

09AASW

2009 AAU SOONER STATE WINTER GAMES  
 BENCH PRESS AND DEADLIFT  
 JANUARY 31, 2009 SHAWNEE, OKLAHOMA

ATTEMPTS

NAME	DIV SQUAT	BENCH	SUB	DEADLIFT	TOTAL
-- 105 --					
OAKS, RYLAN	MTB	60 75 -85	75.0		
OAKS, RYLAN	MTD		155 -190	190	190.0
-- 132 --					
ZIGLER, JACO	MTB	110 120 -130	120.0		
ZIGLER, JACO	MTD		225 230 -240	230.0	
-- 148 --					
BROWNFIELD, MTB		200 -220	220	220.0	
HARRIS, ZACH	MTB	110 -115 -115	110.0		
RUSH, HAVEN	MTB	55 -75 -75	55.0		
RUSH, HAVEN	MTD		145 175 -200	175.0	
HARRIS, ZACH	MTD		225 -240 -240	225.0	
BROWNFIELD, MTD			255 270 300	300.0	
MCCLINTOCK, WMD			195 215 235	235.0	
JOHNSON, SHA	WTB	75S 85S -95	85.0		
JOHNSON, SHA	WTD		155S 180S 200S	200.0	
-- 165 --					
ESTES, CONNO	MTB	95 110 120	120.0		
ESTES, CONNO	MTD		245 285 300	300.0	
RAINCROW, CH	WOB	110 120 130	130.0		
RAINCROW, CH	WOD		175 200 215	215.0	
-- 181 --					
TRIPLETT, BR	MOD		435 480 520	520.0	
HATHCOCK, TY	MJB	330 350 370	370.0		
HODGES, DUST	MJB	165 180 -200	180.0		
HATHCOCK, TY	MJD		500 545 560	560.0	
COOK, RAY	EU MOB	315 -325 -325	315.0		
FOSTER, VIC	MOB	225 250 -275	250.0		
DILLON, DANI	MOD		300 325 350	350.0	
CRAIN, RICKE	MTD		465 500	500.0	
CROSSLAND, C	WMB	240 250 275	275.0		
-- 220 --					
CAPUTO, CARM	MMB	330 340	340.0		
CAPUTO, CARM	MMD		500 525 540	540.0	
WORTHAM, KEL	MTD		205 225 240	240.0	
-- 242 --					
BAGGS, NICK	MJB	205 -220 -220	205.0		
BOHOT, BRYCE	MJB	425 450 -475	450.0		
BOHOT, BRYCE	MJD		-600 -600		
BAGGS, NICK	MJD		315 340 400	400.0	
DAVIS, LANE	MMB	225 250 -265	250.0		
WARNER, AL	MMD		350 -380	350.0	
DAVIS, LANE	MMD		350 375 400	400.0	
HUNT, DANIEL	MOD		350 390 -430	390.0	
TIGNOR, GRAN	MOD		425 475 -505	475.0	
NAGELE, MARC	MOD		530 605A 620A	620.0	
FLEAK, BRION	MSD		500A-600 -600	500.0	
-- 275 --					
KNIGHT, GENE	MMB	325 350 -375	350.0		
MCCLURE, SCO	MMD		315 335	335.0	
HUNT, CHARLI	MOD		350 390 440	440.0	
JOHNSON, LEN	MTB	260 -280 280	280.0		

JOHNSON, LEN MTD	405 460 475 475.0
-- 308 --	
MCCONNELL, D MOB	425 475 -500 475.0
MCCONNELL, D MOD	475 525 525.0
MARTIN, ANDR MTB	-200 225 -275 225.0
MARTIN, ANDR MTD	400 450 500 500.0
-- SHW --	
DAVIS, JOE MOB	310 330 350 350.0

OUTSTANDING LIFTER - MEN BENCH PRESS - KAYLON BROWNFIELD - TEENAGE  
 TYLER HATHCOCK - JUNIOR  
 RAY COOK - OPEN  
 CARMEN CAPUTO - MASTER

MEN DEADLIFT - RICKEY LEE CRAIN - TEENAGE  
 TYLER HATHCOCK - JUNIOR  
 BRAD TRIPLETT - OPEN  
 BRION FLEAK - SUB-MASTER  
 CARMEN CAPUTO - MASTER

WOMEN BENCH PRESS - SHANICE JOHNSON - TEENAGE  
 CHRISTYN RAINCROW - OPEN  
 CYNDI CROSSLAND - MASTER

WOMEN DEADLIFT - SHANICE JOHNSON - TEENAGE  
 CHRISTYN RAINCROW - OPEN  
 CINDY MCCLINTOCK - MASTER

TEAM - 1ST - CAPUTO'S GYM - MIDWEST CITY, OKLAHOMA  
 2ND - THE IRON PIT - YUKON, OKLAHOMA  
 3RD - BROWNFIELD'S - EUFAULA, OKLAHOMA  
 4TH - CRAIN - SHAWNEE, OKLAHOMA

S = STATE RECORD  
 A = AMERICAN RECORD