

Age	Class	Wt Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	Squat	1stBen	2ndBen	3rdBen	Bench	Sub Total	2nd/D L	3rdDL	DL	Total	Wilks	Place	Best Lifters	
aSub Jun	57		Parneet Dahlwal		66.9	Female	75.0	77.5	80.0	80.0	32.5	37.5	-42.5	37.5	117.5	-87.5	92.5	100.0	100.0	217.5	252.7	1	
aSub Jun	63		Dakota Kellet	Ottawa Strong	61.3	Female	75.5	82.5	85.0	85.0	37.5	42.5	-45.0	42.5	127.5	117.5	127.5	132.5	132.5	260.0	285.1	1	Best Female Sub Jun
aSub Jun	84		Amy Thomson	Steel City	72.1	Female	92.5	100.0	102.5	102.5	60.0	67.5	-70.0	67.5	170.0	80.0	97.5	-102.5	97.5	267.5	260.8	1	
aSub Jun	84+		Sara Robert	Victory Barbell	124.9	Female	75.0	80.0	85.0	85.0	50.0	55.0	-62.5	55.0	140.0	87.5	105.0	107.5	107.5	247.5	196.5	1	
aSub Jun	59		Riley Bullett	Valhalla	55.9	Male	137.5	140.0	-145.0	140.0	90.0	95.0	-102.5	95.0	235.0	155.0	160.0	165.0	400.0	364.8	2		
aSub Jun	59		Darcy Ducharme		53.5	Male	150.0	160.0	165.0	165.0	75.0	80.0	85.0	85.0	250.0	150.0	155.0	-161.0	155.0	405.0	385.9	1	
aSub Jun	66		Eduardo Piatas		63.5	Male	125.0	137.5	-150.0	137.5	105.0	110.0	-115.0	110.0	247.5	182.5	192.5	207.5	207.5	455.0	369.1	1	
aSub Jun	74		Alex Bruni		67.1	Male	150.0	160.0	-165.0	160.0	87.5	90.0	92.5	92.5	252.5	155.0	165.0	175.0	427.5	331.2	3		
aSub Jun	74		Mathew Lawford		72.6	Male	130.0	-145.0	145.0	145.0	90.0	-100.0	100.0	100.0	245.0	160.0	180.0	185.0	430.0	313.6	2		
aSub Jun	74		Noah Ukrainetz		72.1	Male	192.5	205.0	215.5	215.5	115.0	120.0	125.0	125.0	340.5	210.0	220.0	235.0	575.5	421.8	1	Best Male Sub Jun	
aSub Jun	83		Ian Seguin		78.7	Male	157.5	167.5	180.0	180.0	95.0	100.0	-105.0	100.0	280.0	175.0	185.0	197.5	197.5	477.5	329.4	2	
aSub Jun	83		Sam Dhalwal		83.0	Male	157.5	175.0	-182.5	175.0	102.5	-115.0	-115.0	102.5	277.5	182.5	190.0	202.5	202.5	480.0	320.4	1	
aSub Jun	93		Connor Thomas		88.6	Male	190.0	200.0	-210.0	200.0	-120.0				0.0	0.0			0.0				
aSub Jun	105		Jovan Nichol		100.6	Male	222.5	237.5	-250.0	237.5	147.5	157.5	-160.0	157.5	395.0	245.0	262.5	-272.5	262.5	657.5	399.2	1	
Junior-U	52		Sandy Huang	U of T Ironsports	49.2	Female	85.0	87.5	92.5	92.5	55.0	57.5	-60.0	57.5	150.0	105.0	115.0	117.5	117.5	267.5	347.9	2	
Junior-U	52		Nicola Paviglianti		51.1	Female	-110.0	110.0	117.5	117.5	60.0	65.0	67.5	67.5	185.0	125.0	135.0	-142.5	135.0	320.0	404.3	1	
Junior-U	57		Lauren Cheshier	Power	57.0	Female	105.0	112.5	-117.5	112.5	67.5	72.5	-75.0	72.5	185.0	95.0	107.5	-112.5	107.5	292.5	339.4	1	
Junior-U	63		Alex Close	Power Plant	58.0	Female	80.0	-90.0	90.0	90.0	55.0	-60.0	-60.0	55.0	145.0	100.0	110.0	-117.5	110.0	255.0	290.0	6	
Junior-U	63		Meghie Smids		61.3	Female	-92.5	97.5	105.0	105.0	47.5	52.5	60.0	60.0	165.0	112.5	122.5	130.0	130.0	295.0	323.5	5	
Junior-U	63		Selene Malone	Iron Athletics	61.3	Female	102.5	110.0	117.5	117.5	52.5	55.0	-57.5	55.0	172.5	130.0	137.5	-145.0	137.5	310.0	339.9	4	
Junior-U	63		Danielle Fortyn		62.4	Female	102.5	110.0	115.0	115.0	55.0	60.0	-62.5	60.0	175.0	122.5	130.0	137.5	137.5	312.5	338.1	3	
Junior-U	63		Morgan	Ravens	60.4	Female	102.5	107.5	112.5	112.5	60.0	62.5	65.0	65.0	177.5	130.0	135.0	142.5	142.5	320.0	354.9	2	
Junior-U	63		Teighan McIntyre		62.7	Female	112.5	120.0	125.0	125.0	62.5	67.5	70.0	70.0	195.0	137.5	145.0	153.0	153.0	348.0	375.1	1	
Junior-U	72		Hannah Sinclair		71.0	Female	97.5	100.0	-102.5	100.0	60.0	62.5	-65.0	62.5	162.5	115.0	130.0	-135.0	130.0	292.5	288.2	3	
Junior-U	72		Catherine Chu	PR or ER Ottawa Power	72.0	Female	127.5	132.5	137.5	137.5	97.5	62.5	65.0	65.0	202.5	132.5	140.0	147.5	147.5	350.0	341.6	2	
Junior-U	72		Mallory Rowan	Ravens	71.3	Female	127.5	135.0	-140.0	135.0	65.0	67.5	70.0	70.0	205.0	135.0	142.5	145.0	145.0	350.0	343.8	1	
Junior-U	84		Alexandra Koussathana	U of T Ironsports	76.2	Female	110.0	117.5	122.5	122.5	65.0	70.0	72.5	72.5	195.0	120.0	130.0	137.5	137.5	332.5	313.0	6	
Junior-U	84		Kyra Thomson	Ravens	83.5	Female	127.5	-135.0	-135.0	127.5	92.5	97.5	62.5	62.5	190.0	145.0	152.5	-160.0	152.5	342.5	306.3	5	
Junior-U	84		Stefanie Bothwell		74.8	Female	122.5	127.5	135.0	135.0	62.5	65.0	70.0	70.0	205.0	135.0	147.5	155.0	155.0	360.0	343.4	4	
Junior-U	84		Carly Hodge		82.6	Female	-137.5	137.5	140.0	140.0	77.5	82.5	82.5	82.5	222.5	137.5	142.5	155.0	155.0	377.5	339.1	3	
Junior-U	84		Alyssa Smith		79.9	Female	167.5	180.0	192.5	192.5	92.5	97.5		92.5	285.0	202.5	217.5	-230.0	217.5	502.5	460.1	2	Best Female Sub Jun
Junior-U	84		Sara Cowan		82.4	Female	165.0	185.0	197.5	197.5	95.0	100.0	102.5	102.5	300.0	192.5	205.0	205.0	505.0	454.8	3		
Junior-U	86		Andrew Perry		84.3	Male	155.0	160.0	-165.0	160.0	95.5	100.0	-105.0	100.0	280.0	175.0	185.0	-190.0	185.0	445.0	357.1	8	
Junior-U	86		Fazi Ahmed		64.8	Male	145.0	152.5	160.0	160.0	102.5	110.0	-112.5	110.0	270.0	185.0	195.0	195.0	465.0	370.7	7		
Junior-U	86		Mark Molina		65.1	Male	170.0	-175.0	170.0	170.0	100.0	107.5	107.5	107.5	180.0	100.0	105.0	-205.0	105.0	472.5	375.3	6	
Junior-U	86		Jeremy Savillano	Ravens	65.9	Male	160.0	170.0	182.5	182.5	110.0	117.5	-122.5	117.5	300.0	175.0	187.5	200.0	200.0	500.0	390.1	5	
Junior-U	86		Alex Beaudry	Ravens	65.1	Male	190.0	202.5	-207.5	202.5	100.0	105.0	-110.0	105.0	307.5	205.0	210.0	210.0	200.0	507.5	403.1	4	
Junior-U	86		Lucas Homer	Ultimate Fitness	64.7	Male	210.0	217.5	-227.5	217.5	100.0	102.5	105.0	105.0	322.5	200.0	205.0	212.5	205.0	527.5	421.1	3	
Junior-U	86		Shaif El-Kady		65.6	Male	175.0	-182.5	-185.0	175.0	127.5	132.5	-135.0	132.5	307.5	212.5	227.5	237.5	227.5	535.0	422.2	2	
Junior-U	86		Jesse Moore		68.0	Male	202.5	215.0	220.0	220.0	135.0	140.0	-145.0	140.0	360.0	230.0	240.0	250.0	610.0	470.9	1	Best Male Junior	
Junior-U	74		Bilal Elbarani	Ravens	73.1	Male	207.5	-215.0	-215.0	207.5	-112.5	-112.5	0.0	0.0	-247.5								
Junior-U	74		Alex Wiseman	Ravens	69.1	Male	60.0			60.0	25.0			25.0	85.0	0.0		0.0	0.0				
Junior-U	74		Jacob Ritchie	Power Pit	73.0	Male	150.0	165.0	170.0	170.0	105.0	117.5	-122.5	117.5	287.5	195.0	212.5	-220.0	212.5	500.0	363.2	6	
Junior-U	74		Austin Dorotea	Battlefield	73.3	Male	177.5	185.0	-192.5	185.0	117.5	-125.0	125.0	125.0	310.0	200.0	212.5	220.0	220.0	530.0	383.8	5	
Junior-U	74		Sharon Pena		73.1	Male	192.5	-212.5	-230.0	212.5	97.5	105.0	107.5	107.5	320.0	232.5	240.0	-250.0	240.0	560.0	406.3	4	
Junior-U	74		Tyler Neeb		73.8	Male	195.0	205.0	215.0	215.0	105.0	115.0	120.0	120.0	335.0	220.0	230.0	-240.0	230.0	565.0	407.2	3	
Junior-U	74		Joshua Reyes	Ravens	72.5	Male	205.0	212.5	217.5	217.5	112.5	120.0	-125.0	120.0	337.5	235.0	247.5	-257.5	247.5	585.0	427.1	2	
Junior-U	74		Joel Janssen		73.7	Male	212.5	-222.5	-222.5	222.5	132.5	142.5	-147.5	142.5	365.0	267.5	277.5	-287.5	277.5	642.5	463.8	1	
Junior-U	83		Adrian Brubaker	Voyageur PL	81.2	Male	180.0	190.0	-200.0	190.0	85.0	90.0	-95.0	90.0	280.0	180.0	210.0	-227.5	210.0	490.0	331.4	9	
Junior-U	83		Nikolaus Gray	Iron Foundation	79.1	Male	180.0	190.0	197.5	197.5	110.0	120.0	-125.0	120.0	317.5	187.5	195.0	195.0	512.5	352.4	8		
Junior-U	83		Steven Hirsch		83.0	Male	187.5	192.5	-197.5	192.5	105.0	-112.5	-112.5	105.0	297.5	210.0	220.0	-230.0	220.0	517.5	345.4	7	
Junior-U	83		Tyler Dorazio		81.2	Male	162.5	175.0	182.5	182.5	110.0	117.5	120.0	120.0	302.5	225.0	237.5	245.0	245.0	547.5	370.3	6	
Junior-U	83		Daniel Guindon		82.6	Male	170.0	180.0	190.0	190.0	115.0	125.0	13										