

2-Jul-16

Name	Best Squat	Best Bench	Best Deadlift	PL Total	PI-Div-WtCl	
Dorine Jabai	70	35	112.5	217.5	1-F-M3RA-SHW	
Sarah Abromowitz	80	0	0	0		0
Callie Saurage	185	115	160	460	1-F-T2A-181	
Tawna Eubanks	82.5	45	117.5	245	1-F-OR-132	
Che-Lucas Nchukwi	187.5	135	270	592.5	1-M-OCRA-220	
Cary Darwin	162.5	117.5	195	475	1-M-SCR-275	
Vincent Velasco	205	152.5	222.5	580	1-M-OCR-181	
Alex Perales	245	135	265	645	1-M-OCR-198	
Joe Astorga	0	0	0	0		0
Cody Green	220	165	255	640	1-M-T3CR-220	
Dillon Kotz	300	222.5	230	752.5	1-M-OA-198	
Jerry Daniel	335	195	260	790	1-M-T2A-308	
Mike Dugan	237.5	175	262.5	675	1-M-M2R-242	
Wesley Smith	217.5	157.5	250	625	1-M-M2R-275	
Michael McClure	250	195	245	690	1-M-OR-275	
Derrick Alexander	205	130	205	540	1-M-T3R-242	
Henry Thomason	0	0	0	0		0
Joshua Brown	260	140	240	640	1-M-T2-220	

Name	Best Squat	Best Bench	Best Deadlift	PL Total	PI-Div-WtCl	
Dorine Jabai	154.32	77.161	248.02	479.5005	1-F-M3RA-SHW	
Sarah Abromowitz	176.37	0	0	0		0
Callie Saurage	407.85	253.53	352.74	1014.116	1-F-T2A-181	
Tawna Eubanks	181.88	99.207	259.04	540.127	1-F-OR-132	
Che-Lucas Nchukwi	413.36	297.62	595.24	1306.226	1-M-OCRA-220	
Cary Darwin	358.25	259.04	429.9	1047.185	1-M-SCR-275	
Vincent Velasco	451.94	336.2	490.52	1278.668	1-M-OCR-181	
Alex Perales	540.13	297.62	584.22	1421.967	1-M-OCR-198	
Joe Astorga	0	0	0	0		0
Cody Green	485.01	363.76	562.17	1410.944	1-M-T3CR-220	
Dillon Kotz	661.38	490.52	507.06	1658.962	1-M-OA-198	
Jerry Daniel	738.54	429.9	573.2	1741.634	1-M-T2A-308	
Mike Dugan	523.59	385.81	578.71	1488.105	1-M-M2R-242	
Wesley Smith	479.5	347.22	551.15	1377.875	1-M-M2R-275	
Michael McClure	551	430	540	1521.174	1-M-OR-275	
Derrick Alexander	451.94	286.6	451.94	1190.484	1-M-T3R-242	
Henry Thomason	0	0	0	0		0
Joshua Brown	573.2	308.64	529.1	1410.944	1-M-T2-220	

2-Jul-16

<u>Name</u>	<u>Bench 1</u>	<u>Bench 2</u>	<u>Bench 3</u>	<u>Best Bench</u>	<u>PI-Div-WtCl</u>
Emma Ylitalo-James	180	190	-202.5	190	1-F-O-181
Austin Simmons	142.5	157.5	162.5	162.5	1-M-JRA-165
Craig Hubbs	117.5	122.5	127.5	127.5	1-M-M6R-198
Kalle Ylitalo-James	-300	300	-322.5	300	1-M-O-275

<u>Name</u>	<u>Bench 1</u>	<u>Bench 2</u>	<u>Bench 3</u>	<u>Best Bench</u>	<u>PI-Div-WtCl</u>
Emma Ylitalo-James	396.83	418.87	-446.43	418.874	1-F-O-181
Austin Simmons	314.16	347.22	358.25	358.2475	1-M-JRA-165
Craig Hubbs	259.04	270.06	281.09	281.0865	1-M-M6R-198
Kalle Ylitalo-James	-661	661	-710.7	661.38	1-M-O-275

<u>Name</u>	<u>Deadlift 1</u>	<u>Deadlift 2</u>	<u>Deadlift 3</u>	<u>Best Deadlift</u>	<u>Pl-Div-WtCl</u>
Dario Mikic	252.5	-272.5	272.5	272.5	1-M-ORA-275
Carl Capps	148	162.5	182.5	182.5	1-M-T2RA-242

<u>Name</u>	<u>Deadlift 1</u>	<u>Deadlift 2</u>	<u>Deadlift 3</u>	<u>Best Deadlift</u>	<u>Pl-Div-WtCl</u>
Dario Mikic	556.66	-600.75	600.75	600.7535	1-M-ORA-275
Carl Capps	325	358	402	402.3395	1-M-T2RA-242