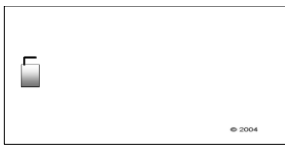


Weigh-in

Powerlifting plus Bench Press		Click here to copy Weigh-in data to Lifting sheet												
Entry Wt	Flight	Name	Age	Div	BWt (Lb)	Lot #	RH Sq	Squat 1	RH BP	Bench 1	Dead lift 1	Placing Code	Team	PL BP or Both
198	A	Ben Kirchhoff	21	M-O	196.85	1	8	165	4	115	177.5	Div-WtCls-Total		PL
181	A	Nick Micli	26	M-O	181.45	2	6	195	4	157.5	200	Div-WtCls-Total		PL
198	A	Todd Shelton	37	M-O	197.5	3	6	237.5	4	185	282.5	Div-WtCls-Total		PL
198	A	Buddy Nichols	43	M-M1	197.9	4	5	255	4	175	232.5	Div-Wilks		PL
220	A	Tom Acker	50	M-M2	218.5	5	7	187.5	4	132.5	207.5	Div-Wilks		PL
181	A	Scott Whiting	44	M-O	181.44	6		225	4	152.5	200	Div-WtCls-Total		Both
165	B	Gene Blue	67	M-M3	158.4	7			4	80		Div-Wilks		BP
220	B	Chad Hitchman	17	M-HS	200.35	8			4	112.5		Div-Wilks-Age		BP
198	B	Sean Redfern	37	M-O	197.15	9			4	195		Div-WtCls-Total		BP
181	B	Bill Milner	76	M-M4	180.45	10			4	102.5		Div-Wilks		BP
275	B	Michael Belk	33	M-O	272.55	11			4	245		Div-WtCls-Total		BP
148	B	Rexx Fox	43	M-M1	146.75	12			4	95		Div-Wilks		BP
275	B	Jeremy Clark	30	M-O	268.15	13			4	125		Div-WtCls-Total		BP
165	A	Brad Hodgkin	20	M-O	163.95	14		200	4	117.5	185	Div-WtCls-Total		PL
242	A	Kurt Hall	48	M-M1	239.7	15	6in	217.5	4	177.5	230	Div-Wilks		PL
SHW	A	Andrea Anderson	39	F-O	302.45	16	7	90	4	67.5	145	Div-Wilks		PL
181	A	Jimmy Wheaton	28	M-O	176.4	17		110	4	85	147.5	Div-WtCls-Total		PL
132	B	Ke Collington	22	M-O	124.45	18			4	117.5		Div-WtCls-Total		BP
181	B	Donovan Thompson	39	M-O	173.2	19			4	175		Div-WtCls-Total		BP
148	B	Lauren Pardue	35	F-O	136.3	20			4	25		Div-Wilks		BP
165	A	Phillip Wells	29	M-O	163.3	21	5	215	4	150	215	Div-WtCls-Total		PL
198	A	Travis Pardue	35	M-O	197.8	22	6	227.5	4	172.5	245	Div-WtCls-Total		PL
123	B	Gina Benton	31	F-O	121.25	23			4	67.5		Div-Wilks		BP
123	B	Sarah Miller	15	F-T	121.1	24			4	50		Div-Wilks		BP

Andre Gilliam	M-O	UNL
Deadlift 3	<b>Kg</b>	Good
Place -	<b>Lb</b>	No Lift
North Carolina PL Records		Pounds
Print Current Sheet	Open	Kilos
		667.0
		302.5




Flt A	Name	Age	Div	BWt (Lb)	WtCls (Lb)	Coeff	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Wilks	Age Coef x Wilks	PL-Div-WtCl	Team Pts	Team	PL BP Both			
A	Andrea Anderson	39	F-O	302.5	UNL	0.7805	16	7	150	105	110	110	4	177.5	-172.5	75	75	185	120	142.5	147.5	147.5	147.5	332.5	259.527	259.527	1-F-O-	12		PL		
A	Jimmy Wheaton	28	M-O	176.4	181	0.6826	17	7	110	115	-134.5	115	4	85	-115	-92.5	85	200	147.5	170	187.5	187.5	187.5	387.5	264.515	264.515	3-M-O-181	8		PL		
A	Ben Kirchhoff	21	M-O	198.9	198	0.6410	1	7	185	-170	-170	170	4	115	-140	-140	115	285	177.5	187.5	202.5	202.5	487.5	312.482	312.482	3-M-O-198	8		PL			
A	Brad Hodoin	20	M-O	164	165	0.7168	14	5	200	215	227.5	227.5	4	117.5	125	-137.5	125	352.5	195	200	-217.5	200	652.5	396.032	407.913	2-M-O-165	9		PL			
A	Nick Miceli	26	M-O	181.5	181	0.6709	2	6	195	205	207.5	207.5	4	157.5	160	162.5	162.5	370	200	210	-220	210	580	389.097	389.097	2-M-O-181	9		PL			
A	Tom Acker	50	M-M2	218.5	220	0.6108	5	7	-167.5	-167.5	187.5	187.5	4	132.5	140	-145	140	327.5	207.5	-222.5	222.5	222.5	550	335.934	379.606	1-M-M2-	12		PL			
A	Scott Whiting	44	M-O	181.4	181	0.6709	6	4	225	-237.5	-237.5	225	4	152.5	157.5	-162.5	157.5	382.5	200	220	227.5	227.5	610	409.237	426.834	1-M-O-181	12		Both			
A	Phillip Wells	29	M-O	163.3	165	0.7188	21	5	-215	215	-227.5	215	4	150	160	-170	160	375	215	230	-247.5	230	605	434.883	434.883	1-M-O-165	12		PL			
A	Kurt Hill	48	M-M1	239.7	242	0.5906	15	6in	217.5	230	-240	230	4	177.5	-185	-185	185	415	230	250	-259	250	665	392.771	430.870	2-M-M1-	9		PL			
A	Buddy Nichols	43	M-M1	197.9	198	0.6392	4	5	255	272.5	-280	272.5	4	147.5	152.5	157.5	157.5	450	232.5	272.5	272.5	272.5	732.5	468.242	492.758	1-M-M1-	12		PL			
A	Travis Pardue	35	M-O	197.8	198	0.6394	22	6	227.5	247.5	260	260	4	172.5	182.5	195	195	455	245	267.5	-272.5	267.5	722.5	461.969	461.969	2-M-O-198	9		PL			
A	Todd Shelton	37	M-O	197.5	198	0.6399	3	6	237.5	250	-255	250	4	185	190	-195	190	440	282.5	305	305	305	745	476.727	476.727	1-M-O-198	12		PL			
A	Andre Gilliam	32	M-O	277.3	UNL		25						4	197.5	-227.5		197.5													BP		
B	Lauren Pardue	35	F-O	136.3	148	1.0895	20						4	25	-30	-30	30													9		BP
B	Sarah Miller	15	F-T	121.1	123	1.1945	24						4	42.5	-50	-50	42.5													12		BP
B	Gina Benton	31	F-O	121.3	123	1.1934	23						4	77.5	70	75	75													12		BP
B	Gene Blue	67	M-M3	158.4	165	0.7348	7						4	77.5	77.5	85	85													12		BP
B	Bill Milner	76	M-M4	180.5	181	0.6731	10						4	100	-102.5	-102.5	100													12		BP
B	Rexx Fox	43	M-M1	146.8	148	0.7797	12						4	95	-105	-107.5	107.5													12		BP
B	Chad Hitchman	17	M-HS	200.4	220	0.6353	8						4	-142.5	120	130	130													12		BP
B	Ke Collington	22	M-O	124.5	132	0.9033	18						4	117.5	125	132.5	132.5													12		BP
B	Jeremy Clark	30	M-O	268.2	275	0.5732	13						4	-125	137.5	-147.5	137.5													9		BP
B	Donovan Thompson	39	M-O	173.2	181	0.6907	19						4	175	182.5	-195	182.5													12		BP
B	Sean Rofferm	37	M-O	197.2	198	0.6405	9						4	195	202.5	-212.5	202.5													12		BP
B	Michael Belk	33	M-O	272.6	275	0.5711	11						4	245	255	-262.5	262.5													12		BP



Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	Wilks Total	Age Coef x Wilks	Placing Div-WtCl	Pl-
<b>WOMEN</b>																					
Andrea Anderson	39	F-O	302.45	UNL	198	231	243	243	149	-160	165	165	265	314	325	325	733	572	572	1-F-O-	*submasters record/best lifter women
<b>MASTERS 40-49</b>																					
Buddy Nichols	43	M-M1	197.9	198	562	601	-628	601	-386	402	413	413	513	557	601	601	1615	1032	1064	1-M-M1-	best lifter masters
Kurt Hall	48	M-M1	239.7	242	480	507	-529	507	391	-408	408	408	507	551	-562	551	1466	866	950	2-M-M1-	*masters record
<b>MASTERS 50-59</b>																					
Tom Acker	50	M-M2	218.5	220	-413	-413	413	413	292	309	-320	309	457	-491	491	491	1213	741	837	1-M-M2-	*masters record
<b>MEN'S 165</b>																					
Phillip Wells	29	M-O	163.3	165	-474	474	-502	474	331	353	-375	353	474	507	-546	507	1334	959	959	1-M-O-165	
Brad Hodgins	20	M-O	163.95	165	441	474	502	502	259	276	-303	276	408	441	-480	441	1218	873	899	2-M-O-165	*junior record
<b>MEN'S 181</b>																					
Scott Whiting	44	M-O	181.44	181	496	-524	-524	496	336	347	-358	347	441	485	502	502	1345	902	941	1-M-O-181	*masters record
Nick Micli	26	M-O	181.45	181	430	452	457	457	347	353	358	358	441	463	-485	463	1279	858	858	2-M-O-181	
Jimmy Wheaton	28	M-O	176.4	181	243	254	-303	254	-187	187	-204	187	325	375	413	413	854	583	583	3-M-O-181	
<b>MEN'S 198</b>																					
Todd Shelton	37	M-O	197.5	198	524	551	-562	551	408	419	-430	419	623	661	672	672	1642	1051	1051	1-M-O-198	*open & submasters record/best lifter men
Travis Pardue	35	M-O	197.8	198	502	546	573	573	-380	402	430	430	-540	590	-601	590	1593	1018	1018	2-M-O-198	*submasters record
Ben Kirchoff	21	M-O	196.85	198	364	-375	375	375	254	-265	-265	254	391	413	446	446	1075	689	703	3-M-O-198	

Chief Referee

Side Referee

Side Referee

## Bench Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	Wilks Bench	PI-Div-WtCl
<b>WOMEN</b>										
Gina Benton	31	F-O	121.25	123	149	154	165	165	197	1-F-O-
Sarah Miller	15	F-T	121.1	123	94	-110	-110	94	112	2-F-O-
Lauren Pardue	35	F-O	136.3	148	55	66	<del>77</del>	66	72	3-F-O-
<b>WOMEN TEEN</b>										
Sarah Miller	15	F-T	121.1	123	94	-110	-110	94	112	1-F-T-

Chief Referee

\_\_\_\_\_

\_\_\_\_\_

Side Referee

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\_\_\_\_\_

Side Referee

\_\_\_\_\_

\_\_\_\_\_

Barloads

**Pounds**

Bar loading graphics		
	Kg	
	0	
How Many?	Pound Plates	LOAD on Bar
6	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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