

**Meet Name: 2019 Orchard AAU Powerlifting Meet****Location:** Orchard High School Orchard, NE**Meet Date:** 13-Apr-19**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 | | | | | | | | | | | | |
| 123 | Larissa Thomson | 16 | Page, NE | Teen | 95.00 | 209.25 | 52.50 | 115.50 | 130.00 | 286.50 | 277.50 | 611.75 |
| 181 | Delayne Schuster | 18 | Elk Creek, NE | Teen | 92.50 | 203.75 | 37.50 | 82.50 | 100.00 | 220.25 | 230.00 | 507.00 |
| 220 | Nyah Kellner | 17 | Atkinson, NE | Teen | 125.00 | 275.50 | 60.00 | 132.25 | 145.00 | 319.50 | 330.00 | 727.50 |
| Female Equipped Powerlifting | | | | | | | | | | | | |
| 220 | Katey Dodge | 37 | Lincoln, NE | Open | 210.00 | 462.75 | 82.50 | 181.75 | 200.00 | 440.75 | 492.50 | 1085.75 |
| Male Raw Powerlifting | | | | | | | | | | | | |
| 088 | Gavin Gregurich | 12 | Valley, NE | Youth | 55.00 | 121.25 | 30.00 | 66.00 | 80.00 | 176.25 | 165.00 | 363.75 |
| 097 | Landon Nelson | 9 | Orchard, NE | Youth | 60.00 | 132.25 | 32.50 | 71.50 | 75.00 | 165.25 | 167.50 | 369.25 |
| 105 | Coy Wickersham | 11 | Verdigre, NE | Youth | 50.00 | 110.00 | 30.00 | 66.00 | 77.50 | 170.75 | 157.50 | 347.00 |
| 114 | Cash Wickersham | 11 | Verdigre, NE | Youth | 47.50 | 104.50 | 32.50 | 71.50 | 77.50 | 170.75 | 157.50 | 347.00 |
| 123 | Cody Wickersham | 13 | Verdigre, NE | Youth | 55.00 | 121.25 | 45.00 | 99.00 | 95.00 | 209.25 | 195.00 | 429.75 |
| | Rafe Grebin | 16 | Clearwater, NE | Teen | 125.00 | 275.50 | 65.00 | 143.25 | 167.50 | 369.25 | 357.50 | 788.00 |
| 132 | Zai Arana | 16 | Columbus, NE | Teen | 137.50 | 303.00 | 72.50 | 159.75 | 170.00 | 374.75 | 380.00 | 837.50 |
| 148 | Trevor Thomson | 15 | Page, NE | Teen | 92.50 | 203.75 | 77.50 | 170.75 | 160.00 | 352.50 | 330.00 | 727.50 |
| | Monte Lofing | 60 | Beatrice, NE | Master | 190.00 | 418.75 | 100.00 | 220.25 | 190.00 | 418.75 | 480.00 | 1058.00 |
| | Mike Gerber | 41 | Columbus, NE | Master | 132.50 | 292.00 | 0.00 | 0.00 | 172.50 | 380.25 | 0.00 | 0.00 |
| 165 | Gaven Gilsdorf | 15 | Orchard, NE | Teen | 95.00 | 209.25 | 55.00 | 121.25 | 132.50 | 292.00 | 282.50 | 622.75 |
| | Joey Hillam | 31 | Lincoln, NE | Open | 165.00 | 363.75 | 100.00 | 220.25 | 190.00 | 418.75 | 455.00 | 1003.00 |
| 181 | Gunnar Shabram | 15 | Orchard, NE | Teen | 97.50 | 214.75 | 55.00 | 121.25 | 115.00 | 253.50 | 267.50 | 589.50 |
| | Christopher Weber | 44 | Lincoln, NE | Open | 172.50 | 380.25 | 130.00 | 286.50 | 202.50 | 446.25 | 505.00 | 1113.25 |
| | Christopher Weber | 44 | Lincoln, NE | Master | 172.50 | 380.25 | 130.00 | 286.50 | 202.50 | 446.25 | 505.00 | 1113.25 |
| 198 | Nicholas Novak | 19 | Dawson, NE | Teen | 162.50 | 358.00 | 120.00 | 264.50 | 230.00 | 507.00 | 512.50 | 1129.75 |
| | Sloan Raymond | 17 | Ainsworth, NE | Teen | 165.00 | 363.75 | 115.00 | 253.50 | 152.50 | 336.00 | 432.50 | 953.25 |
| | Jacob Behnk | 15 | Clearwater, NE | Teen | 72.50 | 159.75 | 85.00 | 187.25 | 132.50 | 292.00 | 290.00 | 639.25 |
| 220 | Conner Jackman | 17 | Ainsworth, NE | Teen | 190.00 | 418.75 | 125.00 | 275.50 | 200.00 | 440.75 | 515.00 | 1135.25 |
| | Donaven Nolze | 18 | Clearwater, NE | Teen | 142.50 | 314.00 | 100.00 | 220.25 | 212.50 | 468.25 | 455.00 | 1003.00 |
| | Anthony Marino | 17 | Royal, NE | Teen | 95.00 | 209.25 | 67.50 | 148.75 | 140.00 | 308.50 | 302.50 | 666.75 |
| | Kevin Farley | 22 | Omaha, NE | Open | 187.50 | 413.25 | 140.00 | 308.50 | 197.50 | 435.25 | 525.00 | 1157.25 |
| 242 | Riley Fisher | 14 | Inman, NE | Teen | 105.00 | 231.25 | 70.00 | 154.25 | 120.00 | 264.50 | 295.00 | 650.25 |
| | Brian Benshoof | 36 | Bellevue, NE | Open | 280.00 | 617.25 | 170.00 | 374.75 | 280.00 | 617.25 | 730.00 | 1609.25 |
| | Anthony Nichols | 25 | Valley, NE | Open | 200.00 | 440.75 | 145.00 | 319.50 | 242.50 | 534.50 | 587.50 | 1295.00 |
| | Patrick McConnell | 24 | Lincoln, NE | Open | 190.00 | 418.75 | 122.50 | 270.00 | 260.00 | 573.00 | 572.50 | 1262.00 |
| | Howard Huffman | 63 | Lincoln, NE | Master | 165.00 | 363.75 | 120.00 | 264.50 | 185.00 | 407.75 | 470.00 | 1036.00 |
| | Jeff Shabram | 42 | Orchard, NE | Master | 160.00 | 352.50 | 117.50 | 259.00 | 177.50 | 391.25 | 455.00 | 1003.00 |
| 275 | Logan Mueller | 15 | Clearwater, NE | Teen | 120.00 | 264.50 | 97.50 | 214.75 | 170.00 | 374.75 | 387.50 | 854.25 |
| | Michael Calvert | 30 | Norfolk, NE | Open | 235.00 | 518.00 | 162.50 | 358.00 | 272.50 | 600.75 | 670.00 | 1477.00 |
| | Camden Grasmick | 27 | North Platte, NE | Open | 237.50 | 523.50 | 140.00 | 308.50 | 250.00 | 551.00 | 627.50 | 1383.25 |
| 308 | Nathan Redwing | 32 | Mead, NE | Open | 295.00 | 650.25 | 227.50 | 501.50 | 310.00 | 683.25 | 832.50 | 1835.25 |
| SH | Nicholas Hartman | 25 | Waterloo, NE | Open | 242.50 | 534.50 | 130.00 | 286.50 | 252.50 | 556.50 | 625.00 | 1377.75 |
| | Brett Rosenow | 29 | Beatrice, NE | Open | 225.00 | 496.00 | 147.50 | 325.00 | 232.50 | 512.50 | 605.00 | 1333.75 |
| Male Equipped Powerlifting | | | | | | | | | | | | |
| 088 | Wyatt Shabram | 12 | Orchard, NE | Youth | 55.00 | 121.25 | 32.50 | 71.50 | 80.00 | 176.25 | 167.50 | 369.25 |
| 114 | Gage Gregurich | 14 | Valley, NE | Teen | 112.50 | 248.00 | 57.50 | 126.75 | 125.00 | 275.50 | 295.00 | 650.25 |
| 181 | Derek Maxwell | 18 | Page, NE | Teen | 155.00 | 341.50 | 97.50 | 214.75 | 195.00 | 429.75 | 447.50 | 986.50 |
| 198 | Anthony Umphress | 16 | Ewing, NE | Teen | 115.00 | 253.50 | 90.00 | 198.25 | 205.00 | 451.75 | 410.00 | 903.75 |
| 308 | Neil Hartman | 14 | Valley, NE | Teen | 220.00 | 485.00 | 97.50 | 214.75 | 212.50 | 468.25 | 530.00 | 1168.25 |



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| 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 Bench Only | | | | | | | | | | | | |
| 114 | Sierra Pierson | 25 | Grand Island, NE | Open | -- | - | 40.00 | 88.00 | -- | - | 40.00 | 88.00 |
| 123 | Larissa Thomson | 16 | Page, NE | Teen | -- | - | 52.50 | 115.50 | -- | - | 52.50 | 115.50 |
| Male Raw Bench Only | | | | | | | | | | | | |
| 088 | Gavin Gregurich | 12 | Valley, NE | Teen | -- | - | 30.00 | 66.00 | -- | - | 30.00 | 66.00 |
| 181 | Christopher Weber | 44 | Lincoln, NE | Open | -- | - | 130.00 | 286.50 | -- | - | 130.00 | 286.50 |
| | Christopher Weber | 44 | Lincoln, NE | Master | -- | - | 130.00 | 286.50 | -- | - | 130.00 | 286.50 |
| 198 | Sloan Raymond | 17 | Ainsworth, NE | Teen | -- | - | 115.00 | 253.50 | -- | - | 115.00 | 253.50 |
| 220 | Conner Jackman | 17 | Ainsworth, NE | Teen | -- | - | 125.00 | 275.50 | -- | - | 125.00 | 275.50 |
| | Donaven Nolze | 18 | Clearwater, NE | Teen | -- | - | 100.00 | 220.25 | -- | - | 100.00 | 220.25 |
| | Anthony Marino | 17 | Royal, NE | Teen | -- | - | 67.50 | 148.75 | -- | - | 67.50 | 148.75 |
| Male Equipped Bench Only | | | | | | | | | | | | |
| 114 | Gage Gregurich | 14 | Valley, NE | Teen | -- | - | 57.50 | 126.75 | -- | - | 57.50 | 126.75 |
| 181 | Derek Maxwell | 18 | Page, NE | Teen | -- | - | 97.50 | 214.75 | -- | - | 97.50 | 214.75 |
| | Jessie Switzer | 33 | Grand Island, NE | Open | -- | - | 137.50 | 303.00 | -- | - | 137.50 | 303.00 |
| 308 | Neil Hartman | 14 | Valley, NE | Teen | -- | - | 97.50 | 214.75 | -- | - | 97.50 | 214.75 |
| Female Raw Push Pull | | | | | | | | | | | | |
| 123 | Larissa Thomson | 16 | Page, NE | Teen | -- | - | 52.50 | 115.50 | 130.00 | 286.50 | 182.50 | 402.25 |
| Male Raw Push Pull | | | | | | | | | | | | |
| 088 | Gavin Gregurich | 12 | Valley, NE | Teen | -- | - | 30.00 | 66.00 | 80.00 | 176.25 | 110.00 | 242.50 |
| 148 | Monte Lofing | 60 | Beatrice, NE | Master | -- | - | 100.00 | 220.25 | 190.00 | 418.75 | 290.00 | 639.25 |
| 181 | Gunnar Shabram | 15 | Orchard, NE | Teen | -- | - | 55.00 | 121.25 | 115.00 | 253.50 | 170.00 | 374.75 |
| | Christopher Weber | 44 | Lincoln, NE | Open | -- | - | 130.00 | 286.50 | 202.50 | 446.25 | 332.50 | 733.00 |
| | Christopher Weber | 44 | Lincoln, NE | Master | -- | - | 130.00 | 286.50 | 202.50 | 446.25 | 332.50 | 733.00 |
| 198 | Sloan Raymond | 17 | Ainsworth, NE | Teen | -- | - | 115.00 | 253.50 | 152.50 | 336.00 | 267.50 | 589.50 |
| 220 | Conner Jackman | 17 | Ainsworth, NE | Teen | -- | - | 125.00 | 275.50 | 200.00 | 440.75 | 325.00 | 716.25 |
| | Donaven Nolze | 18 | Clearwater, NE | Teen | -- | - | 100.00 | 220.25 | 212.50 | 468.25 | 312.50 | 688.75 |
| | Anthony Marino | 17 | Royal, NE | Teen | -- | - | 67.50 | 148.75 | 140.00 | 308.50 | 207.50 | 457.25 |
| 242 | Brian Benshoof | 36 | Bellevue, NE | Open | -- | - | 170.00 | 374.75 | 280.00 | 617.25 | 450.00 | 992.00 |
| 308 | Nathan Redwing | 32 | Mead, NE | Open | -- | - | 227.50 | 501.50 | 310.00 | 683.25 | 537.50 | 1184.75 |
| SH | Brett Rosenow | 29 | Beatrice, NE | Open | -- | - | 147.50 | 325.00 | 232.50 | 512.50 | 380.00 | 837.50 |
| Male Equipped Push Pull | | | | | | | | | | | | |
| 088 | Wyatt Shabram | 12 | Orchard, NE | Teen | -- | - | 32.50 | 71.50 | 80.00 | 176.25 | 112.50 | 248.00 |
| 114 | Gage Gregurich | 14 | Valley, NE | Teen | -- | - | 57.50 | 126.75 | 125.00 | 275.50 | 182.50 | 402.25 |
| 181 | Derek Maxwell | 18 | Page, NE | Teen | -- | - | 97.50 | 214.75 | 195.00 | 429.75 | 292.50 | 644.75 |
| 308 | Neil Hartman | 14 | Valley, NE | Teen | -- | - | 97.50 | 214.75 | 212.50 | 468.25 | 310.00 | 683.25 |

2019 Orchard AAU Powerlifting Meet

Outstanding Female Lifter – Larissa Thomson – 5.01 strength index

Outstanding Lightweight Teen Male Lifter (tie) – Rafe Grebin & Zai Arana – 6.4 strength index

Outstanding Heavy Teen Male Lifter – Nicholas Novak – 5.86 strength index

Team standings:

1st place – Clearwater-Orchard (100 pts)

2nd place – Valley (57 pts)

3rd place – Ainsworth (17 pts)