

| 21-Aug-21 WPO Women-Kg Results |     |       |          |            |             |         |         |         |         |            |         |         |         |         |            |           |            |            |            |            |               |          |             |             |         |             |        |      |
|--------------------------------|-----|-------|----------|------------|-------------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|----------|-------------|-------------|---------|-------------|--------|------|
| Name                           | Age | Div   | BWt (kg) | WtCls (kg) | Gloabemr or | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | PL Total | Coeff Score | Age & Coeff | Pl code | PI-Div-WtCl | Tm Pts | Team |
| Deana D'Andrea                 | 34  | F WPO | 82.15    | 82.5       | 0.7883      | -305    | 320     | 330     |         | 330        | 330     | 212.5   | 217.5   |         | 217.5      | 547.5     | 247.5      | 257.5      | 265        |            | 265           | 812.5    | 640.49375   | 0           | 2       | 1-F WPO     | 3      |      |
| Tara Webber                    | 31  | F WPO | 71.5     | 75         | 0.8637      | 310     | 322.5   | -330    |         | 322.5      | 160     | 170     | 182.5   |         | 182.5      | 505       | 205        | -220       | 220        |            | 220           | 725      | 626.1825    | 0           | 2       | 2-F WPO     | 3      |      |
| Rebecca Roberts                | 44  | F WPO | 81.7     | 82.5       | 0.7913      | 287.5   | 300     | 315     |         | 315        | -205    | 205     | -217.5  |         | 205        | 520       | 250        | 255        | -272.5     |            | 255           | 775      | 613.2575    | 639.62757   | 2       | 3-F WPO     | 3      |      |
| Amber Hansen                   | 32  | F WPO | 89.35    | 90         | 0.7502      | 332.5   | -347.5  | 347.5   |         | 347.5      | 190     | 197.5   | -205    |         | 197.5      | 545       | 232.5      | 242.5      | 252.5      |            | 252.5         | 797.5    | 598.2845    | 0           | 2       | 4-F WPO     | 3      |      |
| Anna McCloskey                 | 28  | F WPO | 82.4     | 82.5       | 0.7871      | 335     | -347.5  | -347.5  |         | 335        | 175     | -185    | -185    |         | 175        | 510       | -215       | -215       | 215        |            | 215           | 725      | 570.6475    | 0           | 2       | 5-F WPO     | 3      |      |
| Kathleen James                 | 43  | F WPO | 56.15    | 60         | 1.041       | -190    | 190     | 207.5   |         | 207.5      | 145     | 155     | -160    |         | 155        | 362.5     | 185        | -200       | -200       |            | 185           | 547.5    | 569.9475    | 587.61587   | 2       | 6-F WPO     | 3      |      |
| Suzanne Schwanke               | 37  | F WPO | 64.5     | 67.5       | 0.9323      | 212.5   | 232.5   | -240    |         | 232.5      | 135     | 145     | 150     |         | 150        | 382.5     | 200        | 212.5      | -227.5     |            | 212.5         | 595      | 554.7185    | 0           | 2       | 7-F WPO     | 3      |      |
| Marlyn Woodman                 | 38  | F WPO | 71.5     | 75         | 0.8637      | 250     | 260     | 265     |         | 265        | 165     | -172.5  | 0       |         | 165        | 430       | -205       | 205        | -210       |            | 205           | 635      | 548.4495    | 0           | 2       | 8-F WPO     | 3      |      |
| Lyndsay Bramble                | 31  | F WPO | 67.65    | 75         | 0.8973      | 247.5   | 265     | 272.5   |         | 272.5      | 120     | 120     | 125     |         | 125        | 397.5     | 197.5      | -207.5     | -207.5     |            | 197.5         | 595      | 533.8935    | 0           | 2       | 9-F WPO     | 3      |      |
| Claudia Knowles                | 48  | F WPO | 65.1     | 67.5       | 0.9255      | -212.5  | 212.5   | -230    |         | 212.5      | 132.5   | -140    | 140     |         | 140        | 352.5     | 180        | 197.5      | -202.5     |            | 197.5         | 550      | 509.025     | 558.40042   | 2       | 10-F WPO    | 3      |      |
| Belinda Clary                  | 46  | F WPO | 68       | 75         | 0.8945      | -237.5  | 237.5   | -265    |         | 237.5      | 130     | 137.5   | 142.5   |         | 142.5      | 380       | 187.5      | -200       | -200       |            | 187.5         | 567.5    | 507.62875   | 542.14750   | 2       | 11-F WPO    | 3      |      |
| Gillian Tedeschi               | 32  | F WPO | 53.3     | 56         | 1.0861      | 197.5   | -205    | -205    |         | 197.5      | 77.5    | 80      | -85     |         | 80         | 277.5     | 170        | 180        | 182.5      |            | 182.5         | 460      | 499.606     | 0           | 2       | 12-F WPO    | 3      |      |
| Amelia Volkert                 | 26  | F WPO | 59.95    | 60         | 0.9876      | -197.5  | 197.5   | -217.5  |         | 197.5      | 120     | -132.5  | -140    |         | 120        | 317.5     | 160        | 175        | 182.5      |            | 182.5         | 500      | 493.8       | 0           | 2       | 13-F WPO    | 3      |      |
| Lily Starobin                  | 33  | F WPO | 78.4     | 82.5       | 0.8122      | 227.5   | 240     | -255    |         | 240        | -145    | -145    | 145     |         | 145        | 385       | 182.5      | 195        | 207.5      |            | 207.5         | 592.5    | 481.2285    | 0           | 2       | 14-F WPO    | 3      |      |
| Jennifer Ginnell               | 39  | F WPO | 88.1     | 90         | 0.7565      | 235     | 257.5   | 265     |         | 265        | 170     | -183    | -183    |         | 170        | 435       | 195        | -220       | -220       |            | 195           | 630      | 476.5635    | 0           | 2       | 15-F WPO    | 3      |      |
| Debbie Damminga                | 60  | F WPO | 69.85    | 75         | 0.8773      | 255     | -272.5  | -272.5  |         | 255        | 60      | -107.5  | -107.5  |         | 60         | 315       | 210        | 227.5      | -235       |            | 227.5         | 542.5    | 475.93525   | 637.75323   | 2       | 16-F WPO    | 3      |      |
| Tara Duncan                    | 34  | F WPO | 130.7    | SHW        | 0.6649      | 292.5   | -310    | -310    |         | 292.5      | -170    | 170     | 177.5   |         | 177.5      | 470       | 182.5      | -192.5     | -192.5     |            | 182.5         | 652.5    | 433.84725   | 0           | 2       | 17-F WPO    | 3      |      |
| Eva Whitmore                   | 40  | F WPO | 59.85    | 60         | 0.9689      | -217.5  | -217.5  | -217.5  |         | 0          | 0       | 0       |         |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0           | 0           | 2       | 0           | 0      |      |
| Tommye Arnold                  | 57  | F WPO | 69.4     | 75         | 0.8818      | -220    | -220    | -220    |         | 0          | 0       | 0       |         |         | 0          | 0         | 0          | 0          |            |            | 0             | 0        | 0           | 0           | 2       | 0           | 0      |      |
| Shelly Cannon                  | 42  | F WPO | 59.5     | 60         | 0.8943      | -230    | -230    | -230    |         | 0          | 0       | 0       |         |         | 0          | 0         | 0          | 0          |            |            | 0             | 0        | 0           | 0           | 2       | 0           | 0      |      |

| 22-Aug-21        |     | WPO Men-Kg Results |          |            |               |         |         |         |         |            |         |         |         |         |            |           |            |            |            |            |               |          |            |             |         |             |          |      |  |
|------------------|-----|--------------------|----------|------------|---------------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|----------|------------|-------------|---------|-------------|----------|------|--|
| Name             | Age | Div                | BWt (Kg) | WtCls (Kg) | Glossaren ref | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | PL Total | Coef Score | Age & Coeff | Pl code | Pl-Div-WtCl | Tm Pts   | Team |  |
| David Hoff       | 33  | M WPO              | 131.7    | 140        | 0.5387        | 532.5   | -570    | 0       |         | 532.5      | 457.5   | -475    | 475     |         | 475        | 1007.5    | 227.5      | 250        | 272.5      |            | 272.5         | 1280     | 689.472    | 0           | 2       | 1-M WPO     | 3        |      |  |
| Anthony Hobaica  | 34  | M WPO              | 88.35    | 90         | 0.6181        | 425     | -445    | 445     |         | 445        | 282.5   | 295     | -305    |         | 295        | 740       | 300        | 320        | 330        |            | 330           | 1070     | 661.367    | 0           | 2       | 2-M WPO     | 3        |      |  |
| Matt Minuth      | 40  | M WPO              | 113.8    | 125        | 0.5576        | 462.5   | 487.5   | 0       |         | 487.5      | 387.5   | -410    | -410    |         | 387.5      | 875       | 307.5      | -320       | -330       |            | 307.5         | 1182.5   | 659.362    | 0           | 2       | 3-M WPO     | 3        |      |  |
| Daniel Tinajero  | 34  | M WPO              | 106.4    | 110        | 0.5681        | 427.5   | -455    | 455     |         | 455        | 342.5   | -357.5  | -357.5  |         | 342.5      | 797.5     | 342.5      | -365       | -367.5     |            | 342.5         | 1140     | 647.634    | 0           | 2       | 4-M WPO     | 3        |      |  |
| Bob Merkh        | 37  | M WPO              | 123.4    | 125        | 0.5473        | -477.5  | 477.5   | -500    |         | 477.5      | 335     | 345     | -362.5  |         | 345        | 822.5     | 287.5      | 312.5      | 0          |            | 312.5         | 1135     | 621.1855   | 0           | 2       | 5-M WPO     | 3        |      |  |
| Kyle Miller      | 25  | M WPO              | 109.4    | 110        | 0.5634        | 412.5   | 435     | 455     |         | 455        | 257.5   | 275     | -282.5  |         | 275        | 730       | 322.5      | 347.5      | 365        |            | 365           | 1095     | 616.86825  | 0           | 2       | 6-M WPO     | 3        |      |  |
| Colton Magers    | 27  | M WPO              | 88.35    | 90         | 0.6181        | -402.5  | 402.5   | -415    |         | 402.5      | 242.5   | 250     | 260     |         | 260        | 662.5     | 307.5      | 325        | -332.5     |            | 325           | 987.5    | 610.37375  | 0           | 2       | 7-M WPO     | 3        |      |  |
| Jaidier Espinoza | 38  | M WPO              | 84.05    | 90         | 0.6368        | 400     | -440    | -440    |         | 400        | -247.5  | 250     | -260    |         | 250        | 650       | 305        | -322.5     | -325       |            | 305           | 955      | 608.144    | 0           | 2       | 8-M WPO     | 3        |      |  |
| Alfredo Ibarra   | 27  | M WPO              | 109.6    | 110        | 0.5631        | 427.5   | -450    | -450    |         | 427.5      | -280    | 280     | -292.5  |         | 280        | 707.5     | 345        | 365        | -372.5     |            | 365           | 1072.5   | 603.92475  | 0           | 2       | 9-M WPO     | 3        |      |  |
| Rob Forrell      | 41  | M WPO              | 87.65    | 90         | 0.6209        | -375    | -375    | 375     |         | 375        | 275     | -292.5  | -302.5  |         | 275        | 650       | 285        | 300        | -310       |            | 300           | 950      | 589.855    | 595.75355   | 2       | 2           | 10-M WPO | 3    |  |
| Matt Magnavita   | 24  | M WPO              | 165.2    | SHW        | 0.5122        | -470    | 470     | 505     |         | 505        | 335     | 342.5   | 0       |         | 342.5      | 847.5     | 252.5      | 270        | 292.5      |            | 292.5         | 1140     | 583.851    | 0           | 2       | 11-M WPO    | 3        |      |  |
| Adam Zevchik     | 26  | M WPO              | 73.75    | 75         | 0.6969        | 295     | 320     | 332.5   |         | 332.5      | 170     | 182.5   | -195    |         | 182.5      | 515       | -240       | 240        | -265       |            | 240           | 755      | 526.12175  | 0           | 2       | 12-M WPO    | 3        |      |  |
| Dylan Price      | 27  | M WPO              | 85.05    | 90         | 0.6322        | 320     | -350    | -365    |         | 320        | -227.5  | 227.5   | -255    |         | 227.5      | 547.5     | 237.5      | -260       | -272.5     |            | 237.5         | 785      | 496.23775  | 0           | 2       | 13-M WPO    | 3        |      |  |
| Anthony Oliveira | 35  | M WPO              | 117.2    | 125        | 0.5539        | 472.5   | -487.5  | 487.5   |         | 487.5      | -290    | -290    | -290    |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0          | 0           | 2       | 0           | 0        |      |  |
| Joseph Lindsey   | 37  | M WPO              | 104.1    | 110        | 0.5724        | 387.5   | -400    | 400     |         | 400        | -272.5  | -295    | -300    |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0          | 0           | 2       | 0           | 0        |      |  |
| Henry Thomson    | 42  | M WPO              | 118.2    | 125        | 0.5528        | -432.5  | 455     | -477.5  |         | 455        | -360    | -360    |         |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0          | 0           | 2       | 0           | 0        |      |  |
| Trinton Golden   | 35  | M WPO              | 113.5    | 125        | 0.558         | -432.5  | -432.5  | -455    |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0          | 0           | 2       | 0           | 0        |      |  |
| Conner Karowski  | 27  | M WPO              | 135.1    | 140        | 0.5354        | -457.5  | -457.5  | -457.5  |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0        | 0          | 0           | 2       | 0           | 0        |      |  |