| P/V/I   | Dead | I ift | Fema   | Ι۵ |
|---------|------|-------|--------|----|
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| PVVL Dead Lift Female 100        |             |       |
|----------------------------------|-------------|-------|
| Division: F.01                   |             | Final |
| Name                             | Final Score | Place |
| Brownsberger, Alison             | 85 lbs      | 1st   |
| Iowa City The Village Community  |             |       |
| Division: F.03                   |             | Final |
| Name                             | Final Score | Place |
| Warden, Ciara                    | 85 lbs      | 1st   |
| I owa City The Village Community |             |       |
| Division: F.04                   |             | Final |
| Name                             | Final Score | Place |
| Sawyer, Stephanie                | 100 lbs     | 1st   |
| Clinton Co Special Athletes      |             |       |
| Larson, Sandra                   | 85 lbs      | 2nd   |
| Clinton Co Special Athletes      |             |       |
| Division: F.05                   |             | Final |
| Name                             | Final Score | Place |
| Stauffer, Tracy                  | 155 lbs     | 1st   |
| Clinton Co Special Athletes      |             |       |
| Division: F.06                   |             | Final |
| Name                             | Final Score | Place |
| Napierkowski, Danielle           | 150 lbs     | 1st   |
| Clinton Co Special Athletes      |             |       |
| Division: F.07A                  |             | Final |
| Name                             | Final Score | Place |
| Crossett, Nicole (Nicky)         | 105 lbs     | 1st   |
| Muscatine Comm YMCA              |             |       |
|                                  |             |       |

### 2017 Mid-Winter Tournament **Results**

#### PWL Dead Lift Female

| Division: F.07B<br>Name                     | Final Score | Final<br>Place |
|---|-------------|----------------|
| Strong, Adalene (Adie) Muscatine Comm YMCA  | 155 lbs     | 1st            |
| Division: F.08A<br>Name                     | Final Score | Final<br>Place |
| Burmeister, Lori<br>Muscatine Comm YMCA     | 135 lbs     | 1st            |
| Division: F.08B<br>Name                     | Final Score | Final<br>Place |
| Moffitt, Chelsey<br>Estherville North Stars | 180 lbs     | 1st            |

### 2017 Mid-Winter Tournament ale **Results**

PWL Bench Press Female

| Division: F.01<br>Name          | Final Score | Final<br>Place |
|---------------------------------|-------------|----------------|
| Brownsberger, Alison            | 55 lbs      | 1st            |
| Iowa City The Village Community |             |                |
| Division: F.02                  |             | Final          |
| Name                            | Final Score | Place          |
| Warden, Ciara                   | 65 lbs      | 1st            |
| Iowa City The Village Community |             |                |
| Division: F.04                  |             | Final          |
| Name                            | Final Score | Place          |
| Larson, Sandra                  | 55 lbs      | 1st            |
| Clinton Co Special Athletes     |             |                |
| Sawyer, Stephanie               | 50 lbs      | 2nd            |
| Clinton Co Special Athletes     |             |                |
| Stauffer, Tracy                 | 50 lbs      | 2nd            |
| Clinton Co Special Athletes     |             |                |
| Division: F.05                  |             | Final          |
| Name                            | Final Score | Place          |
| Strong, Adalene (Adie)          | 85 lbs      | 1st            |
| Muscatine Comm YMCA             |             |                |
| Crossett, Nicole (Nicky)        | 65 lbs      | 2nd            |
| Muscatine Comm YMCA             |             |                |
| Division: F.06                  |             | Final          |
| Name                            | Final Score | Place          |
| Burmeister, Lori                | 95 lbs      | 1st            |
| Muscatine Comm YMCA             |             |                |
| Division: F.07                  |             | Final          |
| Name                            | Final Score | Place          |
| Moffitt, Chelsey                | 115 lbs     | 1st            |
| Estherville North Stars         |             |                |

#### 2017 Mid-Winter Tournament

#### PWL Bench Press Female

| Results |
|---------|
|---------|

| Division: F.08<br>Name                                | Final Score | Final<br>Place |
|---|-------------|----------------|
| Napierkowski, Danielle<br>Clinton Co Special Athletes | 75 lbs      | 1st            |
| Division: F.09<br>Name                                | Final Score | Final<br>Place |
| Reddick, Deb<br>Muscatine Comm YMCA                   | 115 lbs     | 1st            |

| Division: M.01              |             | Final |
|-----------------------------|-------------|-------|
| Name                        | Final Score | Place |
| Osbahr, Cole                | 95 lbs      | 1st   |
| Neola Tri Center Schools    |             |       |
| Division: M.02              |             | Final |
| Name                        | Final Score | Place |
| Fernandez, Lane             | 75 lbs      | 1st   |
| Cedar Rapids Parks & Rec    |             |       |
| Division: M.03              |             | Final |
| Name                        | Final Score | Place |
| Dircks, Dallas              | 120 lbs     | 1st   |
| Cedar Rapids Parks & Rec    | , <u> </u>  |       |
| Gerber, Riley               | 105 lbs     | 2nd   |
| Clinton Co Special Athletes |             |       |
| Division: M.04              |             | Final |
| Name                        | Final Score | Place |
| Black, Thomas               | 135 lbs     | 1st   |
| Scott Co Masters Davenport  |             |       |
| Hinz, Donald                | 135 lbs     | 1st   |
| Clinton Co Special Athletes |             |       |
| Padgett, Austin             | 130 lbs     | 2nd   |
| Sioux City Knights          |             |       |
| Division: M.05              |             | Final |
| Name                        | Final Score | Place |
| Speth, Cole                 | 140 lbs     | 1st   |
| Cedar Rapids Parks & Rec    |             |       |

| Division: M.06              |             | Final          |
|-----------------------------|-------------|----------------|
| Name                        | Final Score | Place          |
| Brockert, Kevin             | 135 lbs     | 1st            |
| Muscatine Comm YMCA         |             | _              |
| Trujillo, Matthew           | 125 lbs     | 2nd            |
| Muscatine Comm YMCA         |             |                |
| Division: M.07              |             | Final          |
| Name                        | Final Score | Place          |
| Loskill, Corbin             | 125 lbs     | 1st            |
| Cedar Rapids Parks & Rec    |             |                |
| Devore, Taylor              | 100 lbs     | 2nd            |
| Cedar Rapids Parks & Rec    |             |                |
| Bryant, Curtis              | 95 lbs      | 3rd            |
| Cedar Rapids Parks & Rec    |             |                |
| Division: M.08              |             | Final          |
| Name                        | Final Score | Place          |
| Baldus, Isaac               | 200 lbs     | 1st            |
| Indianola High School       |             |                |
| Division: M.09              |             | Final          |
| Name                        | Final Score | Place          |
| Betsworth, Mitchell Stuart  | 240 lbs     | 1st            |
| Sioux City Knights          |             |                |
| Division: M.10              |             | Final          |
| Division: M.10<br>Name      | Final Score | Final<br>Place |
| Layne, Ernest               | 195 lbs     | 1st            |
| Clinton Co Special Athletes | . 7333      |                |
| Jorr do opodiar / trillotos |             |                |

| Division: M.11             |             | Final |
|----------------------------|-------------|-------|
| Name                       | Final Score | Place |
| Brown, Stuart D            | 160 lbs     | 1st   |
| Bettendorf New Choices     |             |       |
| Foote, Richard             | 160 lbs     | 1st   |
| Glenwood Res Ctr           |             |       |
| Veasey, Gabriel            | 155 lbs     | 2nd   |
| Scott Co Masters Davenport |             |       |
| Torres, Mack               | 145 lbs     | 3rd   |
| Estherville North Stars    |             |       |
| Small, Jay                 | 105 lbs     | 4th   |
| Muscatine Comm YMCA        |             |       |
| Division: M.12             |             | Final |
| Name                       | Final Score | Place |
| Twigg, Kristopher          | 225 lbs     | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.14             |             | Final |
| Name                       | Final Score | Place |
| Smith, Nevin               | 135 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Davis, Josh                | 125 lbs     | 2nd   |
| Sioux City Knights         |             |       |
| Division: M.15             |             | Final |
| Name                       | Final Score | Place |
| Todd, Cabot                | 195 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Waller, Steve              | 170 lbs     | 2nd   |
| Cedar Rapids Parks & Rec   |             |       |
| Division: M.16             |             | Final |
| Name                       | Final Score | Place |
| Todd, Taylor               | 160 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |

| Division: M.17             |             | Final |
|----------------------------|-------------|-------|
| Name                       | Final Score | Place |
| Flake, Travis              | 195 lbs     | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.18             |             | Final |
| Name                       | Final Score | Place |
| Swanson, Matthew           | 240 lbs     | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.19             |             | Final |
| Name                       | Final Score | Place |
| Vaul, Robert "Bob"         | 85 lbs      | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.20             |             | Final |
| Name                       | Final Score | Place |
| Hines, Lucas               | 65 lbs      | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.21             |             | Final |
| Name                       | Final Score | Place |
| Feild, William "BJ"        | 100 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Halkias, Jason             | 95 lbs      | 2nd   |
| Scott Co Masters Davenport |             |       |
| Division: M.22             |             | Final |
| Name                       | Final Score | Place |
| Meyer, Marcus              | 125 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Orth, Jim                  | 75 lbs      | 2nd   |
| Cedar Rapids Parks & Rec   |             |       |

| Division: M.23                       |             | Final |
|--------------------------------------|-------------|-------|
| Name                                 | Final Score | Place |
| Wright, Zach                         | 120 lbs     | 1st   |
| Glenwood Res Ctr                     |             |       |
| Lockwood, Larry                      | 100 lbs     | 2nd   |
| Clinton Co Special Athletes          |             |       |
| Division: M.24                       |             | Final |
| _Name                                | Final Score | Place |
| Church, Jesse                        | 175 lbs     | 1st   |
| Cedar Rapids Parks & Rec             |             |       |
| Elsbernd, Daniel                     | 160 lbs     | 2nd   |
| Glenwood Res Ctr                     |             |       |
| Division: M.25                       |             | Final |
| _Name                                | Final Score | Place |
| Ahrendsen, Doug                      | 90 lbs      | 1st   |
| Cedar Rapids Parks & Rec             |             |       |
| Division: M.26                       |             | Final |
| Name                                 | Final Score | Place |
| Hinkhouse, Jayton                    | 110 lbs     | 1st   |
| Glenwood Res Ctr                     |             |       |
| Hohmann, Ken                         | 105 lbs     | 2nd   |
| Cedar Rapids Parks & Rec             |             |       |
| Hansen, Mike                         | 90 lbs      | 3rd   |
| Des Moines Christian Opportunity Ctr |             |       |
| Division: M.27                       |             | Final |
| Name                                 | Final Score | Place |
| Blakely, Kevin                       | 125 lbs     | 1st   |
| Clinton Co Special Athletes          |             |       |
| Sander, Gary                         | 80 lbs      | 2nd   |
| Muscatine Comm YMCA                  |             |       |
|                                      |             |       |

| Division: M.28                                   |             | Final |
|--|-------------|-------|
| _ Name   | Final Score | Place |
| Boren, Robin                                     | 125 lbs     | 1st   |
| Cedar Rapids Parks & Rec                         |             |       |
| Chesmore, Steve                                  | 90 lbs      | 2nd   |
| Cedar Rapids Parks & Rec                         |             |       |
| Division: M.29A                                  |             | Final |
| Name   | Final Score | Place |
| Ahrendsen, Kevin                                 | 225 lbs     | 1st   |
| Cedar Rapids Parks & Rec                         |             |       |
| Division: M.29B                                  |             | Final |
| Name   | Final Score | Place |
| Torres, Alex                                     | 170 lbs     | 1st   |
| Estherville North Stars                          |             |       |
| Division: M.30                                   |             | Final |
| Name   | Final Score | Place |
| Redmon, Robert                                   | 285 lbs     | 1st   |
| Clinton Co Special Athletes                      |             |       |
| Division: M.31                                   |             | Final |
| Name   | Final Score | Place |
| Whipps, Blake<br>Iowa City The Village Community | 140 lbs     | 1st   |

| Division: M.01                         | 5110        | Final |
|--|-------------|-------|
| _Name                                  | Final Score | Place |
| Osbahr, Cole                           | 135 lbs     | 1st   |
| Neola Tri Center Schools               |             |       |
| Division: M.03A                        |             | Final |
| Name                                   | Final Score | Place |
| Dircks, Dallas                         | 275 lbs     | 1st   |
| Cedar Rapids Parks & Rec               |             |       |
| Division: M.03B                        |             | Final |
| Name                                   | Final Score | Place |
| Gerber, Riley                          | 165 lbs     | 1st   |
| Clinton Co Special Athletes            |             |       |
| Division: M.04                         |             | Final |
| Name                                   | Final Score | Place |
| Speth, Cole                            | 230 lbs     | 1st   |
| Cedar Rapids Parks & Rec               |             |       |
| Division: M.05                         |             | Final |
| Name                                   | Final Score | Place |
| Hinz, Donald                           | 235 lbs     | 1st   |
| Clinton Co Special Athletes            |             |       |
| Black, Thomas                          | 225 lbs     | 2nd   |
| Scott Co Masters Davenport             |             |       |
| Division: M.06                         |             | Final |
| Name                                   | Final Score | Place |
| Baldus, Isaac<br>Indianola High School | 300 lbs     | 1st   |

| Division: M.07              |             | Final |
|-----------------------------|-------------|-------|
| Name                        | Final Score | Place |
| Betsworth, Mitchell Stuart  | 410 lbs     | 1st   |
| Sioux City Knights          |             |       |
| <u> </u>                    |             |       |
| Division: M.08              |             | Final |
| Name                        | Final Score | Place |
| Brockert, Kevin             | 255 lbs     | 1st   |
| Muscatine Comm YMCA         |             |       |
| Trujillo, Matthew           | 235 lbs     | 2nd   |
| Muscatine Comm YMCA         |             |       |
| Division: M.09              |             | Final |
| Name                        | Final Score | Place |
| Padgett, Austin             | 320 lbs     | 1st   |
| Sioux City Knights          |             |       |
| Division: M.10              |             | Final |
| Name                        | Final Score | Place |
| Layne, Ernest               | 265 lbs     | 1st   |
| Clinton Co Special Athletes |             |       |
| Division: M.11              |             | Final |
| Name                        | Final Score | Place |
| Devore, Taylor              | 185 lbs     | 1st   |
| Cedar Rapids Parks & Rec    |             |       |
| Division: M.12A             |             | Final |
| Name                        | Final Score | Place |
| Bryant, Curtis              | 170 lbs     | 1st   |
| Cedar Rapids Parks & Rec    |             |       |
| •                           |             |       |

| Division: M.12B                      |             | Final |
|--------------------------------------|-------------|-------|
| Name                                 | Final Score | Place |
| Loskill, Corbin                      | 235 lbs     | 1st   |
| Cedar Rapids Parks & Rec             |             |       |
| Division: M.13                       |             | Final |
| Name                                 | Final Score | Place |
| Hines, Lucas                         | 145 lbs     | 1st   |
| Muscatine Comm YMCA                  |             |       |
| Division: M.14                       |             | Final |
| Name                                 | Final Score | Place |
| Halkias, Jason                       | 280 lbs     | 1st   |
| Scott Co Masters Davenport           |             |       |
| Division: M.15                       |             | Final |
| Name                                 | Final Score | Place |
| Hansen, Mike                         | 225 lbs     | 1st   |
| Des Moines Christian Opportunity Ctr |             |       |
| Division: M.16                       |             | Final |
| Name                                 | Final Score | Place |
| Meyer, Marcus                        | 165 lbs     | 1st   |
| Cedar Rapids Parks & Rec             |             |       |
| Division: M.17                       |             | Final |
| Name                                 | Final Score | Place |
| Davis, Josh                          | 205 lbs     | 1st   |
| Sioux City Knights                   |             |       |
| Feild, William "BJ"                  | 200 lbs     | 2nd   |
| Cedar Rapids Parks & Rec             |             |       |
| Sander, Gary                         | 165 lbs     | 3rd   |
| Muscatine Comm YMCA                  |             |       |
|                                      |             |       |

| Division: M.18                               |                | Final        |
|--|----------------|--------------|
| Name   | Final Score    | Place        |
| Orth, Jim                                    | 160 lbs        | 1st          |
| Cedar Rapids Parks & Rec                     |                |              |
| Lockwood, Larry                              | 155 lbs        | 2nd          |
| Clinton Co Special Athletes                  |                |              |
| Division: M.19A                              |                | Final        |
| Name   | Final Score    | Place        |
| Ahrendsen, Doug<br>Cedar Rapids Parks & Rec  | 205 lbs        | 1st          |
| Division: M.19B                              | <b>5</b> 1 1.0 | Final        |
| Name   | Final Score    | Place        |
| Hinkhouse, Jayton<br>Glenwood Res Ctr        | 160 lbs        | 1st          |
| Division: M.20                               |                | Final        |
| _ Name                                       | Final Score    | <u>Place</u> |
| Elsbernd, Daniel<br>Glenwood Res Ctr         | 200 lbs        | 1st          |
| Wright, Zach                                 | 170 lbs        | 2nd          |
| Glenwood Res Ctr                             |                |              |
| Division: M.21                               |                | Final        |
| Name   | Final Score    | Place        |
| Ahrendsen, Kevin<br>Cedar Rapids Parks & Rec | 245 lbs        | 1st          |
| Church, Jesse                                | 245 lbs        | 1st          |
| Cedar Rapids Parks & Rec                     |                |              |
| Blakely, Kevin                               | 240 lbs        | 2nd          |
| Clinton Co Special Athletes                  |                |              |

| Division: M.22                                |              | Final          |
|---|--------------|----------------|
| Name  | Final Score  | Place          |
| Chesmore, Steve                               | 150 lbs      | 1st            |
| Cedar Rapids Parks & Rec                      |              |                |
| Division: M.23                                |              | Final          |
| Name  | Final Score  | Place          |
| Whipps, Blake Iowa City The Village Community | 295 lbs      | 1st            |
| Boren, Robin                                  | 275 lbs      | 2nd            |
| Cedar Rapids Parks & Rec                      |              |                |
| Hohmann, Ken<br>Cedar Rapids Parks & Rec      | 210 lbs      | 3rd            |
| Division: M.24                                | Fig. 1 Coope | Final          |
| Name  | Final Score  | Place          |
| Torres, Alex Estherville North Stars          | 315 lbs      | 1st            |
| Division: M.25                                |              | Final          |
| Name  | Final Score  | Place_         |
| Redmon, Robert Clinton Co Special Athletes    | 375 lbs      | 1st<br>        |
| Division: M.26A<br>Name                       | Final Score  | Final<br>Place |
| Brown, Stuart D                               | 335 lbs      | 1st            |
| Bettendorf New Choices                        |              |                |
| Division: M.26B                               |              | Final          |
| Name  | Final Score  | Place          |
| Foote, Richard<br>Glenwood Res Ctr            | 240 lbs      | 1st            |

| Division: M.27             |             | Final |
|----------------------------|-------------|-------|
| Name                       | Final Score | Place |
| Veasey, Gabriel            | 315 lbs     | 1st   |
| Scott Co Masters Davenport |             |       |
| Torres, Mack               | 280 lbs     | 2nd   |
| Estherville North Stars    |             |       |
| Small, Jay                 | 225 lbs     | 3rd   |
| Muscatine Comm YMCA        |             |       |
| Division: M.28             |             | Final |
| Name                       | Final Score | Place |
| Twigg, Kristopher          | 435 lbs     | 1st   |
| Muscatine Comm YMCA        |             |       |
| Division: M.30A            |             | Final |
| Name                       | Final Score | Place |
| Todd, Cabot                | 275 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Division: M.30B            |             | Final |
| Name                       | Final Score | Place |
| Smith, Nevin               | 230 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Division: M.31             |             | Final |
| Name                       | Final Score | Place |
| Todd, Taylor               | 265 lbs     | 1st   |
| Cedar Rapids Parks & Rec   |             |       |
| Waller, Steve              | 245 lbs     | 2nd   |
| Cedar Rapids Parks & Rec   |             |       |
| •                          |             |       |

| Division: M.32      |             | Final |
|---------------------|-------------|-------|
| Name                | Final Score | Place |
| Flake, Travis       | 315 lbs     | 1st   |
| Muscatine Comm YMCA |             |       |
| Swanson, Matthew    | 315 lbs     | 1st   |
| Muscatine Comm YMCA |             |       |