



**Meet Name: 2022 Orchard Powerlifting Meet**

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

**Meet Date:** 09-Apr-22

**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>												
105	Sierra Thomson	13	Page, NE	Youth	37.50	82.50	27.50	60.50	62.50	137.75	127.50	281.00
	Amor Zermeno	16	Orchard, NE	Teen	67.50	148.75	37.50	82.50	87.50	192.75	192.50	424.25
	Morgan Supik	15	Fullerton, NE	Teen	40.00	88.00	32.50	71.50	77.50	170.75	150.00	330.50
132	Emmarie Pavlik	13	Verdigre, NE	Youth	80.00	176.25	52.50	115.50	107.50	236.75	240.00	529.00
	Kennedy Kaufman	14	Whiting, IA	Teen	62.50	137.75	45.00	99.00	90.00	198.25	197.50	435.25
	Heidi Hollmann	16	Verdigre, NE	Teen	55.00	121.25	30.00	66.00	105.00	231.25	190.00	418.75
148	Claire Williamson	13	Harvard, NE	Youth	80.00	176.25	40.00	88.00	92.50	203.75	212.50	468.25
	Aiyana Krebs	13	Clearwater, NE	Youth	50.00	110.00	27.50	60.50	82.50	181.75	160.00	352.50
	Haley Gimpel	13	Harvard, NE	Youth	47.50	104.50	22.50	49.50	70.00	154.25	140.00	308.50
	Chelsey Rohrer	14	Verdigre, NE	Teen	90.00	198.25	50.00	110.00	125.00	275.50	265.00	584.00
	Alyssa Reardon	18	St. Edward, NE	Teen	65.00	143.25	27.50	60.50	85.00	187.25	177.50	391.25
	Taylor Teadtke	14	Niobrara, NE	Teen	55.00	121.25	32.50	71.50	77.50	170.75	165.00	363.75
	McKenzie Ironshell	25	Holdrege, NE	Open	120.00	264.50	57.50	126.75	120.00	264.50	297.50	655.75
165	Jadyn Hobbs	13	Ewing, NE	Youth	62.50	137.75	37.50	82.50	87.50	192.75	187.50	413.25
181	Anna Rudloff	17	Verdigre, NE	Teen	105.00	231.25	47.50	104.50	137.50	303.00	290.00	639.25
198	Gabrielle Pavlik	17	Verdigre, NE	Teen	115.00	253.50	60.00	132.25	142.50	314.00	317.50	699.75
	Taylor Pavlik	15	Creighton, NE	Teen	97.50	214.75	55.00	121.25	132.50	292.00	285.00	628.25
	Marissa Erickson	17	Campbell, NE	Teen	97.50	214.75	55.00	121.25	110.00	242.50	262.50	578.50
	Piper Kramer	18	Fullerton, NE	Teen	85.00	187.25	42.50	93.50	117.50	259.00	245.00	540.00
220	Raina Krebs	15	Clearwater, NE	Teen	100.00	220.25	55.00	121.25	150.00	330.50	305.00	672.25
	Kaylee Bennett	15	Butte, NE	Teen	90.00	198.25	57.50	126.75	105.00	231.25	252.50	556.50
	Addison Birmeier	14	Spencer, NE	Teen	100.00	220.25	42.50	93.50	95.00	209.25	237.50	523.50
UNL	Olivia Holz	16	Lynch, NE	Teen	112.50	248.00	47.50	104.50	120.00	264.50	280.00	617.25
	Amelia Haki	16	Spencer, NE	Teen	87.50	192.75	77.50	170.75	100.00	220.25	265.00	584.00



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
	<i>Brian Benshoof</i>	39	Bellevue, NE	Open	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
088	Alex Motacek	13	Niobrara, NE	Youth	70.00	154.25	27.50	60.50	72.50	159.75	170.00	374.75
105	Cuenton Longacre	9	York, NE	Youth	40.00	88.00	20.00	44.00	60.00	132.25	120.00	264.50
114	Scotty Klinetobe	18	Niobrara, NE	Teen	82.50	181.75	57.50	126.75	137.50	303.00	277.50	611.75
123	Emmett Krueger	10	Whiting, IA	Youth	47.50	104.50	35.00	77.00	72.50	159.75	155.00	341.50
	Connor Thomson	16	Page, NE	Teen	92.50	203.75	60.00	132.25	145.00	319.50	297.50	655.75
	Angel Ajin	14	Ainsworth, NE	Teen	67.50	148.75	40.00	88.00	77.50	170.75	185.00	407.75
132	Jorden Cox	11	Page, NE	Youth	47.50	104.50	30.00	66.00	57.50	126.75	135.00	297.50
	Issac Jensen	14	Spencer, NE	Teen	75.00	165.25	47.50	104.50	105.00	231.25	227.50	501.50
	Lane Conway	14	Campbell, NE	Teen	62.50	137.75	45.00	99.00	87.50	192.75	195.00	429.75
148	Jacob Motacek	12	Niobrara, NE	Youth	100.00	220.25	55.00	121.25	130.00	286.50	285.00	628.25
	Mathew Umphress	15	Ewing, NE	Teen	142.50	314.00	82.50	181.75	200.00	440.75	425.00	936.75
	Ariel Figueroa	15	Grand Island, NE	Teen	150.00	330.50	85.00	187.25	160.00	352.50	395.00	870.75
	Keaton Karr	16	Bladen, NE	Teen	150.00	330.50	82.50	181.75	142.50	314.00	375.00	826.50
	Cody Wickersham	16	Verdigre, NE	Teen	117.50	259.00	70.00	154.25	145.00	319.50	332.50	733.00
	Ethan Uhlir	18	Verdigre, NE	Teen	110.00	242.50	60.00	132.25	160.00	352.50	330.00	727.50
	Carter Cobb	16	Kearney, NE	Teen	95.00	209.25	62.50	137.75	137.50	303.00	295.00	650.25
	Ryan Cook	14	Fullerton, NE	Teen	100.00	220.25	62.50	137.75	130.00	286.50	292.50	644.75
	Dillon Fitzgerald	14	Fullerton, NE	Teen	87.50	192.75	65.00	143.25	130.00	286.50	282.50	622.75
	Coy Wickersham	14	Verdigre, NE	Teen	87.50	192.75	55.00	121.25	135.00	297.50	277.50	611.75
	Jase Kotrous	15	Verdigre, NE	Teen	80.00	176.25	55.00	121.25	130.00	286.50	265.00	584.00
	Rhodee Hill	14	North Platte, NE	Teen	105.00	231.25	47.50	104.50	100.00	220.25	252.50	556.50
	Aiden Jackman	15	Ainsworth, NE	Teen	132.50	292.00	60.00	132.25	25.00	55.00	217.50	479.50
	Mark Mares	55	Burwell, NE	Master	102.50	225.75	72.50	159.75	107.50	236.75	282.50	622.75
165	Arlan Lammers	12	Niobrara, NE	Youth	90.00	198.25	50.00	110.00	120.00	264.50	260.00	573.00
	Hunter Powers	17	Grand Island, NE	Teen	175.00	385.75	95.00	209.25	205.00	451.75	475.00	1047.00
	Daniel Pavelka	18	Verdigre, NE	Teen	120.00	264.50	62.50	137.75	162.50	358.00	345.00	760.50
	Casey Conway	14	Campbell, NE	Teen	117.50	259.00	65.00	143.25	140.00	308.50	322.50	710.75
	Gaven Gilsdorf	18	Orchard, NE	Teen	102.50	225.75	67.50	148.75	152.50	336.00	322.50	710.75
	Cooper Johnson	19	Amherst, NE	Teen	100.00	220.25	70.00	154.25	150.00	330.50	320.00	705.25
	Jaydon Parker	14	Hershey, NE	Teen	85.00	187.25	62.50	137.75	110.00	242.50	257.50	567.50
	Paxton Sorensen	15	Campbell, NE	Teen	80.00	176.25	55.00	121.25	97.50	214.75	232.50	512.50
	Matthew Iniguez	15	Grand Island, NE	Teen	130.00	286.50	67.50	148.75	160.00	352.50	0.00	0.00
	Cash Wickersham	14	Verdigre, NE	Teen	92.50	203.75	60.00	132.25	122.50	270.00	0.00	0.00
181	Reid Teadtke	13	Niobrara, NE	Youth	72.50	159.75	42.50	93.50	115.00	253.50	230.00	507.00
	Aiden Norman	17	Fullerton, NE	Teen	142.50	314.00	105.00	231.25	160.00	352.50	407.50	898.25
	Jordan Ingebo	16	Niobrara, NE	Teen	105.00	231.25	70.00	154.25	170.00	374.75	345.00	760.50
	Tanner Robinette	17	Verdigre, NE	Teen	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
198	Izac Dickey	16	Stromsburg, NE	Teen	185.00	407.75	132.50	292.00	217.50	479.50	535.00	1179.25
	Pryce Ostermeier	18	Grand Island, NE	Teen	187.50	413.25	110.00	242.50	222.50	490.50	520.00	1146.25
	Jae Seger	19	Riverdale, NE	Teen	142.50	314.00	102.50	225.75	200.00	440.75	445.00	981.00
	Kenton Dudek	16	Fullerton, NE	Teen	157.50	347.00	100.00	220.25	182.50	402.25	440.00	970.00
	Charles Wood	15	Valley, NE	Teen	157.50	347.00	87.50	192.75	155.00	341.50	400.00	881.75
	Anthony Witter	16	Grand Island, NE	Teen	125.00	275.50	85.00	187.25	145.00	319.50	355.00	782.50
220	Paul Buresh	17	David City, NE	Teen	182.50	402.25	122.50	270.00	210.00	462.75	515.00	1135.25
	Gunnar Shabram	18	Orchard, NE	Teen	157.50	347.00	100.00	220.25	182.50	402.25	435.00	959.00
	Alec Disterhaupt	18	Spencer, NE	Teen	140.00	308.50	107.50	236.75	182.50	402.25	430.00	947.75
	Jack Sorensen	16	Campbell, NE	Teen	125.00	275.50	95.00	209.25	142.50	314.00	362.50	799.00



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220	Clay Plambeck	15	Bladen, NE	Teen	117.50	259.00	62.50	137.75	137.50	303.00	317.50	699.75
	Jerrold Land	16	Fullerton, NE	Teen	75.00	165.25	77.50	170.75	140.00	308.50	292.50	644.75
	Lee Tyler	43	Le Mars, IA	Open	185.00	407.75	160.00	352.50	160.00	352.50	505.00	1113.25
	Jake Wojcik	20	Lincoln, NE	Open	127.50	281.00	85.00	187.25	182.50	402.25	395.00	870.75
242	Rowdy Truksa	18	Osceola, NE	Teen	227.50	501.50	155.00	341.50	255.00	562.00	637.50	1405.25
	Adrian Hernandez	17	Grand Island, NE	Teen	185.00	407.75	107.50	236.75	230.00	507.00	522.50	1151.75
	Isaac Pavlik	15	Verdigre, NE	Teen	137.50	303.00	80.00	176.25	152.50	336.00	370.00	815.50
	Jeff Shabram	45	Orchard, NE	Master	157.50	347.00	112.50	248.00	165.00	363.75	435.00	959.00
275	Beau Hrbek	18	Niobrara, NE	Teen	127.50	281.00	100.00	220.25	190.00	418.75	417.50	920.25
	Hunter Mizner	16	Spencer, NE	Teen	140.00	308.50	110.00	242.50	162.50	358.00	412.50	909.25
	Christian Behnk	15	Clearwater, NE	Teen	102.50	225.75	70.00	154.25	152.50	336.00	325.00	716.25
	Jeremy Sharp	15	Bladen, NE	Teen	80.00	176.25	40.00	88.00	100.00	220.25	220.00	485.00
	Caleb Krebs	22	Clearwater, NE	Open	115.00	253.50	52.50	115.50	137.50	303.00	305.00	672.25
SHW	Camden Brewer	18	Naper, NE	Teen	160.00	352.50	77.50	170.75	185.00	407.75	422.50	931.25
	Gavin Rardon	17	Verdigre, NE	Teen	117.50	259.00	60.00	132.25	190.00	418.75	367.50	810.00
	Zane Koziol	14	Fullerton, NE	Teen	90.00	198.25	77.50	170.75	175.00	385.75	342.50	755.00
	Bradley Wright	32	Spencer, NE	Open	210.00	462.75	110.00	242.50	232.50	512.50	552.50	1218.00

**Male Equipped Powerlifting**

088	Kash Hermanson	12	Valley, NE	Youth	60.00	132.25	25.00	55.00	65.00	143.25	150.00	330.50
097	Kane Hermanson	10	Valley, NE	Youth	50.00	110.00	25.00	55.00	75.00	165.25	160.00	352.50
123	Wyatt Shabram	15	Orchard, NE	Teen	77.50	170.75	47.50	104.50	105.00	231.25	230.00	507.00
181	Chrystian Wieczorek	17	Omaha, NE	Teen	112.50	248.00	77.50	170.75	185.00	407.75	375.00	826.50
198	Gregg Rhoades	59	Plattsmouth, NE	Master	177.50	391.25	127.50	281.00	177.50	391.25	482.50	1063.50
220	Daniel Acosta	28	Schuyler, NE	Open	175.00	385.75	130.00	286.50	232.50	512.50	537.50	1184.75
242	Gavin Wood	18	Valley, NE	Teen	217.50	479.50	107.50	236.75	252.50	556.50	577.50	1273.00
	Travis Glidden	23	Valley, NE	Open	215.00	473.75	102.50	225.75	237.50	523.50	555.00	1223.50
275	Mark Schellen	60	Waterloo, NE	Master	290.00	639.25	147.50	325.00	237.50	523.50	675.00	1488.00
308	Neil Hartman	17	Valley, NE	Teen	260.00	573.00	132.50	292.00	260.00	573.00	652.50	1438.50

**Female Raw Bench Only**

165	Savanna Salen	16	Le Mars, IA	Teen	--	-	65.00	143.25	--	-	65.00	143.25
198	Gabrielle Pavlik	17	Verdigre, NE	Teen	--	-	60.00	132.25	--	-	60.00	132.25
220	Raina Krebs	15	Clearwater, NE	Teen	--	-	55.00	121.25	--	-	55.00	121.25

**Male Raw Bench Only**

	Bradford Updike	55	Omaha, NE	Open	--	-	0.00	0.00	--	-	0.00	0.00
	Bradford Updike	55	Omaha, NE	Master	--	-	0.00	0.00	--	-	0.00	0.00
148	Dillon Fitzgerald	14	Fullerton, NE	Teen	--	-	65.00	143.25	--	-	65.00	143.25
165	Jaxson Weber	18	Lincoln, NE	Teen	--	-	110.00	242.50	--	-	110.00	242.50
	Jaxson Weber	18	Lincoln, NE	Open	--	-	110.00	242.50	--	-	110.00	242.50
181	Christopher Weber	47	Lincoln, NE	Open	--	-	130.00	286.50	--	-	130.00	286.50
	Christopher Weber	47	Lincoln, NE	Master	--	-	130.00	286.50	--	-	130.00	286.50
198	Pryce Ostermeier	18	Grand Island, NE	Teen	--	-	110.00	242.50	--	-	110.00	242.50
220	Paul Buresh	17	David City, NE	Teen	--	-	122.50	270.00	--	-	122.50	270.00
	Gunnar Shabram	18	Orchard, NE	Teen	--	-	100.00	220.25	--	-	100.00	220.25
	Sloan Raymond	20	Ainsworth, NE	Open	--	-	127.50	281.00	--	-	127.50	281.00
242	Rowdy Truksa	18	Osceola, NE	Teen	--	-	155.00	341.50	--	-	155.00	341.50
	Charles Salen	51	Le Mars, IA	Master	--	-	165.00	363.75	--	-	165.00	363.75
SH	Donald Seaman	44	Omaha, NE	Master	--	-	180.00	396.75	--	-	180.00	396.75



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Equipped Bench Only</b>												
123	Wyatt Shabram	15	Orchard, NE	Teen	--	-	47.50	104.50	--	-	47.50	104.50
165	Marcus Martin	31	Elkhorn, NE	Master	--	-	120.00	264.50	--	-	120.00	264.50
181	Chrystian Wieczorek	17	Omaha, NE	Teen	--	-	77.50	170.75	--	-	77.50	170.75
242	Gavin Wood	18	Valley, NE	Teen	--	-	107.50	236.75	--	-	107.50	236.75
308	Neil Hartman	17	Valley, NE	Teen	--	-	132.50	292.00	--	-	132.50	292.00
<b>Female Raw Push Pull</b>												
105	Amor Zermeno	16	Orchard, NE	Open	--	-	37.50	82.50	87.50	192.75	125.00	275.50
181	Anna Rudloff	17	Verdigre, NE	Teen	--	-	47.50	104.50	137.50	303.00	185.00	407.75
	Savannah Garcia	14	Salix, IA	Teen	--	-	45.00	99.00	107.50	236.75	152.50	336.00
198	Gabrielle Pavlik	17	Verdigre, NE	Teen	--	-	60.00	132.25	142.50	314.00	202.50	446.25
220	Raina Krebs	15	Clearwater, NE	Teen	--	-	55.00	121.25	150.00	330.50	205.00	451.75
UNL	Olivia Holz	16	Lynch, NE	Teen	--	-	47.50	104.50	120.00	264.50	167.50	369.25
<b>Male Raw Push Pull</b>												
	Brian Benshoof	39	Bellevue, NE	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00
148	Mathew Umphress	15	Ewing, NE	Teen	--	-	82.50	181.75	200.00	440.75	282.50	622.75
	Dillon Fitzgerald	14	Fullerton, NE	Teen	--	-	65.00	143.25	130.00	286.50	195.00	429.75
181	Christopher Weber	47	Lincoln, NE	Open	--	-	130.00	286.50	215.00	473.75	345.00	760.50
	Christopher Weber	47	Lincoln, NE	Master	--	-	130.00	286.50	215.00	473.75	345.00	760.50
198	Pryce Ostermeier	18	Grand Island, NE	Teen	--	-	110.00	242.50	222.50	490.50	332.50	733.00
	Charles Wood	15	Valley, NE	Teen	--	-	87.50	192.75	155.00	341.50	242.50	534.50
220	Paul Buresh	17	David City, NE	Teen	--	-	122.50	270.00	210.00	462.75	332.50	733.00
	Gunnar Shabram	18	Orchard, NE	Teen	--	-	100.00	220.25	182.50	402.25	282.50	622.75
242	Rowdy Truksa	18	Osceola, NE	Teen	--	-	155.00	341.50	255.00	562.00	410.00	903.75
275	Arttie Parker	52	Hershey, NE	Open	--	-	127.50	281.00	152.50	336.00	280.00	617.25
<b>Male Equipped Push Pull</b>												
123	Wyatt Shabram	15	Orchard, NE	Teen	--	-	47.50	104.50	105.00	231.25	152.50	336.00
181	Chrystian Wieczorek	17	Omaha, NE	Teen	--	-	77.50	170.75	185.00	407.75	262.50	578.50
242	Gavin Wood	18	Valley, NE	Teen	--	-	107.50	236.75	252.50	556.50	360.00	793.50
308	Neil Hartman	17	Valley, NE	Teen	--	-	132.50	292.00	260.00	573.00	392.50	865.25



# 2022 Orchard AAU Powerlifting Meet

## Outstanding Female Lifters: (in memory of Elsie Magwire)

1. Chelsey Rohrer – 4.20 strength index
2. Amor Zermeno – 4.02 strength index

## Outstanding Teen Male Lightweight Lifters:

1. Hunter Powers – 6.61 strength index
2. Matt Umphress – 6.32 strength index

## Outstanding Teen Male Heavy Lifters:

1. Rowdy Truksa – 6.36 strength index
2. Izaac Dickey – 6.00 strength index

Conner Jackman Warrior Spirit Award – Gaven Gilsdorf

## Co-ed Team standings:

- 1<sup>st</sup> place – Niobrara-Verdigre (97 pts)
- 2<sup>nd</sup> place – Summerland (85 pts)
- 3<sup>rd</sup> place – Boyd County (61 pts)
- 4<sup>th</sup> place – Fullerton (45 pts)
- 5<sup>th</sup> place – Silver Lake (29 pts)

## Boys Team standings:

- 1<sup>st</sup> place – Niobrara-Verdigre (91 pts)
- 2<sup>nd</sup> place – Grand Island (34 pts)
- 3<sup>rd</sup> place – David City Aquinas (20 pts)
- 4<sup>th</sup> place – Ainsworth (17 pts)
- 5<sup>th</sup> place – Amherst (6 pts)

## Equipped Team standings:

- 1<sup>st</sup> place – DC West (51 pts)