

ATTEMPTS

13USCO

2013 USPF 16TH Crain Open
Powerlifting/Bench Press/Deadlift
November 23, 2013 Shawnee, Oklahoma

ATTEMPTS

NAME	DIV	SQUAT	BENCH	SUB	DEADLIFT	TOTAL
-- 132 --						
HARRE, ANNA	WJP	185 195	-210 70 85 -100	280.0	205 215 -225	495.0
-- 148 --						
BUSH, STEPHE	MJO	250 -275	-275 135 145 -160	395.0	275 300 330	725.0
MANEN, LANCE	MJP					
WILSON, ALIS	WJP	-225 -250	250s 115s 125s-130	375.0	225s 250s 275s	650.0s
HAWKINS, DEE	WOD				175 190 205	205.0
-- 165 --						
HALL, RONNIE	MJP	-315 315	-335 205 -215 -215	520.0	365 385 405	925.0
-- 181 --						
POYNOR, JAKE	MJP	275 300	-325 200 215 -225	515.0	275 300 335	850.0
FLEMING, MAR	MMP	500 530	550 235 275 300	850.0	550 585	1435.0
BURNS, MORRI	MOD				170 200 -211	200.0
-- 198 --						
WATSON, MCQU	MJP	350 380	405 265 -290 -290	670.0	405 425 -450	1095.0
DIXON, BRIAN	MJP	405 440	460 -250 250 260	720.0	405 430 -460	1150.0
GILLMAN, LUC	MJP	-475 475	-510 250 -265 265	740.0	485 525 -545	1265.0
NAGELE, MARC	MMP	485A -535	-535 325A 340A 345A	830.0	515A 545A-565	1375.0A
HARJO, CAMER	MOB		275 285 -300	285.0		
SMITH, JASON	MOB		355 381A-400	381.0		
VEAL, JOHN	MOD				410A 445A-460	445.0
NAGELE, MARC	MOD				515A 545A	545.0
SMITH, JASON	MOD				540 581A-600	581.0
GANDY, ALYSS	WJP	-200 200	220 95 -105 -105	315.0	225 250 270	585.0
SEVERSON, JE	WOD					
-- HW --						
VONDEROHE, H	WMP	240s -265	-290 130s 145s-160	385.0	290s 320s 335s	720.0s
ADISENA, ORE	WOD				275 300 330	330.0
-- 220 --						
GOSSVENER, B	MMP	425 -475	-505 275 300 315	740.0	405 435 475	1215.0
BOWEN, BRAND	MMP	405 455	505 275 300 325	830.0	505 555 -605	1385.0
CAPUTO, CARM	MOB		250A 275A 300A	300.0		
EVANS, PETER	MOD				375 405 435	435.0
CAPUTO, CARM	MOD				405A 455A 480A	480.0
VEAL, DANNY	MOP	-325 325	350 245 265 -290	615.0	375 425 460	1075.0
-- 242 --						
HILL, TRAVIS	MOB					
HUNT, DANIEL	MOD				340 370 410	410.0
HYMER, DREW	MOP	505 540	570 305 -325 325	895.0	555 600	1495.0
-- 275 --						
HANDKE, TOMM	MMP	-440 -440	-305 -305		385 405	405.0
OAKLEY, ROYD	MOD				585 600	600.0
CORNELIUS, D	MOP	705A 735A	750A 500A 535A-550	1285.0	705A 735A 760A	2045.0A
-- 308 --						
CATRON, TODD	MOB		285 -325 325	325.0		
MCCONNELL, D	MOB		380	380.0		
CATRON, TODD	MOD				475 515 535	535.0
-- SHW --						
TANNER, AL	MOB		405 425 -435	425.0		
SMITH, DAMON	MOJ	-275 275	-315 200 225 -250	500.0	315 375 405	905.0

BEST LIFTER-MEN BENCH PRESS JASON SMITH/DEADLIFT JASON SMITH
OPEN PL DENNIS CORNELIUS
MASTER PL MARCHAND FLEMING

LIFTERS

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LIFTERS

NAME	CITY/CLUB	WEIGHT	CLASS	DIV	TM	FLT	LOT	COEFF
-- 132 --								
HARRE, ANNA	WICHITA, KANSAS COFFEYVILLE	128.00	132	WJP 3	1	25		
-- 148 --								
BUSH, STEPHEN	COFFEYVILLE, KS COFFEYVILLE	147.00	148	MJO 3	1	21		
MANEN, LANCE VAN	CANEY, KANSAS COFFEYVILLE	0.00	148	MJP 3	1	29		
WILSON, ALISSA	COLLINSVILLE, OK COFFEYVILLE	140.00	148	WJP 3	1	24		
HAWKINS, DEE ELLEN	CHOCTAW, OKLA CAPUTO'S GYM	145.00	148	WOD 2	1	3		
-- 165 --								
HALL, RONNIE	HAVANA, KANSAS COFFEYVILLE	162.00	165	MJP 3	1	22		
-- 181 --								
POYNOR, JAKE	COFFEYVILLE, KS COFFEYVILLE	170.00	181	MJP 3	1	20		
FLEMING, MARCHAND	WEWOKA, OKLA CRAIN	181.74	181	MMP 1	1	13		
BURNS, MORRIS	SHAWNEE, OKLA CRAIN	172.00	181	MOD 1	1	30		
-- 198 --								
DIXON, BRIAN	CANEY, KANSAS COFFEYVILLE	196.00	198	MJP 3	1	27		
GILLMAN, LUCAS	INDEPENDENCE, KS COFFEYVILLE	191.50	198	MJP 3	1	23		
WATSON, MCQUAID	COFFEYVILLE, KS COFFEYVILLE	197.50	198	MJP 3	1	19		
NAGELE, MARC	BARTLESVILLE, OK CRAIN	197.00	198	MMP 1	1	7		
HARJO, CAMERON	JENNINGS, OKLA	183.00	198	MOB	1	12		
SMITH, JASON	BETHANY, OKLA CRAIN	198.00	198	MOB 1	1	15		
NAGELE, MARC	BARTLESVILLE, OK CRAIN	197.00	198	MOD 1	1	7		
SMITH, JASON	BETHANY, OKLA CRAIN	198.00	198	MOD 1	1	15		
VEAL, JOHN	LAWTON, OKLA CAPUTO'S GYM	188.00	198	MOD 2	1	5		
GANDY, ALYSSA DEE	WELLINGTON, KS COFFEYVILLE	194.00	198	WJP 3	1	28		
SEVERSON, JESSICA	SHAWNEE, OKLA CRAIN	0.00	198	WOD 1	1	16		
-- HW --								
VONDEROHE, HOLLY	BETHANY, OKLA CRAIN	258.00	HW	WMP 1	2	10		
ADISENA, ORE	OKC, OKLAHOMA CAPUTO'S GYM	205.50	HW	WOD 2	2	9		
-- 220 --								
BOWEN, BRANDON R	EDMOND, OKLA CAPUTO'S GYM	217.00	220	MMP 2	2	31		
GOSSVENER, BRANDON	HEALDTON, OKLA	218.00	220	MMP	2	32		
CAPUTO, CARMEN	MWC, OKLAHOMA CAPUTO'S GYM	210.00	220	MOB 2	2	1		

		LIFTERS				
CAPUTO, CARMEN	MWC, OKLAHOMA	210.00	220	MOD 2	2	1
	CAPUTO'S GYM					
EVANS, PETER	OKC, OKLAHOMA	213.00	220	MOD 2	1	6
	CAPUTO'S GYM					
VEAL, DANNY	HEALDTON, OKLA	215.00	220	MOP	2	34
-- 242 --						
HILL, TRAVIS	MORRIS, OKLA	0.00	242	MOB 1	2	17
	CRAIN					
HUNT, DANIEL	STILLWATER, OK	229.00	242	MOD 2	2	2
	CAPUTO'S GYM					
HYMER, DREW	EDMOND, OKLA	225.00	242	MOP 2	2	4
	CAPUTO'S GYM					
-- 275 --						
HANDKE, TOMMY	HEALDTON, OKLA	262.00	275	MMP	2	33
OAKLEY, ROYDEN	PRAGUE, OKLA	256.50	275	MOD 1	2	14
	CRAIN					
CORNELIUS, DENNIS	TULSA, OKLAHOMA	270.50	275	MOP	2	35
-- 308 --						
CATRON, TODD	COFFEYVILLE, KS	294.50	308	MOB 3	2	18
	COFFEYVILLE					
MCCONNELL, DONNY	MWC, OKLAHOMA	0.00	308	MOB 2	2	8
	CAPUTO'S GYM					
CATRON, TODD	COFFEYVILLE, KS	294.50	308	MOD 3	2	26
	COFFEYVILLE					
-- SHW --						
TANNER, AL	JENNINGS, OKLA	315.50	SHW	MOB	2	11
SMITH, DAMON	COFFEYVILLE, KS	347.00	SHW	MOJ 3	2	
	COFFEYVILLE					

BEST LIFTER-MEN BENCH PRESS JASON SMITH/DEADLIFT JASON SMITH
 OPEN PL DENNIS CORNELIUS
 MASTER PL MARCHAND FLEMING
 JUNIOR PL LUCAS GILLMAN
 WOMEN DEADLIFT ORE ADISENA
 MASTER PL HOLLY VONDEROHE
 TEAM 1ST COFFEYVILLE RAVENS/2ND CAPUTO'S GYM/3RD CRAIN
 A-AMERICAN RECORD S=STATE RECORD