

U-13 45KG

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	Adjusted Total (Youth Calculator)
<b>Laila Thomas</b>	20	22	24x	25	27	30	52	150.45

14-15 71KG

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	Adjusted Total (Youth Calculator)
<b>Madison Martinec</b>	39	41	43	47	49	51	94	155.26

## 45 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Laila Thomas	20	22	24x	25	27	30	52

## 55 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Brittany Pray	69	72	75	82	100x	100x	157
Anna Dettman	48	50	52	70x	71	74x	123
Lori Heltunen	51x	51	53x	68	71x	71	122
Tiffany Redwine	48	50	52	60	63x	64	116
Emily Manship	40	42	45x	50	53	55	97

## 59 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Lauren Lee	66	70x	70x	85	90	92	158
Kelly Todd	64	66	68	78	82	84x	150
Chelsea Bijansky	56x	56	58x	71	73	75x	129
Josie Addison	54	56	59x	66x	66x	66	122
Alison Kinning	41	44	46x	49	51	55x	95

## 64 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Joelle Emery	79	82	85	98	102	105x	187
Shannon Duelling	78x	78	81	95x	95	100x	176
Mackenzie Eller	71	74x	74x	91	95x	95x	162
Carolanne Kondos	63x	64	67	79	81	84x	148
Clair Harris	48x	48	50	62	64x	65x	112
Heather Grzymkowski	43	45	47	55	57	59x	104
Katy Archer	56x	56x	57x	70	72x	74x	x

## 71 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Juli Mixis	67	70	72	85	88x	90	162
Susan McGowan	64	67	70	78	81	84x	151
Jenna Pellerito	58	61	64	72	75	78x	139
Jamie Hodder	57	59	61	71	73	76x	134
Morgan Wing	55	57	59	73x	73	75x	132
Sarah Tchoryk	47	49	51x	66x	66x	66	115
Madison Martinec	39	41	43	47	49	51	94
Rebecca Schultz	64x	66x	67x	79	85	90x	x

## 76 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Mackenzie Marchildon	80	85	90	100	105	110	200
Laura Ward	80	85x	87	105x	105	110	197
Selena Creed	65	68x	68x	85	88	90	155
Michelle Pardee	39x	39	41x	50	52x	52	91

## 81 KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
JorDonna Bergeron	69	73x	75x	88	92	95x	161
Tina Flores	47	49	51	57	60	63	114

## 87+ KG Women

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Sabrina Flattery	70	73	75	90	93	97x	168
Lexie Beemer	68	71	74x	78	82	85x	153
Jenna Davis	62x	62	64x	70	74x	74	136

1	M. Marchildon	(#138)	1998	4 Star Strength	F	76	90	110	200	334.9
2	Joelle Emery	(#75)	1986	Lily Weightlifting	F	64	85	102	187	330.36
3	Laura Ward	(#425)	1989	Optimus Barbell Club	F	76	87	110	197	318.5
4	Brittany Pray	(#752)	1989	Strength Ratio	F	55	75	82	157	273.3
5	Shannon Duelling	(#430)	1992	West Michigan Muscle	F	64	81	95	176	270.1
6	Lauren Lee	(#540)	1992	Optimus Barbell Club	F	59	66	92	158	229.76
7	Mackenzie Eller	(#480)	1996	Lily Weightlifting	F	64	71	91	162	205.09
8	Kelly Todd	(#213)	1985	Temple of Exertion	F	59	68	82	150	193.33
9	Juli Mixis	(#0)	1986	Team Hercules	F	71	72	90	162	190.18
10	JorDonna Bergeron	(#440)	1990	Unaffiliated	F	81	69	92	161	153.55
11	Carolanne Kondos	(#11)	1990	Great Lakes Barbell Club	F	64	67	81	148	151.9
12	Susan McGowan	(#52)	1978	Unaffiliated	F	71	70	81	151	150.56
13	Selena Creed	(#100)	1982	Optimus Barbell Club	F	76	65	90	155	143.61
14	Anna Dettman	(#120)	1994	Libratum Strength & Co...	F	55	52	71	123	121.49
15	Lori Heltunen	(#443)	1984	Lily Weightlifting	F	55	51	71	122	118.24
16	Chelsea Bijansky	(#34)	1990	Unaffiliated	F	59	56	73	129	117.14
17	Jenna Pellerito	(#251)	1996	4 Star Strength	F	71	64	75	139	114.35
18	Sabrina Flattery	(#140)	1997	Optimus Barbell Club	F	+87	75	93	168	104.06
19	Jamie Hodder	(#19)	1984	Y-Town Barbell	F	71	61	73	134	101.25
20	Tiffany Redwine	(#104)	1972	Great Lakes Barbell Club	F	55	52	64	116	100
21	Josie Addison	(#677)	1995	Libratum Strength & Co...	F	59	56	66	122	97.32
22	Morgan Wing	(#630)	1989	Unaffiliated	F	71	59	73	132	96.32
23	Lexie Beemer	(#743)	1994	Lily Weightlifting	F	+87	71	82	153	76.27
24	Sarah Tchoryk	(#270)	1972	Lily Weightlifting	F	71	49	66	115	60.92
25	Clair Harris	(#800)	1986	Optimus Barbell Club	F	64	50	62	112	60.18
26	Emily Manship	(#400)	1981	Empowered BBC	F	55	42	55	97	55.2
27	Madison Martinec	(#177)	2006	4 Star Strength	F	71	43	51	94	55.06
28	Jenna Davis	(#48)	1981	Optimus Barbell Club	F	+87	62	74	136	51.57
29	Tina Flores-Marta	(#440)	1980	Lily Weightlifting	F	81	51	63	114	48.78
30	H. Grzymkowski	(#333)	1974	Libratum Strength and ...	F	64	47	57	104	47.05
31	Alison Kinning	(#141)	1984	Unaffiliated	F	59	44	51	95	42.4
32	Laila Thomas	(#380)	2009	4 Star Strength	F	45	22	30	52	25.46
33	Michelle Pardee	(#340)	1965	Lily Weightlifting	F	76	39	52	91	24.48
x	Katy Archer	(#240)	1992	Juggernaut Training Sy...	F	64	x	70	x	x
x	Rebecca Schultz	(#117)	1998	Unaffiliated	F	71	x	85	x	x

35-39 Year Old Women

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Kelly Todd	35	59 KG	64	66	68	78	82	84x	150	220.109
Selena Creed	38	76 KG	65	68x	68x	85	88	90	155	208.46
Lori Heltunen	36	55 KG	51x	51	53x	68	71x	71	122	190.367
Jamie Hodder	36	71 KG	57	59	61	71	73	76x	134	182.712
Jenna Davis	39	87+ KG	62x	62	64x	70	74x	74	136	163.654
Emily Manship	39	55 KG	40	42	45x	50	53	55	97	156.34
Alison Kinning	35	59 KG	41	44	46x	49	51	55x	95	140.028

40-44 Year Old Women

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Susan McGowan	42	71	64	67	70	78	81	84x	151	228.935
Tina Flores	40	81	47	49	51	57	60	63	114	150.99

45-49 Year Old Women

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Tiffany Redwine	48	55	48	50	52	60	63x	64	116	214.243
Sarah Tchoryk	48	71	47	49	51x	66x	66x	66	115	185.251
Heather Grzymkowski	46	64	43	45	47	55	57	59x	104	173.511

55-59 Year Old Women

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Michelle Pardee	55	71	39x	39	41x	50	52x	52	91	164.015

U-13 Men

	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	Adjusted Youth Total
Jacq Tchoryk	55 KG	20	23	25x	29	32x	32	55	183.52

14-15 Men

	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	Adjusted Youth Total
Logan Lockwood	44 KG	50	52x	52x	62	65	67	117	366.791

Junior Men

	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	Adjusted Youth Total
James Sandahl	81 KG	95	99x	100x	125	130x	130x	220	271.035
Tristan Hollandsworth	73 KG	73x	73	77	92	97	103x	174	238.420

## 55 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Logan Lockwood	50	52x	52x	62	65	67	117
Jacq Tchoryk	20	23	25x	29	32x	32	55

## 67 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Andrew Maine	87x	87x	87	110x	110	113	200

## 73 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Lonnie Hurst	106	110x	110x	135x	135	140x	241
Tristan Hollandsworth	73x	73	77	92	97	103x	174
Christopher DiStefano	70	72x	72x	86	89x	89x	156

## 81 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Jeffrey Williams	126x	126	131x	160	167x	170x	286
James Sandahl	95	99x	100x	125	130x	130x	220
Caleb Lentner	78	81	85	98	101	105	190
Erik Sarlund	80	82x	84	99	101	103	187
Jack Mosher	69x	70	73x	88x	89	92	162

## 89 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Michael Paas	108	114x	115	143	147	151	266
Rob Hodder	83	85	89	105	108	110	199
Greg Karas	74	77	80x	95	99	103x	176
David Sharp	70	75	80x	85	90	94x	165
Dom Groenveld	97	101	105x	118x	118x	118x	x

## 96 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Jack Rozema	125	128x	131	160	163x	166	297
Ryan Schafer	110	116x	116	140	144	147x	260
Eric McGill	100	105	109	127	133	140x	242
Steve Hamming	89	92	96x	100	107	112x	199
Henry Haver	70	75	80	90	WD	WD	170

## 102 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Randy Lewis	65	68	71	85	88x	89	160
Danis Russell	40	42	45	50	53	58	98

## 109 KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Stuart Nichols	115	120	125x	150	155	158x	275
Casey Lambert	100	105	110x	130	133x	136x	235
Anthony Surre	83	85	89	101	105	110	199

## 109+ KG Men

	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total
Matt McCarty	137x	137	143	166	180x	180x	309
Brandon Cummings	105	110	116x	130	133x	136x	240

Pl	Name	LOTA	Y.O.B	Team	Gndr	Cat	Sn	C&J	Total	RobL
1	Jeffrey Williams	(#202)	1990	Unaffiliated	M	81	126	160	286	395.94
2	Jack Rozema	(#41)	1995	Unaffiliated	M	96	131	166	297	326.5
3	Michael Paas	(#385)	1986	Unaffiliated	M	89	115	151	266	287.8
4	Lonnie Hurst	(#63)	1995	4 Star Strength	M	73	106	135	241	256.49
5	Matthew McCarty	(#346)	1995	4 Star Strength	M	+109	143	166	309	225.22
6	Stuart Nichols	(#52)	1990	Optimus Barbell Club	M	109	120	155	275	217.98
7	Ryan Schafer	(#399)	1991	Unaffiliated	M	96	116	144	260	209.86
8	James Sandahl	(#807)	2001	West Michigan Muscle	M	81	95	125	220	174.66
9	Andrew Maine	(#26)	1994	West Michigan Muscle	M	67	87	113	200	173.27
10	Eric McGill	(#56)	1984	Disciples of Temple of...	M	96	109	133	242	165.36
11	Caleb Lentner	(#497)	2005	Unaffiliated	M	81	85	105	190	164.71
12	Casey Lambert	(#130)	1987	Libratum Strength & Co...	M	109	105	130	235	129.31
13	Rob Hodder	(#249)	1983	Y-Town Barbell Club	M	89	89	110	199	109.76
14	T. Hollandsworth	(#300)	2001	Disciples of Temple of...	M	73	77	97	174	100.96
15	Brandon Cummings	(#82)	1987	Optimus Barbell Club	M	+109	111	130	241	98.63
16	Erik Sarlund	(#62)	1968	4 Star Strength	M	81	84	103	187	96.53
17	Steve Hamming	(#186)	1959	Unaffiliated	M	96	92	107	199	86.33
18	Anthony Surre	(#211)	1975	Libratum Strength & Co...	M	109	89	110	199	74.43
19	Greg Karas	(#548)	1974	Unaffiliated	M	89	77	99	176	72.99
20	C. D. Stefano	(#53)	1976	Y-Town Barbell Club	M	73	70	86	156	60.48
21	Jack Mosher	(#995)	1968	Y-Town Barbell	M	81	70	92	162	59.92
22	David Sharp	(#778)	1968	Disciples of Temple of...	M	89	75	90	165	58.9
23	Henry Haver	(#274)	1960	Great Lakes Barbell	M	96	80	90	170	51.16
24	Randall Lewis	(#731)	1962	Libratum Strength and ...	M	102	71	89	160	43.19
25	Danis Russell	(#515)	1952	Unaffiliated	M	102	45	53	98	8.48
26	Jacq Tchoryk	(#156)	2008	Lily Weightlifting	M	55	23	32	55	6.72
27	Logan Lockwood	(#343)	2006	4 Star Strength	M	44	50	67	117	—
x	Dom Groenveld	(#783)	1988	Lily Weightlifting	M	89	101	x	x	x
x	Dakota Carlson	(#643)	1993	Team Juggernaut	M	89	x	x	x	x

35-39 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Eric McGill	36	96	100	105	109	127	133	140x	242	296.883
Rob Hodder	37	89	83	85	89	105	108	110	199	257.843

40-44 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Christopher DiStefano	44	73	70	72x	72x	86	89x	89x	156	243.595

45-49 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Anthony Surre	45	109	83	85	89	101	105	110	199	259.693
Greg Karas	46	89	74	77	80x	95	99	103x	176	259.270

50-54 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Erik Sarlund	52	81	80	82x	84	99	101	103	187	302.637
Jack Mosher	52	81	69x	70	73x	88x	89	92	162	262.352
David Sharp	52	89	70	75	80x	85	90	94x	165	262.139

55-59 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Randy Lewis	58	102	65	68	71	85	88x	89	160	260.259

60-64 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Henry Haver	60	96	70	75	80	90	WD	WD	170	293.629
Steve Hamming	61	96	89	92	96x	100	107	112x	199	350.007

65-69 Year Old Men

	Age	Weight Class	SN 1	SN 2	SN 3	C&J 1	C&J 2	C&J 3	Total	SMF
Danis Russell	68	102	40	42	45	50	53	58	98	193.751