

## 2026 Virginia State Open Woodstock, VA 01/17/2026

### Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	DL 1	DL 2	DL 3	Total	Placing
Payton LaCoste	Female	6	MD	20.4	44/97.0 (F)	Youth 11 and Under	11.5	14	16.5	9	12.5	15	20	25	30	60	1
Mariela Olivares	Female	50	MD	51.7	52/114.6	Masters (50-54)	82.5	87.5	90.5	42.5	-47.5	47.5	90	100	-108	237.5	1
Rebecca Bogart	Female	36	VA	68.2	75/165.3	Sub-Masters (35-39)	80	87.5	92.5	-52.5	52.5	-57.5	92.5	102.5	107.5	252.5	1
Curtis Broyles	Male	25	VA	81.8	82.5/181.8	Open	132.5	142.5	150	85	95	102.5	132.5	-150	-158	385	1
Bruce Knox	Male	40	MD	89.9	90/198.4	Open	247.5	262.5	272.5	142.5	150	155	262.5	272.5	-283	700	1
Anthony LaCoste	Male	42	MD	106.3	110/242.5	Masters (40-44)	175	-182.5	182.5	130	135	-140	190	205	-210	522.5	1
Daniel Hall	Male	21	VA	116.6	125/275.5	Junior (20-24)	167.5	180	192.5	125	137.5	-142.5	205	222.5	235	565	1

### Push-pull

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	DL 1	DL 2	DL 3	Total	Placing
Jennifer Molina	Female	16	VA	49.8	52/114.6	Teen (16-17)	-52.5	52.5	55	80	85	-87.5	140	1
Skyler Ambrosini	Male	18	VA	68	75/165.3	Teen (18-19)	85	87.5	-95	155	165	-175	252.5	1
Dickson Schmoyer	Male	61	VA	108.7	110/242.5	Masters (60-64)	95	-97.5	-97.5	140	145	150	245	1

### Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Total	Placing
Mariela Olivares	Female	50	MD	51.7	52/114.6	Masters (50-54)	42.5	-47.5	47.5	47.5	1
Andrew Greenberg	Male	69	NY	66.6	67.5/148.8	Masters (65-69)	-70	70	-80	70	1

### Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	Total	Placing
Mariela Olivares	Female	50	MD	51.7	52/114.6	Masters (50-54)	90	100	-108	100	1
Frank Cihlar	Male	83	VA	100	100/220.4	Masters (80+)	92.5	100	-107.5	100	1

### Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	Total	Placing
Alexis Kajencki	Female	61	MD	67.2	67.5/148.8	Open	49.5	52	-53	52	1
Daniel Hall	Male	21	VA	116.6	125/275.5	Open	52.5	62.5	69	69	1
Daniel Hall	Male	21	VA	116.6	125/275.5	Junior (20-24)	52.5	62.5	69	69	1