

Weigh-in

Powerlifting plus Bench Press		Select meet type then click here to configure program	Click here to copy Weigh-in data to Lifting sheet											
Entry Wt Cls	Flight	Name	Age	Div	Body Wt	Lot #	RH Sq	Squat 1	RH BP	Bench 1	Dead lift 1	Team	PL BP or Both	
110	B	Thomas Arrington	65	M-M6	109	2	7	210		102.5	200		PL	
82.5	B	Michael Brady	55	M-M4	82.4	1	6	165		137.5	207.5		PL	
UNL	B	Andrea Anderson	38	F-O	142.8	7	7	85		65	142.5		PL	
82.5	B	Karen Stone	36	F-O	80.7	13	4	85		62.5	85		Both	
82.5	B	Tricia Gaydon	30	F-O	80	12	4	60		25	85		PL	
60	B	Patty Burnett	43	F-M1	59	11	4	112.5		62.5	112.5		PL	
67.5	A	Robbie Bilancione	19	M-T3	63.4	10	5	142.5		100	142.5		PL	
125	A	Thomas Bowman	38	M-O	110.8	9	8	205		125	232.5		PL	
75	B	Paula Sokolshi	34	F-O	75	8	4	75		32.5	75		PL	
75	A	Nick Miceli	26	M-O	75	6	6	187.5		140	195		Both	
90	B	David Peeler	41	M-M1	88	5	7	182.5		137.5	190		Both	
100	B	Tom Acker	50	M-M3	97.5	4	7	160		117.5	175		PL	
67.5	B	Mark Wysokinski	40	M-O,M1	65.4	3				115			BP	
100	B	Bill Schmidt	44	M-O,M1	99	16	6	277.5		185	280		PL	
67.5	A	Phillip Wells	28	M-G	66.8	20	5	175		115	185		PL	
125	B	Fossil McCann	62	M-M5	113.6	21	7	182.5		137.5	182.5		PL	
110	A	Chris Smith	31	M-O	102	18	6	207.5		115	160		Both	
100	A	Corey Carter	28	M-O	97.4	17	7	115		95	170		PL	
UNL	A	AJ Coleman	36	M-O	136.8	15				265			BP	
82.5	A	Deshawn Wilson	28	M-O	81	14				147.5			BP	
90	A	Joshua Wyatt	19	M-T3	86.1					132.5			BP	
110	A	CJ Hood	15	M-T1	101.4	21				135			BP	
82.5	A	Jasper Adams	31	M-O	80.6	19				142.5			BP	
110	B	Elizer Hinton	40	M-M1	108	25	7	215		170	205		PL	
110	B	Keith Fortner	47	M-M2	102	27	6	160		125	160		PL	
52	A	Wilbert Jones	40	M-O	42	26				80			BP	
60	B	Sarah Miller	14	F-O,T1	57.7	23				42.5			BP	
125	B	Bryan Rush	40	M-G	115.4	22				215			BP	
82.5	A	Charlie Kiziah	22	M-O	80.4	28				182.5			BP	
100	A	Grant McCaulley	24	M-O	100	24	7	237.5		142.5	235		PL	
UNL	A	Michael Neal	36	M-O	150.9	31	8	327.5		272.5	262.5		Both	
67.5	A	Kevin Locklear	33	M-O	65.7	30				140			BP	
75	A	Jon Mouzon	32	M-O	72.8	29				192.5			BP	
75	B	Arlene Libby	39	F-O	68.1	13				65			BP	
110	B	Kurt Hall	47	M-M2	107.6	32				175			BP	
110	B	Charles Littlejohn	50	M-M3	108.4	33				162.5			BP	

Power Results

Name	Age	Div	Wgt	Wgt class	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	PI-Div-WtCI	Wilks Total
TEEN 18-19 148																			
Robbie Bilancione(SC)	19	M-T4	142	148	314	353	389	353	-224	226	-229	226	353	364	380	380	959	1-M-T3-67.6	354.31
MEN'S 165																			
Nick Miceli	26	M-O	165	165	413	424	444	424	309	320	336	320	430	457	457	430	1174	1-M-O-75	379.44
MEN'S 220																			
Bill Schmidt	44	M-O	218	220	612	645	661	661	408	424	435	424	617	667	678	667	1753	1-M-O-100	485.8
Grant McCaulley	24	M-O	220	220	524	562	573	562	344	320	342	320	518	557	579	579	1461	2-M-O-100	403.19
Corey Carter	28	M-O	215	220	254	259	265	265	209	215	220	220	358	364	364	364	849	3-M-O-100	236.87
MEN'S 242																			
Chris Smith	31	M-O	225	242	457	474	474	457	254	254	276	254	353	375	413	413	1124	1-M-O-110	308
MEN'S 275																			
Thomas Bowman	38	M-O	244	275	430	430	485	485	276	303	pass	303	513	557	584	584	DISQ	1-M-O-125	365.53
MEN'S SHW																			
Michael Neal	36	M-O	333	UNL	722	761	805	805	601	634	634	634	579	628	667	667	2105	1-M-O-UNL	527.95 *open & submaster record
MASTERS 65-69 242																			
Thomas Arrington	65	M-M6	240	242	463	507	540	540	226	276	309	276	441	485	502	502	1317	1-M-M6-110	352.62 *masters record
MASTERS 60-64 275																			
Fossil McCann	62	M-M5	250	275	402	424	452	452	303	320	336	320	402	424	452	452	1224	1-M-M5-125	323.56
MASTERS 55-59 181																			
Michael Brady	55	M-M4	182	181	364	424	424	364	226	pass	pass	226	314	pass	pass	314	904	1-M-M4-82.5	274.86
MASTERS 50-54 220																			
Tom Acker	50	M-M3	215	220	353	353	386	386	259	281	292	281	386	424	441	441	1108	1-M-M3-100	309.03
MASTERS 45-49 242																			
Keith Fortner	47	M-M2	225	242	353	364	364	353	276	287	303	303	353	375	402	402	1058	1-M-M2-110	289.88
MASTERS 40-44 198																			
David Peeler	41	M-M1	194	198	402	430	441	441	303	314	pass	314	419	457	491	491	1246	1-M-M1-90	364.93
MASTERS 40-44 220																			
Bill Schmidt	44	M-M1	218	220	612	645	661	661	408	424	435	424	617	667	678	667	1753	1-M-M1-100	485.8 *masters record
MASTERS 40-44 242																			
Elizer Hinton(SC)	40	M-M1	238	242	474	500	524	524	375	394	394	375	452	485	502	502	1400	1-M-M1-110	375.86
GUEST																			
Phillip Wells	28	M-G	147	148	386	386	413	386	254	265	284	265	408	457	502	502	1152	1-M-G-67.5	406.25
WOMENS 165																			
Paula Sokolski	34	F-O	165	165	165	204	226	204	72	94	105	94	165	204	204	204	502	1-F-O-75	216.27
Karen Stone																			
WOMENS 181																			
Karen Stone	36	F-O	178	181	187	204	226	226	138	143	154	143	187	209	237	237	606	1-F-O-82.5	250.42 *submaster record
Tricia Gaydon	30	F-O	176	181	132	165	176	176	55	77	88	88	187	220	237	237	502	2-F-O-82.5	208.16
WOMENS SHW																			
Andrea Anderson	38	F-O	315	UNL	187	204	226	226	143	154	160	160	314	342	347	347	733	1-F-O-UNL	257.66 *open & submaster record
WOMENS 132																			
Patty Burnett(SC)	43	F-M1	130	132	243	243	248	248	138	149	160	149	248	265	303	265	661	1-F-M1-60	338.86 *open & masters record

NC records in **Bold Blue**

SC records in **Bold Red**

Chief Referee

Side Referee

Side Referee

Bench Results

Name	Age	Div	Wgt	Wgt class	BP1	BP2	BP3	Best Bench	Wilks Bench
TEEN 18-19 198									
Joshua Wyatt	19	M-T3	190	198	292	309	-320	309	91.5048
TEEN 14-15 242									
CJ Hood	15	M-T1	224	242	298	-344	-320	298	81.7124
MENS 114									
Wilbert Jones	40	M-O	93	114	-176	187	198	198	112.902 *open record
MENS 148									
Kevin Locklear	33	M-O	145	148	309	325	-342	325	116.252 *open record
Mark Wysokinski	40	M-O	144	148	254	-259	-259	254	90.9815
MENS 165									
Jon Mouzon(SC)	32	M-O	160	165	424	-444	pass	424	140.102
Nick Miceli	26	M-O	165	165	309	320	-336	320	103.321
MENS 181									
Charlie Kiziah	22	M-O	177	181	402	-424	424	424	131.009 *open & junior record
Deshawn Wilson	28	M-O	179	181	325	408	-424	408	125.324
Jasper Adams	31	M-O	178	181	314	342	-369	342	105.324
MENS 181 RAW									
Jasper Adams	31	M-OR	178	181	314	342	-369	342	105.324
MENS 242									
Chris Smith	31	M-O	225	242	-254	254	-276	254	69.4499
MENS SHW									
AJ Coleman	36	M-O	302	UNL	584	606	634	634	161.226 *open & submaster record
Michael Neal	36	M-O	333	UNL	601	-634	634	634	158.939
MASTERS 50-54 242									
Charles Littlejohn	50	M-M3	239	242	-358	380	391	391	104.938 *masters record
MASTER 45-49 242									
Kurt Hall	47	M-M2	237	242	386	-408	408	408	109.635 *masters record
MASTER 40-44 148									
Mark Wysokinski	40	M-M1	144	148	254	-259	-259	254	90.9815
MASTERS 40-44 198									
David Peeler	41	M-M1	194	198	303	314	pass	314	92.0409 *masters record
GUEST									
Bryan Rush	40	M-G	254	275	474	507	529	529	139.324
WOMENS TEEN 14-15 132									
Sarah Miller	14	F-T1	127	132	94	105	-116	105	54.5945 *teen record
WOMENS 132									
Sarah Miller	14	F-O	127	132	94	105	-116	105	54.5945
WOMENS 165									
Arlene Libby	39	F-O	150	165	143	154	-165	154	70.9937 *open & submaster record
WOMENS 181									
Karen Stone	36	F-O	178	181	138	143	-154	143	59.1906 *open & submaster record

NC records in **Bold Blue**

Chief Referee

Side Referee

Side Referee

Barloads

Pounds

Bar loading graphics		
	Kg	
	0	
How Many?	Pound Plates	LOAD on Bar
0	110	0
0	100	0
0	50	0
18	45	0
2	35	0
2	25	0
4	10	0
2	5	0
2	2.5	0
4	1	0
2	0.5	0
	collar	1

Kilograms

	Kg	
	0	
How Many?	Kilo Plates	LOAD on Bar
0	50	0
0	45	0
14	25	0
4	20	0
2	15	0
2	10	0
2	5	0
2	2.5	0
2	1.25	0
4	0.5	0
2	0.25	0
	collar	1

Please read

How much does this program cost?

It doesn't cost anything - I'm not charging anybody to use it and it can be freely distributed.

It is copyrighted because I wouldn't want somebody else to sell it.

All I ask, is if you use the program and you like it that you consider a contribution in my daughter's name to the Silver Lining Foundation.

You can find them on the web at <http://www.silverliningfoundation.org/>

In January 2002 we lost our 16 year old daughter - Liz Marksteiner - after a 16-month fight with cancer.

She grew up around powerlifting and though Liz never had any desire to lift, she was so proud of my wife and me when we were competing.

When she was old enough she almost always found a way to help out - if she were here she'd be running this program.

The summer before her death she spent a magical week at the Silver Lining Ranch in the Colorado mountains she loved.

The ranch is a retreat for kids with cancer and it meant so much to her and us.

Best of luck with the program.

Sincerely

Joe Marksteiner

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