

2026 Southern Open

Jarvisburg, NC 08/08/2026

Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat1	Squat2	Squat3	Squat4	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Jaelynn Berge	Female	5	NC	28.6	44/97.0 (F)	Youth 11 and Under	15	17.5	20		12.5	-15	15.5		32.5	-35	35		70	1
Jen Zak	Female	50	NC	64.5	67.5/148.8	Open	93	102.5	-107.5		58	62.5	65		100	107.5	112.5		280	1
Jen Zak	Female	50	NC	64.5	67.5/148.8	Masters (50-54)	93	102.5	-107.5		58	62.5	65		100	107.5	112.5		280	1
Rachel Lincoln	Female	51	NC	78.9	82.5/181.8	Masters (50-54)	85	92.5	102.5		47.5	52.5	-55		120	130	137.5	142.5	292.5	1
Madison Berry	Female	14	NC	87.3	90/198.4	Open	152.5	168	175		80	87.5	92.5	95.5	150	160	168	-175	435	1
Madison Berry	Female	14	NC	87.3	90/198.4	Teen (14-15)	152.5	168	175		80	87.5	92.5	95.5	150	160	168	-175	435	1
Spencer Hankins	Male	6	NC	35.2	48/105.8	Youth 11 and Under	30	32.5	35		22.5	-25	-27.5		30	-37.5	37.5		95	1
Isac McReedy	Male	25	NC	66.4	67.5/148.8	Open	117.5	125	130		102.5	107.5	110		120	132.5	137.5		377.5	1
Ben Zak	Male	56	NC	68.9	75/165.3	Open	140	150	155		105	112.5	115		172.5	182.5	195		465	1
Ben Zak	Male	56	NC	68.9	75/165.3	Masters (55-59)	140	150	155		105	112.5	115		172.5	182.5	195		465	1
Sylus Pelszynski	Male	18	NC	81.3	82.5/181.8	Teen (18-19)	130	-142.5	142.5		97.5	105	-115		170	182.5	192.5		440	1
Jeremiah Skinner	Male	13	NC	75.7	82.5/181.8	Teen (12-13)	112.5	120	127.5		60	65	75	78	112.5	120	130		332.5	1
Yogi Sumner	Male	76	NC	78.6	82.5/181.8	Masters (75-79)	45	50	55		42.5	47.5	52.5		70	80	90		197.5	1
Parish Howell	Male	28	VA	85.5	90/198.4	Open	190	200	220		130	137.5	145		220	227.5	240		605	1
Terry Napisa	Male	62	VA	97.7	100/220.4	Open	175	180	182.5		-127.5	127.5	130		190	197.5	205	-207.5	517.5	1
Christopher W Williams	Male	21	NC	96	100/220.4	Junior (20-24)	160	175	185		135	140	147.5		200	215	-230		547.5	1
Terry Napisa	Male	62	VA	97.7	100/220.4	Masters (60-64)	175	180	182.5		-127.5	127.5	130		190	197.5	205	-207.5	517.5	1
Tyler Dennison	Male	17	NC	114.3	125/275.5	Open	142.5	152.5	-160		67.5	80	87.5		150	165	175		415	1
Tyler Dennison	Male	17	NC	114.3	125/275.5	Teen (16-17)	142.5	152.5	-160		67.5	80	87.5		150	165	175		415	1
Raymond Clasing, Sr.	Male	66	MD	136.6	140/308.6	Open	137.5	142.5	147.5		137.5	142.5	147.5	150	160	172.5	182.5		477.5	1
Raymond Clasing, Sr.	Male	66	MD	136.6	140/308.6	Masters (65-69)	137.5	142.5	147.5		137.5	142.5	147.5	150	160	172.5	182.5		477.5	1
Raymond Clasing, Sr.	Male	66	MD	136.6	140/308.6	Law/Fire/Military	137.5	142.5	147.5		137.5	142.5	147.5	150	160	172.5	182.5		477.5	1

Push-pull

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Karen Poyner	Female	70	VA	43.5	44/97.0 (F)	Masters (70-74)	42.5	45	47.5	48	70	77.5	83.5	85	130	1
Brooke Wood	Female	47	NC	68.7	75/165.3	Law/Fire/Military	45	50	52.5		82.5	90	97.5		150	1
Madison Berry	Female	14	NC	87.3	90/198.4	Open	80	87.5	92.5	95.5	150	160	168	-175	260	1
Jonathon Nicholson	Male	52	NC	126.8	140/308.6	Masters (50-54)	137.5	-147.5	147.5		182.5	-205	-205		330	1
Jonathon Nicholson	Male	52	NC	126.8	140/308.6	Law/Fire/Military	137.5	-147.5	147.5		182.5	-205	-205		330	1

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Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
AnShania (Anna) Bruce	Female	28	DC	59.5	60/132.2	Open	62.5	67.5	-72.5		67.5	1
Madison Berry	Female	14	NC	87.3	90/198.4	Open	80	87.5	92.5	95.5	92.5	1
Jesse Dayhoff	Male	42	NC	80.8	82.5/181.8	Masters (40-44)	-102.5	115	117.5		117.5	1
John Cooper	Male	51	NC	98.8	100/220.4	Open	152.5	160	165		165	1
Dalton Fazio	Male	16	NC	94.6	100/220.4	Open	125	132.5	-140		132.5	2
John Cooper	Male	51	NC	98.8	100/220.4	Masters (50-54)	152.5	160	165		165	1
Dalton Fazio	Male	16	NC	94.6	100/220.4	Teen (16-17)	125	132.5	-140		132.5	1
Gene Berry	Male	67	NC	99.8	100/220.4	Masters (65-69)	107.5	117.5	122.5		122.5	1
Rickie Dozier	Male	32	NC	108.6	110/242.5	Open	232.5	241	247.5		247.5	1
Rickie Dozier	Male	32	NC	108.6	110/242.5	Law/Fire/Military	232.5	241	247.5		247.5	1
Austin Beasley	Male	36	NC	120.6	125/275.5	Open	197.5	205	210		210	1
Steve Kozlowski	Male	68	VA	119.4	125/275.5	Open	140	142.5	145		145	2
Austin Beasley	Male	36	NC	120.6	125/275.5	Sub-Masters (35-39)	197.5	205	210		210	1
Steve Kozlowski	Male	68	VA	119.4	125/275.5	Masters (65-69)	140	142.5	145		145	1

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Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Jaelynn Berge	Female	5	NC	28.6	44/97.0 (F)	Youth 11 and Under	8	9	-10		9	1
AnShania (Anna) Bruce	Female	28	DC	59.5	60/132.2	Open	32	36.5	40	42.5	40	1
Allison Freeman	Female	38	NC	58.6	60/132.2	Open	33	34	34.5		34.5	2
Allison Freeman	Female	38	NC	58.6	60/132.2	Sub-Masters (35-39)	33	34	34.5		34.5	1
Jen Zak	Female	50	NC	64.5	67.5/148.8	Open	34.5	-36.5	-36.5		34.5	1
Jen Zak	Female	50	NC	64.5	67.5/148.8	Masters (50-54)	34.5	-36.5	-36.5		34.5	1
Brooke Wood	Female	47	NC	68.7	75/165.3	Law/Fire/Military	30	32	33	35	33	1
Carly Cooper	Female	14	NC	80	82.5/181.8	Teen (14-15)	32	34	35		35	1
Rachel Lincoln	Female	51	NC	78.9	82.5/181.8	Masters (50-54)	28	30	-32.5		30	1
Madison Berry	Female	14	NC	87.3	90/198.4	Open	39.5	43.5	47	48.5	47	1
Madison Berry	Female	14	NC	87.3	90/198.4	Teen (14-15)	39.5	43.5	47	48.5	47	1
Ben Zak	Male	56	NC	68.9	75/165.3	Open	55	58	59.5		59.5	1
Ben Zak	Male	56	NC	68.9	75/165.3	Masters (55-59)	55	58	59.5		59.5	1
Jesse Dayhoff	Male	42	NC	80.8	82.5/181.8	Masters (40-44)	58.5	59.5	60.5	61.5	60.5	1
Jeremiah Skinner	Male	13	NC	75.7	82.5/181.8	Teen (12-13)	26	27	30	32	30	1
Yogi Sumner	Male	76	NC	78.6	82.5/181.8	Masters (75-79)	23	25	26		26	1
John Cooper	Male	51	NC	98.8	100/220.4	Open	91	94.5	96	-100.5	96	1
Dalton Fazio	Male	16	NC	94.6	100/220.4	Open	67.5	-70.5	70.5		70.5	2
John Cooper	Male	51	NC	98.8	100/220.4	Masters (50-54)	91	94.5	96	-100.5	96	1
Dalton Fazio	Male	16	NC	94.6	100/220.4	Teen (16-17)	67.5	-70.5	70.5		70.5	1
Rickie Dozier	Male	32	NC	108.6	110/242.5	Open	88.5	-92	92		92	1
Rickie Dozier	Male	32	NC	108.6	110/242.5	Law/Fire/Military	88.5	-92	92		92	1
Steve Kozlowski	Male	68	VA	119.4	125/275.5	Open	69	-70.5	70.5		70.5	1
Steve Kozlowski	Male	68	VA	119.4	125/275.5	Masters (65-69)	69	-70.5	70.5		70.5	1