



Meet Name: 2009 Orchard Powerlifting Meet

Location: Orchard High School Orchard, NE

Meet Date: 04-Apr-09

Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Female Raw Powerlifting												
097	Miranda Worden	11	Burwell, NE	Teen	35.00	77.00	35.00	77.00	60.00	132.25	130.00	286.50
132	Kara Trenhaile	11	Volga, SD	Teen	47.50	104.50	32.50	71.50	77.50	170.75	157.50	347.00
	Stacy Grabowski	15	Diller-Odell, NE	Teen	75.00	165.25	35.00	77.00	105.00	231.25	215.00	473.75
	Emalee Barton	14	Omaha, NE	Teen	82.50	181.75	37.50	82.50	80.00	176.25	200.00	440.75
148	Debbie Cook	18	Waco, NE	Teen	62.50	137.75	37.50	82.50	92.50	203.75	192.50	424.25
220	Shayla Rudy	15	Columbus, NE	Teen	0.00	0.00	40.00	88.00	102.50	225.75	0.00	0.00
Female Equipped Powerlifting												
114	Amanda Damratowsk	18	Centura, NE	Teen	60.00	132.25	32.50	71.50	92.50	203.75	185.00	407.75
123	Rachel Wells	15	Centura, NE	Teen	87.50	192.75	37.50	82.50	100.00	220.25	225.00	496.00
148	Brittany Reed	15	Diller-Odell, NE	Teen	80.00	176.25	42.50	93.50	105.00	231.25	227.50	501.50
	Christy Baustert	16	Centura, NE	Teen	65.00	143.25	40.00	88.00	102.50	225.75	207.50	457.25
	Bridgett Jones	20	Odell, NE	Open	87.50	192.75	40.00	88.00	112.50	248.00	240.00	529.00
165	Shelby Steele	17	Burwell, NE	Teen	127.50	281.00	65.00	143.25	137.50	303.00	330.00	727.50
	Shelby Steele	17	Burwell, NE	Open	127.50	281.00	65.00	143.25	137.50	303.00	330.00	727.50



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Male	Raw											
	Powerlifting											
114	Zach Hajek	15	Diller-Odell, NE	Teen	87.50	192.75	67.50	148.75	105.00	231.25	260.00	573.00
123	Levi Meyer	17	Hallam, NE	Teen	85.00	187.25	92.50	203.75	137.50	303.00	315.00	694.25
	Sung Yeon Han	16	Orchard, NE	Teen	92.50	203.75	62.50	137.75	125.00	275.50	280.00	617.25
148	Trevor Adams	12	NEHLS, NE	Teen	92.50	203.75	60.00	132.25	97.50	214.75	250.00	551.00
	Dylan Ferguson	15	Columbus, NE	Teen	110.00	242.50	80.00	176.25	135.00	297.50	325.00	716.25
	Spencer Fredricks	17	Verdigre, NE	Teen	102.50	225.75	62.50	137.75	137.50	303.00	302.50	666.75
	Jordan Martin	16	Orchard, NE	Teen	82.50	181.75	52.50	115.50	130.00	286.50	265.00	584.00
	Robby Vergil	19	Bayard, NE	Teen	142.50	314.00	110.00	242.50	195.00	429.75	447.50	986.50
	Sterling Stinson	37	Alliance, NE	Open	162.50	358.00	122.50	270.00	210.00	462.75	495.00	1091.25
165	Sam Tierney	11	Columbus, NE	Teen	40.00	88.00	27.50	60.50	52.50	115.50	120.00	264.50
	Justin Reiley	16	Verdigre, NE	Teen	142.50	314.00	105.00	231.25	192.50	424.25	440.00	970.00
	Jordan Becker	16	Bellevue, NE	Teen	172.50	380.25	112.50	248.00	65.00	143.25	350.00	771.50
	Levi Wentworth	16	West Holt, NE	Teen	102.50	225.75	87.50	192.75	130.00	286.50	320.00	705.25
	Nick Pojar	19	Bellevue, NE	Teen	127.50	281.00	102.50	225.75	175.00	385.75	405.00	892.75
	Curtis Boschult	18	Bloomfield, NE	Teen	130.00	286.50	92.50	203.75	150.00	330.50	372.50	821.00
	Zach Laetsch	18	West Holt, NE	Teen	0.00	0.00	105.00	231.25	167.50	369.25	0.00	0.00
	Jordan Becker	16	Bellevue, NE	Open	172.50	380.25	112.50	248.00	65.00	143.25	350.00	771.50
181	Brandon Nichols	16	Columbus, NE	Teen	125.00	275.50	87.50	192.75	217.50	479.50	430.00	947.75
	Nathan Hrbek	17	Verdigre, NE	Teen	137.50	303.00	102.50	225.75	182.50	402.25	422.50	931.25
	Brett Hopkins	16	Bloomfield, NE	Teen	130.00	286.50	100.00	220.25	177.50	391.25	407.50	898.25
	Adam Seger	16	West Holt, NE	Teen	115.00	253.50	100.00	220.25	142.50	314.00	357.50	788.00
	Biguel Bernal-Sanche	16	Columbus, NE	Teen	115.00	253.50	65.00	143.25	150.00	330.50	330.00	727.50
	Matthew Gottsch	24	Omaha, NE	Open	152.50	336.00	110.00	242.50	182.50	402.25	445.00	981.00
198	Matt Newman	17	Orchard, NE	Teen	152.50	336.00	97.50	214.75	190.00	418.75	440.00	970.00
	Jesse White	17	Bloomfield, NE	Teen	135.00	297.50	105.00	231.25	160.00	352.50	400.00	881.75
	Morgan Kauth	16	Bloomfield, NE	Teen	130.00	286.50	82.50	181.75	145.00	319.50	357.50	788.00
	Jared Hrbek	17	Verdigre, NE	Teen	125.00	275.50	80.00	176.25	145.00	319.50	350.00	771.50
	Jonathon Larkowski	16	Orchard, NE	Teen	87.50	192.75	75.00	165.25	145.00	319.50	307.50	677.75
	Travis Adams	18	NEHLS, NE	Teen	147.50	325.00	127.50	281.00	180.00	396.75	455.00	1003.00
	Jonathon Klintworth	18	Bloomfield, NE	Teen	65.00	143.25	72.50	159.75	70.00	154.25	207.50	457.25
	Dan Barton	43	Omaha, NE	Master	182.50	402.25	135.00	297.50	220.00	485.00	537.50	1184.75
	Tim Adams	42	NEHLS, NE	Master	142.50	314.00	122.50	270.00	170.00	374.75	435.00	959.00
	David Barton	25	Omaha, NE	Open	125.00	275.50	82.50	181.75	182.50	402.25	390.00	859.75
220	Tad Henkenius	17	Elgin, NE	Teen	160.00	352.50	152.50	336.00	200.00	440.75	512.50	1129.75
	Ryan Bowman	16	NEHLS, NE	Teen	145.00	319.50	110.00	242.50	157.50	347.00	412.50	909.25
	Chase Harimon	18	Bayard, NE	Teen	142.50	314.00	135.00	297.50	195.00	429.75	472.50	1041.50
	Carson Frank	18	Verdigre, NE	Teen	137.50	303.00	82.50	181.75	182.50	402.25	402.50	887.25
	James Watson	28	Lincoln, NE	Open	215.00	473.75	150.00	330.50	237.50	523.50	602.50	1328.25
	Howard Huffman	53	Lincoln, NE	Open	167.50	369.25	120.00	264.50	217.50	479.50	505.00	1113.25
	Alan Shiers	23	Kearney, NE	Open	165.00	363.75	125.00	275.50	215.00	473.75	505.00	1113.25
	Joshua Gray	29	Orchard, NE	Open	102.50	225.75	82.50	181.75	137.50	303.00	322.50	710.75
	Kenneth Ruben	27	Lincoln, NE	Open	257.50	567.50	150.00	330.50	0.00	0.00	0.00	0.00
242	Sean O'Neill	18	Omaha, NE	Teen	190.00	418.75	100.00	220.25	195.00	429.75	485.00	1069.00
	Willie Willats	18	Orchard, NE	Teen	147.50	325.00	97.50	214.75	185.00	407.75	430.00	947.75
	Calvin Wagner	18	Erikson, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Zac Stickney	25	Lincoln, NE	Open	265.00	584.00	170.00	374.75	275.00	606.25	710.00	1565.25
	Lee Dreyer	32	Lincoln, NE	Open	237.50	523.50	172.50	380.25	245.00	540.00	655.00	1444.00
	Wes Lehman	29	Lincoln, NE	Open	167.50	369.25	120.00	264.50	210.00	462.75	497.50	1096.75



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
275	Ethan Wondercheck	18	Orchard, NE	Teen	172.50	380.25	110.00	242.50	175.00	385.75	457.50	1008.50
308	Derrick Grabowski	16	Diller-Odell, NE	Teen	130.00	286.50	70.00	154.25	175.00	385.75	375.00	826.50
SHW	James Coates	15	Waco, NE	Teen	0.00	0.00	112.50	248.00	197.50	435.25	0.00	0.00
Male Equipped Powerlifting												
123	Eric Maple	17	Orchard, NE	Teen	70.00	154.25	47.50	104.50	110.00	242.50	227.50	501.50
132	Michael Beckman	15	Orchard, NE	Teen	77.50	170.75	52.50	115.50	115.00	253.50	245.00	540.00
148	Michael Jensen	18	Orchard, NE	Teen	0.00	0.00	72.50	159.75	130.00	286.50	0.00	0.00
165	Trey Porter	15	Centura, NE	Teen	150.00	330.50	92.50	203.75	130.00	286.50	372.50	821.00
	Michael Heinz	18	Centura, NE	Teen	192.50	424.25	125.00	275.50	195.00	429.75	512.50	1129.75
181	Jake Mohr	16	Columbus, NE	Teen	140.00	308.50	85.00	187.25	160.00	352.50	385.00	848.75
	Wayne Bruegman	16	Bloomfield, NE	Teen	122.50	270.00	87.50	192.75	142.50	314.00	352.50	777.00
198	Justin Jindra	16	Bloomfield, NE	Teen	132.50	292.00	72.50	159.75	175.00	385.75	380.00	837.50
	Tanner Schumacher	16	Bloomfield, NE	Teen	122.50	270.00	85.00	187.25	152.50	336.00	360.00	793.50
	Reed Fehringer	17	Bloomfield, NE	Teen	115.00	253.50	82.50	181.75	150.00	330.50	347.50	766.00
	Jim Dooley	41	Bloomfield, NE	Master	105.00	231.25	107.50	236.75	140.00	308.50	352.50	777.00
220	Michael Griffith	15	Columbus, NE	Teen	180.00	396.75	137.50	303.00	180.00	396.75	497.50	1096.75
	Zach Tierney	16	Columbus, NE	Teen	160.00	352.50	112.50	248.00	195.00	429.75	467.50	1030.50
	Holliday Quezada	17	Bloomfield, NE	Teen	137.50	303.00	90.00	198.25	212.50	468.25	440.00	970.00
	Jared Weers	21	Sioux City, IA	Open	200.00	440.75	97.50	214.75	190.00	418.75	487.50	1074.50
242	Keith Meyer	16	Orchard, NE	Teen	115.00	253.50	82.50	181.75	140.00	308.50	337.50	744.00
	Jeff Shabram	32	Orchard, NE	Open	177.50	391.25	127.50	281.00	207.50	457.25	512.50	1129.75
275	Aaron Hemenway	16	Orchard, NE	Teen	170.00	374.75	125.00	275.50	187.50	413.25	482.50	1063.50
308	Austin Schleusener	18	Royal, NE	Teen	150.00	330.50	107.50	236.75	0.00	0.00	0.00	0.00
Female Raw Bench Only												
097	Miranda Worden	11	Burwell, NE	Teen	--	-	35.00	77.00	--	-	35.00	77.00
Female Equipped Bench Only												
123	Rachel Wells	15	Centura, NE	Teen	--	-	37.50	82.50	--	-	37.50	82.50
148	Brittany Reed	15	Diller-Odell, NE	Teen	--	-	42.50	93.50	--	-	42.50	93.50
165	Shelby Steele	17	Burwell, NE	Open	--	-	65.00	143.25	--	-	65.00	143.25
	Shelby Steele	17	Burwell, NE	Teen	--	-	65.00	143.25	--	-	65.00	143.25
Male Raw Bench Only												
123	Levi Meyer	17	Hallam, NE	Teen	--	-	92.50	203.75	--	-	92.50	203.75
148	Sterling Stinson	37	Alliance, NE	Open	--	-	122.50	270.00	--	-	122.50	270.00
	Jadon Nelson	14	Lynch, NE	Teen	--	-	72.50	159.75	--	-	72.50	159.75
165	Zach Laetsch	18	West Holt, NE	Teen	--	-	105.00	231.25	--	-	105.00	231.25
	Levi Wentworth	16	West Holt, NE	Teen	--	-	87.50	192.75	--	-	87.50	192.75
181	Adam Seger	16	West Holt, NE	Teen	--	-	100.00	220.25	--	-	100.00	220.25
220	Ryan Bowman	16	NEHLS, NE	Teen	--	-	110.00	242.50	--	-	110.00	242.50
242	Zac Stickney	25	Lincoln, NE	Open	--	-	170.00	374.75	--	-	170.00	374.75
	Calvin Wagner	18	Erikson, NE	Teen	--	-	0.00	0.00	--	-	0.00	0.00
275	Jody Moeller	48	Shelton, NE	Master	--	-	170.00	374.75	--	-	170.00	374.75
Male Equipped Bench Only												
165	Michael Heinz	18	Centura, NE	Teen	--	-	125.00	275.50	--	-	125.00	275.50
Female Raw Push Pull												
097	Miranda Worden	11	Burwell, NE	Teen	--	-	35.00	77.00	60.00	132.25	95.00	209.25
132	Stacy Grabowski	15	Diller-Odell, NE	Teen	--	-	35.00	77.00	105.00	231.25	140.00	308.50
	Kara Trenhaile	11	Volga, SD	Open	--	-	32.50	71.50	77.50	170.75	110.00	242.50



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Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Female Equipped Push Pull												
123	Rachel Wells	15	Centura, NE	Teen	--	-	37.50	82.50	100.00	220.25	137.50	303.00
148	Christy Baustert	16	Centura, NE	Teen	--	-	40.00	88.00	102.50	225.75	142.50	314.00
165	Shelby Steele	17	Burwell, NE	Open	--	-	65.00	143.25	137.50	303.00	202.50	446.25
	Shelby Steele	17	Burwell, NE	Teen	--	-	65.00	143.25	137.50	303.00	202.50	446.25
Male Raw Push Pull												
123	Levi Meyer	17	Hallam, NE	Teen	--	-	92.50	203.75	137.50	303.00	230.00	507.00
148	Sterling Stinson	37	Alliance, NE	Open	--	-	122.50	270.00	210.00	462.75	332.50	733.00
165	Nick Pojar	19	Bellevue, NE	Teen	--	-	102.50	225.75	175.00	385.75	277.50	611.75
181	Bob Gentleman	50	Omaha, NE	Master	--	-	102.50	225.75	125.00	275.50	227.50	501.50
198	Dan Barton	43	Omaha, NE	Master	--	-	135.00	297.50	220.00	485.00	355.00	782.50
220	Alan Shiers	23	Kearney, NE	Open	--	-	125.00	275.50	215.00	473.75	340.00	749.50
242	Zac Stickney	25	Lincoln, NE	Open	--	-	170.00	374.75	275.00	606.25	445.00	981.00
	Calvin Wagner	18	Erikson, NE	Teen	--	-	0.00	0.00	0.00	0.00	0.00	0.00
308	Larry Tierney	59	Columbus, NE	Master	--	-	0.00	0.00	250.00	551.00	0.00	0.00
	Derrick Grabowski	16	Diller-Odell, NE	Teen	--	-	70.00	154.25	175.00	385.75	245.00	540.00
Male Equipped Push Pull												
132	Michael Beckman	15	Orchard, NE	Teen	--	-	52.50	115.50	115.00	253.50	167.50	369.25
165	Michael Heinz	18	Centura, NE	Teen	--	-	125.00	275.50	195.00	429.75	320.00	705.25
198	Patrick Haddix	31	Kearney, NE	Open	--	-	182.50	402.25	237.50	523.50	420.00	925.75
308	Austin Schleusener	18	Royal, NE	Teen	--	-	107.50	236.75	0.00	0.00	0.00	0.00

Best Female Lifter: Shelby Steele

Best Lightweight Male Lifter: Sterling Stinson

Best Heavyweight Male Lifter: Zac Stickney

Coed Team 1st Place - Diller-Odell

Boys Teams

1st Place - Orchard

2nd Place - Bloomfield

3rd Place - Columbus High

4th Place - Northside (Lincoln)

5th Place - Lifetime Fitness (Omaha)