

27/03/2010

2010 WATERLOO REGION HIGHSCHOOL POWERLIFTING COMPETITION

Name	Div	BWt	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	S/T	D/L 1	D/L 2	D/L 3	Best D/L	Total	Wilks	Placing	Tm Pts	Team
Kendra Paleczny	F-SJR	51.6	52	25	27.5	37.5	37.5	20	27.5	30	30	67.5	45	52.5	60	60	127.5	159.90	1-F-SJR-52	12	Glenview Park
Aileen Hodgson	F-SJR	54.5	56	30	42.5	55	55	30	-37.5	-37.5	30	85	60	70	80	80	165.0	198.31	1-F-SJR-56	12	Bluevale
Yodit Tesfagiorgis	F-SJR	53.7	56	42.5	50	-55	50	35	-37.5	-40	35	85	62.5	72.5	-80	72.5	157.5	191.50	2-F-SJR-56	9	Resurrection
Amberley Huck	F-SJR	58.3	60	42.5	57.5	62.5	62.5	37.5	45	-50	45	107.5	72.5	85	97.5	97.5	205.0	233.72	1-F-SJR-60	12	Resurrection
Emma Bluemke	F-SJR	58.2	60	52.5	60	65	65	30	-37.5	37.5	37.5	102.5	65	80	92.5	92.5	195.0	222.62	2-F-SJR-60	9	Bluevale
Kayla Pereria	F-SJR	58.8	60	-32.5	42.5	50	50	32.5	-37.5	-37.5	32.5	82.5	90	92.5	-100	92.5	175.0	198.19	3-F-SJR-60	8	M. Doyle
Jennie Rideout	F-SJR	60.9	67.5	52.5	57.5	62.5	62.5	35	-40	40	40	102.5	75	80	87.5	87.5	190.0	209.41	1-F-SJR-67.5	12	Glenview Park
Kayla Welch	F-SJR	67.5	67.5	42.5	47.5	55	55	32.5	-37.5	-37.5	32.5	87.5	60	67.5	-80	67.5	155.0	158.20	2-F-SJR-67.5	9	St. Davids
Jasmine Keats	F-SJR	82.5	82.5	45	50	55	55	37.5	42.5	-45	42.5	97.5	70	72.5	77.5	77.5	175.0	157.49	1-F-SJR-82.5	12	Glenview Park
Lindsey Bartz	F-SJR	93	90+	67.5	72.5	80	80	57.5	62.5	65	65	145	80	87.5	97.5	97.5	242.5	206.84	1-F-SJR-90+	12	Glenview Park
Sam Correia	F-SJR	90.9	90+	35	45	50	50	35	40	-45	40	90	60	80	102.5	102.5	192.5	165.66	2-F-SJR-90+	9	M. Doyle
Tarek Attia	M-SJR	55.5	56	80	87.5	-92.5	87.5	85	-87.5	-87.5	85	172.5	-125	125	140	140	312.5	287.00	1-M-SJR-56	12	SJAM
Ashkan Sadri	M-SJR	58.3	60	82.5	102.5	-107.5	102.5	72.5	-85	-85	72.5	175	117.5	132.5	142.5	142.5	317.5	278.09	1-M-SJR-60	12	Bluevale
Arsenio Abarca	M-SJR	58.7	60	62.5	-80	90	90	62.5	65	70	70	160	82.5	125	140	140	300.0	261.09	3-M-SJR-60	8	Resurrection
Jesse Brown	M-SJR	58	60	70	80	90	90	60	65	-70	65	155	-102.5	130	145	145	300.0	264.05	2-M-SJR-60	9	Huron Heights
Aaron Rotondo	M-SJR	65.1	67.5	125	-127.5	-127.5	125	102.5	112.5	-115	112.5	237.5	145	185.5	190	190	427.5	339.51	1-M-SJR-67.5	12	St. Marys
Josh Carr	M-SJR	67.4	67.5	82.5	92.5	105	105	102.5	112.5	115	115	220	125	145	160	160	380.0	293.33	2-M-SJR-67.5	9	St. Marys
Tony Radivoi	M-SJR	66.4	67.5	90	100	107.5	107.5	82.5	95	-97.5	95	202.5	120	140	150	150	352.5	275.42	3-M-SJR-67.5	8	Resurrection
Michael Tang	M-SJR	66.7	67.5	95	110	125	125	70	75	-82.5	75	200	142.5	-165	-165	142.5	342.5	266.62	4-M-SJR-67.5	7	Bluevale
Kyle Clemmens	M-SJR	67.5	67.5	-87.5	87.5	95	95	80	87.5	90	90	185	130	137.5	147.5	147.5	332.5	256.36	5-M-SJR-67.5	6	Glenview Park
Derek Porlier	M-SJR	66.6	67.5	62.5	85	95	95	-80	90	-95	90	185	97.5	125	142.5	142.5	327.5	255.26	6-M-SJR-67.5	5	Resurrection
John Pitts	M-SJR	62.4	67.5	42.5	47.5	-52.5	47.5	52.5	57.5	-62.5	57.5	105	82.5	95	105	105	210.0	172.93	7-M-SJR-67.5	4	M. Doyle

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Andrew Swatridge	M-SJR	74.9	75	150	-167.5	170	170	115	-125	-125	115	285	182.5	-205	205	205	490.0	349.48	1-M-SJR-75	12	WCI
Graham Dozios	M-SJR	72.7	75	100	110	122.5	122.5	85	-90	-90	85	207.5	142.5	160	182.5	182.5	390.0	284.13	2-M-SJR-75	9	Forest Heights
Josh Kowba	M-SJR	73.6	75	102.5	-122.5	-122.5	102.5	75	80	-82.5	80	182.5	160	180	-185	180	362.5	261.76	3-M-SJR-75	8	Bluevale
Joe Huras	M-SJR	73.6	75	80	102.5	-122.5	102.5	90	100	-107.5	100	202.5	137.5	157.5	-185	157.5	360.0	259.95	4-M-SJR-75	7	Bluevale
Charlie Feht	M-SJR	70.2	75	102.5	110	117.5	117.5	70	80	82.5	82.5	200	125	140	155	155	355.0	265.45	5-M-SJR-75	6	St. Marys
Shane Mahon	M-SJR	68	75	-70	-70	70	70	65	-75	-75	65	135	130	145	155	155	290.0	222.28	6-M-SJR-75	5	M. Doyle
Stefan Bento	M-SJR	69.8	75	62.5	70	80	80	62.5	72.5	-80	72.5	152.5	75	112.5	130	130	282.5	212.17	7-M-SJR-75	4	M. Doyle
Shaun Medford	M-SJR	74.2	75	60	-85	-85	60	-85	-85		0	0	0			0	0.0	0.00	#N/A	#N/A	St. Marys
Wade Filiatrquilt	M-SJR	81.3	82.5	110	-130	132.5	132.5	97.5	107.5	-112.5	107.5	240	157.5	182.5	190	190	430.0	290.63	1-M-SJR-82.5	12	Bluevale
Wesley Palmer	M-SJR	79.6	82.5	-127.5	140	-155	140	82.5	87.5	92.5	92.5	232.5	-142.5	160	170	170	402.5	275.66	2-M-SJR-82.5	9	Bluevale
Steven Lisak	M-SJR	82.3	82.5	-105	110	125	125	92.5	102.5	-105	102.5	227.5	135	165	-172.5	165	392.5	263.32	3-M-SJR-82.5	8	Resurrection
Robert Thomas	M-SJR	78.6	82.5	110	117.5	125	125	82.5	92.5	-95	92.5	217.5	127.5	137.5	155	155	372.5	257.19	4-M-SJR-82.5	7	Glenview
Cody Poultney	M-SJR	82.3	82.5	-100	-115	115	115	80	85	-90	85	200	155	160	-170	160	360.0	241.52	5-M-SJR-82.5	6	Forest Heights
Matt Comeau	M-SJR	76.9	82.5	57.5	65	77.5	77.5	65	95	-100	95	172.5	85	122.5	-140	122.5	295.0	206.64	6-M-SJR-82.5	5	St. Marys
Matt El-Haj	M-SJR	80.3	82.5	30	47.5	60	60	-70	70	-77.5	70	130	100	140	160	160	290.0	197.52	7-M-SJR-82.5	4	St. Marys
Bruno Berllam	M-SJR	78.3	82.5	60	67.5	75	75	75	-80	80	80	155	92.5	122.5	-137.5	122.5	277.5	192.08	8-M-SJR-82.5	3	M. Doyle
Jason Sukhu	M-SJR	80.9	82.5	102.5	117.5	130	130	-100	-110	-110	0	0	0			0	0.0	0.00	#N/A	#N/A	Forest Heights
Santiago Agudelo	M-SJR	83.4	90	67.5	87.5	-95	87.5	75	-85	85	85	172.5	140	155	-170	155	327.5	217.99	1-M-SJR-90	12	St. Marys
Srdan Granic	M-SJR	93.9	100	135	145	152.5	152.5	82.5	92.5	100	100	252.5	150	185	205	205	457.5	286.10	1-M-SJR-100	12	Forest Heights
Evan Galpin	M-SJR	91.9	100	-127.5	127.5	-130	127.5	80	-85	-85	80	207.5	150	177.5	-182.5	177.5	385.0	243.24	2-M-SJR-100	9	Forest Heights
Mike Nagy	M-SJR	110.9	125	-92.5	112.5	-130	112.5	97.5	110	117.5	117.5	230	145	165	-172.5	165	395.0	231.88	1-M-SJR-125	12	Resurrection
Jason Snyder	M-SJR	118.6	125	-112.5	-112.5	-112.5	0	0			0	0	0			0	0.0	0.00	#N/A	#N/A	Bluevale