

| 7-Mar-15         |     | SE Nationals Men's Squats-Kg Results |          |            |                  |         |         |         |         |            |             |          |  |  |  |
|------------------|-----|--------------------------------------|----------|------------|------------------|---------|---------|---------|---------|------------|-------------|----------|--|--|--|
| Name             | Age | Div                                  | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Coeff Score |          |  |  |  |
| John Wrenn       |     | M-JR                                 | 53.6     | 56         | 0.9188           | 145     | 155     |         |         | 155        | 142.414     |          |  |  |  |
| Jacob Stagg      |     | M-T2                                 | 60       | 60         | 0.8128           | 117.5   | 125     | 130     |         | 130        | 105.664     |          |  |  |  |
| Jordan Williams  |     | M-JR                                 | 64.3     | 67.5       | 0.7591           | 155     | 165     | -172.5  |         | 165        | 125.2515    |          |  |  |  |
| Lynn Miller      |     | M-M6                                 | 74.1     | 75         | 0.6708           | 95      | 100     | 105     |         | 105        | 70.434      |          |  |  |  |
| Evan Swanson     |     | M-JR                                 | 70.5     | 75         | 0.6989           | -157.5  | -157.5  | -157.5  |         | 0          | 0           |          |  |  |  |
| Ryan Lima        |     | M-T3                                 | 82       | 82.5       | 0.6219           | 182.5   | 197.5   | 202.5   | -207.5  | 202.5      | 125.93475   |          |  |  |  |
| Brandon Victor   |     | M-OEQ                                | 77.5     | 82.5       | 0.6479           | 172.5   | 182.5   | 187.5   |         | 187.5      | 121.48125   | EQUIPPED |  |  |  |
| Ramiro Ruiz      |     | M-OPN                                | 88.8     | 90         | 0.5901           | 142.5   | -165    | 165     |         | 165        | 97.3665     |          |  |  |  |
| Cody Bodnar      |     | M-JR                                 | 93.4     | 100        | 0.573            | 200     | 222.5   | 232.5   | 242.5   | 242.5      | 133.2225    |          |  |  |  |
| Taylor Epperson  |     | M-OPN                                | 98.4     | 100        | 0.5581           | 200     | 207.5   | 217.5   |         | 217.5      | 121.38675   |          |  |  |  |
| Maurice McClain  |     | M-OPN                                | 98.2     | 100        | 0.5586           | 202.5   | 207.5   | -222.5  |         | 207.5      | 115.9095    |          |  |  |  |
| Donta Melvin     |     | M-T2                                 | 96.9     | 100        | 0.5651           | 142.5   | -172.5  | -172.5  |         | 142.5      | 80.52675    |          |  |  |  |
| David Stephens   |     | M-M1                                 | 91.9     | 100        | 0.5819           | 125     | -140    | -140    |         | 125        | 72.7375     |          |  |  |  |
| David Stephens   |     | M-M1EC                               | 91.9     | 100        | 0.5819           | -132.5  | 140     | -142.5  |         | 140        | 81.466      | EQUIPPED |  |  |  |
| Johnathan Minnis |     | M-OPN                                | 105.5    | 110        | 0.5429           | 197.5   | 202.5   | -210    |         | 202.5      | 109.93725   |          |  |  |  |
| Monta Melvin     |     | M-T2                                 | 101.7    | 110        | 0.5502           | -175    | 175     | -177.5  |         | 175        | 96.285      |          |  |  |  |
| Jason Beal       |     | M-OEQ                                | 114.5    | 125        | 0.5318           | 252.5   | 260     | 267.5   |         | 267.5      | 142.2565    | EQUIPPED |  |  |  |
| Jesse Jones      |     | M-OPN                                | 113.9    | 125        | 0.5333           | 210     | 215     | -230    |         | 215        | 114.6595    |          |  |  |  |
| Ed Riley         |     | M-OPN                                | 119.4    | 125        | 0.5275           | -250    | -250    | -250    |         | 0          | 0           |          |  |  |  |
| Johnathan Jones  |     | M-JR                                 | 128.7    | 145        | 0.5166           | 145     | 177.5   | -197.5  |         | 177.5      | 91.6965     |          |  |  |  |

| 7-Mar-15         |     | SE Nat'l's Men's Bench Press-Kg Results |          |            |                  |         |         |         |         |            |             |          |  |  |  |
|------------------|-----|---|----------|------------|------------------|---------|---------|---------|---------|------------|-------------|----------|--|--|--|
| Name             | Age | Div                                     | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Coeff Score |          |  |  |  |
| Ryan Sutera      |     | MJR                                     | 51.1     | 52         | 0.9712           | 67.5    | 75      | 77.5    | -80     | 77.5       | 75.268      |          |  |  |  |
| John Wrenn       |     | MJR                                     | 53.6     | 56         | 0.9188           | 85      | 95      | -100    |         | 95         | 87.286      |          |  |  |  |
| Jordan Williams  |     | MJR                                     | 64.3     | 67.5       | 0.7591           | 70      | 75      | -77.5   |         | 75         | 56.9325     |          |  |  |  |
| Mike Stagg       |     | M-M2                                    | 74.9     | 75         | 0.6723           | 135     | 140     | -145    |         | 140        | 94.122      |          |  |  |  |
| Anthony Ginn     |     | M-JR                                    | 70.3     | 75         | 0.7005           | 110     | 115     | 120     |         | 120        | 84.06       |          |  |  |  |
| Lynn Miller      |     | M-M6                                    | 74.1     | 75         | 0.6708           | 92.5    | 95      | -97.5   |         | 95         | 63.726      |          |  |  |  |
| Ryan Lima        |     | M-T3                                    | 82       | 82.5       | 0.6219           | 100     | 107.5   | 110     |         | 110        | 68.409      |          |  |  |  |
| Ron Madison      |     | M-M1EQ                                  | 87.9     | 90         | 0.5982           | 207.5   | -215    | -215    |         | 207.5      | 124.1265    | EQUIPPED |  |  |  |
| Isaac Redman     |     | M-T3                                    | 87.4     | 90         | 0.596            | 140     | 147.5   | -150    |         | 147.5      | 87.91       |          |  |  |  |
| Wayne Nicolen    |     | M-M5                                    | 86.6     | 90         | 0.5995           | 137.5   | 142.5   | -150    |         | 142.5      | 85.42875    |          |  |  |  |
| Jacob Whitley    |     | M-OPN                                   | 85.9     | 90         | 0.6074           | 110     | -120    | -120    |         | 110        | 66.814      |          |  |  |  |
| Maurice McClain  |     | M-OPN                                   | 98.2     | 100        | 0.5586           | 167.5   | 172.5   | -177.5  |         | 172.5      | 96.3585     |          |  |  |  |
| Jerry Burnett    |     | M-M4                                    | 96.7     | 100        | 0.5627           | 150     | 155     | -167.5  |         | 155        | 87.2185     |          |  |  |  |
| Paul Jordan      |     | M-M1                                    | 97.8     | 100        | 0.5597           | 150     | 152.5   | -167.5  |         | 152.5      | 85.35425    |          |  |  |  |
| Donta Melvin     |     | M-T2                                    | 96.9     | 100        | 0.5651           | 95      | -102.5  | -102.5  |         | 95         | 53.6845     |          |  |  |  |
| Johnathan Minnis |     | M-OPN                                   | 105.5    | 110        | 0.5429           | 147.5   | 157.5   | -160    |         | 157.5      | 85.50675    |          |  |  |  |
| Monta Melvin     |     | M-T2                                    | 101.7    | 110        | 0.5502           | 100     | -115    | -115    |         | 100        | 55.02       |          |  |  |  |
| Jason Beal       |     | M-OEQ                                   | 114.5    | 125        | 0.5318           | 190     | 197.5   | -205    |         | 197.5      | 105.0305    | EQUIPPED |  |  |  |
| Johnathan Jones  |     | M-JR                                    | 128.7    | 145        | 0.5166           | 110     | -130    | 130     |         | 130        | 67.158      |          |  |  |  |

| Jeff Buchin                                |     | M-M6   | 134.1    | 145        | 0.5101           | -172.5     | 172.5      | -182.5     |            | 172.5         | 87.99225    |          |  |
|--|-----|--------|----------|------------|------------------|------------|------------|------------|------------|---------------|-------------|----------|--|
| Jeff Buchin                                |     | M-M6EC | 134.1    | 145        | 0.5101           | -202.5     | -202.5     | -202.5     |            | 0             | 0           | EQUIPPED |  |
| Joe Newton                                 |     | M-OPN  | 137.2    | 145        | 0.5065           | 175        | 185        | -195       |            | 185           | 93.7025     |          |  |
| Randy Pirtle                               |     | M-M3   | 145.4    | SHW        | 0.4975           | 160        | 170        | -182.5     |            | 170           | 84.575      |          |  |
| 7-Mar-15 SE Ntls Men's Deadlift-Kg Results |     |        |          |            |                  |            |            |            |            |               |             |          |  |
| Name                                       | Age | Div    | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Coeff Score |          |  |
| John Wrenn                                 |     | M-JR   | 53.6     | 56         | 0.9188           | 150        | 160        | 170        |            | 170           | 156.196     |          |  |
| Jacob Stagg                                |     | M-T2   | 60       | 60         | 0.8128           | 162.5      | -172.5     |            |            | 162.5         | 132.08      |          |  |
| Jordan Williams                            |     | M-JR   | 64.3     | 67.5       | 0.7591           | 160        | 170        | 177.5      |            | 177.5         | 134.74025   |          |  |
| Evan Swanson                               |     | M-JR   | 70.5     | 75         | 0.6989           | 175        | 182.5      | -187.5     |            | 182.5         | 127.54925   |          |  |
| Lynn Miller                                |     | M-M6   | 74.1     | 75         | 0.6708           | 170        | 180        | -182.5     |            | 180           | 120.744     |          |  |
| Ryan Lima                                  |     | M-T3   | 82       | 82.5       | 0.6219           | -230       | 230        | 247.5      |            | 247.5         | 153.92025   |          |  |
| Raymon Briones                             |     | M-JR   | 78.9     | 82.5       | 0.6454           | -207.5     | 215        | -227.5     |            | 215           | 138.761     |          |  |
| Cole Tying                                 |     | M-T1   | 77.8     | 82.5       | 0.6461           | 155        | 170        | 182.5      | -190       | 182.5         | 117.91325   |          |  |
| Isaac Redman                               |     | M-T3   | 87.4     | 90         | 0.596            | 220        | 235        | 245        |            | 245           | 146.02      |          |  |
| Michael Deford                             |     | M-JR   | 86.1     | 90         | 0.6018           | 230        | -247.5     | -247.5     |            | 230           | 138.414     |          |  |
| Jacob Whitley                              |     | M-OPN  | 85.9     | 90         | 0.6074           | 200        | 205        |            |            | 205           | 124.517     |          |  |
| Ramiro Ruiz                                |     | M-OPN  | 88.8     | 90         | 0.5901           | -160       | 160        | 182.5      |            | 182.5         | 107.69325   |          |  |
| Dwight Lloyd                               |     | M-OPN  | 91       | 100        | 0.5815           | 265        | 272.5      | -290       |            | 272.5         | 158.45875   |          |  |
| Maurice McClain                            |     | M-OPN  | 98.2     | 100        | 0.5586           | 245        | 252.5      | 257.5      |            | 257.5         | 143.8395    |          |  |
| Bruce Thomas                               |     | M-M3   | 99.6     | 100        | 0.555            | 235        | -260       |            |            | 235           | 130.425     |          |  |
| Donta Melvin                               |     | M-T2   | 96.9     | 100        | 0.5651           | 197.5      | -217.5     | -227.5     |            | 197.5         | 111.60725   |          |  |
| David Stephens                             |     | M-M1   | 91.9     | 100        | 0.5819           | 160        | 175        | -195       |            | 175           | 101.8325    |          |  |
| David Stephens                             |     | M-M1EC | 91.9     | 100        | 0.5819           | 160        | 177.5      | -187.5     |            | 177.5         | 103.28725   | EQUIPPED |  |



| 7-Mar-15         |     | SE Natl's Women's Squats-Kg Results      |          |            |                  |         |         |         |         |            |             |          |  |  |
|------------------|-----|--|----------|------------|------------------|---------|---------|---------|---------|------------|-------------|----------|--|--|
| Name             | Age | Div                                      | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Coeff Score |          |  |  |
| Jaqueline Miller |     | F-M6                                     | 49.5     | 50.5       | 1.0098           | 50      | 55      | 60      | 61      | 61         | 60.588      |          |  |  |
| Kerin Anderson   |     | F-M4                                     | 49.5     | 50.5       | 1.0098           | 47.5    | 52.5    | 55      | -57.5   | 55         | 55.539      |          |  |  |
| Toni Lane        |     | F-JR                                     | 54.7     | 55.5       | 0.9305           | 100     | 105     | -110    |         | 105        | 97.7025     |          |  |  |
| Pat Okker        |     | F-M4                                     | 54.5     | 55.5       | 0.9333           | 40      | 45      | 50      |         | 50         | 46.665      |          |  |  |
| Amanda Smith     |     | F-OPN                                    | 61.2     | 63         | 0.8473           | -97.5   | 100     | -102.5  |         | 100        | 84.73       |          |  |  |
| Naomi Seifert    |     | F-T2                                     | 60.3     | 63         | 0.8579           | 72.5    | 80      | 85      | 87.5    | 87.5       | 72.9215     |          |  |  |
| Angela Holloway  |     | F-M1                                     | 62.4     | 63         | 0.8336           | 45      | 50      | 52.5    |         | 52.5       | 43.764      |          |  |  |
| Sandy Falloon    |     | F-M5                                     | 62.6     | 63         | 0.8313           | 32.5    | 37.5    | 42.5    |         | 42.5       | 35.33025    |          |  |  |
| Anne Clark       |     | F-M6                                     | 62.1     | 63         | 0.837            | 35      | -37.5   | -37.5   |         | 35         | 29.295      |          |  |  |
| Nicole Hawkins   |     | F-OPN                                    | 68.3     | 70         | 0.7721           | 97.5    | 102.5   | 107.50  |         | 107.5      | 83.00075    |          |  |  |
| Tara Helenthal   |     | F-M1                                     | 67.1     | 70         | 0.7837           | 75      | 80      | -85     |         | 80         | 62.696      |          |  |  |
| Jeanne Kuckelman |     | F-M3                                     | 66.1     | 70         | 0.7938           | 70      | 75      | 77.5    |         | 77.5       | 61.5195     |          |  |  |
| Emily Phillips   |     | F-T2                                     | 63.8     | 70         | 0.8181           | 70      | 73.5    | -76     |         | 73.5       | 60.13035    |          |  |  |
| Kate Walker      |     | F-M6                                     | 68.8     | 70         | 0.7682           | 70      | 72.5    | -75     |         | 72.5       | 55.6945     |          |  |  |
| Jennfier McClain |     | F-OPN                                    | 78.5     | 80         | 0.6988           | 97.5    | 100     | 105     |         | 105        | 73.374      |          |  |  |
| Beth Perrin      |     | F-M4                                     | 74.6     | 80         | 0.7244           | 65      | 72.5    | 77.5    |         | 77.5       | 56.141      |          |  |  |
| Rachel Howard    |     | F-M2                                     | 72.8     | 80         | 0.7379           | 40      | -42.5   | -42.5   |         | 40         | 29.516      |          |  |  |
| Rachel Brown     |     | F-M4                                     | 85.5     | 90         | 0.656            | 55      | 60      | 65      |         | 65         | 42.64       |          |  |  |
| Maggy Danley     |     | F-M6                                     | 85.2     | 90         | 0.6578           | 55      | 60      | -65     |         | 60         | 39.468      |          |  |  |
| Beth Van Hove    |     | F-M3                                     | 93.5     | SHW        | 0.6196           | 65      | -70     | 70      |         | 70         | 43.372      |          |  |  |
| Denise Gilbert   |     | F-M4EC                                   | 129.7    | SHW        | 0.5435           | 65      | -75     | -75     | -75     | 65         | 35.3275     | EQUIPPED |  |  |
| 7-Mar-15         |     | SE Natl's Women's Bench Press-Kg Results |          |            |                  |         |         |         |         |            |             |          |  |  |

| Name  | Age | Div    | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Bench 1    | Bench 2    | Bench 3    | Bench 4    | Best Bench    | Coeff Score |          |  |
|---|-----|--------|----------|------------|------------------|------------|------------|------------|------------|---------------|-------------|----------|--|
| Kerin Anderson                                  |     | F-M4   | 49.5     | 50.5       | 1.0098           | 43         | 45         | 47.5       |            | 47            | 47.4606     |          |  |
| Jaqueline Miller                                |     | F-M6   | 49.5     | 50.5       | 1.0098           | 30         | 32         | 33         | -35        | 33            | 33.3234     |          |  |
| Shelly Frazier                                  |     | F-M1   | 50.7     | 53         | 0.9904           | 67.5       | 68         | 70         | 71         | 70            | 69.328      |          |  |
| Pat Okker                                       |     | F-M4   | 54.5     | 55.5       | 0.9333           | 52.5       | 55         | -57        |            | 55            | 51.3315     |          |  |
| Naomi Seifert                                   |     | F-T2   | 60.3     | 63         | 0.8579           | 42.5       | 47.5       | 52.5       |            | 52.5          | 45.03975    |          |  |
| Angela Holloway                                 |     | F-M1   | 62.5     | 63         | 0.8324           | 40         | 42.5       | -45        |            | 42.5          | 35.377      |          |  |
| Anne Clark                                      |     | F-M6   | 62.1     | 63         | 0.837            | 35         | -37.5      | -37.5      |            | 35            | 29.295      |          |  |
| Sandy Falloon                                   |     | F-M5   | 62.6     | 63         | 0.8313           | 25         | 27.5       | -30        |            | 27.5          | 22.86075    |          |  |
| Nicole Hawkins                                  |     | F-OPN  | 68.3     | 70         | 0.7721           | 57.5       | 60         | -65        |            | 60            | 46.326      |          |  |
| Jeanne Kuckelman                                |     | F-M3   | 66.1     | 70         | 0.7938           | 57.5       | -60        | -60        |            | 57.5          | 45.6435     |          |  |
| Tara Helenthal                                  |     | F-M1   | 67.1     | 70         | 0.7837           | 52.5       | 55         | -57.5      |            | 55            | 43.1035     |          |  |
| Kate Walker                                     |     | F-M6   | 68.8     | 70         | 0.7682           | 47.5       | -50.5      | -50.5      |            | 47.5          | 36.4895     |          |  |
| Jennifer McClain                                |     | F-OPN  | 78.5     | 80         | 0.6988           | 62.5       | 65         | -67.5      |            | 65            | 45.422      |          |  |
| Beth Perrin                                     |     | F-M4   | 74.6     | 80         | 0.7244           | 45         | 50         | 52.5       |            | 52.5          | 38.031      |          |  |
| Rachel Howard                                   |     | F-M2   | 72.8     | 80         | 0.7379           | 32.5       | 35         | -37.5      |            | 35            | 25.8265     |          |  |
| Sandra Ollar                                    |     | F-M7   | 77.1     | 80         | 0.708            | 25         | 27.5       | -30        |            | 27.5          | 19.47       |          |  |
| Rachel Brown                                    |     | F-M4   | 85.5     | 90         | 0.656            | 52.5       | 55         | 57.5       |            | 57.5          | 37.72       |          |  |
| Charla Wrenn                                    |     | F-M2   | 90       | 90         | 0.6312           | 50         | 57.5       | -62.5      |            | 57.5          | 36.294      |          |  |
| Maggy Danley                                    |     | F-M6   | 85.2     | 90         | 0.6578           | 45         | 47.5       | 48.5       | -50        | 48.5          | 31.9033     |          |  |
| Beth Van Hove                                   |     | F-M3   | 93.7     | SHW        | 0.619            | 55         | 57.5       | -60        |            | 57.5          | 35.5925     |          |  |
| Denise Gilbert                                  |     | F-M4EC | 129.7    | SHW        | 0.5435           | 50         | 52.5       | -55        |            | 52.5          | 28.53375    | EQUIPPED |  |
| <b>7-Mar-15 SE Nat'ls Women's DL-Kg Results</b> |     |        |          |            |                  |            |            |            |            |               |             |          |  |
| Name  | Age | Div    | BWt (Kg) | WtCls (Kg) | Schwartz/M alone | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Coeff Score |          |  |
| Jacqueline Miller                               |     | F-M6   | 49.5     | 50.5       | 1.0098           | 60         | 65         | 70         |            | 70            | 70.686      |          |  |



