

MENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	<u>Total</u>
							<u>Clean</u>	
114	1	Valadez, Martin	Larned	114	200	140	145	485
114	2	Miller, Hunter	Douglass	114	185	145	125	455
114	3	Spencer, Eric	Cherryvale	112	185	120	125	430
114	4	Boyles, Cooper	Conway Springs	114	185	120	100	405
114	5	Frink, Grant	Larned	113	150	90	130	370
114	6	Colbertson, Collin	Rossville	102	0	0	115	115
123	1	Shelton, Jarrett	Chaparral	123	270	165	215	650
123	2	Wade, Daytin	Caney Valley	122	270	175	200	645
123	3	Semrad, Wyatt	Erie	117	250	170	185	605
123	4	Benewiat, Jarred	Halstead	121	245	175	185	605
123	5	Novoty, Garrett	Cherryvale	121	245	145	215	605
123	6	Pettegrew, Robert	Conway Springs	122	255	155	160	570
123	7	Gentry, Patrick	Southwestern Heights	122	245	145	175	565
123	8	Stanton, Zane	Caney Valley	123	225	150	145	520
123	9	Henderson, Thomas	Caney Valley	123	200	140	135	475
123	10	King, Micha	Cherryvale	122	0	175	205	380
123	11	Nord, Caleb	Larned	120	0	140	180	320
132	1	Palacius, Jesus	Caney Valley	132	300	175	190	665
132	2	Shobe, Colt	Conway Springs	128	285	190	160	635
132	3	Blaylock, Dakota	Halstead	131	240	160	205	605
132	4	Raida, Trevor	Cherryvale	132	235	155	200	590
132	5	Barron, Levi	Cherryvale	132	225	180	180	585
132	6	Smith, Jacob	Larned	132	255	155	160	570
132	7	Cormack, Bryce	Chaparral	132	220	150	185	555
132	8	Hunt, Braden	Belle Plaine	132	220	145	175	540
132	9	Brackenbury, Ethan	St. Marys	132	120	160	135	415
132	10	Satkowski, Logan	Douglass	128	175	100	130	405
132	11	Nolde, Marcus	Larned	131	0	215	175	390
132	12	Bright, Dalton	Larned	130	0	155	205	360
132	13	Cruz, Jonas	St. Marys	132	0	165	175	340
132	14	Jacobson, Jonathon	Atchison County	132	0	140	140	280
132	15	Tacket, Evan	Cheney	131	0	0	140	140
140	1	Edens, Bo	Cherryvale	139	300	220	225	745
140	2	Leckner, Gage	Wellsville	140	315	225	185	725
140	3	Verge, Kortland	Cherryvale	140	310	190	215	715
140	4	Burch, JJ	Erie	138	275	200	180	655
140	5	Ahlvers, Tate	Beloit	136	245	190	200	635
140	6	Freeman, Kameron	Halstead	139	260	155	215	630
140	7	Rosales, Daniel	Caney Valley	140	255	175	145	575
140	8	Pauly, Dominic	Conway Springs	140	260	150	155	565
140	9	Turner, Hunter	Chaparral	138	185	150	180	515
140	10	Thomas, Phoenix	Rossville	136	205	145	145	495
140	11	Koralek, David	Ellsworth	139	0	185	195	380

MENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power Clean</u>	<u>Total</u>
140	12	Valdez, David	Larned	139	0	0	170	170
148	1	Curry, Wyatt	Conway Springs	146	320	280	210	810
148	2	Renfro, Cody	West Franklin	147	325	215	250	790
148	3	Easley, Max	Larned	147	315	215	245	775
148	4	Queen, Dexter	Cherryvale	146	330	205	210	745
148	5	Rodriguez, Ruben	Erie	147	315	210	210	735
148	6	Mies, Lucas	Conway Springs	148	300	220	195	715
148	7	Jones, Trenton	Conway Springs	144	280	235	190	705
148	8	Taylor, Kyle	Wellsville	143	250	200	215	665
148	9	Hall, Triston	Caney Valley	148	315	180	170	665
148	10	Gladow, Austin	Larned	148	260	185	215	660
148	11	Burris, Mason	Larned	146	290	155	200	645
148	12	Singer, Brayden	West Franklin	148	285	185	175	645
148	13	Evans, Hunter	Atchison County	144	235	190	205	630
148	14	Meise, Devin	Caney Valley	148	300	150	165	615
148	15	Boeker, Derek	Sterling	146	245	175	185	605
148	16	Hiebert, Cory	Halstead	143	230	160	180	570
148	17	Moora, Erik	Caney Valley	148	225	175	165	565
148	18	May, Aaron	Conway Springs	147	235	160	155	550
148	19	Webster, Edward	Atchison County	143	185	150	175	510
148	20	Carver, Garrett	Rossville	146	205	120	170	495
148	21	Perez, Cesar	Southwestern Heights	144	175	150	155	480
148	22	Zamrzla, Pat	Ellsworth	146	290	0	180	470
148	23	Breithaupt, Seth	Wellsville	148	0	205	265	470
148	24	Walters, Nate	Thomas Moore Prep	147	0	205	235	440
148	25	Jarred, Ronnie	Pleasant Ridge	144	0	205	210	415
148	26	Denney, Gunnar	Conway Springs	145	230	175	0	405
148	27	Cunningham, Colton	Neodesha	144	200	0	170	370
148	28	Eggers, Byron	Neodesha	143	180	140	0	320
156	1	Terhune, Colton	Conway Springs	151	370	250	260	880
156	2	Chitwood, Jed	Conway Springs	155	315	215	270	800
156	3	Hower, Colton	Ellsworth	155	355	230	205	790
156	4	Happy, Clayton	Belle Plaine	156	340	200	250	790
156	5	Pearson, Ian	Cherryvale	155	275	260	250	785
156	6	DeDonder, Will	St. Marys	154	345	225	210	780
156	7	Wright, Kye	Douglass	155	310	225	225	760
156	8	Schumacher, Gavin	Thomas Moore Prep	156	330	205	225	760
156	9	Pauly, Derek	Conway Springs	151	320	195	240	755
156	10	Meier, Zach	Beloit	154	320	200	220	740
156	11	Pontious, Dom	Erie	155	275	220	230	725
156	12	Whealy, Drake	Chaparral	156	315	185	225	725
156	13	Acker, Trevor	St. Marys	152	240	190	250	680
156	14	Richey, Grant	Caney Valley	153	300	190	185	675

MENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	<u>Total</u>
							<u>Clean</u>	
156	15	Windholz, Jaxson	Ellsworth	156	300	155	190	645
156	16	Heid, Chandler	Caney Valley	156	275	175	190	640
156	17	Ernest, Jarrett	Caney Valley	151	295	175	165	635
156	18	Gonzales, Brandon	Southwestern Heights	150	240	160	170	570
156	19	Hurla, Holden	Rossville	150	225	155	180	560
156	20	Stewart, Dylan	Sterling	153	250	135	165	550
156	21	Moss, Jack	Douglass	154	210	160	160	530
165	1	Short, Bryce	Caney Valley	165	410	285	230	925
165	2	Reeves, Sean	Chaparral	165	310	220	300	830
165	3	Dodson, Colben	Cherryvale	165	335	230	230	795
165	4	Valderas, Ramon	Chaparral	163	265	195	275	735
165	5	Pauly, Brenden	Conway Springs	162	300	215	200	715
165	6	Nichols, Zane	Sterling	163	285	205	225	715
165	7	Brungardt, Matt	Erie	165	290	215	205	710
165	8	Jacobo, Zak	Ellsworth	159	310	175	210	695
165	9	Nolan, Peyton	Belle Plaine	163	265	175	245	685
165	10	Sanders, Bryce	Caney Valley	165	300	220	165	685
165	11	Larson, Ian	Halstead	165	285	180	190	655
165	12	Burke, Jake	Chaparral	164	235	165	225	625
165	13	Willson, Josh	Caney Valley	160	275	140	195	610
165	14	Schneider, Zac	Ellsworth	162	270	155	185	610
165	15	Topper, Austin	Bluestem	156	255	140	190	585
165	16	Erway, Landon	Larned	165	0	240	320	560
165	17	Winter, Jacob	Conway Springs	158	0	200	210	410
165	18	Littrell, Weston	Osage City	163	0	170	195	365
165	19	Eslinger, Ely	Chaparral	165	0	140	170	310
172	1	Oberle, Luke	Ellsworth	171	405	280	300	985
172	2	Menzer, Bredan	Cherryvale	172	385	265	335	985
172	3	Bartz, Brandon	Larned	172	405	240	295	940
172	4	Wooten, Hayden	Neodesha	172	360	235	235	830
172	5	Clark, Adam	Chaparral	172	330	245	230	805
172	6	Bradshaw, Jacob	Rossville	166	315	210	245	770
172	7	Thornton, Ben	Caney Valley	168	315	220	215	750
172	8	Stover, Caleb	Belle Plaine	172	280	190	245	715
172	9	Hulbert, Sheldon	Rossville	172	280	160	230	670
172	10	Addis, Cade	Cherryvale	172	275	190	200	665
172	11	Doffing, Matthias	Conway Springs	171	250	180	200	630
172	12	Newby, Rhett	Caney Valley	171	290	175	150	615
172	13	Roelfs, Jacob	Halstead	171	200	145	190	535
172	14	Bembrick, Seth	Riverside	172	0	225	225	450
172	15	Eakin, Riley	Larned	172	0	210	235	445
172	16	Gustin, Darrell	Ellsworth	172	395	0	0	395
172	17	Jensen, Zach	Rossville	169	315	0	0	315

MENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	<u>Total</u>
							<u>Clean</u>	
172	18	Rodwald, Garrett	Royal Valley	169	0	225	0	225
172	19	Daniels, Aaron	Atchison County	166	0	195	0	195
181	1	Griffen, Cole	Caney Valley	179	455	350	260	1065
181	2	Mooneyham, Grant	Conway Springs	180	410	275	245	930
181	3	Turpin, TJ	Perry-Leocompton	180	415	225	290	930
181	4	Morris, Tony	Halstead	177	345	280	270	895
181	5	Davis, Kaden	Ellsworth	179	390	230	265	885
181	6	Garcia, Kenny	Southwestern Heights	181	365	275	235	875
181	7	Watson, Leroy	Riverside	181	365	275	225	865
181	8	Davis, Wes	Larned	179	340	215	275	830
181	9	Main, Chance	Cherryvale	180	345	235	245	825
181	10	Douglas, Matt	Cherryvale	179	300	250	245	795
181	11	Schumacher, Cole	Rossville	177	310	205	270	785
181	12	Gardea, Tim	Larned	178	330	230	220	780
181	13	Williams, Gavin	Cherryvale	181	315	220	200	735
181	14	Wagner, Hunter	Pleasant Ridge	180	300	200	225	725
181	15	Hurst, Tucker	Humboldt	175	330	180	185	695
181	16	Short, Noah	West Franklin	181	265	205	190	660
181	17	Dyche, Cody	Rossville	176	190	140	145	475
181	18	Hutson, Logan	Conway Springs	175	200	140	125	465
181	19	Baker, Justin	Larned	177	0	205	190	395
181	20	Curnutt, Ethan	Ellsworth	180	0	0	190	190
198	1	Mooney, Dayton	Galena	193	550	310	350	1210
198	2	Lange, Justin	Conway Springs	195	365	320	285	970
198	3	Owens, Dalton	Caney Valley	196	450	280	230	960
198	4	Miller, Bryer	Riverside	195	375	320	225	920
198	5	Stecklein, Chris	Thomas Moore Prep	197	405	250	250	905
198	6	Hammes, Dawson	Rossville	188	370	230	280	880
198	7	Madl, Josh	Cherryvale	198	375	260	245	880
198	8	Moran, Lane	Bluestem	181	350	250	270	870
198	9	Barrett, Kelton	Larned	191	360	235	255	850
198	10	Sherwood, Kyle	Scott City	197	365	255	205	825
198	11	Taylor, Jordon	Larned	196	345	230	225	800
198	12	Doran, Pat	Larned	196	340	215	245	800
198	13	Herter, Jonathen	Larned	197	355	205	240	800
198	14	Blaylock, Drew	Halstead	196	330	210	250	790
198	15	Fiedler, TJ	Rossville	197	330	230	215	775
198	16	Becker, Daniel	Conway Springs	185	315	200	210	725
198	17	Spilman, Austin	Atchison County	189	250	215	235	700
198	18	Saremba, Till	Neodesha	197	290	195	200	685
198	19	Catron, Payton	Rossville	185	315	170	185	670
198	20	Chandler, Nick	Southwestern Heights	186	245	200	215	660
198	21	Frye, Trent	Osage City	196	250	195	165	610

MENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	<u>Total</u>
							<u>Clean</u>	
198	22	Robuck, Vinton	Halstead	196	245	170	190	605
198	23	Friess, Andrew	Conway Springs	194	0	245	200	445
198	24	Rodwald, Brandon	Royal Valley	197	275	0	0	275
198	25	Johnson, Noah	Humboldt	192	0	0	205	205
198 ?		Johnson, Izzy	Neodesha	196	0	0	0	0
220	1	Resler, Dalton	Riverside	220	455	385	255	1095
220	2	Steed, Zach	Cherryvale	220	445	275	315	1035
220	3	Lange, Matthew	Conway Springs	202	415	290	295	1000
220	4	Clapp, Jalen	Caney Valley	220	475	250	225	950
220	5	Runyan, Mason	Douglass	214	425	250	210	885
220	6	Walker, Tanor	Chaparral	220	355	265	265	885
220	7	Bennett, Bryson	Cherryvale	212	315	265	255	835
220	8	Friesburg, Sam	Caney Valley	208	330	230	215	775
220	9	Keener, Sam	Ellsworth	206	335	190	220	745
220	10	Hedrick, Christian	Conway Springs	202	290	200	225	715
220	11	Rubnick, Doran	Royal Valley	217	395	0	305	700
220	12	Watts, David	Humboldt	201	300	210	160	670
220	13	Cole, Thomas	Thomas Moore Prep	200	300	190	175	665
220	14	Davis, Mason	Conway Springs	208	260	180	145	585
220	15	Delgaillo, Juan	Larned	212	365	200	0	565
220	16	Williams, Nate	Larned	220	0	215	270	485
242	1	Smedley, Trenton	Cherryvale	224	505	300	335	1140
242	2	Flower, Reid	Scott City	242	465	295	280	1040
242	3	Olivero, Gaige	Riverside	227	425	300	245	970
242	4	Wood, Zach	Cherryvale	242	395	305	270	970
242	5	Kunz, Skyler	Conway Springs	221	400	290	210	900
242	6	Carr, Leonard	Douglass	231	415	240	210	865
242	7	Henke, Peyton	Douglass	231	405	225	230	860
242	8	Martinez, Christian	Larned	242	370	205	205	780
242	9	Stiver, Nick	Pleasant Ridge	240	275	225	210	710
242	10	Friesburg, Will	Caney Valley	235	260	155	140	555
242	11	Simon, Jared	Garden Plain	232	0	415	0	415
242 ?		Ritchie, Blake	Larned	221	0	0	0	0
PWR	1	Clark, DeShaun	Larned	350	570	375	325	1270
PWR	2	Snider, Brady	Cherryvale	276	520	365	315	1200
PWR	3	Cox, Logan	Southwestern Heights	291	415	265	265	945
PWR	4	Renfro, Shane	West Franklin	254	355	305	235	895
PWR	5	Patel, Alex	Thomas Moore Prep	301	405	260	205	870
PWR	6	Kimminau, Garrett	Beloit	274	405	240	215	860
PWR	7	Smith, Danny	Belle Plaine	255	345	235	275	855
PWR	8	Ingels, Amos	Royal Valley	262	365	265	225	855
PWR	9	Smith, Sid	Caney Valley	279	385	260	175	820
PWR	10	Todd, Nate	Humboldt	281	405	235	180	820

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<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	<u>Total</u>
							<u>Clean</u>	
PWR	11	Melendez, Andres	Humboldt	276	405	225	170	800
PWR	12	Allen, Marcus	Larned	360	370	270	0	640
PWR	13	Kerby, Jacob	Ellsworth	272	400	230	0	630
PWR	14	Anderson, Lukus	Larned	278	0	285	280	565

MENS 3A STATE POWERLIFTING 2016

<u>Power Index</u>
<u>Total</u>
4.254
4.002
3.843
3.553
3.274
1.129
5.285
5.291
5.153
5.008
4.984
4.672
4.65
4.228
3.871
3.105
2.671
5.038
4.976
4.604
4.476
4.432
4.325
4.205
4.091
3.153
3.167
2.989
2.78
2.576
2.124
1.066
5.352
5.186
5.114
4.733
4.662
4.539
4.113
4.047
3.726
3.634
2.726

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<u>Power Index</u>
<u>Total</u>
1.223
5.533
5.392
5.29
5.089
4.986
4.831
4.903
4.65
4.493
4.459
4.433
4.358
4.375
4.158
4.138
3.975
3.82
3.731
3.566
3.381
3.333
3.221
3.184
3.003
2.874
2.785
2.569
2.235
5.812
5.175
5.097
5.064
5.051
5.052
4.903
4.875
5.013
4.799
4.671
4.653
4.485
4.409

MENS 3A STATE POWERLIFTING 2016

<u>Power Index</u>
<u>Total</u>
4.137
4.105
4.203
3.8
3.731
3.585
3.448
5.606
5.03
4.824
4.504
4.403
4.381
4.303
4.374
4.202
4.157
3.97
3.82
3.822
3.768
3.748
3.394
2.602
2.234
1.881
5.757
5.733
5.465
4.837
4.686
4.636
4.454
4.157
3.902
3.866
3.676
3.601
3.125
2.619
2.587
2.302
1.862

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<u>Power Index</u>
<u>Total</u>
1.335
1.178
5.946
5.172
5.161
5.045
4.947
4.848
4.79
4.65
4.594
4.446
4.445
4.382
4.07
4.039
3.981
3.65
2.693
2.657
2.232
1.056
6.269
3.509
4.898
3.562
4.589
4.676
4.444
4.801
4.45
4.181
4.092
4.082
4.057
4.022
3.932
3.915
3.696
3.474
3.618
3.548
3.106

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<u>Power Index</u>
<u>Total</u>
3.093
2.299
1.398
1.07
0
4.98
4.713
4.941
4.318
4.139
4.023
3.935
3.728
3.624
3.536
3.226
3.337
3.322
2.807
2.671
2.205
5.089
4.299
4.271
4.01
4.065
3.74
3.72
3.23
2.956
2.367
1.789
0
3.629
4.343
3.253
3.526
2.895
3.143
3.353
3.262
2.938
2.918

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<u>Power Index</u>
<u>Total</u>
2.903
1.778
2.316
2.032

MENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
114	Squat	1	200	Valadez, Martin	Larned
	Squat	2	185	Spencer, Eric	Cherryvale
	Squat	3	185	Miller, Hunter	Douglass
	Bench	1	145	Miller, Hunter	Douglass
	Bench	2	140	Valadez, Martin	Larned
	Bench	3	120	Spencer, Eric	Cherryvale
	Power	1	145	Valadez, Martin	Larned
	Power	2	130	Frink, Grant	Larned
	Power	3	125	Spencer, Eric	Cherryvale
123	Squat	1	270	Wade, Daytin	Caney Valley
	Squat	2	270	Shelton, Jarrett	Chaparral
	Squat	3	255	Pettegrew, Robert	Conway Springs
	Bench	1	175	Benewiat, Jarred	Halstead
	Bench	2	175	Wade, Daytin	Caney Valley
	Bench	3	175	King, Micha	Cherryvale
	Power	1	215	Novoty, Garrett	Cherryvale
	Power	2	215	Shelton, Jarrett	Chaparral
	Power	3	205	King, Micha	Cherryvale
132	Squat	1	300	Palacius, Jesus	Caney Valley
	Squat	2	285	Shobe, Colt	Conway Springs
	Squat	3	255	Smith, Jacob	Larned
	Bench	1	215	Nolde, Marcus	Larned
	Bench	2	190	Shobe, Colt	Conway Springs
	Bench	3	180	Barron, Levi	Cherryvale
	Power	1	205	Bright, Dalton	Larned
	Power	2	205	Blaylock, Dakota	Halstead
	Power	3	200	Raida, Trevor	Cherryvale
140	Squat	1	315	Leckner, Gage	Wellsville
	Squat	2	310	Verge, Kortland	Cherryvale
	Squat	3	300	Edens, Bo	Cherryvale
	Bench	1	225	Leckner, Gage	Wellsville
	Bench	2	220	Edens, Bo	Cherryvale
	Bench	3	200	Burch, JJ	Erie
	Power	1	225	Edens, Bo	Cherryvale
	Power	2	215	Freeman, Kameron	Halstead
	Power	3	215	Verge, Kortland	Cherryvale
148	Squat	1	330	Queen, Dexter	Cherryvale
	Squat	2	325	Renfro, Cody	West Franklin
	Squat	3	320	Curry, Wyatt	Conway Springs
	Bench	1	280	Curry, Wyatt	Conway Springs
	Bench	2	235	Jones, Trenton	Conway Springs
	Bench	3	220	Mies, Lucas	Conway Springs
	Power	1	265	Breithaupt, Seth	Wellsville

MENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
	Power	2	250	Renfro, Cody	West Franklin
	Power	3	245	Easley, Max	Larned
156	Squat	1	370	Terhune, Colton	Conway Springs
	Squat	2	355	Hower, Colton	Ellsworth
	Squat	3	345	DeDonder, Will	St. Marys
	Bench	1	260	Pearson, Ian	Cherryvale
	Bench	2	250	Terhune, Colton	Conway Springs
	Bench	3	230	Hower, Colton	Ellsworth
	Power	1	270	Chitwood, Jed	Conway Springs
	Power	2	260	Terhune, Colton	Conway Springs
	Power	3	250	Acker, Trevor	St. Marys
165	Squat	1	410	Short, Bryce	Caney Valley
	Squat	2	335	Dodson, Colben	Cherryvale
	Squat	3	310	Jacobo, Zak	Ellsworth
	Bench	1	285	Short, Bryce	Caney Valley
	Bench	2	240	Erway, Landon	Larned
	Bench	3	230	Dodson, Colben	Cherryvale
	Power	1	320	Erway, Landon	Larned
	Power	2	300	Reeves, Sean	Chaparral
	Power	3	275	Valderas, Ramon	Chaparral
172	Squat	1	405	Oberle, Luke	Ellsworth
	Squat	2	405	Bartz, Brandon	Larned
	Squat	3	395	Gustin, Darrell	Ellsworth
	Bench	1	280	Oberle, Luke	Ellsworth
	Bench	2	265	Menzer, Bredan	Cherryvale
	Bench	3	245	Clark, Adam	Chaparral
	Power	1	335	Menzer, Bredan	Cherryvale
	Power	2	300	Oberle, Luke	Ellsworth
	Power	3	295	Bartz, Brandon	Larned
181	Squat	1	455	Griffen, Cole	Caney Valley
	Squat	2	415	Turpin, TJ	Perry-Lecompton
	Squat	3	410	Mooneyham, Grant	Conway Springs
	Bench	1	350	Griffen, Cole	Caney Valley
	Bench	2	280	Morris, Tony	Halstead
	Bench	3	275	Mooneyham, Grant	Conway Springs
	Power	1	290	Turpin, TJ	Perry-Lecompton
	Power	2	275	Davis, Wes	Larned
	Power	3	270	Schumacher, Cole	Rossville
198	Squat	1	550	Mooney, Dayton	Galena
	Squat	2	450	Owens, Dalton	Caney Valley
	Squat	3	405	Stecklein, Chris	Thomas Moore Prep
	Bench	1	320	Miller, Bryer	Riverside
	Bench	2	320	Lange, Justin	Conway Springs

MENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
	Bench	3	310	Mooney, Dayton	Galena
	Power	1	350	Mooney, Dayton	Galena
	Power	2	285	Lange, Justin	Conway Springs
	Power	3	280	Hammes, Dawson	Rossville
220	Squat	1	475	Clapp, Jalen	Caney Valley
	Squat	2	455	Resler, Dalton	Riverside
	Squat	3	445	Steed, Zach	Cherryvale
	Bench	1	385	Resler, Dalton	Riverside
	Bench	2	290	Lange, Matthew	Conway Springs
	Bench	3	275	Steed, Zach	Cherryvale
	Power	1	315	Steed, Zach	Cherryvale
	Power	2	305	Rubnick, Doran	Royal Valley
	Power	3	295	Lange, Matthew	Conway Springs
242	Squat	1	505	Smedley, Trenton	Cherryvale
	Squat	2	465	Flower, Reid	Scott City
	Squat	3	425	Olivero, Gaige	Riverside
	Bench	1	415	Simon, Jared	Garden Plain
	Bench	2	305	Wood, Zach	Cherryvale
	Bench	3	300	Smedley, Trenton	Cherryvale
	Power	1	335	Smedley, Trenton	Cherryvale
	Power	2	280	Flower, Reid	Scott City
	Power	3	270	Wood, Zach	Cherryvale
PWR	Squat	1	570	Clark, DeShaun	Larned
	Squat	2	520	Snider, Brady	Cherryvale
	Squat	3	415	Cox, Logan	Southwestern Heights
	Bench	1	375	Clark, DeShaun	Larned
	Bench	2	365	Snider, Brady	Cherryvale
	Bench	3	305	Renfro, Shane	West Franklin
	Power	1	325	Clark, DeShaun	Larned
	Power	2	315	Snider, Brady	Cherryvale
	Power	3	280	Anderson, Lukus	Larned

MENS 3A STATE POWERLIFTING 2016

<u>Place</u>	<u>Team</u>	<u>1st x10</u>	<u>2nd x8</u>	<u>3rd x6</u>	<u>4th x4</u>	<u>5th x2</u>	<u>6th x1</u>
1	Cherryvale	2	3	3	3	3	0
2	Conway Springs	2	4	1	1	2	2
3	Caney Valley	3	1	1	1	0	0
4	Larned	2	0	2	0	1	1
5	Chaparral	1	1	0	1	1	1
6	Riverside	1	0	1	1	0	0
7	Ellsworth	1	0	1	0	1	0
8	Halstead	0	0	1	2	0	1
9	West Franklin	0	1	0	1	0	0
10	Erie	0	0	1	1	1	0
11	Douglass	0	1	0	0	1	1
12	Galena	1	0	0	0	0	0
13 tie	Wellsville	0	1	0	0	0	0
	Scott City	0	1	0	0	0	0
15	Southwestern Heights	0	0	1	0	0	1
16	Perry-Lecompton	0	0	1	0	0	0
17 tie	Neodesha	0	0	0	1	0	0
	Belle Plaine	0	0	0	1	0	0
19	Thomas Moore Prep	0	0	0	0	2	0
20	Beloit	0	0	0	0	1	1
21	Rossville	0	0	0	0	0	3
22 tie	St. Marys	0	0	0	0	0	1
	Sterling	0	0	0	0	0	1
24 tie	Pleasant Ridge	0	0	0	0	0	0
	Bluestem	0	0	0	0	0	0
	Cheney	0	0	0	0	0	0
	Atchison County	0	0	0	0	0	0
	Osage City	0	0	0	0	0	0
	Royal Valley	0	0	0	0	0	0
	Humboldt	0	0	0	0	0	0
	Garden Plain	0	0	0	0	0	0
	Kingman	0	0	0	0	0	0
	Garden Plain	0	0	0	0	0	0

MENS 3A STATE POWERLIFTING 2016

Total Pts.

80

68

48

35

25

20

18

15

12

12

11

10

8

8

7

6

4

4

4

3

3

1

1

0

0

0

0

0

0

0

0

0

0

WOMENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power Clean</u>	<u>Total</u>
105	1	Fuller, Caitlin	Atchison County	104	175	100	110	385
105	2	Prieto, Olivia	Scott City	102	170	100	95	365
105	3	Sinnott, Jenna	Ellsworth	101	155	95	110	360
105	4	Kindscher, Jessi	Hoisington	100	150	95	105	350
105	5	Lang, Kylee	Cherryvale	105	160	90	100	350
105	6	Fenno, Brianna	Douglass	102	140	85	105	330
105	7	Watson, Tommy	Caney Valley	104	150	90	90	330
105	8	Casper, Ashleigh	Eureka	98	120	85	95	300
105	9	Morris, Mariah	Conway Springs	102	110	70	70	250
114	1	Drouhard, Amanda	Conway Springs	110	205	105	130	440
114	2	Lemmon, Chaley	Royal Valley	114	185	95	135	415
114	3	Werth, Kendra	Thomas Moore Prep	112	185	105	120	410
114	4	Millspaugh, Kaytlynn	Halstead	114	180	85	140	405
114	5	Kimball, Jorgie	Larned	111	185	85	100	370
114	6	Doffing, Audrey	Conway Springs	113	175	85	105	365
114	7	Buey, Brea	Caney Valley	111	165	90	95	350
114	8	Wimp, Kourtney	Erie	113	135	100	100	335
114	9	King, Sam	Caney Valley	113	145	65	85	295
123	1	Hawks, Gentry	Ellsworth	123	180	125	145	450
123	2	Keim, Jenny	Chaparral	122	165	100	155	420
123	3	Patton, Cami	Scott City	123	170	130	115	415
123	4	Birkholz, Chander	Eureka	120	135	110	130	375
123	5	Duhon, Lorissa	Chaparral	122	165	85	125	375
123	6	Scott, Lindsay	Neodesha	122	140	90	130	360
123	7	Heimerman, Abby	Conway Springs	123	150	90	105	345
123	8	Steveson, Tori	Erie	123	0	100	110	210
123	9	Spain, Natalie	Larned	117	0	90	105	195
123	10	Kitch, Delaney	Scott City	123	0	100	90	190
123	11	Prewit, Ashley	Scott City	123	0	85	95	180
132	1	Hilger, Kadee	Conway Springs	127	235	145	135	515
132	2	Vondracek, Tyler	Scott City	132	230	120	130	480
132	3	Moore, Shelby	Royal Valley	132	190	100	140	430
132	4	Hardtarfer, Megan	Halstead	125	170	105	145	420
132	5	Hoover, Camryn	Eureka	126	160	115	130	405
132	6	Vessar, Kayla	Atchison County	130	155	110	130	395
132	7	McKee, Maggie	Halstead	131	180	95	120	395
132	8	Grider, Courtney	Halstead	132	140	100	140	380
132	9	Thompson, Sammy	Caney Valley	132	170	95	95	360
132	10	Fisher, Lexi	Conway Springs	128	155	90	95	340
132	11	Schmanke, Molly	Conway Springs	128	140	85	85	310
132	12	Bright, Aarika	Larned	131	0	105	145	250
132	13	Kelley, Ashlyn	Sterling	130	0	110	110	220
140	1	Skelton, Haley	Larned	138	235	115	160	510

WOMENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power Clean</u>	<u>Total</u>
140	2	Wray, Chellie	Larned	136	215	125	165	505
140	3	Davis, Kolby	Ellsworth	139	195	120	170	485
140	4	Redieck, Susan	Pleasant Ridge	138	235	120	125	480
140	5	Howell, Tanna	Neodesha	136	195	105	130	430
140	6	McIntosh, Kolbi	Caney Valley	140	185	130	110	425
140	7	Torrey, Jennifer	Eureka	140	170	90	135	395
140	8	McIntosh, Kyndal	Caney Valley	137	160	105	110	375
140	9	Barrett, Starr	Halstead	140	0	85	125	210
148	1	Kough, Amanda	Scott City	144	265	150	150	565
148	2	Hilger, Kristen	Conway Springs	146	275	155	125	555
148	3	Putnam, Macy	Royal Valley	147	235	125	190	550
148	4	Dodgen, Caitlyn	Chaparral	144	185	120	165	470
148	5	Biehler, Kenzie	Conway Springs	147	220	120	110	450
148	6	Hollis, Makayla	Conway Springs	145	180	110	150	440
148	7	Runnebaum, Adelle	Halstead	145	160	115	155	430
156	1	LaMay, Sadie	Wellsville	153	310	130	210	650
156	2	Walters, Caileen	Halstead	156	270	145	155	570
156	3	Bernsten, Liz	Conway Springs	151	225	125	130	480
156	4	Newman, Kayla	Halstead	155	200	120	155	475
156	5	Klamm, Kelsie	Wellsville	155	210	125	135	470
156	6	Reynolds, Hannah	Douglass	153	205	110	125	440
156	7	Misak, Skylar	Conway Springs	149	195	100	120	415
156	8	Hook, Kaylynn	Belle Plaine	156	175	0	115	290
165	1	Mueller, Kirsten	Halstead	165	290	135	170	595
165	2	Rash, Taryn	Cherryvale	165	235	165	135	535
165	3	Finger, Kaitlyn	Larned	157	240	100	175	515
165	4	Richardson, Shae	Eureka	165	225	120	150	495
165	5	Racette, Savannah	Larned	161	215	90	125	430
165	6	Simon, Hannah	Eureka	160	185	90	120	395
165	7	Roy, Sienna	West Franklin	165	175	100	100	375
165	8	Boyd, Kayleigh	Douglass	163	170	90	105	365
165	9	Nowak, Katie	Scott City	165	205	0	120	325
181	1	Davidson, Kinsey	Halstead	181	225	155	195	575
181	2	Hanson, Kate	Royal Valley	179	215	130	200	545
181	3	Jones, Hanah	Conway Springs	179	245	145	150	540
181	4	Johnson, Karina	Atchison County	171	240	145	125	510
181	5	Foster, Amy	St. Marys	170	200	130	145	475
181	6	Moore, Kylie	Royal Valley	180	205	110	160	475
181	7	Lange, Aspen	Conway Springs	181	230	130	110	470
181	8	Hetherington, Madison	Atchison County	170	205	115	125	445
181	9	Jennings, Brittney	Southwestern Heights	170	195	115	125	435
PWR	1	Bernsten, Mary	Conway Springs	201	285	110	135	530
PWR	2	Sanborn, Lexi	Douglass	197	225	140	115	480

WOMENS 3A STATE POWERLIFTING 2016

<u>Wt. Class</u>	<u>Place</u>	<u>Lifter</u>	<u>Team</u>	<u>BWT</u>	<u>Squat</u>	<u>Bench Press</u>	<u>Power</u>	
							<u>Clean</u>	<u>Total</u>
PWR	3	Simon, Allison	Eureka	248	230	115	120	465
PWR	4	King, Lydia	Neodesha	216	205	125	115	445
PWR	5	Marshall, Madie	Chaparral	185	210	115	110	435

WOMENS 3A STATE POWERLIFTING 2016

<u>Power Index</u>
<u>Total</u>
3.695
3.582
3.554
3.514
3.337
3.223
3.188
3.058
2.453
4.011
3.647
3.667
3.553
3.333
3.239
3.15
2.954
2.606
3.662
3.431
3.382
3.135
3.074
2.961
2.812
1.707
1.667
1.546
1.466
4.042
3.636
3.27
3.371
3.212
3.029
3.02
2.879
2.727
2.667
2.418
1.916
1.695
3.696

WOMENS 3A STATE POWERLIFTING 2016

<u>Power Index</u>
<u>Total</u>
3.713
3.484
3.473
3.162
3.036
2.825
2.735
1.5
3.929
3.796
3.739
3.264
3.055
3.03
2.957
4.237
3.654
3.173
3.057
3.028
2.876
2.787
1.859
3.608
3.25
3.28
3.005
2.679
2.472
2.273
2.235
1.974
3.177
3.041
3.013
2.982
2.788
2.637
2.597
2.618
2.566
2.641
2.442

WOMENS 3A STATE POWERLIFTING 2016

<u>Power Index</u>
<u>Total</u>
1.874
2.058
2.351

WOMENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
105	Squat	1	175	Fuller, Caitlin	Atchison County
	Squat	2	170	Prieto, Olivia	Scott City
	Squat	3	160	Lang, Kylee	Cherryvale
	Bench	1	100	Prieto, Olivia	Scott City
	Bench	2	100	Fuller, Caitlin	Atchison County
	Bench	3	95	Kindscher, Jessi	Hoisington
	Power	1	110	Sinnott, Jenna	Ellsworth
	Power	2	110	Fuller, Caitlin	Atchison County
	Power	3	105	Kindscher, Jessi	Hoisington
114	Squat	1	205	Drouhard, Amanda	Conway Springs
	Squat	2	185	Kimball, Jorgie	Larned
	Squat	3	185	Werth, Kendra	Thomas Moore Prep
	Bench	1	105	Drouhard, Amanda	Conway Springs
	Bench	2	105	Werth, Kendra	Thomas Moore Prep
	Bench	3	100	Wimp, Kourtney	Erie
	Power	1	140	Millsbaugh, Kaytlynn	Halstead
	Power	2	135	Lemmon, Chaley	Royal Valley
	Power	3	130	Drouhard, Amanda	Conway Springs
123	Squat	1	180	Hawks, Gentry	Ellsworth
	Squat	2	170	Patton, Cami	Scott City
	Squat	3	165	Duhon, Lorissa	Chaparral
	Bench	1	130	Patton, Cami	Scott City
	Bench	2	125	Hawks, Gentry	Ellsworth
	Bench	3	110	Birkholz, Chander	Eureka
	Power	1	155	Keim, Jenny	Chaparral
	Power	2	145	Hawks, Gentry	Ellsworth
	Power	3	130	Birkholz, Chander	Eureka
132	Squat	1	235	Hilger, Kadee	Conway Springs
	Squat	2	230	Vondracek, Tyler	Scott City
	Squat	3	190	Moore, Shelby	Royal Valley
	Bench	1	145	Hilger, Kadee	Conway Springs
	Bench	2	120	Vondracek, Tyler	Scott City
	Bench	3	115	Hoover, Camryn	Eureka
	Power	1	145	Hardtarfer, Megan	Halstead
	Power	2	145	Bright, Aarika	Larned
	Power	3	140	Moore, Shelby	Royal Valley
140	Squat	1	235	Skelton, Haley	Larned
	Squat	2	235	Redieck, Susan	Pleasant Ridge
	Squat	3	215	Wray, Chellie	Larned
	Bench	1	130	McIntosh, Kolbi	Caney Valley
	Bench	2	125	Wray, Chellie	Larned
	Bench	3	120	Redieck, Susan	Pleasant Ridge
	Power	1	170	Davis, Kolby	Ellsworth

WOMENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
	Power	2	165	Wray, Chellie	Larned
	Power	3	160	Skelton, Haley	Larned
148	Squat	1	275	Hilger, Kristen	Conway Springs
	Squat	2	265	Kough, Amanda	Scott City
	Squat	3	235	Putnam, Macy	Royal Valley
	Bench	1	155	Hilger, Kristen	Conway Springs
	Bench	2	150	Kough, Amanda	Scott City
	Bench	3	125	Putnam, Macy	Royal Valley
	Power	1	190	Putnam, Macy	Royal Valley
	Power	2	165	Dodgen, Caitlyn	Chaparral
	Power	3	155	Runnebaum, Adelle	Halstead
156	Squat	1	310	LaMay, Sadie	Wellsville
	Squat	2	270	Walters, Caileen	Halstead
	Squat	3	225	Bernsten, Liz	Conway Springs
	Bench	1	145	Walters, Caileen	Halstead
	Bench	2	130	LaMay, Sadie	Wellsville
	Bench	3	125	Bernsten, Liz	Conway Springs
	Power	1	210	LaMay, Sadie	Wellsville
	Power	2	155	Newman, Kayla	Halstead
	Power	3	155	Walters, Caileen	Halstead
165	Squat	1	290	Mueller, Kirsten	Halstead
	Squat	2	240	Finger, Kaitlyn	Larned
	Squat	3	235	Rash, Taryn	Cherryvale
	Bench	1	165	Rash, Taryn	Cherryvale
	Bench	2	135	Mueller, Kirsten	Halstead
	Bench	3	120	Richardson, Shae	Eureka
	Power	1	175	Finger, Kaitlyn	Larned
	Power	2	170	Mueller, Kirsten	Halstead
	Power	3	150	Richardson, Shae	Eureka
181	Squat	1	245	Jones, Hanah	Conway Springs
	Squat	2	240	Johnson, Karina	Atchison County
	Squat	3	230	Lange, Aspen	Conway Springs
	Bench	1	155	Davidson, Kinsey	Halstead
	Bench	2	145	Johnson, Karina	Atchison County
	Bench	3	145	Jones, Hanah	Conway Springs
	Power	1	200	Hanson, Kate	Royal Valley
	Power	2	195	Davidson, Kinsey	Halstead
	Power	3	160	Moore, Kylie	Royal Valley
PWR	Squat	1	285	Bernsten, Mary	Conway Springs
	Squat	2	230	Simon, Allison	Eureka
	Squat	3	225	Sanborn, Lexi	Douglass
	Bench	1	140	Sanborn, Lexi	Douglass
	Bench	2	125	King, Lydia	Neodesha

WOMENS 3A STATE POWERLIFTING 2016

<u>Weight Class</u>	<u>Lift</u>	<u>Place</u>	<u>Lift Weight</u>	<u>Lifter</u>	<u>Team</u>
	Bench	3	115	Marshall, Madie	Chaparral
	Power	1	135	Bernsten, Mary	Conway Springs
	Power	2	120	Simon, Allison	Eureka
	Power	3	115	Sanborn, Lexi	Douglass

WOMENS 3A STATE POWERLIFTING 2016

<u>Place</u>	<u>Team</u>	<u>1st x10</u>	<u>2nd x8</u>	<u>3rd x6</u>	<u>4th x4</u>	<u>5th x2</u>	<u>6th x1</u>
1	Conway Springs	3	1	2	0	1	2
2	Halstead	2	1	0	3	0	0
3	Scott City	1	2	1	0	0	0
4	Royal Valley	0	2	2	0	0	1
5	Larned	1	1	1	0	2	0
6	Ellsworth	1	0	2	0	0	0
7	Eureka	0	0	1	2	1	1
8	Chaparral	0	1	0	1	2	0
9	Atchison County	1	0	0	1	0	1
10	Wellsville	1	0	0	0	1	0
11	Cherryvale	0	1	0	0	1	0
12	Douglass	0	1	0	0	0	2
13	Neodesha	0	0	0	1	1	1
14	Thomas Moore Prep	0	0	1	0	0	0
15 tie	Pleasant Ridge	0	0	0	1	0	0
	Hoisington	0	0	0	1	0	0
17	St. Marys	0	0	0	0	1	0
18	Caney Valley	0	0	0	0	0	1
19 tie	Belle Plaine	0	0	0	0	0	0
	West Franklin	0	0	0	0	0	0
	Southwestern Heights	0	0	0	0	0	0
	Erie	0	0	0	0	0	0
	Sterling	0	0	0	0	0	0

WOMENS 3A STATE POWERLIFTING 2016

Total Pts.

54
40
32
29
28
22
17
16
15
12
10
10
7
6
4
4
2
1
0
0
0
0
0