	Bodyweight	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	Comments
							kg	kg	kg	kg	kg	kg	
Makenzie	Peters	13	PA	Female	114	Open / Youth (12-13)	50.17	85.00	92.50	100.00	---	100.00	---
Shea	Herbsttritt	31	PA	Female	132	Open	56.25	8.00	97.50	105.00	---	105.00	---
Katie	Lloyd	32	PA	Female	198 +	Open	104.33	13.00	145.00	152.50	---	152.50	---
Preston	Reed	13	PA	Male	105	Youth (12-13)	43.09	80.00	(90.00)	(90.00)	---	80.00	---
Kevin	Pataky	33	PA	Male	165	Open	73.84	247.50	265.00	(272.50)	---	265.00	Outstanding DLer
Stephen	Diorio	28	PA	Male	165	Open	72.67	115.00	130.00	140.00	---	140.00	Special Olympian
Brandon	Wagner	34	PA	Male	165	Open	70.22	75.00	85.00	(95.00)	---	85.00	Special Olympian
Curtis	Miller	33	PA	Male	198	Open	86.36	240.00	262.50	275.00	---	275.00	---
Andrew	Herbsttritt	34	PA	Male	198	Open	87.82	172.50	185.00	190.00	---	190.00	---
Matthew	Hutchinson	19	PA	Male	198	Teen (18-19)	86.91	207.50	217.50	(222.50)	---	217.50	---
Anthony	DePello	19	PA	Male	198	Teen (18-19)	87.82	142.50	172.50	187.50	---	187.50	---

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Edward	Altemose	35 PA	Male	198	Submaster (35-39)	86.18	130.00	145.00	160.00	---	160.00	Special Olympian
Toby	Kitchen	31 PA	Male	242	Open	109.77	185.00	220.00	(232.50)	---	220.00	---
Donnie	Laudenslager	25 PA	Male	242	Open	103.15	115.00	130.00	140.00	---	140.00	Special Olympian
Nathan	Neiderhiser	16 PA	Male	242	Teen (16-17)	101.88	172.50	182.50	(192.50)	---	182.50	---
Jack	Butler	46 PA	Male	242	Master (45-49)	109.50	200.00	217.50	(227.50)	---	217.50	---
Bob	Dunn	60 OH	Male	242	Master (60-64)	102.42	137.50	150.00	157.50	---	157.50	---
Mario	Fontanazza, III	16 PA	Male	275	Teen (16-17)	122.83	255.00	265.00	(272.50)	---	265.00	---
Jacob	Neiderhiser	19 PA	Male	SHW	Teen (18-19)	151.05	182.50	205.00	(227.50)	---	205.00	---

## Strict Curl

First Name	Last Name	Age	State	Gender	Weight Class	Division	Bodyweight	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	Comments
							kg	kg	kg	kg	kg	kg	
Heather	Wayland	15 PA	Female	105	Open / Teen (14-15)		46.72	16.50	21.00	23.00	24.00	23.00	---
Linda	Eggleston	51 NY	Female	148	Master (50-54)		60.33	25.00	27.50	(29.00)	---	27.50	---
Kim	Doutt	58 PA	Female	181	Open / Master (55-59)		77.66	34.00	35.00	(37.00)	---	35.00	---
Preston	Reed	13 PA	Male	105	Youth (12-13)		43.09	19.00	(22.00)	22.00	---	22.00	---
Corey	McLaughlin	23 PA	Male	148	Open / Junior (20-24)		66.04	63.50	67.50	68.00	68.50	68.00	Outstanding Curler
Gary	Teeter	54 PA	Male	165	Master (50-54)		68.67	52.50	55.00	56.00	---	56.00	---
Jeff	Thorp	49 PA	Male	181	Open / Master (45-49)		75.30	53.00	55.00	(56.50)	---	55.00	---
Andrew	Herbstritt	34 PA	Male	198	Open		87.82	52.50	(55.50)	55.50	---	55.50	---
Anthony	DePello	19 PA	Male	198	Teen (18-19)		87.82	25.00	36.00	45.00	---	45.00	---
Bob	Dunn	60 OH	Male	242	Open / Master (60-64)		102.42	45.50	50.00	54.00	---	54.00	---
Ray	Wile	63 PA	Male	275	Open / Master (60-64)		121.11	39.50	42.00	43.00	---	43.00	---
Dave	Wayland	46 PA	Male	275	Master (45-49)		110.31	30.00	34.50	36.50	---	36.50	---