

2015-04-18

## Waterloo Regional Highschool Invitational

| Powerlifting Results<br>Name | Team | Div    | Bwt<br>(kg) | WtCls<br>(kg) | SQ-1   | SQ-2  | SQ-3   | BP-1  | BP-2   | BP-3   | DL-1  | DL-2   | DL-3   | (1) PL<br>Total | Wilks Pts | Pl-Div- WtCls-Evt | TEAM<br>PTS. |
|------------------------------|------|--------|-------------|---------------|--------|-------|--------|-------|--------|--------|-------|--------|--------|-----------------|-----------|-------------------|--------------|
| Megan Martin                 | FH   | F-SJ-U | 44.7        | 47            | 42.5   | 47.5  | -52.5  | 37.5  | -45.0  | 45.0   | 50.0  | 62.5   | 80.0   | 172.5           | 240.327   | 1-F-SJ-U-47-PL    | 12           |
| Isabeau Glebe                | WO   | F-SJ-U | 51.4        | 52            | 40.0   | -45.0 | 50.0   | 32.5  | 35.0   | 38.0   | 75.0  | 85.0   | 90.0   | 178.0           | 223.888   | 1-F-SJ-U-52-PL    | 12           |
| Savannah King                | NH   | F-SJ-U | 59.4        | 63            | 47.5   | 60.0  | 70.0   | 30.0  | 35.0   | 40.0   | 75.0  | 90.0   | 100.0  | 210.0           | 235.956   | (Guest Lifter)    |              |
| Parneet Dhaliwal             | JH   | F-SJ-U | 57.7        | 63            | 60.0   | 65.0  | -70.0  | 32.5  | 35.0   | 37.5   | 85.0  | 87.5   | -92.5  | 190.0           | 218.386   | 1-F-SJ-U-63-PL    | 12           |
| Kasia Wisniewski             | GP   | F-SJ-U | 62.5        | 63            | 57.5   | 62.5  | 67.5   | 35.0  | -37.5  | -37.5  | 65.0  | 70.0   | 72.5   | 175.0           | 189.088   | 2-F-SJ-U-63-PL    | 9            |
| Alexandra Brown              | HH   | F-SJ-U | 58.3        | 63            | 47.5   | 50.0  | 55.0   | 30.0  | -35.0  | -35.0  | 62.5  | 70.0   | -80.0  | 155.0           | 176.716   | 3-F-SJ-U-63-PL    | 8            |
| Mae Palubeskie               | FH   | F-SJ-U | 69.8        | 72            | 65.0   | 82.5  | 92.5   | 40.0  | 50.0   | 52.5   | 110.0 | 120.0  | 130.0  | 275.0           | 274.120   | 1-F-SJ-U-72-PL    | 12           |
| Kara Yantha                  | EC   | F-SJ-U | 67.8        | 72            | 50.0   | 57.5  | 70.0   | 35.0  | 40.0   | -45.0  | 90.0  | 0.0    | 0.0    | 200.0           | 203.480   | 2-F-SJ-U-72-PL    | 9            |
| Payton Hofstetter            | WO   | F-SJ-U | 80.0        | 84            | 40.0   | 52.5  | 72.5   | 40.0  | -50.0  | -50.0  | 82.5  | 97.5   | -110.5 | 210.0           | 192.150   | 1-F-SJ-U-84-PL    | 12           |
| Tara Kirby                   | RH   | F-SJ-U | 91.6        | 84+           | 52.5   | 60.0  | 72.5   | 47.5  | -57.5  | -57.5  | 82.5  | 97.5   | 110.0  | 230.0           | 197.317   | 1-F-J-U-84+-PL    | 12           |
| Michael Maser                | GP   | M-SJ-U | 50.5        | 53            | 72.5   | 77.5  | 82.5   | 47.5  | 50.0   | -52.5  | 120.0 | 125.0  | -130.0 | 257.5           | 260.641   | 1-M-SJ-U-53-PL    | 12           |
| Wesley Tavares               | GP   | M-SJ-U | 49.7        | 53            | 60.0   | 65.0  | 70.0   | 52.5  | 55.0   | -57.5  | 95.0  | 100.0  | 105.0  | 230.0           | 236.877   | 2-M-SJ-U-53-PL    | 9            |
| Jakob Zuber                  | SD   | M-SJ-U | 52.2        | 53            | 52.5   | 60.0  | 65.0   | 35.0  | 40.0   | -50.0  | 102.5 | 107.5  | -110.0 | 212.5           | 207.676   | 3-M-SJ-U-53-PL    | 8            |
| Cameron Cook                 | HH   | M-SJ-U | 48.7        | 53            | 0.0    |       |        | 0.0   |        |        | 107.5 | 115.0  | -117.5 | 0.0             | 0.000     | 1-M-SJ-U-53-DL    |              |
| Bilal Khan                   | GC   | M-SJ-U | 58.2        | 59            | 95.0   | 102.5 | -110.0 | 62.5  | 65.0   | 70.0   | 110.0 | 122.5  | 135.0  | 307.5           | 269.770   | 1-M-SJ-U-59-PL    | 12           |
| Corey Oluwajana              | GP   | M-SJ-U | 61.3        | 66            | 110.0  | 115.0 | 120.0  | 72.5  | 75.0   | -77.5  | 167.5 | -172.5 | 172.5  | 367.5           | 307.414   | 1-M-SJ-U-66-PL    | 12           |
| Justin Ehgoetz               | WO   | M-SJ-U | 62.7        | 66            | 70.0   | 95.0  | -122.5 | 60.0  | 70.0   | -75.0  | 142.5 | 155.0  | 160.0  | 325.0           | 266.500   | 2-M-SJ-U-66-PL    | 9            |
| Sameep Dhaliwal              | JH   | M-SJ-U | 70.4        | 74            | 137.5  | 145.0 | 150.0  | 82.5  | 87.5   | 90.0   | 175.0 | 182.5  | 190.0  | 430.0           | 320.823   | 1-M-SJ-U-74-PL    | 12           |
| Thomas Lade                  | WO   | M-SJ-U | 73.3        | 74            | 112.5  | 120.0 | 127.5  | 102.5 | 110.0  | 115.0  | 150.0 | 165.0  | 172.5  | 415.0           | 300.543   | 2-M-SJ-U-74-PL    | 9            |
| Chris Williamson             | WO   | M-SJ-U | 72.0        | 74            | 115.0  | 120.0 | 125.0  | 92.5  | 95.0   | -97.5  | 152.5 | 157.5  | 160.0  | 380.0           | 278.806   | 3-M-SJ-U-74-PL    | 8            |
| Adam Voisin                  | BV   | M-SJ-U | 73.7        | 74            | 92.5   | 110.0 | 115.0  | 85.0  | 92.5   | -97.5  | 140.0 | 147.5  | 170.0  | 377.5           | 272.329   | 4-M-SJ-U-74-PL    | 7            |
| Amadaus Persaud              | RH   | M-SJ-U | 73.6        | 74            | 80.0   | -92.5 | 97.5   | 72.5  | 82.5   | 92.5   | 112.5 | 137.5  | 150.0  | 340.0           | 245.514   | 5-M-SJ-U-74-PL    | 6            |
| Johann Scholz                | GP   | M-SJ-U | 71.5        | 74            | 102.5  | 110.0 | 115.0  | 75.0  | 80.0   | 85.0   | 110.0 | 117.5  | -125.0 | 317.5           | 234.156   | 6-M-SJ-U-74-PL    | 5            |
| Adam Abdel Rehim             | JH   | M-SJ-U | 72.4        | 74            | 65.0   | 70.0  | 80.0   | 77.5  | -87.5  | -87.5  | 130.0 | 140.0  | 142.5  | 300.0           | 219.210   | 7-M-SJ-U-74-PL    | 4            |
| Jake Milne                   | WO   | M-SJ-U | 72.3        | 74            | 52.5   | 60.0  | 67.5   | -60.0 | 60.0   | -65.0  | 77.5  | 125.0  | 147.5  | 275.0           | 201.163   | 8-M-SJ-U-74-PL    | 3            |
| Connor Gardner               | JH   | M-SJ-U | 80.2        | 83            | 150.0  | 165.0 | 180.0  | 105.0 | -112.5 | 112.5  | 212.5 | 227.5  | 240.0  | 532.5           | 362.952   | 1-M-SJ-U-83-PL    | 12           |
| Kruz Dumontier               | NH   | M-SJ-U | 82.9        | 83            | -125.0 | 125.0 | 150.0  | 105.0 | 110.0  | 112.5  | 180.0 | 200.0  | -215.0 | 462.5           | 308.950   | (Guest Lifter)    |              |
| Devan Tavares                | GP   | M-SJ-U | 79.5        | 83            | 137.5  | 145.0 | 152.5  | 102.5 | 107.5  | 112.5  | 172.5 | 182.5  | -187.5 | 447.5           | 306.717   | 2-M-SJ-U-83-PL    | 9            |
| Nyell Kremer-Tonin           | FH   | M-SJ-U | 78.5        | 83            | 95.0   | 112.5 | 122.5  | 80.0  | 87.5   | -92.5  | 165.0 | 187.5  | 200.0  | 410.0           | 283.310   | 3-M-SJ-U-83-PL    | 8            |
| Grant Trenwith               | MD   | M-SJ-U | 78.1        | 83            | 92.5   | 102.5 | -110.0 | 85.0  | 87.5   | 92.5   | 165.0 | 175.0  | 187.5  | 382.5           | 265.187   | (Guest Lifter)    |              |
| Taylor Featherstone          | GP   | M-SJ-U | 83.0        | 83            | 100.0  | 105.0 | 112.5  | 70.0  | -75.0  | -75.0  | 125.0 | 130.0  | 135.0  | 317.5           | 211.931   | 4-M-SJ-U-83-PL    | 7            |
| Tommy Ngo                    | GC   | M-SJ-U | 92.8        | 93            | 150.0  | 165.0 | 177.5  | 102.5 | 107.5  | 110.0  | 190.0 | 207.5  | 212.5  | 500.0           | 314.400   | 1-M-SJ-U-93-PL    | 12           |
| CJ Jovanic                   | WO   | M-SJ-U | 92.5        | 93            | 142.5  | 165.0 | -172.5 | 105.0 | -115.0 | 115.0  | 187.5 | 207.5  | -212.5 | 487.5           | 307.028   | 2-M-SJ-U-93-PL    | 9            |
| Spencer Jaschkowski          | BV   | M-SJ-U | 88.6        | 93            | 125.0  | 140.0 | 147.5  | 80.0  | 87.5   | 95.0   | 172.5 | 182.5  | 190.0  | 432.5           | 278.357   | 3-M-SJ-U-93-PL    | 8            |
| Muhammad Hussain             | GP   | M-SJ-U | 84.5        | 93            | 127.5  | 135.0 | 140.0  | 80.0  | -85.0  | 85.0   | 167.5 | 175.0  | 185.0  | 410.0           | 270.846   | 4-M-SJ-U-93-PL    | 7            |
| Wesley Casco                 | FH   | M-SJ-U | 95.2        | 105           | -90.0  | -95.0 | 97.5   | 80.0  | 92.5   | -100.0 | 147.5 | 155.0  | 175.0  | 365.0           | 226.811   | 1-M-SJ-U-105-PL   | 12           |
| William Flitton              | RH   | M-SJ-U | 104.8       | 105           | 60.0   | -92.5 | -92.5  | 80.0  | 87.5   | 92.5   | 125.0 | 132.5  | 142.5  | 295.0           | 176.410   | 2-M-SJ-U-105-PL   | 9            |
| Parker Boyd                  | RH   | M-SJ-U | 126.7       | 120+          | 130.0  | 155.0 | 172.5  | 85.0  | 95.0   | -110.0 | 170.0 | 182.5  | 197.5  | 465.0           | 264.260   | 1-M-SJ-U-120+-PL  | 12           |
| Zac Wagler                   | WO   | M-SJ-U | 128.1       | 120+          | 102.5  | 122.5 | 142.5  | 80.0  | 102.5  | -110.0 | 142.5 | 177.5  | 185.0  | 430.0           | 243.853   | 2-M-SJ-U-120+-PL  | 9            |

## TEAM RESULTS

|    |                  |             |    |  |
|----|------------------|-------------|----|--|
| 1  | Waterloo Oxford* | 12+12+9+9+9 | 51 | *Tie breaker decided by the team with the most 2nd place finishes (teams had equal 1st place finishes) |
| 2  | Glenview Park    | 12+12+9+9+9 | 51 |  |
| 3  | Forest Heights   | 12+12+12+8  | 44 |  |
| 5  | Jacob Hespeler   | 12+12+12+4  | 40 |  |
| 4  | Resurrection     | 12+12+9+6   | 39 |  |
| 6  | Galt Collegiate  | 12+12       | 24 |  |
| 7  | Bluevale         | 8+7         | 15 |  |
| 8  | Eastwood C. I.   | 9           | 9  |  |
| 9  | St. Davids       | 8           | 8  |  |
| 10 | Huron Heights    | 8           | 8  |  |