



Meet Name: 2020 Orchard AAU Powerlifting Meet

Location: Orchard High School Orchard, NE

Meet Date: 27-Jun-20

Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Female Raw Powerlifting												
123	Larissa Thomson	17	Page, NE	Teen	82.50	181.75	50.00	110.00	120.00	264.50	252.50	556.50
148	Savanna Ferris	14	Lynch, NE	Teen	65.00	143.25	30.00	66.00	72.50	159.75	167.50	369.25
220	Gina McCarthy	18	Naper, NE	Youth	85.00	187.25	60.00	132.25	132.50	292.00	277.50	611.75
Male Raw Powerlifting												
105	Connor Thomson	14	Page, NE	Teen	57.50	126.75	40.00	88.00	95.00	209.25	192.50	424.25
114	Anthony Ferris	16	Inman, NE	Teen	75.00	165.25	50.00	110.00	112.50	248.00	237.50	523.50
123	Landon Nelson	10	Orchard, NE	Youth	60.00	132.25	35.00	77.00	70.00	154.25	165.00	363.75
132	Cash Wickersham	12	Verdigre, NE	Youth	57.50	126.75	37.50	82.50	97.50	214.75	192.50	424.25
	Coy Wickersham	12	Verdigre, NE	Youth	52.50	115.50	37.50	82.50	92.50	203.75	182.50	402.25
	Rafe Grebin	17	Clearwater, NE	Teen	110.00	242.50	62.50	137.75	157.50	347.00	330.00	727.50
	Cody Wickersham	15	Verdigre, NE	Teen	87.50	192.75	60.00	132.25	115.00	253.50	262.50	578.50
148	A.J. Hobbs	13	Ewing, NE	Youth	72.50	159.75	32.50	71.50	100.00	220.25	205.00	451.75
	Jaykwon Petite	16	Orchard, NE	Teen	112.50	248.00	72.50	159.75	147.50	325.00	332.50	733.00
	Wyatt Wagner	18	Ewing, NE	Teen	95.00	209.25	75.00	165.25	145.00	319.50	315.00	694.25
165	Trevor Thomson	16	Page, NE	Teen	120.00	264.50	90.00	198.25	187.50	413.25	397.50	876.25
	Monte Lofing	62	Beatrice, NE	Master	182.50	402.25	105.00	231.25	187.50	413.25	475.00	1047.00
181	Chris Weber	45	Lincoln, NE	Open	177.50	391.25	125.00	275.50	207.50	457.25	510.00	1124.25
	Chris Weber	45	Lincoln, NE	Master	177.50	391.25	125.00	275.50	207.50	457.25	510.00	1124.25
198	Christian Behnk	13	Clearwater, NE	Youth	65.00	143.25	45.00	99.00	102.50	225.75	212.50	468.25
	Gunnar Shabram	16	Orchard, NE	Teen	122.50	270.00	80.00	176.25	160.00	352.50	362.50	799.00
	Gaven Gilsdorf	16	Orchard, NE	Teen	115.00	253.50	65.00	143.25	152.50	336.00	332.50	733.00
	Nathan Canarsky	23	Pleasant Dale, N	Open	230.00	507.00	120.00	264.50	245.00	540.00	595.00	1311.50
	Paul Canarsky	31	Lincoln, NE	Open	152.50	336.00	102.50	225.75	202.50	446.25	457.50	1008.50
	James Canarsky	25	Pleasant Dale, N	Open	130.00	286.50	85.00	187.25	165.00	363.75	380.00	837.50
220	Jacob Behnk	16	Clearwater, NE	Teen	137.50	303.00	105.00	231.25	177.50	391.25	420.00	925.75
	Ian Driscoll	28	Broken Bow, NE	Open	230.00	507.00	150.00	330.50	272.50	600.75	652.50	1438.50
	Jeff Shabram	43	Orchard, NE	Master	160.00	352.50	117.50	259.00	177.50	391.25	455.00	1003.00
242	Brian Benshoof	37	Bellevue, NE	Open	282.50	622.75	175.00	385.75	290.00	639.25	747.50	1647.75
	Colton Steer	25	Lincoln, NE	Open	237.50	523.50	115.00	253.50	287.50	633.75	640.00	1410.75
	Lucius Vondracek	30	Lincoln, NE	Open	227.50	501.50	150.00	330.50	242.50	534.50	620.00	1366.75
275	Riley Fisher	16	Inman, NE	Teen	137.50	303.00	80.00	176.25	147.50	325.00	365.00	804.50
	Anthony Nichols	26	Elkhorn, NE	Open	260.00	573.00	157.50	347.00	260.00	573.00	677.50	1493.50
	Michael Scranton	27	Lincoln, NE	Open	177.50	391.25	120.00	264.50	235.00	518.00	532.50	1173.75
	Quinn Miller	22	York, NE	Open	112.50	248.00	125.00	275.50	175.00	385.75	412.50	909.25
SH	Nathan Redwing	33	Mead, NE	Open	305.00	672.25	227.50	501.50	320.00	705.25	852.50	1879.25
Male Equipped Powerlifting												
097	Wyatt Shabram	13	Orchard, NE	Youth	65.00	143.25	37.50	82.50	90.00	198.25	192.50	424.25
148	Kayden Jensen	16	Elkhorn, NE	Teen	137.50	303.00	82.50	181.75	147.50	325.00	367.50	810.00
198	Derek Maxwell	19	Page, NE	Teen	182.50	402.25	107.50	236.75	182.50	402.25	472.50	1041.50
	Gregg Rhoades	57	Plattsmouth, NE	Master	177.50	391.25	127.50	281.00	165.00	363.75	470.00	1036.00
308	Neil Hartman	16	Valley, NE	Teen	227.50	501.50	137.50	303.00	227.50	501.50	592.50	1306.00
Female Raw Bench Only												
123	Larissa Thomson	17	Page, NE	Teen	--	-	50.00	110.00	--	-	50.00	110.00



Meet Name: 2020 Orchard AAU Powerlifting Meet

Location: Orchard High School Orchard, NE

Meet Date: 27-Jun-20

Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Male Raw Bench Only												
181	Chris Weber	45	Lincoln, NE	Open	--	-	125.00	275.50	--	-	125.00	275.50
	Chris Weber	45	Lincoln, NE	Master	--	-	125.00	275.50	--	-	125.00	275.50
198	Gunnar Shabram	16	Orchard, NE	Teen	--	-	80.00	176.25	--	-	80.00	176.25
220	Howard Huffman	65	Lincoln, NE	Master	--	-	132.50	292.00	--	-	132.50	292.00
242	Lucius Vondracek	30	Lincoln, NE	Open	--	-	150.00	330.50	--	-	150.00	330.50
SH	Nathan Redwing	33	Mead, NE	Open	--	-	227.50	501.50	--	-	227.50	501.50
Male Equipped Bench Only												
097	Wyatt Shabram	13	Orchard, NE	Teen	--	-	37.50	82.50	--	-	37.50	82.50
148	Kayden Jensen	16	Elkhorn, NE	Teen	--	-	82.50	181.75	--	-	82.50	181.75
308	Neil Hartman	16	Valley, NE	Teen	--	-	137.50	303.00	--	-	137.50	303.00
Female Raw Push Pull												
123	Larissa Thomson	17	Page, NE	Teen	--	-	50.00	110.00	120.00	264.50	170.00	374.75
Male Raw Push Pull												
148	Jason Shaver	12	Orchard, NE	Teen	--	-	42.50	93.50	92.50	203.75	135.00	297.50
165	Monte Lofing	62	Beatrice, NE	Master	--	-	105.00	231.25	187.50	413.25	292.50	644.75
181	Chris Weber	45	Lincoln, NE	Open	--	-	125.00	275.50	207.50	457.25	332.50	733.00
	Chris Weber	45	Lincoln, NE	Master	--	-	125.00	275.50	207.50	457.25	332.50	733.00
198	Gunnar Shabram	16	Orchard, NE	Teen	--	-	80.00	176.25	160.00	352.50	240.00	529.00
242	Brian Benshoof	37	Bellevue, NE	Open	--	-	175.00	385.75	290.00	639.25	465.00	1025.00
	Lucius Vondracek	30	Lincoln, NE	Open	--	-	150.00	330.50	242.50	534.50	392.50	865.25
275	Anthony Nichols	26	Elkhorn, NE	Open	--	-	157.50	347.00	260.00	573.00	417.50	920.25
SH	Nathan Redwing	33	Mead, NE	Open	--	-	227.50	501.50	320.00	705.25	547.50	1207.00
Male Equipped Push Pull												
097	Wyatt Shabram	13	Orchard, NE	Teen	--	-	37.50	82.50	90.00	198.25	127.50	281.00
148	Kayden Jensen	16	Elkhorn, NE	Teen	--	-	82.50	181.75	147.50	325.00	230.00	507.00
308	Neil Hartman	16	Valley, NE	Teen	--	-	137.50	303.00	227.50	501.50	365.00	804.50

2020 Orchard AAU Powerlifting Meet

Outstanding Female Lifter – Larissa Thomson – 4.75 strength index

Outstanding Teen Male Lightweight Lifter – Rafe Grebin – 5.76 strength index

Outstanding Teen Male Heavy Lifter – Trevor Thomson – 5.36 strength index

Team standings:

1st place – Summerland (100 pts)

2nd place – Valhalla Bound, Lincoln (27 pts)

3rd place – Big Money Enterprises, Lincoln (24 pts)