

27th USAPL Womens Nationals Powerlifting Championship
Miami, Florida - February 14\15, 2009

Name	Birth Date	Div(s)	Body Wt	Wt cls	Coef	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	PI-Div-Cls	Team	Tm Pts	Wilks Total
Cheryl Anderson	05/25/75	F-O	47.6	48	1.3326	112.5	127.5	130	130	70	77.5	80	80	137.5	147.5	152.5	152.5	362.5	1-F-O-48	MN	12	483.0675
April Shumaker (O)	01/08/66	F-O	47	48	1.3449	117.5	122.5	127.5	127.5	82.5	85	90	90	127.5	135	-445	135	352.5	2-F-O-48	FL	9	474.07725
Gladys Serrano	10/25/84	F-O	44.9	48	1.3889	105	-442.5	-442.5	105	65	70	-80	70	100	105	110	110	285	3-F-O-48	PR	8	395.83651
Nicole Simonis (O)	12/29/90	F-O	43.8	48	1.4123	-62.5	62.5	67.5	67.5	-35	35	-37.5	35	92.5	97.5	105	105	207.5	4-F-O-48	NY	7	293.05225
JoJo Ocampo (O)	11/27/69	F-O	47.3	48	1.3387	-442.5	-442.5	-442.5	0	-55	55	62.5	62.5	117.5	127.5	132.5	132.5	0		HI	0	0
Suzanne Hartwig-Gary (O)	10/05/68	F-O	52	52	1.2466	150	-457.5	-457.5	150	92.5	-97.5	97.5	97.5	145	155	-460	155	402.5	1-F-O-52	MD	12	501.75651
Joan Schmidt (O)	05/06/40	F-O	48.4	52	1.3163	25	-27.5	27.5	27.5	25	27.5	30	30	55	62.5	67.5	67.5	125	2-F-O-52	FL	9	164.5375
Rowena Lopez (O)	03/15/77	F-O	54.9	56	1.1950	-445	145	-450	145	82.5	-95	95	95	147.5	-460	-460	147.5	387.5	1-F-O-56	TX	12	463.06252
Janel Brown (O)	03/21/73	F-O	55.4	56	1.1866	150	-457.5	-457.5	150	67.5	75	-80	75	140	-445	145	145	370	2-F-O-56	PA	9	439.04199
Ita Pantilat (O)	11/20/51	F-O	54.2	56	1.2071	-445	115	122.5	122.5	92.5	97.5	-400	97.5	132.5	142.5	145	145	365	3-F-O-56	WA	8	440.59151
Dana Snow (O)	09/25/69	F-O	53.6	56	1.2176	95	105	112.5	112.5	75	82.5	-87.5	82.5	140	-447.5	-447.5	140	335	4-F-O-56	WA	7	407.896
Laurie Lamp (O)	04/23/66	F-O	55.3	56	1.1883	105	110	112.5	112.5	-85	85	-90	85	102.5	110	112.5	112.5	310	5-F-O-56	WA	6	368.373
Ellen Stein (O)	02/22/53	F-O	58.4	60	1.1386	142.5	152.5	157.5	157.5	70	-75	75	75	160	170	-480	170	402.5	1-F-O-60	NY	12	458.2865
Rita Carlsson (O)	08/21/52	F-O	59.7	60	1.1192	125	-432.5	132.5	132.5	62.5	-67.5	-67.5	62.5	150	160	165	165	360	2-F-O-60	NE	9	402.912
Katherine Singletary (O)	03/01/77	F-O	58.8	60	1.1325	-430	130	140	140	70	75	-80	75	135	142.5	-447.5	142.5	357.5	3-F-O-60	TX	8	404.86877
Sarah Lewis (O)	10/20/90	F-O	59.4	60	1.1236	102.5	115	-425	115	55	-60	-60	55	130	142.5	-455	142.5	312.5	4-F-O-60	WA	7	351.125
Shannon Kane (O)	04/05/91	F-O	58.5	60	1.1371	70	77.5	82.5	82.5	42.5	45	-47.5	45	92.5	102.5	112.5	112.5	240	5-F-O-60	NY	6	272.904
Donna Marts (O)	03/26/60	F-O	66.7	67.5	1.0294	135	147.5	155	155	92.5	102.5	-408	102.5	142.5	157.5	162.5	162.5	420	1-F-O-67.5	ID	12	432.348
Kelli Lambert (O)	03/25/79	F-O	66.8	67.5	1.0283	140	150	-457.5	150	92.5	97.5	102.5	102.5	137.5	150	-465	150	402.5	2-F-O-67.5	NE	9	413.89077
Ruth Welding (O)	01/04/56	F-O	64.3	67.5	1.0576	127.5	137.5	145	145	65	67.5	70	70	142.5	152.5	160	160	375	3-F-O-67.5	IL	8	396.60001
Jill Joiner-Wong (O)	06/10/69	F-O	65.1	67.5	1.0479	137.5	-442.5	142.5	142.5	72.5	-77.5	77.5	77.5	-440	140	-442.5	140	360	4-F-O-67.5	WA	7	377.24399
Rachele Killian Unson (O)	05/18/69	F-O	65.6	67.5	1.0420	-420	120	-427.5	120	92.5	-95	-95	92.5	-437.5	137.5	-450	137.5	350	5-F-O-67.5	WA	6	364.70002
Stephanie Mayo (O)	03/07/92	F-O	61.7	67.5	1.0911	100	107.5	-440	107.5	-62.5	62.5	-65	62.5	102.5	112.5	120	120	290	6-F-O-67.5	FL	5	316.41899
Priscilla Ribic (O)	11/21/72	F-O	71.4	75	0.9815	222.5	-237.5	237.5	237.5	135	-447.5	-447.5	135	-200	200	227.5	227.5	600	1-F-O-75	AK	12	588.90002
Kimberly Walford (O)	11/09/78	F-O	67.8	75	1.0174	172.5	-490	190	190	-402.5	107.5	-415	107.5	220	227.5	-237.5	227.5	525	2-F-O-75	NJ	9	534.13501

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Paula Houston (O)	02/10/61	F-O	70.8	75	0.9871	162.5	175	182.5	175	102.5	110	110	102.5	170	182.5	187.5	187.5	465	3-F-O-75	WA	8	459.0015
Laura Styrlund (O)	05/18/64	F-O	73.9	75	0.9596	152.5	160	160	160	102.5	102.5	110	110	170	180	180	170	440	4-F-O-75	MO	7	422.22399
Lindsay Smith (O)	05/25/79	F-O	74.4	75	0.9555	145	157.5	165	157.5	85	85	90	90	152.5	160	160	152.5	400	5-F-O-75	CO	6	382.2
Daliann James (O)	02/27/87	F-O	75.7	82.5	0.9452	185	197.5	207.5	207.5	112.5	117.5	120	120	215	225	230	230	557.5	1-F-O-82.5	TX	12	526.94901
Rebekah Lair (O)	02/23/76	F-O	80.3	82.5	0.9131	162.5	172.5	175	175	92.5	95	95	92.5	152.5	162.5	170	162.5	430	2-F-O-82.5	MD	9	392.633
Barbara Behm (O)	07/01/63	F-O	79.9	82.5	0.9156	25	0	0	25	107.5	107.5	107.5	0	0	0	0	0	0		CA	0	0
Jill Arnow (O)	03/01/59	F-O	89.2	90	0.8673	182.5	182.5	182.5	182.5	125	125	130.5	125	180	185.5	187.5	187.5	495	1-F-O-90	WA	12	429.31349
Malinda Baum (O)	02/22/63	F-O	86.2	90	0.8807	165	172.5	175	175	102.5	110	115	102.5	165	182.5	197.5	182.5	460	2-F-O-90	TX	9	405.122
F. Mangaoang-Brodine (O)	11/21/79	F-O	89.5	90	0.8661	145	155	170	170	85	92.5	97.5	97.5	177.5	187.5	200	187.5	455	3-F-O-90	WA	8	394.07551
Harriett Hall (O)	12/20/48	F-O	106.5	UNL	0.8189	210	225	237.5	237.5	110	122.5	122.5	122.5	197.5	210.5	215	215	575	1-F-O-UNL	AK	12	470.86749
Sue Hallen (O)	03/07/57	F-O	113.7	UNL	0.8077	150	165	175	175	110	120	125	125	145	160	165	160	460	2-F-O-UNL	IL	9	371.54199
Tammi Smith (O)	06/26/68	F-O	122.7	UNL	0.7965	175	180	187.5	187.5	92.5	102.5	102.5	102.5	160	170	175	170	460	3-F-O-UNL	FL	8	366.39001
Renata DeGennaro	09/23/93	F-T1	59.4	60	1.1236	60	60	62.5	62.5	42.5	45	50	50	92.5	100	107.5	107.5	220	1-F-T1-60	NY	12	247.192
Liza Hillegas	04/06/94	F-T1	59	60	1.1295	70	72.5	77.5	77.5	30	32.5	35	32.5	92.5	100	107.5	100	210	2-F-T1-60	NY	9	237.19501
Bailey Terebinski	06/18/92	F-T2	43	44	1.4295	62.5	70	75	70	30	35	37.5	35	87.5	100	100	87.5	192.5	1-F-T2-44	MI	12	275.17875
Shannon Kane	04/05/91	F-T2	58.5	60	1.1371	70	77.5	82.5	82.5	42.5	45	47.5	45	92.5	102.5	112.5	112.5	240	1-F-T2-60	NY	12	272.904
Kalyssa Maile	04/27/92	F-T2	65.8	67.5	1.0397	130	142.5	157.5	142.5	75	85	92.5	85	120	130	140	140	367.5	1-F-T2-67.5	AK	12	382.08976
Stephanie Mayo	03/07/92	F-T2	61.7	67.5	1.0911	100	107.5	110	107.5	62.5	62.5	65	62.5	102.5	112.5	120	120	290	2-F-T2-67.5	FL	9	316.41899
Sarah Jayne Lamb	04/08/92	F-T2	89.9	90	0.8645	160	172.5	172.5	160	72.5	85	85	72.5	132.5	132.5	145	145	377.5	1-F-T2-90	MI	12	326.34874
Nicole Simonis	12/29/90	F-T3	43.8	44	1.4123	62.5	62.5	67.5	67.5	35	35	37.5	35	92.5	97.5	105	105	207.5	1-F-T3-44	NY	12	293.05225
Leslie Kutner (O)	11/27/89	F-T3	55.2	56	1.1900	110	120	120	110	77.5	77.5	82.5	82.5	120	127.5	137.5	137.5	330	1-F-T3-56	FL	12	392.70002
Sarah Lewis	10/20/90	F-T3	59.4	60	1.1236	102.5	115	125	115	55	60	60	55	130	142.5	155	142.5	312.5	1-F-T3-60	WA	12	351.125
Dawn Gant	10/09/87	F-JR	55.2	56	1.1900	85	0	0	85	47.5	0	0	47.5	107.5	120	127.5	127.5	260	1-F-JR-56	FL	12	309.40001

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Jessica Koerperich	11/20/85	F-JR	65.1	67.5	1.0479	87.5	400	400	87.5	40	47.5	55	47.5	87.5	97.5	102.5	102.5	237.5	1-F-JR-67.5	CO	12	248.87624
Daliann James	02/27/87	F-JR	75.7	82.5	0.9452	185	197.5	207.5	207.5	112.5	117.5	120	120	215	225	230	230	557.5	1-F-JR-82.5	TX	12	526.94901
Leigh Arnold	03/14/86	F-JR	90	90	0.8641	187.5	205	212.5	212.5	102.5	110	120	120	182.5	192.5	200	200	532.5	1-F-JR-90	LA	12	460.13324
April Shumaker	01/08/66	F-M1a	47	48	1.3449	117.5	122.5	127.5	127.5	82.5	85	90	90	127.5	135	145	135	352.5	1-F-M1a-48	FL	12	474.07725
JoJo Ocampo	11/27/69	F-M1a	47.3	48	1.3387	112.5	112.5	112.5	0	55	55	62.5	62.5	117.5	127.5	132.5	132.5	0		HI	0	0
Suzanne Hartwig-Gary	10/05/68	F-M1a	52	52	1.2466	150	157.5	157.5	150	92.5	97.5	97.5	97.5	145	155	160	155	402.5	1-F-M1a-52	MD	12	501.75651
Toni Kemper	11/10/64	F-M1a	55.7	56	1.1816	117.5	130	137.5	137.5	72.5	77.5	80	77.5	145	152.5	160	152.5	367.5	1-F-M1a-56	CO	12	434.23799
Dana Snow	09/25/69	F-M1a	53.6	56	1.2176	95	105	112.5	112.5	75	82.5	87.5	82.5	140	147.5	147.5	140	335	2-F-M1a-56	WA	9	407.896
Laurie Lamp	04/23/66	F-M1a	55.3	56	1.1883	105	110	112.5	112.5	85	85	90	85	102.5	110	112.5	112.5	310	3-F-M1a-56	WA	8	368.373
Laura Styrlund	05/18/64	F-M1a	73.9	75	0.9596	152.5	160	160	160	102.5	102.5	110	110	170	180	180	170	440	1-F-M1a-75	MO	12	422.22399
Natalie Harmon	08/03/67	F-M1a	80.3	82.5	0.9131	145	155	155	145	77.5	85	85	85	142.5	142.5	155	142.5	372.5	1-F-M1a-82.5	WA	12	340.12975
Tammi Smith	06/26/68	F-M1a	122.7	UNL	0.7965	175	180	187.5	187.5	92.5	102.5	102.5	102.5	160	170	175	170	460	1-F-M1a-UNL	FL	12	366.39001
Theresa Michaels-Ward	05/18/63	F-M1b	53.3	56	1.2230	87.5	87.5	87.5	87.5	45	47.5	50	47.5	110	125		110	245	1-F-M1b-56	NH	12	299.63501
Angela Simons	09/10/61	F-M1b	57.4	60	1.1541	120	127.5	135	127.5	82.5	85	90	85	130	140	142.5	142.5	355	1-F-M1b-60	MN	12	409.70548
Lanette Lopez	11/13/59	F-M1b	58.7	60	1.1340	105	112.5	112.5	105	52.5	52.5	52.5	52.5	120	127.5	130	130	287.5	2-F-M1b-60	TX	9	326.02498
Donna Marts	03/26/60	F-M1b	66.7	67.5	1.0294	135	147.5	155	155	92.5	102.5	108	102.5	142.5	157.5	162.5	162.5	420	1-F-M1b-67.5	ID	12	432.348
Paula Houston	02/10/61	F-M1b	70.8	75	0.9871	162.5	175	182.5	175	102.5	140	140	102.5	170	182.5	187.5	187.5	465	1-F-M1b-75	WA	12	459.0015
Donna Bryant	02/21/59	F-M1b	73.1	75	0.9663	147.5	157.5	167.5	157.5	82.5	87.5	92.5	87.5	157.5	167.5	175	175	420	2-F-M1b-75	TX	9	405.846
Jo Ann Lerew	04/10/63	F-M1b	81.6	82.5	0.9052	130	140	150	150	80	85	87.5	80	125	140	147.5	140	370	1-F-M1b-82.5	CO	12	334.924
Barbara Behm	07/01/63	F-M1b	79.9	82.5	0.9156	25	0	0	25	107.5	107.5	107.5	0	0	0	0	0	0		CA	0	0
Jill Arnow	03/01/59	F-M1b	89.2	90	0.8673	182.5	182.5	182.5	182.5	125	125	130.5	125	180	185.5	187.5	187.5	495	1-F-M1b-90	WA	12	429.31349
Malinda Baum	02/22/63	F-M1b	86.2	90	0.8807	165	172.5	175	175	102.5	140	145	102.5	165	182.5	197.5	182.5	460	2-F-M1b-90	TX	9	405.122
Debra Jackson	08/17/58	F-M2a	55.3	56	1.1883	117.5	125	125	117.5	67.5	72.5	72.5	72.5	127.5	137.5	145	145	335	1-F-M2a-56	TX	12	398.0805
Katie Dingle-Craig	03/27/57	F-M2a	55.4	56	1.1866	110	122.5	135	122.5	65	72.5	77.5	77.5	125	135	137.5	135	335	2-F-M2a-56	AK	9	397.51099
Melinda Henry	11/30/58	F-M2a	57.5	60	1.1525	47.5	55	60	55	45	45	47.5	45	75	77.5	85	77.5	177.5	1-F-M2a-60	FL	12	204.56876
Ruth Welding	01/04/56	F-M2a	64.3	67.5	1.0576	127.5	137.5	145	145	65	67.5	70	70	142.5	152.5	160	160	375	1-F-M2a-67.5	IL	12	396.60001
Cathy Marksteiner	07/05/58	F-M2a	66.5	67.5	1.0317	90	110	110	110	75	82.5	85	82.5	125	137.5	140	137.5	330	2-F-M2a-67.5	OH	9	340.461
Debra Duffy-Smet	07/29/57	F-M2a	67	67.5	1.0261	92.5	92.5	102.5	92.5	82.5	90	92.5	92.5	132.5	142.5	147.5	142.5	327.5	3-F-M2a-67.5	MN	8	336.04776

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Terry Lee	12/30/54	F-M2a	68.1	75	1.0142	120	127.5	133	127.5	87.5	90	90	87.5	132.5	140	142.5	140	355	1-F-M2a-75	WA	12	360.04099
Sue Hallen	03/07/57	F-M2a	113.7	UNL	0.8077	150	165	175	175	110	120	125	125	145	160	165	160	460	1-F-M2a-UNL	IL	12	371.54199
Ann Leverett	01/29/54	F-M2b	47.5	48	1.3346	110	115	120	120	70	75	83	75	132.5	137.5	142.5	142.5	337.5	1-F-M2b-48	GA	12	450.42749
Ita Pantilat	11/20/51	F-M2b	54.2	56	1.2071	115	115	122.5	122.5	92.5	97.5	100	97.5	132.5	142.5	145	145	365	1-F-M2b-56	WA	12	440.59151
Ellen Stein	02/22/53	F-M2b	58.4	60	1.1386	142.5	152.5	157.5	157.5	70	75	75	75	160	170	180	170	402.5	1-F-M2b-60	NY	12	458.2865
Rita Carlsson	08/21/52	F-M2b	59.7	60	1.1192	125	132.5	132.5	132.5	62.5	67.5	67.5	62.5	150	160	165	165	360	2-F-M2b-60	NE	9	402.912
Gail Moore	09/03/47	F-M3a	66	67.5	1.0374	120	120	132.5	132.5	75	75	85	75	122.5	132.5	140	140	347.5	1-F-M3a-67.5	PA	12	360.4965
Carolyn Phillips	10/04/48	F-M3a	88	90	0.8724	102.5	102.5	107.5	107.5	52.5	55	57.5	55	122.5	127.5	132.5	132.5	295	1-F-M3a-90	FL	12	257.358
Harriett Hall	12/20/48	F-M3a	106.5	UNL	0.8189	210	225	237.5	237.5	110	122.5	122.5	122.5	197.5	210.5	215	215	575	1-F-M3a-UNL	AK	12	470.86749
Bebe Burns	03/20/42	F-M3b	51.6	52	1.2541	42.5	47.5	52.5	52.5	30	30	32.5	32.5	65	72.5	77.5	77.5	162.5	1-F-M3b-52	WA	12	203.79124
Joan Schmidt	05/06/40	F-M3b	48.4	52	1.3163	25	27.5	27.5	27.5	25	27.5	30	30	55	62.5	67.5	67.5	125	2-F-M3b-52	FL	9	164.5375
Faith Ireland	09/15/42	F-M3b	59.6	60	1.1207	105	105	112.5	105	60	62.5	65	62.5	117.5	126	127.5	127.5	295	1-F-M3b-60	WA	12	330.6065
Regina Hackney	02/21/39	F-M3b	81	82.5	0.9088	107.5	107.5	115	107.5	67.5	67.5	72.5	72.5	127.5	135	140	135	315	1-F-M3b-82.5	SC	12	286.272