

# 100%RAW Powerlifting Federation Canada

## 2019 Meet At The Mountains

### Pincher Creek, AB July 6, 2019

Sanction 3 Event - Referees in attendance - Mike Proskow (3), Lori McWatters (3) Kari Pearson (1)

#### Full Power

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Christine Trac	23	F-J	59.3	60.0	1.125	112.5	117.5	127.5		127.5	70.0	75.0	-77.5		75.0	135.00	145.00	152.5		152.5	355	399.41
Carlee Grant	42	F-40	59	60.0	1.130	92.5	97.5	102.5		102.5	60.0	62.5	65.0		65.0	137.50	142.50	145		145	312.5	352.97
Camila Nuque	23	F-J	60.8	67.5	1.104	92.5	100.0	-110.0		100.0	42.5	47.5	-50.0		47.5	112.50	-120	120		120	267.5	295.19
Belinda Tiong	28	F-O	66.8	67.5	1.028	80.0	85.0	92.5		92.5	30.0	35.0	42.5		42.5	95.00	-102.5	105		105	240	246.79
Leanna Riviere	39	F-SM	62.2	67.5	1.084	75.0	82.5	90.0		90.0	40.0	45.0	-47.5		45.0	97.50	100	-105		100	235	254.83
Sarah Cowley	27	F-O	69.3	75.0	1.002	120.0	132.5	-137.5		132.5	70.0	72.5	77.5		77.5	135.00	147.50	-152.5		147.5	357.5	358.14
Teresa Oldenburger	45	F-45	69.5	75.0	1.000	90.0	95.0	100.0		100.0	37.5	45.0	-50.0		45.0	100.00	107.5	112.5		112.5	257.5	257.45
Alyssa Nelson	30	F-O	99.8	90+	0.833	135.0	142.5	147.5		147.5	65.0	-70.0	-70.0		65.0	127.50	135.00	-140		135	347.5	289.50
Felicia White	32	F-O	98.9	90+	0.835	90.0	97.5	107.5		107.5	52.5	62.5	-67.5		62.5	120.00	127.50	-137.5		127.5	297.5	248.50
Wanda Sommerfeld	59	F-55	94.7	90+	0.847	80.0	90.0	97.5	103.0	97.5	35.0	42.5	-52.5		42.5	112.50	112.50	125	-137.5	125	265	224.53
Joe Stockinger	89	M-85	65.2	67.5	0.793	107.5	115.0	117.5		117.5	65.0	70.0	75.0		75.0	155.00	165	175		175	367.5	291.50
Trevor Carpenter	47	M-45	77.1	82.5	0.699	167.5	177.5	-185.0		177.5	117.5	130.0	132.5		132.5	215.00	227.5	232.5		232.5	542.5	379.37
Peter Boland	24	M-J	88.9	90.0	0.642	-175.0	-190.0	200.0		200.0	-145.0	152.5	-162.5		152.5	225.00	242.5	252.5		252.5	605	388.65
James Moldowan	30	M-O	105	110.0	0.598	175.0	185.0	190.0		190.0	112.5	-117.5	-117.5		112.5	175.00	187.5	200		200	502.5	300.29
Levi Foster	34	M-O	104.5	110.0	0.599	-135.0	-135.0	135.0		135.0	125.0	-135.0	-145.0		125.0	205.00	-225	-230		205	465	278.35
Cory Collins	31	M-O	122.3	125.0	0.573	220.0	227.5	232.5		232.5	147.5	152.5	-160.0		152.5	210.00	227.5	-240		227.5	612.5	350.66
Paul O'Neill	33	M-O	123.4	125.0	0.571	160.0	170.0	185.0		185.0	100.0	110.0	-117.5		110.0	190.00	200	215		215	510	291.41
James Lapointe	39	M-SM	132.2	140.0	0.564	210.0	225.0	-230.0		225.0	-150.0	-150.0	-150.0		0.0	230.00	250	0		250	0	0.00

#### Push/Pull and Single Lift

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Sheryl Baker	41	F-40	59.2	60.0	1.127						60.0	62.5	-67.5		62.5						62.5	70.41
Claire Cooney	47	F-45	71.5	75.0	0.981						-52.5	55.0	-57.5		55.0						55.0	53.93
Josie Naumczyk	22	F-J	100.6	90+	0.831						-60.0	65.0	-70.0		65.0	120.00	127.50	137.5		137.5	202.5	168.30
Cinnamon Meldrum	37	F-SM	107.8	90+	0.817						57.5	62.5	67.5		67.5	110.00	115.00	120		120	187.5	153.13
Latisha Grove	38	F-SM	118.9	90+	0.801						60.0	-62.5	65.0		65.0	117.50	120.00	125		125	190.0	152.19
Marek Mathias	66	M-65	103	110.0	0.602						-110.0	110.0	120.0		120.0						120.0	72.20