

**Meet Name: 2023 Orchard AAU Powerlifting Meet****Location:** Orchard Gym Orchard, NE**Meet Date:** 01-Apr-23**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>												
097	Sydney Kumm	13	Winnetoon, NE	Youth	47.50	104.50	27.50	60.50	77.50	170.75	152.50	336.00
105	Amor Zermeno	17	Orchard, NE	Teen	82.50	181.75	40.00	88.00	85.00	187.25	207.50	457.25
	Melody Bonham	16	Niobrara, NE	Teen	75.00	165.25	32.50	71.50	95.00	209.25	202.50	446.25
132	Holly Pavlik	12	Verdigre, NE	Youth	72.50	159.75	45.00	99.00	97.50	214.75	215.00	473.75
	Sophie Schmidt	14	Roseland, NE	Teen	107.50	236.75	55.00	121.25	115.00	253.50	277.50	611.75
	Shaeden Polenske	14	Naper, NE	Teen	62.50	137.75	40.00	88.00	80.00	176.25	182.50	402.25
148	Adriana Faust	16	Norfolk, NE	Teen	90.00	198.25	55.00	121.25	105.00	231.25	250.00	551.00
	Makenna Karr	15	Bladen, NE	Teen	92.50	203.75	42.50	93.50	112.50	248.00	247.50	545.50
	Jadyn Hobbs	14	Ewing, NE	Teen	77.50	170.75	42.50	93.50	117.50	259.00	237.50	523.50
	Kami Simons	15	Verdigre, NE	Teen	75.00	165.25	35.00	77.00	97.50	214.75	207.50	457.25
	Heidi Hollmann	17	Verdigre, NE	Teen	55.00	121.25	35.00	77.00	110.00	242.50	200.00	440.75
	Aiyana Krebs	14	Clearwater, NE	Teen	67.50	148.75	30.00	66.00	97.50	214.75	195.00	429.75
	Kayla Fitzgerald	22	Columbus, NE	Open	97.50	214.75	60.00	132.25	115.00	253.50	272.50	600.75
165	Giselle Lara	15	Grand Island, NE	Teen	125.00	275.50	67.50	148.75	140.00	308.50	332.50	733.00
	Ava Larmon	16	Rising City, NE	Teen	102.50	225.75	70.00	154.25	120.00	264.50	292.50	644.75
	Chelsey Rohrer	15	Verdigre, NE	Teen	97.50	214.75	60.00	132.25	132.50	292.00	290.00	639.25
	Emma Schmidt	15	Roseland, NE	Teen	120.00	264.50	55.00	121.25	112.50	248.00	287.50	633.75
	Katy Soucek	16	Bladen, NE	Teen	107.50	236.75	57.50	126.75	112.50	248.00	277.50	611.75
	Marley Schrunk	14	Grand Island, NE	Teen	77.50	170.75	32.50	71.50	100.00	220.25	210.00	462.75
181	Anna Rudloff	18	Verdigre, NE	Teen	105.00	231.25	47.50	104.50	162.50	358.00	315.00	694.25
	Marissa Erickson	18	Campbell, NE	Teen	117.50	259.00	65.00	143.25	120.00	264.50	302.50	666.75
	Savannah Garcia	15	Salix, IA	Teen	87.50	192.75	52.50	115.50	137.50	303.00	277.50	611.75
	Alana Widstrom	14	Lynch, NE	Teen	92.50	203.75	52.50	115.50	115.00	253.50	260.00	573.00
	Angelita Arellano	15	Naper, NE	Teen	80.00	176.25	45.00	99.00	100.00	220.25	225.00	496.00
	RaeLynne Nelson	14	Verdigre, NE	Teen	80.00	176.25	37.50	82.50	100.00	220.25	217.50	479.50
	Savanna Ferris	17	Lynch, NE	Teen	67.50	148.75	40.00	88.00	107.50	236.75	215.00	473.75
	Miranda Stohlmann	14	Verdigre, NE	Teen	70.00	154.25	45.00	99.00	100.00	220.25	215.00	473.75
198	Gabrielle Pavlik	18	Verdigre, NE	Teen	140.00	308.50	70.00	154.25	182.50	402.25	392.50	865.25
	Taylor Pavlik	16	Creighton, NE	Teen	95.00	209.25	60.00	132.25	147.50	325.00	302.50	666.75
	Rhealeigh Bauder	14	Sloan, IA	Teen	72.50	159.75	40.00	88.00	82.50	181.75	195.00	429.75
220	Raquel Morales-Mont	15	Winnetoon, NE	Teen	125.00	275.50	52.50	115.50	145.00	319.50	322.50	710.75
	Kaylee Bennett	16	Butte, NE	Teen	95.00	209.25	62.50	137.75	117.50	259.00	275.00	606.25
	Addison Birmeier	15	Spencer, NE	Teen	105.00	231.25	45.00	99.00	115.00	253.50	265.00	584.00
UNL	Raina Krebs	16	Clearwater, NE	Teen	122.50	270.00	57.50	126.75	167.50	369.25	347.50	766.00
	Amelia Haki	17	Spencer, NE	Teen	85.00	187.25	80.00	176.25	100.00	220.25	265.00	584.00
<b>Female Equipped Powerlifting</b>												
123	Calista Kumm	17	Columbus, NE	Teen	152.50	336.00	65.00	143.25	157.50	347.00	375.00	826.50
132	Clair Krysl	15	Chambers, NE	Teen	0.00	0.00	32.50	71.50	92.50	203.75	0.00	0.00



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Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male</b>	<b>Raw</b>	<b>Powerlifting</b>										
066	Korbin Akerson	9	Valley, NE	Youth	47.50	104.50	32.50	71.50	92.50	203.75	172.50	380.25
077	Michael Sonnenfelt	10	Orchard, NE	Youth	30.00	66.00	22.50	49.50	57.50	126.75	110.00	242.50
088	Isaac Frankforter	13	Cairo, NE	Youth	67.50	148.75	45.00	99.00	87.50	192.75	200.00	440.75
097	Kash Hermanson	13	Valley, NE	Youth	70.00	154.25	40.00	88.00	95.00	209.25	205.00	451.75
105	Jagger Reiser	13	Butte, NE	Youth	60.00	132.25	37.50	82.50	90.00	198.25	187.50	413.25
	Alex Motacek	14	Niobrara, NE	Teen	102.50	225.75	47.50	104.50	107.50	236.75	257.50	567.50
114	Danny Pease	14	Verdigre, NE	Teen	55.00	121.25	42.50	93.50	85.00	187.25	182.50	402.25
	Wade Pritchett	14	Niobrara, NE	Teen	55.00	121.25	32.50	71.50	80.00	176.25	167.50	369.25
123	Aidyn Garwood	13	Butte, NE	Youth	67.50	148.75	47.50	104.50	97.50	214.75	212.50	468.25
	Kane Hermanson	11	Valley, NE	Youth	72.50	159.75	40.00	88.00	95.00	209.25	207.50	457.25
	Murdock MacAskill	13	Verdigre, NE	Youth	40.00	88.00	20.00	44.00	52.50	115.50	112.50	248.00
	Lanham Skrdlant	14	Bladen, NE	Teen	80.00	176.25	72.50	159.75	102.50	225.75	255.00	562.00
132	Ashton Harlow	13	Waterloo, NE	Youth	107.50	236.75	67.50	148.75	125.00	275.50	300.00	661.25
	Connor Thomson	17	Page, NE	Teen	107.50	236.75	72.50	159.75	160.00	352.50	340.00	749.50
	Skyler Stern	15	Pierce, NE	Teen	85.00	187.25	57.50	126.75	130.00	286.50	272.50	600.75
148	Arlan Lammers	13	Niobrara, NE	Youth	115.00	253.50	62.50	137.75	150.00	330.50	327.50	722.00
	Joshua Bennett	13	Butte, NE	Youth	92.50	203.75	65.00	143.25	120.00	264.50	277.50	611.75
	Landon Nelson	13	Orchard, NE	Youth	97.50	214.75	55.00	121.25	112.50	248.00	265.00	584.00
	Benjamin Schmitz	13	Fairfax, SD	Youth	90.00	198.25	52.50	115.50	117.50	259.00	260.00	573.00
	Jorden Cox	12	Page, NE	Youth	65.00	143.25	35.00	77.00	87.50	192.75	187.50	413.25
	Tanner Reiser	13	Butte, NE	Youth	60.00	132.25	27.50	60.50	80.00	176.25	167.50	369.25
	Zack Rohrer	12	Verdigre, NE	Youth	30.00	66.00	37.50	82.50	77.50	170.75	145.00	319.50
	Robert King	16	Omaha, NE	Teen	127.50	281.00	95.00	209.25	177.50	391.25	400.00	881.75
	Ian Sandate	18	Grand Island, NE	Teen	140.00	308.50	82.50	181.75	175.00	385.75	397.50	876.25
	Ryan Cook	15	Fullerton, NE	Teen	142.50	314.00	90.00	198.25	150.00	330.50	382.50	843.25
	Westin Bauer	16	Verdigre, NE	Teen	120.00	264.50	85.00	187.25	162.50	358.00	367.50	810.00
	Cody Wickersham	17	Verdigre, NE	Teen	117.50	259.00	72.50	159.75	155.00	341.50	345.00	760.50
	Issac Jensen	15	Spencer, NE	Teen	92.50	203.75	55.00	121.25	137.50	303.00	285.00	628.25
	Lane Conway	15	Campbell, NE	Teen	75.00	165.25	62.50	137.75	120.00	264.50	257.50	567.50
	Paxton Sorensen	16	Campbell, NE	Teen	87.50	192.75	62.50	137.75	107.50	236.75	257.50	567.50
	Cade Pflughoeft	21	Lusk, WY	Open	140.00	308.50	77.50	170.75	157.50	347.00	375.00	826.50
	Monte Lofing	64	Beatrice, NE	Master	185.00	407.75	102.50	225.75	201.00	443.00	488.50	1076.75
165	Jacob Motacek	13	Niobrara, NE	Youth	130.00	286.50	85.00	187.25	152.50	336.00	367.50	810.00
	Hunter Powers	18	Grand Island, NE	Teen	200.00	440.75	110.00	242.50	245.00	540.00	555.00	1223.50
	Matthew Iniguez	16	Grand Island, NE	Teen	157.50	347.00	82.50	181.75	177.50	391.25	417.50	920.25
	Emanuel Flores	17	Grand Island, NE	Teen	140.00	308.50	75.00	165.25	195.00	429.75	410.00	903.75
	Aiden Jackman	16	Ainsworth, NE	Teen	145.00	319.50	85.00	187.25	157.50	347.00	387.50	854.25
	Dillon Fitzgerald	15	Fullerton, NE	Teen	142.50	314.00	77.50	170.75	155.00	341.50	375.00	826.50
	Jesus Flores	18	Grand Island, NE	Teen	137.50	303.00	72.50	159.75	165.00	363.75	375.00	826.50
	Koy Gonzales	15	Spencer, NE	Teen	112.50	248.00	77.50	170.75	157.50	347.00	347.50	766.00
	Coy Wickersham	15	Verdigre, NE	Teen	112.50	248.00	65.00	143.25	155.00	341.50	332.50	733.00
	Keaton Karr	16	Bladen, NE	Teen	137.50	303.00	87.50	192.75	102.50	225.75	327.50	722.00
	Jaxon tenBensel	15	Campbell, NE	Teen	100.00	220.25	75.00	165.25	147.50	325.00	322.50	710.75
	John Wendt	14	Bristow, NE	Teen	75.00	165.25	57.50	126.75	130.00	286.50	262.50	578.50
	Jase Kotrous	16	Verdigre, NE	Teen	0.00	0.00	75.00	165.25	155.00	341.50	0.00	0.00
	Tyler Stromberg	14	Lyons, NE	Teen	0.00	0.00	75.00	165.25	140.00	308.50	0.00	0.00
181	Beckett Wessendorf	13	Verdigre, NE	Youth	97.50	214.75	50.00	110.00	122.50	270.00	270.00	595.00
	Hunter Hanquist	17	Grand Island, NE	Teen	185.00	407.75	147.50	325.00	205.00	451.75	537.50	1184.75



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
181	Angel Francisco	17	Grand Island, NE	Teen	172.50	380.25	110.00	242.50	175.00	385.75	457.50	1008.50
	Josue Lopez	17	Grand Island, NE	Teen	162.50	358.00	92.50	203.75	197.50	435.25	452.50	997.50
	James Doyle	17	Osmond, NE	Teen	167.50	369.25	100.00	220.25	150.00	330.50	417.50	920.25
	Weston Keyes	16	Spencer, NE	Teen	130.00	286.50	97.50	214.75	182.50	402.25	410.00	903.75
	Reid Teadtke	14	Niobrara, NE	Teen	102.50	225.75	65.00	143.25	140.00	308.50	307.50	677.75
198	Pryce Ostermeier	19	Grand Island, NE	Teen	202.50	446.25	127.50	281.00	242.50	534.50	572.50	1262.00
	Andrew Larson	15	Grand Island, NE	Teen	142.50	314.00	92.50	203.75	187.50	413.25	422.50	931.25
	Luis Fierro	15	Grand Island, NE	Teen	147.50	325.00	85.00	187.25	177.50	391.25	410.00	903.75
	Anthony Witter	16	Grand Island, NE	Teen	135.00	297.50	97.50	214.75	167.50	369.25	400.00	881.75
	Evan Glaser	19	Norfolk, NE	Teen	122.50	270.00	95.00	209.25	182.50	402.25	400.00	881.75
	Jack Sorensen	17	Campbell, NE	Teen	130.00	286.50	100.00	220.25	170.00	374.75	400.00	881.75
	Alex Martin	16	Grand Island, NE	Teen	137.50	303.00	87.50	192.75	157.50	347.00	382.50	843.25
	Colby Hupp	18	Clearwater, NE	Teen	115.00	253.50	87.50	192.75	167.50	369.25	370.00	815.50
	Logan Stromquist	18	Norfolk, NE	Teen	115.00	253.50	65.00	143.25	157.50	347.00	337.50	744.00
	Casey Conway	15	Campbell, NE	Teen	102.50	225.75	90.00	198.25	142.50	314.00	335.00	738.50
	Ryan Hasenkamp	35	Lincoln, NE	Open	190.00	418.75	122.50	270.00	265.00	584.00	577.50	1273.00
	Blake Olson	21	Chadron, NE	Open	180.00	396.75	117.50	259.00	215.00	473.75	512.50	1129.75
	John Carey	33	Wilcox, NE	Open	175.00	385.75	127.50	281.00	187.50	413.25	490.00	1080.25
220	Izaak Dickey	17	Stromsburg, NE	Teen	252.50	556.50	160.00	352.50	250.00	551.00	662.50	1460.50
	Caleb Johnson	16	Omaha, NE	Teen	210.00	462.75	117.50	259.00	212.50	468.25	540.00	1190.25
	Isaac Pavlik	15	Verdigre, NE	Teen	162.50	358.00	102.50	225.75	190.00	418.75	455.00	1003.00
	Daniel Acosta	29	Schuyler, NE	Open	180.00	396.75	137.50	303.00	237.50	523.50	555.00	1223.50
	Jake Wojcik	21	Lincoln, NE	Open	115.00	253.50	90.00	198.25	147.50	325.00	352.50	777.00
242	Jax Campbell	13	Cairo, NE	Youth	105.00	231.25	60.00	132.25	132.50	292.00	297.50	655.75
	Gavin Whiting	16	Ewing, NE	Teen	147.50	325.00	97.50	214.75	185.00	407.75	430.00	947.75
	Landon Duester	15	Roseland, NE	Teen	130.00	286.50	75.00	165.25	142.50	314.00	347.50	766.00
	Clay Plambeck	16	Bladen, NE	Teen	130.00	286.50	70.00	154.25	145.00	319.50	345.00	760.50
	Kaden Cram	17	Norfolk, NE	Teen	112.50	248.00	75.00	165.25	150.00	330.50	337.50	744.00
	Cody Plambeck	16	Bladen, NE	Teen	110.00	242.50	75.00	165.25	137.50	303.00	322.50	710.75
	Praeson Klug	14	Niobrara, NE	Teen	55.00	121.25	32.50	71.50	90.00	198.25	177.50	391.25
	<i>Gunnar Shabram</i>	19	Orchard, NE	Teen	175.00	385.75	112.50	248.00	0.00	0.00	0.00	0.00
	Jeff Shabram	46	Orchard, NE	Master	152.50	336.00	105.00	231.25	160.00	352.50	417.50	920.25
	275	Hunter Christenson	14	Grand Island, NE	Teen	227.50	501.50	125.00	275.50	222.50	490.50	575.00
Jace Campbell		14	Cairo, NE	Teen	192.50	424.25	110.00	242.50	207.50	457.25	510.00	1124.25
Jonathon Glaser		16	Norfolk, NE	Teen	165.00	363.75	110.00	242.50	197.50	435.25	472.50	1041.50
Riley Fisher		18	Atkinson, NE	Teen	155.00	341.50	107.50	236.75	202.50	446.25	465.00	1025.00
Hunter Mizner		17	Spencer, NE	Teen	152.50	336.00	112.50	248.00	182.50	402.25	447.50	986.50
Aiden Gallop		14	Norfolk, NE	Teen	152.50	336.00	102.50	225.75	145.00	319.50	400.00	881.75
Derek Osburn		14	Cairo, NE	Teen	120.00	264.50	95.00	209.25	147.50	325.00	362.50	799.00
Trevor Kral		15	Campbell, NE	Teen	102.50	225.75	55.00	121.25	122.50	270.00	280.00	617.25
308	Derek Jensen	17	Spencer, NE	Teen	162.50	358.00	85.00	187.25	192.50	424.25	440.00	970.00
	Lorenzo Denny	16	Verdigre, NE	Teen	142.50	314.00	92.50	203.75	170.00	374.75	405.00	892.75
	Patrick McConnell	28	Holdrege, NE	Open	220.00	485.00	142.50	314.00	290.00	639.25	652.50	1438.50
SH	Gavin Rardon	18	Verdigre, NE	Teen	132.50	292.00	65.00	143.25	200.00	440.75	397.50	876.25
	Bradley Wright	33	Osmond, NE	Open	240.00	529.00	122.50	270.00	240.00	529.00	602.50	1328.25



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
<b>Male Equipped Powerlifting</b>												
105	Mikey Strong	7	Valley, NE	Youth	42.50	93.50	20.00	44.00	70.00	154.25	132.50	292.00
132	Wyatt Shabram	16	Orchard, NE	Teen	97.50	214.75	60.00	132.25	122.50	270.00	280.00	617.25
165	Caden Weverka	15	Schuyler, NE	Teen	147.50	325.00	82.50	181.75	147.50	325.00	377.50	832.00
	Marcus Martin	32	Elkhorn, NE	Open	160.00	352.50	117.50	259.00	177.50	391.25	455.00	1003.00
181	Jagger Denker	16	Valley, NE	Teen	167.50	369.25	100.00	220.25	205.00	451.75	472.50	1041.50
	Colby Smolek	15	Columbus, NE	Teen	160.00	352.50	82.50	181.75	207.50	457.25	450.00	992.00
198	Thatcher Whiting	13	Kearney, NE	Youth	107.50	236.75	82.50	181.75	157.50	347.00	347.50	766.00
	Trevor Pike	14	Long Pine, NE	Teen	0.00	0.00	82.50	181.75	145.00	319.50	0.00	0.00
	Gregg Rhoades	60	Plattsmouth, NE	Master	170.00	374.75	117.50	259.00	175.00	385.75	462.50	1019.50
220	Andrew Hodges	15	Julian, NE	Teen	185.00	407.75	95.00	209.25	220.00	485.00	500.00	1102.25
242	Jackson Denker	16	Valley, NE	Teen	187.50	413.25	97.50	214.75	170.00	374.75	455.00	1003.00
275	Anthony Nichols	29	Elkhorn, NE	Open	295.00	650.25	195.00	429.75	282.50	622.75	772.50	1703.00
SH	Savion Ralph	17	Norfolk, NE	Teen	152.50	336.00	75.00	165.25	170.00	374.75	397.50	876.25
<b>Female Raw Bench Only</b>												
105	Amor Zermeno	17	Orchard, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00
198	Gabrielle Pavlik	18	Verdigre, NE	Teen	--	-	70.00	154.25	--	-	70.00	154.25
UN	Raina Krebs	16	Clearwater, NE	Teen	--	-	57.50	126.75	--	-	57.50	126.75
<b>Male Raw Bench Only</b>												
077	Michael Sonnenfelt	10	Orchard, NE	Teen	--	-	22.50	49.50	--	-	22.50	49.50
	Palmer Shabram	9	Omaha, NE	Teen	--	-	20.00	44.00	--	-	20.00	44.00
097	Kash Hermanson	13	Valley, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00
105	Maxim Weber	13	Lincoln, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00
	Alex Motacek	14	Niobrara, NE	Teen	--	-	47.50	104.50	--	-	47.50	104.50
123	Kane Hermanson	11	Valley, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00
132	Ashton Harlow	13	Waterloo, NE	Teen	--	-	67.50	148.75	--	-	67.50	148.75
148	Robert King	16	Omaha, NE	Teen	--	-	95.00	209.25	--	-	95.00	209.25
165	Mathew Umphress	16	Ewing, NE	Teen	--	-	102.50	225.75	--	-	102.50	225.75
198	Pryce Ostermeier	19	Grand Island, NE	Teen	--	-	127.50	281.00	--	-	127.50	281.00
	Christopher Weber	48	Lincoln, NE	Open	--	-	137.50	303.00	--	-	137.50	303.00
	Christopher Weber	48	Lincoln, NE	Master	--	-	137.50	303.00	--	-	137.50	303.00
242	Gunnar Shabram	19	Orchard, NE	Teen	--	-	112.50	248.00	--	-	112.50	248.00
<b>Male Equipped Bench Only</b>												
105	Mikey Strong	7	Valley, NE	Teen	--	-	20.00	44.00	--	-	20.00	44.00
<b>Female Raw Push Pull</b>												
097	Sydney Kumm	13	Winnetoon, NE	Teen	--	-	27.50	60.50	77.50	170.75	105.00	231.25
105	Melody Bonham	16	Niobrara, NE	Teen	--	-	32.50	71.50	95.00	209.25	127.50	281.00
	Amor Zermeno	17	Orchard, NE	Teen	--	-	40.00	88.00	85.00	187.25	125.00	275.50
165	Chelsey Rohrer	15	Verdigre, NE	Teen	--	-	60.00	132.25	132.50	292.00	192.50	424.25
181	Anna Rudloff	18	Verdigre, NE	Teen	--	-	47.50	104.50	162.50	358.00	210.00	462.75
198	Gabrielle Pavlik	18	Verdigre, NE	Teen	--	-	70.00	154.25	182.50	402.25	252.50	556.50
220	Raquel Morales-Mont	15	Winnetoon, NE	Teen	--	-	52.50	115.50	145.00	319.50	197.50	435.25
UN	Raina Krebs	16	Clearwater, NE	Teen	--	-	57.50	126.75	167.50	369.25	225.00	496.00



**Meet Name:** 2023 Orchard AAU Powerlifting Meet

**Location:** Orchard Gym Orchard, NE

**Meet Date:** 01-Apr-23

**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>Male Raw Push Pull</b>												
077	Palmer Shabram	9	Omaha, NE	Teen	--	-	20.00	44.00	60.00	132.25	80.00	176.25
097	Kash Hermanson	13	Valley, NE	Teen	--	-	40.00	88.00	95.00	209.25	135.00	297.50
105	Maxim Weber	13	Lincoln, NE	Teen	--	-	40.00	88.00	82.50	181.75	122.50	270.00
	Alex Motacek	14	Niobrara, NE	Teen	--	-	47.50	104.50	107.50	236.75	155.00	341.50
123	Kane Hermanson	11	Valley, NE	Teen	--	-	40.00	88.00	95.00	209.25	135.00	297.50
132	Ashton Harlow	13	Waterloo, NE	Teen	--	-	67.50	148.75	125.00	275.50	192.50	424.25
148	Emmett Krueger	11	Whiting, IA	Teen	--	-	50.00	110.00	92.50	203.75	142.50	314.00
	Robert King	16	Omaha, NE	Teen	--	-	95.00	209.25	177.50	391.25	272.50	600.75
198	Pryce Ostermeier	19	Grand Island, NE	Teen	--	-	127.50	281.00	242.50	534.50	370.00	815.50
	Ryan Hasenkamp	35	Lincoln, NE	Open	--	-	122.50	270.00	265.00	584.00	387.50	854.25
	Christopher Weber	48	Lincoln, NE	Open	--	-	137.50	303.00	210.00	462.75	347.50	766.00
	Christopher Weber	48	Lincoln, NE	Master	--	-	137.50	303.00	210.00	462.75	347.50	766.00
242	Gunnar Shabram	19	Orchard, NE	Teen	--	-	112.50	248.00	0.00	0.00	0.00	0.00
308	Zane Koziol	15	Fullerton, NE	Teen	--	-	92.50	203.75	192.50	424.25	285.00	628.25
SH	Gavin Rardon	18	Verdigre, NE	Teen	--	-	65.00	143.25	200.00	440.75	265.00	584.00
	Bradley Wright	33	Osmond, NE	Open	--	-	122.50	270.00	240.00	529.00	362.50	799.00
<b>Male Equipped Push Pull</b>												
105	Mikey Strong	7	Valley, NE	Teen	--	-	20.00	44.00	70.00	154.25	90.00	198.25

# 2023 Orchard AAU Powerlifting Meet

Outstanding Female Lifters: (in memory of Elsie Magwire)

Calista Kumm – 6.76 strength index

Gabrielle Pavlik – 4.51 strength index

Outstanding Teen Male Lightweight Lifters:

1. Robert King – 6.04 strength index

2. Ian Sandate – 5.92 strength index

Outstanding Teen Male Heavy Lifters:

1. Hunter Powers – 7.60 strength index

2. Izaac Dickey – 6.93 strength index

Conner Jackman Warrior Spirit Award – Gunnar Shabram

## **Jr. High/High School Team standings:**

1<sup>st</sup> place – Niobrara-Verdigre (100 pts)

2<sup>nd</sup> place – Boyd County (67 pts)

3<sup>rd</sup> place – Summerland (61 pts)

4<sup>th</sup> place – Centura (27 pts)

5<sup>th</sup> place – Westwood, IA (10 pts)

## **High School Team standings:**

1<sup>st</sup> place – Niobrara-Verdigre (86 pts)

2<sup>nd</sup> place – Grand Island (73 pts)

3<sup>rd</sup> place – Summerland (55 pts)

4<sup>th</sup> place – Silver Lake (51 pts)

5<sup>th</sup> place – Boyd County (33 pts)

6<sup>th</sup> place – Lutheran High Northeast (29 pts)

## **Combined Student/Adult Team standings:**

1<sup>st</sup> place – Team Schellen (100 pts)

2<sup>nd</sup> place – Ainsworth (20 pts)

3<sup>rd</sup> place – Osmond (13 pts)