



**Meet Name: 2021 Orchard AAU Powerlifting Meet**

**Location:** Orchard High School Orchard, NE

**Meet Date:** 10-Apr-21

**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
<b>Female Raw Powerlifting</b>												
088	Sierra Thomson	12	Page, NE	Youth	37.50	82.50	20.00	44.00	50.00	110.00	107.50	236.75
097	Amor Zermeno	15	Orchard, NE	Teen	67.50	148.75	35.00	77.00	80.00	176.25	182.50	402.25
105	Sydni McConnell	13	Clearwater, NE	Youth	40.00	88.00	22.50	49.50	55.00	121.25	117.50	259.00
123	Larissa Thomson	18	Page, NE	Teen	100.00	220.25	52.50	115.50	140.00	308.50	292.50	644.75
132	Jaelyn Shaver	11	Orchard, NE	Youth	52.50	115.50	35.00	77.00	75.00	165.25	162.50	358.00
	McKenzie Ironshell	24	Holdrege, NE	Open	102.50	225.75	55.00	121.25	127.50	281.00	285.00	628.25
148	Rylee Bentz	16	Kearney, NE	Teen	110.00	242.50	60.00	132.25	127.50	281.00	297.50	655.75
	Shayla Urkoski	35	Columbus, NE	Open	120.00	264.50	70.00	154.25	155.00	341.50	345.00	760.50
	Taryl Bazelman	48	Clearwater, NE	Open	55.00	121.25	42.50	93.50	90.00	198.25	187.50	413.25
165	Savanna Ferris	15	Lynch, NE	Teen	75.00	165.25	37.50	82.50	102.50	225.75	215.00	473.75
181	Amy Mahoney	45	Columbus, NE	Master	92.50	203.75	47.50	104.50	92.50	203.75	232.50	512.50
198	Sarah McConnell	23	Ashland, NE	Open	127.50	281.00	52.50	115.50	137.50	303.00	317.50	699.75
220	Kaylee Bennett	14	Butte, NE	Teen	87.50	192.75	50.00	110.00	110.00	242.50	247.50	545.50
	Raina Krebs	14	Clearwater, NE	Teen	75.00	165.25	37.50	82.50	95.00	209.25	207.50	457.25
UNL	Amelia Haki	15	Spencer, NE	Teen	82.50	181.75	70.00	154.25	100.00	220.25	252.50	556.50
	Mercedes Brooks	15	Butte, NE	Teen	87.50	192.75	35.00	77.00	97.50	214.75	220.00	485.00
<b>Female Equipped Powerlifting</b>												
114	Hannah Lindsey	13	Humboldt, NE	Youth	47.50	104.50	32.50	71.50	70.00	154.25	150.00	330.50
123	Erynn Anderson	12	Humboldt, NE	Youth	67.50	148.75	37.50	82.50	90.00	198.25	195.00	429.75
132	Calista Kumm	15	Columbus, NE	Teen	122.50	270.00	50.00	110.00	140.00	308.50	312.50	688.75
148	Gabby Siegel	15	Dawson, NE	Teen	82.50	181.75	47.50	104.50	107.50	236.75	237.50	523.50
	Jaylyn Bohling	16	Humboldt, NE	Teen	70.00	154.25	35.00	77.00	92.50	203.75	197.50	435.25
165	Sara Mayo	17	Humboldt, NE	Teen	67.50	148.75	37.50	82.50	87.50	192.75	192.50	424.25



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Raw Powerlifting</b>												
088	Walker Trowbridge	11	Hayti, SD	Youth	42.50	93.50	30.00	66.00	75.00	165.25	147.50	325.00
114	Mathew Harger	11	Columbus, NE	Youth	52.50	115.50	37.50	82.50	75.00	165.25	165.00	363.75
	Connor Thomson	15	Page, NE	Teen	80.00	176.25	52.50	115.50	125.00	275.50	257.50	567.50
123	Landon Nelson	11	Orchard, NE	Youth	75.00	165.25	40.00	88.00	77.50	170.75	192.50	424.25
	Jorden Cox	10	Page, NE	Youth	37.50	82.50	22.50	49.50	47.50	104.50	107.50	236.75
	Eric Blythe	16	Ayr, NE	Teen	95.00	209.25	50.00	110.00	135.00	297.50	280.00	617.25
	Anthony Ferris	16	Inman, NE	Teen	87.50	192.75	55.00	121.25	132.50	292.00	275.00	606.25
132	Rafe Grebin	18	Clearwater, NE	Teen	115.00	253.50	60.00	132.25	175.00	385.75	350.00	771.50
	Keaton Karr	15	Bladen, NE	Teen	125.00	275.50	72.50	159.75	137.50	303.00	335.00	738.50
	Sawyer Trowbridge	14	Hayti, SD	Teen	110.00	242.50	72.50	159.75	150.00	330.50	332.50	733.00
	Cody Wickersham	15	Verdigre, NE	Teen	112.50	248.00	62.50	137.75	152.50	336.00	327.50	722.00
	Freddy Vizcaya-Garci	16	Lake Norden, SD	Teen	102.50	225.75	67.50	148.75	110.00	242.50	280.00	617.25
	Aiden Jackman	14	Ainsworth, NE	Teen	75.00	165.25	55.00	121.25	115.00	253.50	245.00	540.00
148	Coy Wickersham	13	Verdigre, NE	Youth	80.00	176.25	45.00	99.00	102.50	225.75	227.50	501.50
	Kadyn Swenson	16	Hayti, SD	Teen	125.00	275.50	72.50	159.75	170.00	374.75	367.50	810.00
	Gage Gregurich	16	Valley, NE	Teen	117.50	259.00	80.00	176.25	165.00	363.75	362.50	799.00
	Mathew Umphress	14	Ewing, NE	Teen	102.50	225.75	60.00	132.25	142.50	314.00	305.00	672.25
	Ian Hughes	16	Pleasanton, NE	Teen	97.50	214.75	70.00	154.25	117.50	259.00	285.00	628.25
165	Ryan MacDonell	17	Lake Norden, SD	Teen	142.50	314.00	100.00	220.25	200.00	440.75	442.50	975.50
	Jacob MacDonell	17	Lake Norden, SD	Teen	132.50	292.00	85.00	187.25	175.00	385.75	392.50	865.25
	Cooper Johnson	18	Amherst, NE	Teen	115.00	253.50	82.50	181.75	165.00	363.75	362.50	799.00
	Dane Hansen	28	Bellevue, NE	Open	160.00	352.50	105.00	231.25	205.00	451.75	470.00	1036.00
181	A.J. Hobbs	13	Ewing, NE	Youth	85.00	187.25	37.50	82.50	120.00	264.50	242.50	534.50
	Trevor Thomson	17	Page, NE	Teen	152.50	336.00	102.50	225.75	210.00	462.75	465.00	1025.00
	David Arroyo	17	Orchard, NE	Teen	120.00	264.50	85.00	187.25	187.50	413.25	392.50	865.25
	Jae Seger	18	Riverdale, NE	Teen	112.50	248.00	80.00	176.25	152.50	336.00	345.00	760.50
	Christopher Weber	46	Lincoln, NE	Open	172.50	380.25	0.00	0.00	0.00	0.00	0.00	0.00
	Christopher Weber	46	Lincoln, NE	Master	172.50	380.25	0.00	0.00	0.00	0.00	0.00	0.00
198	Peyton Mitties	18	North Bend, NE	Teen	230.00	507.00	120.00	264.50	250.00	551.00	600.00	1322.75
	Conner Jackman	19	Ainsworth, NE	Teen	182.50	402.25	130.00	286.50	187.50	413.25	500.00	1102.25
	Anthony Umphress	18	Ewing, NE	Teen	137.50	303.00	105.00	231.25	212.50	468.25	455.00	1003.00
	Alec Disterhaupt	17	Spencer, NE	Teen	110.00	242.50	100.00	220.25	155.00	341.50	365.00	804.50
	Gaven Gilsdorf	17	Orchard, NE	Teen	120.00	264.50	65.00	143.25	155.00	341.50	340.00	749.50
220	Gunnar Shabram	17	Orchard, NE	Teen	157.50	347.00	95.00	209.25	185.00	407.75	437.50	964.50
	Adrian Gomez	15	Bladen, NE	Teen	142.50	314.00	97.50	214.75	187.50	413.25	427.50	942.25
	Colby Hupp	16	Clearwater, NE	Teen	92.50	203.75	72.50	159.75	142.50	314.00	307.50	677.75
	Bobby Bright	35	Columbus, NE	Open	227.50	501.50	160.00	352.50	232.50	512.50	620.00	1366.75
	Ryan Myers	35	Plainview, NE	Open	142.50	314.00	112.50	248.00	170.00	374.75	425.00	936.75
	Jeff Shabram	44	Orchard, NE	Master	160.00	352.50	115.00	253.50	165.00	363.75	440.00	970.00
242	Carter Trowbridge	18	Hayti, SD	Teen	235.00	518.00	150.00	330.50	245.00	540.00	630.00	1388.75
	Jacob Behnk	17	Clearwater, NE	Teen	172.50	380.25	130.00	286.50	215.00	473.75	517.50	1140.75
	Christian Behnk	14	Clearwater, NE	Teen	95.00	209.25	65.00	143.25	127.50	281.00	287.50	633.75
	Brian Benshoof	38	Bellevue, NE	Open	287.50	633.75	167.50	369.25	295.00	650.25	750.00	1653.25
	Patrick McConnell	26	Holdrege, NE	Open	217.50	479.50	137.50	303.00	287.50	633.75	642.50	1416.25
275	Jaxon Taubenheim	18	Kearney, NE	Teen	200.00	440.75	125.00	275.50	225.00	496.00	550.00	1212.50
	Brady Drew	18	Lake Norden, SD	Teen	190.00	418.75	117.50	259.00	220.00	485.00	527.50	1162.75
	Riley Fisher	16	Inman, NE	Teen	155.00	341.50	97.50	214.75	172.50	380.25	425.00	936.75
	Ashton Kenley	17	Campbell, NE	Teen	75.00	165.25	55.00	121.25	117.50	259.00	247.50	545.50



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275	Michael Scranton	28	Lincoln, NE	Open	200.00	440.75	137.50	303.00	240.00	529.00	577.50	1273.00
	Jonathan Johnson	26	Columbus, NE	Open	165.00	363.75	97.50	214.75	220.00	485.00	482.50	1063.50
	Timothy Mechaley	43	Plattsmouth, NE	Master	120.00	264.50	92.50	203.75	182.50	402.25	395.00	870.75
308	Logan Shockey	16	Bladen, NE	Teen	190.00	418.75	80.00	176.25	200.00	440.75	470.00	1036.00
	Luis Mendoza	17	O'Neill, NE	Teen	152.50	336.00	105.00	231.25	197.50	435.25	455.00	1003.00
	Kayden Kutil	15	Hayti, SD	Teen	160.00	352.50	72.50	159.75	182.50	402.25	415.00	914.75
SH	Camden Brewer	17	Naper, NE	Teen	150.00	330.50	85.00	187.25	207.50	457.25	442.50	975.50
	Nathan Redwing	34	Mead, NE	Open	320.00	705.25	220.00	485.00	332.50	733.00	872.50	1923.50

**Male Equipped Powerlifting**

105	Brandon Wilson	16	Valley, NE	Teen	85.00	187.25	62.50	137.75	117.50	259.00	265.00	584.00
114	Gavin Gregurich	14	Valley, NE	Teen	80.00	176.25	55.00	121.25	117.50	259.00	252.50	556.50
123	Wyatt Shabram	14	Orchard, NE	Teen	70.00	154.25	37.50	82.50	95.00	209.25	202.50	446.25
132	Jayson Patchin	16	Waterloo, NE	Teen	80.00	176.25	57.50	126.75	110.00	242.50	247.50	545.50
148	Wyn Wood	13	Valley, NE	Youth	82.50	181.75	35.00	77.00	92.50	203.75	210.00	462.75
165	Caleb Werman	17	Elk Creek, NE	Teen	0.00	0.00	57.50	126.75	132.50	292.00	0.00	0.00
	Marcus Martin	30	Elkhorn, NE	Open	147.50	325.00	132.50	292.00	170.00	374.75	450.00	992.00
181	Clayton Shook	17	Table Rock, NE	Teen	120.00	264.50	87.50	192.75	167.50	369.25	375.00	826.50
	Chrystian Wiczorek	16	Omaha, NE	Teen	115.00	253.50	70.00	154.25	182.50	402.25	367.50	810.00
	Charles Wood	14	Valley, NE	Teen	145.00	319.50	70.00	154.25	157.50	347.00	357.50	788.00
198	Aiden Worthey	17	Humboldt, NE	Teen	150.00	330.50	90.00	198.25	192.50	424.25	432.50	953.25
	Clayton Howe	14	Humboldt, NE	Teen	117.50	259.00	67.50	148.75	127.50	281.00	312.50	688.75
	Derek Maxwell	20	Page, NE	Open	192.50	424.25	107.50	236.75	192.50	424.25	492.50	1085.75
	Gregg Rhoades	58	Plattsmouth, NE	Master	180.00	396.75	130.00	286.50	175.00	385.75	485.00	1069.00
275	Gavin Wood	17	Valley, NE	Teen	230.00	507.00	85.00	187.25	200.00	440.75	515.00	1135.25
	Anthony Nichols	27	Elkhorn, NE	Open	280.00	617.25	190.00	418.75	272.50	600.75	742.50	1636.75
308	Neil Hartman	16	Valley, NE	Teen	250.00	551.00	142.50	314.00	250.00	551.00	642.50	1416.25
	Ty Faulks	15	Nemaha, NE	Teen	127.50	281.00	77.50	170.75	177.50	391.25	382.50	843.25
SH	Keitan Faulkner	18	Monroe, NE	Teen	237.50	523.50	102.50	225.75	232.50	512.50	572.50	1262.00

**Female Raw Bench Only**

114	Kirsten Tyler	15	Le Mars, IA	Teen	--	-	32.50	71.50	--	-	32.50	71.50
123	Larissa Thomson	18	Page, NE	Teen	--	-	52.50	115.50	--	-	52.50	115.50
	Brooke Taylor	40	Columbus, NE	Master	--	-	47.50	104.50	--	-	47.50	104.50
132	Savanna Salen	15	Le Mars, IA	Teen	--	-	50.00	110.00	--	-	50.00	110.00



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Raw Bench Only</b>												
132	Rafe Grebin	18	Clearwater, NE	Teen	--	-	60.00	132.25	--	-	60.00	132.25
148	Jaxon Weber	17	Lincoln, NE	Teen	--	-	92.50	203.75	--	-	92.50	203.75
	Gage Gregurich	16	Valley, NE	Teen	--	-	80.00	176.25	--	-	80.00	176.25
	Tom Woodward	57	Columbus, NE	Open	--	-	117.50	259.00	--	-	117.50	259.00
	Jaxon Weber	17	Lincoln, NE	Open	--	-	92.50	203.75	--	-	92.50	203.75
	Tom Woodward	57	Columbus, NE	Master	--	-	117.50	259.00	--	-	117.50	259.00
181	Christopher Weber	46	Lincoln, NE	Open	--	-	0.00	0.00	--	-	0.00	0.00
	Christopher Weber	46	Lincoln, NE	Master	--	-	0.00	0.00	--	-	0.00	0.00
198	Randy Bentz	41	Kearney, NE	Master	--	-	152.50	336.00	--	-	152.50	336.00
220	Gunnar Shabram	17	Orchard, NE	Teen	--	-	95.00	209.25	--	-	95.00	209.25
	Lee Tyler	42	Le Mars, IA	Open	--	-	155.00	341.50	--	-	155.00	341.50
	Charles Salen	50	Le Mars, IA	Master	--	-	150.00	330.50	--	-	150.00	330.50
242	Carter Trowbridge	18	Hayti, SD	Teen	--	-	150.00	330.50	--	-	150.00	330.50
	Jacob Behnk	17	Clearwater, NE	Teen	--	-	130.00	286.50	--	-	130.00	286.50
	Bradford Updike	54	Omaha, NE	Master	--	-	132.50	292.00	--	-	132.50	292.00
SH	Nathan Redwing	34	Mead, NE	Open	--	-	220.00	485.00	--	-	220.00	485.00
	Robert Sadoski	51	Le Mars, IA	Master	--	-	177.50	391.25	--	-	177.50	391.25
<b>Male Equipped Bench Only</b>												
105	Brandon Wilson	16	Valley, NE	Teen	--	-	62.50	137.75	--	-	62.50	137.75
114	Gavin Gregurich	14	Valley, NE	Teen	--	-	55.00	121.25	--	-	55.00	121.25
123	Wyatt Shabram	14	Orchard, NE	Teen	--	-	37.50	82.50	--	-	37.50	82.50
132	Jayson Patchin	16	Waterloo, NE	Teen	--	-	57.50	126.75	--	-	57.50	126.75
148	Wyn Wood	13	Valley, NE	Teen	--	-	35.00	77.00	--	-	35.00	77.00
165	Marcus Martin	30	Elkhorn, NE	Open	--	-	132.50	292.00	--	-	132.50	292.00
181	Chrystian Wiczorek	16	Omaha, NE	Teen	--	-	70.00	154.25	--	-	70.00	154.25
	Charles Wood	14	Valley, NE	Teen	--	-	70.00	154.25	--	-	70.00	154.25
308	Neil Hartman	16	Valley, NE	Teen	--	-	142.50	314.00	--	-	142.50	314.00
<b>Female Raw Push Pull</b>												
123	Larissa Thomson	18	Page, NE	Teen	--	-	52.50	115.50	140.00	308.50	192.50	424.25
	Brooke Taylor	40	Columbus, NE	Master	--	-	47.50	104.50	90.00	198.25	137.50	303.00
<b>Male Raw Push Pull</b>												
132	Rafe Grebin	18	Clearwater, NE	Teen	--	-	60.00	132.25	175.00	385.75	235.00	518.00
148	Jason Shaver	12	Orchard, NE	Teen	--	-	52.50	115.50	115.00	253.50	167.50	369.25
	Gage Gregurich	16	Valley, NE	Teen	--	-	80.00	176.25	165.00	363.75	245.00	540.00
165	Russel Steinshouer	62	Holdrege, NE	Master	--	-	110.00	242.50	205.00	451.75	315.00	694.25
181	Christopher Weber	46	Lincoln, NE	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00
	Christopher Weber	46	Lincoln, NE	Master	--	-	0.00	0.00	0.00	0.00	0.00	0.00
220	Gunnar Shabram	17	Orchard, NE	Teen	--	-	95.00	209.25	185.00	407.75	280.00	617.25
242	Jacob Behnk	17	Clearwater, NE	Teen	--	-	130.00	286.50	215.00	473.75	345.00	760.50
	Brian Benshoof	38	Bellevue, NE	Open	--	-	167.50	369.25	295.00	650.25	462.50	1019.50
SH	Nathan Redwing	34	Mead, NE	Open	--	-	220.00	485.00	332.50	733.00	552.50	1218.00



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<b>Male Equipped Push Pull</b>												
105	Brandon Wilson	16	Valley, NE	Teen	--	-	62.50	137.75	117.50	259.00	180.00	396.75
114	Gavin Gregurich	14	Valley, NE	Teen	--	-	55.00	121.25	117.50	259.00	172.50	380.25
123	Wyatt Shabram	14	Orchard, NE	Teen	--	-	37.50	82.50	95.00	209.25	132.50	292.00
132	Jayson Patchin	16	Waterloo, NE	Teen	--	-	57.50	126.75	110.00	242.50	167.50	369.25
148	Wyn Wood	13	Valley, NE	Teen	--	-	35.00	77.00	92.50	203.75	127.50	281.00
165	Marcus Martin	30	Elkhorn, NE	Open	--	-	132.50	292.00	170.00	374.75	302.50	666.75
181	Chrystian Wieczorek	16	Omaha, NE	Teen	--	-	70.00	154.25	182.50	402.25	252.50	556.50
	Charles Wood	14	Valley, NE	Teen	--	-	70.00	154.25	157.50	347.00	227.50	501.50
275	Gavin Wood	17	Valley, NE	Teen	--	-	85.00	187.25	200.00	440.75	285.00	628.25
	Anthony Nichols	27	Elkhorn, NE	Open	--	-	190.00	418.75	272.50	600.75	462.50	1019.50
308	Neil Hartman	16	Valley, NE	Teen	--	-	142.50	314.00	250.00	551.00	392.50	865.25

# 2021 Orchard AAU Powerlifting Meet

Outstanding Female Lifter – Larissa Thomson – 5.54 strength index

Outstanding Teen Male Lightweight Lifter – Ryan MacDonell – 6.47 strength index

Outstanding Teen Male Heavy Lifter – Peyton Mitties – 6.68 strength index

## **Raw Teen Team standings:**

1<sup>st</sup> place – Summerland (97 pts)

2<sup>nd</sup> place – Hamlin, SD (65 pts)

3<sup>rd</sup> place – Silver Lake (37 pts)

4<sup>th</sup> place – Boyd County

5<sup>th</sup> place – Amherst

## **Equipped Teen Team standings:**

1<sup>st</sup> place – DC West (79 pts)

2<sup>nd</sup> place – HTRS (78 pts)

3<sup>rd</sup> place – Columbus

## **Adult Team standings:**

1<sup>st</sup> place – Big Money Enterprises Lincoln, NE (39 pts)

2<sup>nd</sup> place – Columbus Misfits (36 pts)

3<sup>rd</sup> place – Le Mars, IA (10 pts)