

HIGH GRADES	SCHOOL 9-10	DIVISION JUNIOR		
WEIGHT CLASS	LIFT	NAME	POUNDS	
114	SQUAT	D.JEFFREY JR.	347	
	BENCHPRESS	D.JEFFREY JR.	220	
	DEADLIFT	D.JEFFREY JR.	330	
	TOTAL	D.JEFFREY JR.	898	
123	SQUAT	D.JEFFREY JR.	336	6/19/2010
	BENCHPRESS	D.JEFFREY JR.	220.2	6/19/2010
	DEADLIFT	D.JEFFREY JR.	369	5/7/2010
	TOTAL	D.JEFFREY JR.	911.4	6/19/2010
132	SQUAT	C. WARNER	303	
	BENCHPRESS	J.CHIKI	187	
	DEADLIFT	L.GARD	336	
	TOTAL	J.CHIKI	755	
148	SQUAT	P.ADKINS	335	

	BENCHPRESS	S.SMITH	198	
	DEADLIFT	B.BURGESS	400	
	TOTAL	P.ADKINS	870	
165	SQUAT	J.MCCOY	363	
	BENCHPRESS	T.WITT	231	
	DEADLIFT	M.ROACH	418	
	TOTAL	J.MCCOY	1008	
181	SQUAT	B.CRITCHFIELD	435	
	BENCHPRESS	B.CRITCHFIELD	308	
	DEADLIFT	M.MULLENS	460	
	TOTAL	B.CRITCHFIELD	1146	
198	SQUAT	T.CLIN		
	BENCHPRESS	T.CLIN	440	
	DEADLIFT	D.CHAPMAN	259	
	TOTAL	T.CLIN	465	
			1118	
220	SQUAT	T.CLIN	445	
	BENCHPRESS	W.WALLACE	314	
	DEADLIFT	W.WALLACE	518	
	TOTAL	W.WALLACE	1267	
242	SQUAT	T.VANCE		
	BENCHPRESS	R.ADKINS	402	

	DEADLIFT	R.ADKINS	250	
	TOTAL	R.ADKINS	460	
			1040	
275	SQUAT	J.BRYANT	363	
	BENCHPRESS	J.BRYANT	292	
	DEADLIFT	J.MARTIN	501	
	TOTAL	J.BRYANT	1102	
SHW	SQUAT	P.GALLIHUE	507	
	BENCHPRESS	P.GALLIHUE	286	
	DEADLIFT	P.GALLIHUE	581	
	TOTAL	P.GALLIHUE	1295	
HIGH GRADES	SCHOOL	DIVISION		
	11 AND 12	SENIOR		
114	SQUAT	G.YORK	310	
	BENCHPRESS	S.POOLE	190	
	DEADLIFT	S.POOLE	360	
	TOTAL	S.POOLE	830	
123	SQUAT	B.MINNEAR	292	
	BENCHPRESS	B.MINNEAR	198	
	DEADLIFT	C.PARRISH	325	
	TOTAL	B.MINNEAR	788	

132	SQUAT	R.GREEN	375	
	BENCHPRESS	R.GOLDSMITH	225	
	DEADLIFT	R.GREENE	446	
	TOTAL	R.GREENE	1020	
148	SQUAT	C.POLITINO	418	5/7/2010
	BENCHPRESS	T.GREEN	292	
	DEADLIFT	W.OSBORNE	446	
	TOTAL	C.POLITINO	1102	
165	SQUAT	B.BURGESS	435	
	BENCHPRESS	BRUCE VELTRI	314	
	DEADLIFT	B.BURGESS	551	
	TOTAL	B.BURGESS	1218	
181	SQUAT	E.HORTON	451	
	BENCHPRESS	R.PYNE	275	
	DEADLIFT	E.HORTON	485	
	TOTAL	E.HORTON	1158	
198	SQUAT	B.SZASZ	534	
	BENCHPRESS	M.WICKLAND	385	
	DEADLIFT	B.SZASZ	534	

	TOTAL	B.SZASZ	1372	
220	SQUAT	B.SZASZ	534	5/7/2010
	BENCHPRESS	K.WORKMAN	380	
	DEADLIFT	C.RICE	512	
	TOTAL	B.SZASZ	1349	
242	SQUAT	K.ALLMAN	501	
	BENCHPRESS	S.HASS	330	
	DEADLIFT	A.LESTER	560	
	TOTAL	A.LESTER	1375	
275	SQUAT	J.KLAWON	580	
	BENCHPRESS	B.SIDERS	435	
	DEADLIFT	S.HASS	560	
	TOTAL	S.HASS	1565	
SHW	SQUAT	J.REDMAN	650	
	BENCHPRESS	C.MARSHALL	363	
	DEADLIFT	K.HALL	529	
	TOTAL	J.REDMAN	1488	
HIGH WOMENS	SCHOOL DIVISION			
97	SQUAT	P.MANN	159	

	BENCHPRESS		104	
	DEADLIFT	P.MANN	220	
	TOTAL	M.WOODSON	473	
		P.MANN		
105	SQUAT	L.JEFFREY	253	
	BENCHPRESS	L.JEFFREY	137	
	DEADLIFT	L.JEFFREY	264	
	TOTAL	L.JEFFREY	650	
114	SQUAT	L.JEFFREY	314	
	BENCHPRESS	L.JEFFREY	170	
	DEADLIFT	L.JEFFREY	330	
	TOTAL	L.JEFFREY	815	
123	SQUAT	L.JEFFREY	308	
	BENCHPRESS	L.JEFFREY	178	
	DEADLIFT	L.JEFFREY	341	
	TOTAL	L.JEFFREY	821	
132	SQUAT	K.BUSH	286	
	BENCHPRESS	K.BUSH	154	
	DEADLIFT	K.BUSH	325	
	TOTAL	K.BUSH	766	
148	SQUAT	A.HELMINSKI	275	
	BENCHPRESS	A.HELMINSKI	159	

	DEADLIFT	A.HELMINSKI	297	
	TOTAL	A.HELMINSKI	733	
165	SQUAT	W.HENDRICK	242	
	BENCHPRESS	W.HENDRICK	115	
	DEADLIFT	W.HENDRICK	297	
	TOTAL	W.HENDRICK	655	
181	SQUAT	A.HELMINSKI	275	
	BENCHPRESS	A.HELMINSKI	130	
	DEADLIFT	A.HELMINSKI	290	
	TOTAL	A.HELMINSKI	695	
198	SQUAT	H.MCCOMAS	248	
	BENCHPRESS	H.MCCOMAS	126	
	DEADLIFT	A.HARPER	303	
	TOTAL	A.HARPER	666	
198 + HVWT.	SQUAT	C.MCCLELLAN	440	
	BENCHPRESS	C.MCCLELLAN	181	
	DEADLIFT	C.MCCLELLAN	429	
	TOTAL	C.MCCLELLAN	1052	