

April 6, 2013

## 2013 WATERLOO REGION HIGHSCHOOL POWERLIFTING CHAMPIONSHIPS

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	(1) PL Total	Wilks Pts	PI-Div- WtCls-Evt	Team Pts
Anna Keats	GP	F-SJ-U	52.0	52	50.0	57.5	62.5	32.5	37.5	-40.5	87.5	92.5	-97.5	192.5	239.971	1-F-SJ-U-52-PL	12
Jocelyn Kivell	GP	F-SJ-U	56.1	57	45.0	-47.5	47.5	32.5	35.0	-37.5	70.0	87.5	92.5	175.0	205.625	1-F-SJ-U-57-PL	12
Jenn Ball	GP	F-SJ-U	60.0	63	72.5	85.0	-90.0	30.0	35.0	-37.5	92.5	102.5	105.0	225.0	250.852	1-F-SJ-U-63-PL	9
Jessica Bastos	SM	F-SJ-U	61.1	63	-80.0	80.0	85.0	37.5	43.5	-47.5	95.0	-102.5	-102.5	223.5	245.716	2-F-SJ-U-63-PL	9
Tea Laktovic	BV	F-SJ-U	75.2	84	37.5	40.0	50.0	-27.5	32.5	-37.5	70.0	77.5	85.0	167.5	158.974	1-F-SJ-U-84-PL	8
Maggie Srouji	SM	F-SJ-U	120.5	84+	70.0	75.0	80.0	45.0	52.5	-57.5	102.5	112.5	117.5	250.0	199.775	1-F-SJ-U-84+-PL	5
Alen Chen	BV	M-SJ-U	54.9	59	77.5	85.0	95.0	80.0	-87.5	-87.5	87.5	100.0	107.5	282.5	262.245	1-M-SJ-U-59-PL	0
Jason Holzcherer	WC	M-SJ-U	54.8	59	-72.5	-75.0	75.0	55.0	-60.0	-60.0	90.0	97.5	105.0	235.0	218.550	2-M-SJ-U-59-PL	12
Saim Tariq	GP	M-SJ-U	60.0	66	132.5	142.5	147.5	75.0	82.5	87.5	165.0	177.5	180.0	415.0	353.954	1-M-SJ-U-66-PL	8
Yanis Caradopoulos	SJM	M-SJ-U	66.0	66	-105.0	117.5	-130.0	97.5	100.0	-102.5	142.5	155.0	165.0	382.5	300.339	2-M-SJ-U-66-PL	12
Muneeb Gohar	GP	M-SJ-U	65.8	66	102.5	-112.5	112.5	-67.5	70.0	72.5	120.0	130.0	140.0	325.0	255.840	3-M-SJ-U-66-PL	12
James Tang	WC	M-SJ-U	65.2	66	92.5	-95.0	-95.0	75.0	-80.0	-80.0	132.5	140.0	145.0	312.5	247.875	4-M-SJ-U-66-PL	12
Adam Weiler	SD	M-SJ-U	64.7	66	115.0	127.5	-137.5	-87.5	-87.5	-87.5	0.0			0.0	0.000		12
Matt Saecao	WC	M-SJ-U	69.0	74	140.0	145.0	150.0	90.0	95.0	-100.0	175.0	180.0	185.0	430.0	325.854	1-M-SJ-U-74-PL	9
Derek Bancarz	GP	M-SJ-U	72.6	74	117.5	130.0	-135.0	92.5	97.5	102.5	165.0	175.0	180.0	412.5	300.836	2-M-SJ-U-74-PL	8
Mitchell Croth	FH	M-SJ-U	70.6	74	70.0	110.0	132.5	70.0	85.0	92.5	102.5	142.5	155.0	380.0	282.910	3-M-SJ-U-74-PL	8
Connor Gardiner	JH	M-SJ-U	71.7	74	115.0	-120.0	120.0	70.0	72.5	-75.0	160.0	170.0	-190.0	362.5	266.800	4-M-SJ-U-74-PL	7
Ben Meyer	WO	M-SJ-U	76.2	83	142.5	165.0	177.5	92.5	117.5	-127.5	165.0	190.0	200.5	495.5	349.228	1-M-SJ-U-83-PL	12
Jimmy Lekkas	SM	M-SJ-U	79.6	83	137.5	145.0	150.0	95.0	100.0	105.0	187.5	200.0	210.0	465.0	318.478	2-M-SJ-U-83-PL	8
Anthony Julke	GP	M-SJ-U	78.8	83	112.5	120.0	132.5	85.0	90.0	-95.0	162.5	167.5	-172.5	390.0	268.827	3-M-SJ-U-83-PL	7
Luke Einwechter	WO	M-SJ-U	75.2	83	102.5	110.0	117.5	85.0	95.0	-97.5	142.5	160.0	175.0	387.5	275.590	4-M-SJ-U-83-PL	0
Jordan Fleet	SM	M-SJ-U	85.1	93	150.0	160.0	-175.0	122.5	130.0	-137.5	200.0	-217.5	-217.5	490.0	322.371	1-M-SJ-U-93-PL	9
Keeley Hewton	BV	M-SJ-U	89.7	93	125.0	137.5	155.0	100.0	110.0	120.0	150.0	170.0	182.5	457.5	292.571	2-M-SJ-U-93-PL	12
Jordan Innacante	BV	M-SJ-U	91.6	93	-120.0	130.0	-142.5	97.5	100.0	102.5	175.0	185.0	192.5	425.0	268.940	3-M-SJ-U-93-PL	12
Bobby Viau	MD	M-SJ-U	92.4	93	-127.5	127.5	137.5	82.5	92.5	95.0	145.0	170.0	-182.5	402.5	253.615	4-M-SJ-U-93-PL	12
Rienk Brander	WO	M-SJ-U	85.4	93	90.0	112.5	137.5	67.5	-92.5	-92.5	122.5	147.5	170.0	375.0	246.225	5-M-SJ-U-93-PL	9
Josh Seiber	BV	M-SJ-U	89.2	93	120.0	-135.0	-135.0	90.0	-100.0	-100.0	130.0	145.0	160.0	370.0	237.281	6-M-SJ-U-93-PL	9
Bradden Southern	FH	M-SJ-U	98.1	105	142.5	165.0	180.0	92.5	120.0	-125.0	192.5	-242.5	0.0	492.5	302.099	1-M-SJ-U-105-PL	12
Branden Hogg	BV	M-SJ-U	101.4	105	110.0	-120.0	130.0	97.5	107.5	-125.0	155.0	167.5	177.5	415.0	251.200	2-M-SJ-U-105-PL	9
Michael Fontes	MD	M-SJ-U	96.5	105	-50.0	60.0	70.0	50.0	57.5	-62.5	85.0	-90.0	90.0	217.5	134.350	3-M-SJ-U-105-PL	7
Michael Delos Reyes	SM	M-SJ-U	114.6	120	135.0	145.0	150.0	80.0	90.0	-100.0	147.5	157.5	165.0	405.0	235.548	1-M-SJ-U-120-PL	12
Clayton Best	WO	M-SJ-U	110.2	120	102.5	130.0	145.0	97.5	-120.0	-120.0	137.5	160.0	-180.0	402.5	236.750	2-M-SJ-U-120-PL	9
Jack Van Damme	BV	M-SJ-U	107.7	120	0.0			0.0			0.0			0.0	0.000		7
David Chretien	MD	M-SJ-U	193.0	120+	27.5	-57.5	67.5	70.0	-80.0	-80.0	115.0	130.0	142.5	280.0	149.212	1-M-SJ-U-120+-PL	6

### TEAM RESULTS

1. Glenview Park 12+12+12+12+9 = 57 Pts.
2. St. Marys 12+12+12+9+9 = 54 Pts.
3. Bluevale 12+12+9+9+8 = 50 Pts.
4. Waterloo Oxford 12+9+7+6 = 34 Pts.
5. Waterloo C.I. 12+9+7 = 28 Pts.
6. Monsignor Doyle 12+8+7 = 27 Pts.
7. Forest Heights 12+8 = 20 Pts.
8. Sir John A. MacD. 9 Pts.
9. Jacob Hespeler 7 Pts.
10. St. Davids

### BEST FEMALE LIFTER:

Jenn Ball (Glenview Park) - 250.852 Wilks Pts.

### BEST MALE LIFTER:

Saim Tariq (Glenview Park) - 353.954 Wilks Pts.