

# 2009 USPF Works Fitness Meet

2009-04-09, USA-WV, New Martinsville

| Place                                      | Lifter                            | Sex | Age | Equip  | Class | Weight | Squat | Bench | Deadlift | Total  | Wilks  |
|--|-----------------------------------|-----|-----|--------|-------|--------|-------|-------|----------|--------|--------|
| Women Single 165 Masters 40-49             |                                   |     |     |        |       |        |       |       |          |        |        |
| DQ   | <a href="#">Tina Dallison</a>     | F   |     | Single | 165   | 158.6  | 203.9 |       | 253.5    |        |        |
| Men Single 220 Juniors 20-23               |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Anthony Wells</a>     | M   |     | Single | 220   | 213    | 396.8 | 286.6 | 474      | 1157.4 | 324.12 |
| Men Single 242 Open                        |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Jon Deutsch</a>       | M   |     | Single | 242   | 223    | 490.5 | 391.3 | 523.6    | 1405.4 | 386.23 |
| Men Single 308 Open                        |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Jim Hoskinson</a>     | M   | 43~ | Single | 308   | 303    | 931.4 | 694.4 | 699.9    | 2325.8 | 591.20 |
| Men Single 148 Teen 13-15                  |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Logan Wright</a>      | M   |     | Single | 148   | 146    | 231.5 | 170.8 | 198.4    | 600.7  | 213.38 |
| Men Single 181 Teen 13-15                  |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Ethan Graham</a>      | M   |     | Single | 181   | 180.5  | 297.6 | 203.9 | 308.6    | 810.2  | 247.33 |
| Men Single 181 Teen 16-17                  |                                   |     |     |        |       |        |       |       |          |        |        |
| DQ   | <a href="#">Adam Nozum</a>        | M   |     | Single | 181   | 178.4  | 341.7 |       | 407.8    |        |        |
| Men Single 148 Teen 18-19                  |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Timmy Knight</a>      | M   |     | Single | 148   | 140    | 341.7 | 275.5 | 325.1    | 942.4  | 346.74 |
| Men Single 242 Masters 40-49 Bench Only    |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Tom Schmidt</a>       | M   |     | Single | 242   | 235.6  |       | 672.4 |          | 672.4  | 181.16 |
| 2  | <a href="#">Bob Painter</a>       | M   | 41~ | Single | 242   | 235.4  |       | 485   |          | 485    | 130.71 |
| 3  | <a href="#">Rick Perkins</a>      | M   | 47  | Single | 242   | 237    |       | 429.9 |          | 429.9  | 115.60 |
| Men Single 198 Open Bench Only             |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Shannon Shultheis</a> | M   |     | Single | 198   | 190.4  |       | 325.1 |          | 325.1  | 96.25  |
| Men Single 242 Open Bench Only             |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Tom Schmidt</a>       | M   |     | Single | 242   | 235.6  |       | 672.4 |          | 672.4  | 181.16 |
| Men Single 242 Submasters 35-39 Bench Only |                                   |     |     |        |       |        |       |       |          |        |        |
| DQ   | <a href="#">Ron Harbert</a>       | M   | 38~ | Single | 242   | 239    |       |       |          |        |        |
| Men Single 181 Teen 16-17 Bench Only       |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Zac Trembly</a>       | M   | 16  | Single | 181   | 166.5  |       | 479.5 |          | 479.5  | 154.24 |
| 2  | <a href="#">LJ Workman</a>        | M   |     | Single | 181   | 181    |       | 231.5 |          | 231.5  | 70.55  |
| Men Single 198 Teen 18-19 Bench Only       |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Tim Saffle</a>        | M   | 18  | Single | 198   | 186.6  |       | 325.1 |          | 325.1  | 97.34  |
| Men Single 242 Teen 18-19 Bench Only       |                                   |     |     |        |       |        |       |       |          |        |        |
| 1  | <a href="#">Aaron Graytock</a>    | M   |     | Single | 242   | 237.5  |       | 319.6 |          | 319.6  | 85.90  |
| Women Single Open Deadlift Only            |                                   |     |     |        |       |        |       |       |          |        |        |
| G  | <a href="#">Jessica Work</a>      | F   |     | Single |       |        |       |       | 507      | 507    |        |

