

GIRLS

Jan. 16, 2010 - SE Nebraska Championships @ Orchard

class	name	weight	team	squat #1	squat #2	squat #3	bench #1	bench #2	bench #3	subtotal	deadlift #1	deadlift #2	deadlift #3	total
97														
105	Miranda Worden	102.8	Burwell	70	90	105	60	70	80	185	120	140	150	335
123	Caroline Cook	120.0	Verdigre	115	130		75	90		220	200	225	250	470
132	Lindsie Woolley	131.4	Lexington	170	185		90			275	220	235	250	525
	Tracy Reynoso	132.4	Lexington	115	135	155	70	85	90	245	110	140	185	430
148	Rachel Wells	133.4	Centura	160	190		75	85		275	165	205	235	510
165	Sally Horman	152.0	Lexington	195	210	220	125	140		360		245	265	625
	Emily Lemburg	164.2	Centura	180	210		75	95	110	320	190	240	260	580
	Celeste Heinz	164.8	Centura	190	215	225	115	130	140	365	225	270		635

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GIRLS TEAMS		points	BOYS TEAMS		points	CO-ED TEAMS		points
1 Centura			1 Orchard			1 Lexington		
Rachel Wells	10		Michael Beckman	5	Michael Ha	7		
Emily Lemburg	5		Eric Maple	3	Mukoma Issa	10		
Celeste Heinz	10		Skyler Strobe	5	Brady Plunkett	7		
			Matthew Melcher	3	Alejandro Torres	3		
			John Larkowski	7	Josh Aldana	5		
			Ethan DeKay	5	Rene Simete	7		
			Josh Lytle	5	Lindsie Woolley	10		
			Keith Meyer	7	Tracy Reynoso	7		
			Aaron Hemenway	10	Sally Horman	7		
	total	25		total	50		total	63
2 Lexington			2 Verdigre			2 Verdigre		
Lindsie Woolley	10		Wade Frederick	7	Wade Frederick	7		
Tracy Reynoso	7		Blaine Stoural	10	Blaine Stoural	10		
Sally Horman	7		Justin Riley	10	Justin Riley	10		
			Brady Zimmerer	3	Brady Zimmerer	3		
			Jared Daither	1	Jared Daither	1		
			Nathan Hrbek	7	Nathan Hrbek	7		
			Jared Hrbek	7	Jared Hrbek	7		
					Caroline Cook	10		
	total	24		total	45		total	55
3 Verdigre			3 Lexington			3 Centura		
Caroline Cook	10		Michael Ha	7	Garrett Teichmeier	10		
			Mukoma Issa	10	Nick Serr	3		
			Brady Plunkett	7	Rachel Wells	10		
			Alejandro Torres	3	Emily Lemburg	5		
			Josh Aldana	5	Celeste Heinz	10		
			Rene Simite	7				
	total	10		total	39		total	38
4 Burwell			4 Bridgeport					
Miranda Worden	10		Ben Stuart	5				
			Caleb Wiggins	10				
	total	10		total	15			
			5 Grand Island					
			Kenny McFarland	5				
			Wade Buckholder	10				
				total	15			
			6 Centura					
			Garrett Teichmeier	10				
			Nick Serr	3				
				total	13			
			7 Broken Bow					
			Ian Driscoll	10				
				total	10			
			8 Crete					
			Levi Meyer	10				
				total	10			