

OPL Format v1	Submit by email: issues@openpowerlifting.org				
Federation	Date	MeetCountry	MeetState	MeetTown	MeetName
APF/AAPF	2023-10-14	United States	Texas	Bonham	Night of the Livin
Place	Name	Sex	BirthDate	Age	Country
<i>APF</i>	1 Mary Jones	F	2001-12-11	21	United States
<i>AAPF</i>	1 Aliyssa Pratt	F		26	United States
<i>AAPF</i>	1 Bianca Brown	F		29	United States
<i>APF</i>	1 Ashten Waldrep	F		33	United States
<i>AAPF</i>	1 Jessica Arnold	F		29	United States
<i>APF</i>	2 Cassandra Goud	F		34	United States
<i>APF</i>	1 Ashley Mashek	F		38	United States
<i>APF</i>	1 Leslie Hill	F		38	United States
<i>APF</i>	1 Courtney Mahler	F		38	United States
<i>APF</i>	1 Lisa Jacobson	F		52	United States
<i>APF</i>	1 Lisa Jacobson	F		52	United States
<i>AAPF</i>	2 Kathryn Powell	F		30	United States
<i>APF</i>	1 Talia Riffe	F		40	United States
<i>APF</i>	1 Trention Croke	M		22	United States
<i>APF</i>	1 Ethan Brooks	M		31	United States
<i>APF</i>	1 John Wims	M		23	United States
<i>APF</i>	2 Juan Rangel	M		26	United States
<i>APF</i>	1 Nicholas Taylor	M		30	United States
<i>APF</i>	1 Nathan Gill	M		26	United States
<i>APF</i>	1 Clint Sikes	M		40	United States
<i>APF</i>	1 Hunter Burris	M		33	United States
<i>APF</i>	1 Ryan Rheudasil	M		33	United States
DQ	Ryan Jumper	M		17	United States
<i>AAPF</i>	1 Roy Thelin	M		65	United States

Formula	RuleSet				
Glossbrenner	CombineRawAndWraps	CombineSingleAndMulti			
State	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg
TX	Wraps	J20-23	66.5	67.5	110
TX	Wraps	Open	55.8	56	95
TX	Wraps	Open	61.8	67.5	107.5
TX	Wraps	Open	84	90	75
TX	Wraps	Open	99.6	90+	117.5
TX	Wraps	Open	92.5	90+	102.5
TX	Wraps	S35-39	67	67.5	62.5
TX	Wraps	S35-39	84.8	90	-110
TX	Wraps	S35-39	115	90+	135
TX	Multi-ply	M50-54	74.3	75	97.5
TX	Multi-ply	Open	74.3	75	97.5
TX	Multi-ply	Open	73.9	75	85
TX	Wraps	M40-44	84	90	
TX	Wraps	J20-23	81.6	82.5	182.5
TX	Wraps	Open	74	75	155
TX	Wraps	Open	89.8	90	195
TX	Wraps	Open	84.8	90	135
TX	Wraps	Open	108.4	110	190
TX	Wraps	Open	110.7	125	135
TX	Multi-ply	M40-44	101.2	110	-185
TX	Multi-ply	Open	110	110	250
TX	Multi-ply	Open	131	140	367.5
TX	Multi-ply	T16-17	74.8	75	200
TX	Wraps	M65-69	129.3	140	

Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg
120	125	125	60	-65	-65
102.5	-107.5	102.5	45	-47.5	
115	-122.5	115	50	-60	-60
85	95	95	40	50	52.5
127.5	135	135	52.5	57.5	-62.5
107.5	112.5	112.5	55	62.5	-67.5
67.5	72.5	72.5	32.5	-37.5	-37.5
-117.5	117.5	117.5	57.5	62.5	67.5
145	150	150	65	72.5	-77.5
102.5	105	105	70	75	-85
102.5	105	105	70	75	-85
92.5	-102.5	92.5	-67.5	-67.5	67.5
			67.5	80	-85
200	210	210	142.5	-150	-150
167.5	-185	167.5	85	-97.5	-97.5
205	217.5	217.5	145	155	-162.5
147.5	160	160	72.5	77.5	-85
205	225	225	147.5	152.5	-155
147.5	165	165	135	145	-147.5
185	205	205	165	-185	-185
272.5	287.5	287.5	142.5	167.5	187.5
387.5	-410	387.5	282.5	-312.5	-312.5
215	227.5	227.5	-102.5	-102.5	-102.5
			130	135	-140

Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg
60	120	130	-132.5	130	315
45	122.5	125	-130	125	272.5
50	112.5	120	137.5	137.5	302.5
52.5	90	107.5	115	115	262.5
57.5	107.5	117.5	127.5	127.5	320
62.5	107.5	117.5	127.5	127.5	302.5
32.5	67.5	72.5	80	80	185
67.5	112.5	120	132.5	132.5	317.5
72.5	145	160	-167.5	160	382.5
75	110	115	-125	115	295
75	110	115	-125	115	295
67.5	110	115	125	125	285
80					80
142.5	270	-280	-280	270	622.5
85	185	200	217.5	217.5	470
155	195	212.5	227.5	227.5	600
77.5	132.5	145	152.5	152.5	390
152.5	185	200	220	220	597.5
145	170	195	220	220	530
165	182.5	207.5	227.5	227.5	597.5
187.5	192.5	215	-217.5	215	690
282.5	265	290	-302.5	290	960
	175	-192.5	-192.5	175	
135	130	140	150	150	285

Points	Event
286.75	SBD
284.42	SBD
291.17	SBD
204.64	SBD
229.27	SBD
224.12	SBD
167.48	SBD
246.19	SBD
261.83	SBD
248.24	SBD
248.24	SBD
240.7	SBD
62.37	B
404.12	SBD
326.85	SBD
367.55	SBD
247.07	SBD
337.48	SBD
297.58	SBD
345.63	SBD
388.09	SBD
517.74	SBD
	SBD
154.18	BD