

2009 Navy Open

Meet Date: 2/21/2009 Meet Director: Garrett Jacks and Joshua Valiani Type: Powerlifting Only Location: US Naval Academy, Annapolis, MD

Best Women's Lifter with a 313.12 wilks was Katie Lisi and the Best Men's Lifter with a 470.68 wilks was John Hackman

Meet Statistics

Avg Lifts	Average Squat	Average Bench	Average Deadlift	Average Total	Biggest Lifts	Biggest Squat	Biggest Bench	Biggest Deadlift	Biggest Total
Women	92.1 kg 203.1 lbs	51.2 kg 113 lbs	118.2 kg 260.6 lbs	249.2 kg 549.3 lbs	Women	130 kg 286.6 lbs	65 kg 143.3 lbs	155 kg 341.7 lbs	287.5 kg 633.8 lbs
Men	185 kg 407.8 lbs	134.5 kg 296.5 lbs	211.6 kg 466.5 lbs	531.8 kg 1172.4 lbs	Men	307.5 kg 677.9 lbs	202.5 kg 446.4 lbs	307.5 kg 677.9 lbs	797.5 kg 1758.2 lbs

Full Powerlifting Results

	Lifter	WtClass	Bwt	Divisions	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Total	Wilks	Class
Women	Laurel Gill Navy	52.0 kg 114.6 lbs	51.9 Kg 114 Lbs	Collegiate Age 19	70 Kg 154.3 Lbs	77.5 Kg 170.9 Lbs	90 Kg 198.4 Lbs	47.5 Kg 104.7 Lbs	55 Kg 121.3 Lbs	57.5 Kg 126.8 Lbs	85 Kg 187.4 Lbs	95 Kg 209.4 Lbs	140 Kg 242.5 Lbs	217.5 Kg 479.5 Lbs	271.55	Class III
Women	Katie Lisi Navy	56.0 kg 123.5 lbs	55.7 Kg 123 Lbs	Collegiate Age 21	80 Kg 176.4 Lbs	90 Kg 198.4 Lbs	400 Kg 220.5 Lbs	60 Kg 132.3 Lbs	65 Kg 143.3 Lbs	67.5 Kg 148.8 Lbs	97.5 Kg 215 Lbs	110 Kg 242.5 Lbs	420 Kg 264.6 Lbs	265 Kg 584.2 Lbs	313.12	Class II
Women	Erin Jedlicka Navy	60.0 kg 132.3 lbs	58.1 Kg 128 Lbs	Collegiate Age 18	62.5 Kg 137.8 Lbs	67.5 Kg 148.8 Lbs	72.5 Kg 159.8 Lbs	40 Kg 88.2 Lbs	47.5 Kg 104.7 Lbs	50 Kg 110.2 Lbs	92.5 Kg 203.9 Lbs	102.5 Kg 226 Lbs	115 Kg 253.5 Lbs	237.5 Kg 523.6 Lbs	271.51	Class III
Women	Maryanna Sheck Navy	60.0 kg 132.3 lbs	59.4 Kg 131 Lbs	Collegiate Age 24	70 Kg 154.3 Lbs	75 Kg 165.3 Lbs	87.5 Kg 192.9 Lbs	45 Kg 99.2 Lbs	55 Kg 121.3 Lbs	55 Kg 121.3 Lbs	100 Kg 220.5 Lbs	125 Kg 275.6 Lbs	125 Kg 275.6 Lbs	232.5 Kg 512.6 Lbs	261.24	Class IV
Women	Genevieve Harmon Navy	67.5 kg 148.8 lbs	60.7 Kg 134 Lbs	Collegiate Age 20	70 Kg 154.3 Lbs	80 Kg 176.4 Lbs	90 Kg 198.4 Lbs	42.5 Kg 93.7 Lbs	47.5 Kg 104.7 Lbs	50 Kg 110.2 Lbs	110 Kg 242.5 Lbs	122.5 Kg 270.1 Lbs	127.5 Kg 281.1 Lbs	255 Kg 562.2 Lbs	281.75	Class IV
Women	Ashlee Houston Navy	67.5 kg 148.8 lbs	67.3 Kg 148 Lbs	Collegiate Age 21	115 Kg 253.5 Lbs	122.5 Kg 270.1 Lbs	130 Kg 286.6 Lbs	75 Kg 166.3 Lbs	80 Kg 176.4 Lbs	80 Kg 176.4 Lbs	135 Kg 297.6 Lbs	150 Kg 330.7 Lbs	155 Kg 341.7 Lbs	0 Kg 0 Lbs	0	
Women Raw	Ivy (Lange) Finkenstadt	75.0 kg 165.3 lbs	74.3 Kg 164 Lbs	Open Age 32	92.5 Kg 203.9 Lbs	100 Kg 220.5 Lbs	107.5 Kg 237 Lbs	45 Kg 99.2 Lbs	55 Kg 121.3 Lbs	55 Kg 121.3 Lbs	122.5 Kg 270.1 Lbs	135 Kg 297.6 Lbs	140 Kg 308.6 Lbs	287.5 Kg 633.8 Lbs	274.94	Class III
Men	Gregory Trahan Army	52.0 kg 114.6 lbs	51.5 Kg 114 Lbs	Collegiate Age 20	92.5 Kg 203.9 Lbs	92.5 Kg 203.9 Lbs	95 Kg 209.4 Lbs	62.5 Kg 137.8 Lbs	62.5 Kg 137.8 Lbs	62.5 Kg 137.8 Lbs	0 Kg 0 Lbs	87.5 Kg 192.9 Lbs	0 Kg 0 Lbs	0 Kg 0 Lbs	0	
Men	Michael McKenna Army	60.0 kg 132.3 lbs	58.5 Kg 129 Lbs	Collegiate Age 21	152.5 Kg 336.2 Lbs	170 Kg 374.8 Lbs	172.5 Kg 380.3 Lbs	107.5 Kg 237 Lbs	107.5 Kg 237 Lbs	110 Kg 242.5 Lbs	152.5 Kg 336.2 Lbs	165 Kg 363.8 Lbs	182.5 Kg 402.3 Lbs	462.5 Kg 1019.6 Lbs	403.81	Class II
Men	Dustin Pope Army	60.0 kg 132.3 lbs	58.5 Kg 129 Lbs	Collegiate Age 20	155 Kg 341.7 Lbs	165 Kg 363.8 Lbs	170 Kg 374.8 Lbs	100 Kg 220.5 Lbs	107.5 Kg 237 Lbs	140 Kg 242.5 Lbs	150 Kg 330.7 Lbs	162.5 Kg 358.3 Lbs	182.5 Kg 402.3 Lbs	435 Kg 959 Lbs	379.8	Class II
Men	Ben Etringer	60.0 kg 132.3 lbs	58.8 Kg 130 Lbs	Open Age 16	115 Kg 253.5 Lbs	120 Kg 264.6 Lbs	137.5 Kg 303.1 Lbs	90 Kg 198.4 Lbs	102.5 Kg 226 Lbs	115 Kg 253.5 Lbs	165 Kg 363.8 Lbs	177.5 Kg 391.3 Lbs	185 Kg 407.9 Lbs	417.5 Kg 920.4 Lbs	362.77	Class II
Men	Thomas Deavila Army	60.0 kg 132.3 lbs	58.3 Kg 129 Lbs	Collegiate Age 21	120 Kg 264.6 Lbs	127.5 Kg 281.1 Lbs	135 Kg 297.6 Lbs	102.5 Kg 226 Lbs	102.5 Kg 226 Lbs	107.5 Kg 237 Lbs	147.5 Kg 325.2 Lbs	155 Kg 341.7 Lbs	172.5 Kg 380.3 Lbs	415 Kg 914.9 Lbs	363.5	Class II
Men	Steven Malinoski Navy	60.0 kg 132.3 lbs	59.3 Kg 131 Lbs	Collegiate Age 19	137.5 Kg 303.1 Lbs	150 Kg 330.7 Lbs	152.5 Kg 336.2 Lbs	97.5 Kg 215 Lbs	102.5 Kg 226 Lbs	102.5 Kg 226 Lbs	142.5 Kg 314.2 Lbs	162.5 Kg 358.3 Lbs	167.5 Kg 369.3 Lbs	402.5 Kg 887.4 Lbs	347	Class III
Men	Alexander Kang	67.5 kg 148.8 lbs	64 Kg 141 Lbs	Open Age 24	182.5 Kg 402.3 Lbs	192.5 Kg 424.4 Lbs	200 Kg 440.9 Lbs	102.5 Kg 226 Lbs	110 Kg 242.5 Lbs	112.5 Kg 248 Lbs	185 Kg 407.9 Lbs	185 Kg 407.9 Lbs	210 Kg 463 Lbs	497.5 Kg 1096.8 Lbs	400.84	Class II
Men	Ryan McCormack Army	67.5 kg 148.8 lbs	66.2 Kg 146 Lbs	Collegiate Age 18	157.5 Kg 347.2 Lbs	172.5 Kg 380.3 Lbs	180 Kg 396.8 Lbs	110 Kg 242.5 Lbs	120 Kg 264.6 Lbs	122.5 Kg 270.1 Lbs	165 Kg 363.8 Lbs	180 Kg 396.8 Lbs	192.5 Kg 424.4 Lbs	495 Kg 1091.3 Lbs	387.68	Class II
Men	Tyler Wright Army	75.0 kg 165.3 lbs	74.2 Kg 164 Lbs	Collegiate Age 18	185 Kg 407.9 Lbs	200 Kg 440.9 Lbs	210 Kg 463 Lbs	130 Kg 286.6 Lbs	132.5 Kg 292.1 Lbs	135 Kg 297.6 Lbs	185 Kg 407.9 Lbs	200 Kg 440.9 Lbs	215 Kg 474 Lbs	560 Kg 1234.6 Lbs	402.02	Class II
Men Raw	Gary Gibson	75.0 kg 165.3 lbs	73.9 Kg 163 Lbs	Open Age 33	135 Kg 297.6 Lbs	147.5 Kg 325.2 Lbs	157.5 Kg 347.2 Lbs	90 Kg 198.4 Lbs	92.5 Kg 203.9 Lbs	95 Kg 209.4 Lbs	170 Kg 374.8 Lbs	190 Kg 418.9 Lbs	200 Kg 440.9 Lbs	452.5 Kg 997.6 Lbs	325.8	Class III
Men Raw	Tony Brayton	75.0 kg 165.3 lbs	73.6 Kg 162 Lbs	Open Age 43	142.5 Kg 314.2 Lbs	150 Kg 330.7 Lbs	150 Kg 330.7 Lbs	92.5 Kg 203.9 Lbs	102.5 Kg 226 Lbs	140 Kg 242.5 Lbs	160 Kg 352.7 Lbs	182.5 Kg 402.3 Lbs	187.5 Kg 413.4 Lbs	435 Kg 959 Lbs	314.11	Class IV
Men	Bobby Price	75.0 kg 165.3 lbs	74.8 Kg 165 Lbs	Open Age 37	90 Kg 198.4 Lbs	105 Kg 231.5 Lbs	120 Kg 264.6 Lbs	75 Kg 165.3 Lbs	90 Kg 198.4 Lbs	100 Kg 220.5 Lbs	110 Kg 242.5 Lbs	120 Kg 264.6 Lbs	135 Kg 297.6 Lbs	345 Kg 760.6 Lbs	246.3	
Men Raw	Christian Perhach	75.0 kg 165.3 lbs	74 Kg 163 Lbs	Open Age 13	45 Kg 99.2 Lbs	60 Kg 132.3 Lbs	70 Kg 154.3 Lbs	45 Kg 99.2 Lbs	60 Kg 132.3 Lbs	60 Kg 132.3 Lbs	62.5 Kg 137.8 Lbs	92.5 Kg 203.9 Lbs	97.5 Kg 215 Lbs	212.5 Kg 468.5 Lbs	152.85	
Men		82.5 kg 181.9 lbs	80.5 Kg 177 Lbs	Collegiate Age 22	215 Kg 474 Lbs	225 Kg 496 Lbs	237.5 Kg 523.6 Lbs	150 Kg 330.7 Lbs	165 Kg 363.8 Lbs	165 Kg 363.8 Lbs	205 Kg 451.9 Lbs	232.5 Kg 512.6 Lbs	235 Kg 518.1 Lbs	622.5 Kg 1372.4 Lbs	423.3	Class I

	Lifter	WtClass	Bwt	Divisions	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Total	Wilks	Class
Men	John Hackman Army	110.0 kg 242.5 lbs	109 Kg 240 Lbs	Collegiate Age 21	287.5 Kg 633.8 Lbs	307.5 Kg 677.9 Lbs	307.5 Kg 677.9 Lbs	182.5 Kg 402.3 Lbs	182.5 Kg 402.3 Lbs	187.5 Kg 413.4 Lbs	272.5 Kg 600.8 Lbs	282.5 Kg 622.8 Lbs	307.5 Kg 677.9 Lbs	797.5 Kg 1758.2 Lbs	470.68	Class I
Men	Joel Rickenbach Army	110.0 kg 242.5 lbs	107 Kg 236 Lbs	Collegiate Age 21	227.5 Kg 504.6 Lbs	227.5 Kg 501.6 Lbs	242.5 Kg 534.6 Lbs	185 Kg 407.9 Lbs	185 Kg 407.9 Lbs	185 Kg 407.9 Lbs	215 Kg 474 Lbs	232.5 Kg 512.6 Lbs	242.5 Kg 534.6 Lbs	670 Kg 1477.1 Lbs	397.78	Class II
Men	Larry Seiler Navy	110.0 kg 242.5 lbs	105.4 Kg 232 Lbs	Collegiate Age 21	220 Kg 485 Lbs	230 Kg 507.4 Lbs	242.5 Kg 534.6 Lbs	165 Kg 363.8 Lbs	172.5 Kg 380.3 Lbs	177.5 Kg 391.3 Lbs	227.5 Kg 501.6 Lbs	247.5 Kg 545.6 Lbs	262.5 Kg 578.7 Lbs	640 Kg 1411 Lbs	381.95	Class II
Men	Glenn Finley	110.0 kg 242.5 lbs	109.8 Kg 242 Lbs	Open Age 39	180 Kg 396.8 Lbs	200 Kg 440.9 Lbs	205 Kg 451.9 Lbs	125 Kg 275.6 Lbs	137.5 Kg 303.1 Lbs	142.5 Kg 314.2 Lbs	220 Kg 485 Lbs	240 Kg 529.1 Lbs	250 Kg 551.2 Lbs	592.5 Kg 1306.2 Lbs	348.86	Class III
Men	John Gee	110.0 kg 242.5 lbs	105.3 Kg 232 Lbs	Open Age 24	125 Kg 275.6 Lbs	142.5 Kg 314.2 Lbs	160 Kg 352.7 Lbs	92.5 Kg 203.9 Lbs	92.5 Kg 203.9 Lbs	97.5 Kg 215 Lbs	202.5 Kg 446.4 Lbs	227.5 Kg 501.6 Lbs	240 Kg 529.1 Lbs	492.5 Kg 1085.8 Lbs	294.02	Class IV
Men	Scott Bixler	110.0 kg 242.5 lbs	105.8 Kg 233 Lbs	Open Age 56	82.5 Kg 181.9 Lbs	0 Kg 0 Lbs	0 Kg 0 Lbs	162.5 Kg 358.3 Lbs	170 Kg 374.8 Lbs	175 Kg 385.8 Lbs	102.5 Kg 226 Lbs	0 Kg 0 Lbs	0 Kg 0 Lbs	360 Kg 793.7 Lbs	214.56	
Men	Joe Galloway	125.0 kg 275.6 lbs	115.2 Kg 254 Lbs	Collegiate Age 22	250 Kg 551.2 Lbs	267.5 Kg 589.7 Lbs	280 Kg 617.3 Lbs	182.5 Kg 402.3 Lbs	192.5 Kg 424.4 Lbs	200 Kg 440.9 Lbs	260 Kg 573.2 Lbs	272.5 Kg 600.8 Lbs	282.5 Kg 622.8 Lbs	752.5 Kg 1659 Lbs	437.05	Class I
Men	Drew Chapman Army	125.0 kg 275.6 lbs	114 Kg 251 Lbs	Collegiate Age 20	220 Kg 485 Lbs	220 Kg 485 Lbs	225 Kg 496 Lbs	165 Kg 363.8 Lbs	165 Kg 363.8 Lbs	167.5 Kg 369.3 Lbs	210 Kg 463 Lbs	227.5 Kg 501.6 Lbs	237.5 Kg 523.6 Lbs	627.5 Kg 1383.4 Lbs	365.46	Class III
Men	Lawrence Conelius	125.0 kg 275.6 lbs	117 Kg 258 Lbs	Open Age 28	145 Kg 319.7 Lbs	155 Kg 341.7 Lbs	180 Kg 396.8 Lbs	125 Kg 275.6 Lbs	125 Kg 275.6 Lbs	137.5 Kg 303.1 Lbs	210 Kg 463 Lbs	215 Kg 474 Lbs	215 Kg 474 Lbs	495 Kg 1091.3 Lbs	286.36	Class IV
Men	Jim Perhach Raw	125.0 kg 275.6 lbs	124.7 Kg 275 Lbs	Open Age 41	102.5 Kg 226 Lbs	0 Kg 0 Lbs	0 Kg 0 Lbs	60 Kg 132.3 Lbs	0 Kg 0 Lbs	0 Kg 0 Lbs	185 Kg 407.9 Lbs	227.5 Kg 501.6 Lbs	272.5 Kg 600.8 Lbs	435 Kg 959 Lbs	247.99	
Men	Dustin Renner Raw	125.0+ kg 275.6+ lbs	129.3 Kg 285 Lbs	Open Age 21	212.5 Kg 468.5 Lbs	227.5 Kg 504.6 Lbs	227.5 Kg 504.6 Lbs	125 Kg 275.6 Lbs	145 Kg 319.7 Lbs	155 Kg 341.7 Lbs	230 Kg 507.1 Lbs	250 Kg 551.2 Lbs	260 Kg 573.2 Lbs	617.5 Kg 1361.4 Lbs	349.57	Class III
Men	Nate Held Army	125.0+ kg 275.6+ lbs	136.1 Kg 300 Lbs	Collegiate Age 19	227.5 Kg 501.6 Lbs	235 Kg 518.1 Lbs	242.5 Kg 534.6 Lbs	182.5 Kg 402.3 Lbs	182.5 Kg 402.3 Lbs	182.5 Kg 402.3 Lbs	227.5 Kg 501.6 Lbs	250 Kg 551.2 Lbs	262.5 Kg 578.7 Lbs	0 Kg 0 Lbs	0	