

2008 NASA WV State PL/BP/PS/PP Championships 04-26-08 RAVENSWOOD, WV

Powerlifting																
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>
1	132.25	Deb Barnette	WV	0.9255	127.80	4.3904	W-M2				606.27	0.00	97.50	55.00	122.50	275.00
1	132.25	Crystal Spinks	WV	0.9368	132.25	3.7089	W-Nov				523.59	0.00	80.00	47.50	110.00	237.50
1	165.25	Andrew Hale	WV	1.0303	164.50	6.5588	HSP				1047.19	0.00	162.50	122.50	190.00	475.00
1	181.75	Ken Moody	WV	1.0558	174.40	7.8744	Pure				1300.71	0.00	202.50	145.00	242.50	590.00
1	198.25	Nick Hall	KY	1.1181	195.60	6.6161	HSP				1157.42	0.00	190.00	125.00	210.00	525.00
1	198.25	Nick Hall	KY	1.1181	195.60	6.6161	Jr				1157.42	0.00	190.00	125.00	210.00	525.00
1	198.25	Nick Hall	KY	1.1181	195.60	6.6161	Nov				1157.42	0.00	190.00	125.00	210.00	525.00
1	220.25	Shawn Burgraff	WV	1.1691	214.20	8.4830	HSP				1554.24	0.00	265.00	182.50	257.50	705.00
1	220.25	Mark Harless	WV	1.1436	204.80	6.9862	Int				1251.11	0.00	170.00	180.00	217.50	567.50
2	220.25	Aron Satler	WV	1.1805	217.60	6.6678	Int				1229.06	0.00	215.00	142.50	200.00	557.50
1	220.25	Shawn Burgraff	WV	1.1691	214.20	8.4830	Jr				1554.24	0.00	265.00	182.50	257.50	705.00
1	220.25	Rocky Roach	WV	1.1776	217.00	6.7595	M2				1245.60	0.00	207.50	130.00	227.50	565.00
1	220.25	Shawn Burgraff	WV	1.1691	214.20	8.4830	Teen				1554.24	0.00	265.00	182.50	257.50	705.00
1	242.50	Joe King	WV	1.2338	237.00	5.4229	HSP				1041.67	0.00	172.50	95.00	205.00	472.50
1	242.50	Tab Brown	WV	1.2282	235.00	7.3165	Int				1399.92	0.00	227.50	187.50	220.00	635.00
x	242.50	Kim Dolin	WV	1.2338	237.40	1.5754	M2				303.13	0.00	-165.00	147.50	155.00	137.50
1	242.50	Corey Sites	OH	1.2282	234.60	6.4057	Nov				1223.55	0.00	210.00	137.50	207.50	555.00
1	308.50	AJ Freda	WV	1.3822	290.20	8.7258	Jr				1832.02	0.00	326.00	217.50	287.50	831.00
Unequipped Powerlifting																
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>
1	99.00	Will Van Hoose	WV	0.9000	90.80	2.2944	U-Youth				231.48	0.00	25.00	20.00	60.00	105.00
1	123.25	Greg Oliver	WV	0.9057	120.60	5.1325	U-Jr				683.43	0.00	65.00	100.00	145.00	310.00
1	123.25	Greg Oliver	WV	0.9057	120.60	5.1325	U-Pure				683.43	0.00	65.00	100.00	145.00	310.00
1	181.75	Matt Cammorata	VA	1.0586	175.40	6.8523	U-Jr				1135.37	0.00	185.00	140.00	190.00	515.00
1	181.75	Brian Helmondollar	WV	1.0728	180.00	5.7485	U-M2				964.51	0.00	122.50	130.00	185.00	437.50
1	181.75	Brian Helmondollar	WV	1.0728	180.00	5.7485	U-M5				964.51	0.00	122.50	130.00	185.00	437.50
1	198.25	Scott Fields	WV	1.1210	197.20	6.2974	U-Jr				1107.81	0.00	160.00	147.50	195.00	502.50
1	220.25	Andrew Morgan	WV	1.1720	215.40	8.2168	U-Pure				1510.15	0.00	252.50	150.00	282.50	685.00
1	275.50	Shawn Doyle	VA	1.3178	267.40	6.9262	U-Jr				1405.43	0.00	220.00	167.50	250.00	637.50
2	275.50	Jay Lester	WV	1.2618	247.40	5.1160	U-Jr				1003.09	0.00	155.00	97.50	202.50	455.00
1	275.50	Jim Adkins	WV	1.2730	251.00	7.4075	U-M1				1460.55	0.00	250.00	165.00	247.50	662.50
1	275.50	Jim Adkins	WV	1.2730	251.00	7.4075	U-M5				1460.55	0.00	250.00	165.00	247.50	662.50

2008 NASA WV State PL/BP/PS/PP Championships 04-26-08 RAVENSWOOD, WV

		Bench Press														
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>TI. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>
1	165.20	Brent Ferrell	WV	1.0303	165.00	1.2389		HSP			198.41	0.00	0.00	90.00	0.00	90.00
1	165.25	Zac Trembley	WV	1.0020	154.60	1.4646		Nat			225.97	0.00	0.00	102.50	0.00	102.50
1	165.25	Steve Martin	WV	1.0246	163.40	2.8339		Open			451.94	0.00	0.00	205.00	0.00	205.00
1	181.75	Brian Helmondollar	WV	1.0728	180.00	1.7081		M2			286.60	0.00	0.00	130.00	0.00	130.00
1	181.75	Ken Samples	WV	1.0303	165.20	1.3749		M3			220.46	0.00	0.00	100.00	0.00	100.00
1	181.75	Brian Helmondollar	WV	1.0728	180.00	1.7081		M5			286.60	0.00	0.00	130.00	0.00	130.00
1	181.75	Ken Samples	WV	1.0303	165.20	1.3749		Pure			220.46	0.00	0.00	100.00	0.00	100.00
1	181.75	Lance Hitt	WV	1.0700	178.80	1.8140		Teen			303.13	0.00	0.00	137.50	0.00	137.50
x	198.25	Timmy Rowsey	WV	1.1238	197.80	-2.0041		Jr			-352.74	0.00	0.00	-160.00	0.00	-160.00
1	198.25	MJ Metts	WV	1.1181	196.00	2.0437		Pure			358.25	0.00	0.00	162.50	0.00	162.50
1	220.25	Mark Harless	WV	1.1436	204.80	2.2159		Int			396.83	0.00	0.00	180.00	0.00	180.00
1	220.25	William Davis	WV	1.1776	216.80	2.4548		Open			451.94	0.00	0.00	205.00	0.00	205.00
2	220.25	Daniel Diaz	WV	1.1606	210.60	2.0046		Open			363.76	0.00	0.00	165.00	0.00	165.00
1	220.25	William Davis	WV	1.1776	216.80	2.4548		Pure			451.94	0.00	0.00	205.00	0.00	205.00
1	220.25	William Davis	WV	1.1776	216.80	2.4548		SMP			451.94	0.00	0.00	205.00	0.00	205.00
2	220.25	Matt Morrison	WV	1.1805	217.80	2.3898		SMP			440.92	0.00	0.00	200.00	0.00	200.00
3	220.25	Daniel Diaz	WV	1.1606	210.60	2.0046		SMP			363.76	0.00	0.00	165.00	0.00	165.00
1	242.50	Sammy Sebok	WV	1.2254	234.40	2.3339		Int			446.43	0.00	0.00	202.50	0.00	202.50
1	242.50	Chris Asbury	WV	1.2030	226.40	2.9579		SM2			556.66	0.00	0.00	252.50	0.00	252.50
1	242.50	Jacob Turkale	WV	1.1493	207.20	0.5809		Youth			104.72	0.00	0.00	47.50	0.00	47.50
1	275.50	Zach Howerton	WV	1.3234	268.60	1.9009		HSP			385.81	0.00	0.00	175.00	0.00	175.00
1	275.50	Zach Howerton	WV	1.3234	268.60	1.9009		Teen			385.81	0.00	0.00	175.00	0.00	175.00
1	SHW	Tony Goudy	WV	1.4830	325.80	2.2077		M1			485.01	0.00	0.00	220.00	0.00	220.00
1	275.50	Kent Burgess	WV	1.3318	272.20	2.2652		U-M2			462.97	0.00	0.00	210.00	0.00	210.00
1	275.50	Kent Burgess	WV	1.3318	272.20	2.2652		U-Open			462.97	0.00	0.00	210.00	0.00	210.00
1	275.50	Kent Burgess	WV	1.3318	272.20	2.2652		U-Pure			462.97	0.00	0.00	210.00	0.00	210.00
1	308.50	Steve Matthews	WV	1.3794	289.40	1.5499		U-Nov			325.18	0.00	0.00	147.50	0.00	147.50

2008 NASA WV State PL/BP/PS/PP Championships 04-26-08 RAVENSWOOD, WV

		Power Sports															
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	
1	165.25	Zack Cross	WV	1.0246	162.80	2.0812				B-Jr	330.69	0.00	0.00	150.00	0.00	150.00	
1	165.25	Zach Cross	WV	1.0246	162.80	0.9019				C-Jr	143.30	65.00	0.00	0.00	0.00	65.00	
1	181.75	Ken Samples	WV	1.0303	165.20	0.6187				C-M3	99.21	45.00	0.00	0.00	0.00	45.00	
1	181.75	Brian Helmondollar	WV	1.0728	180.00	4.8616				M2	815.70	55.00	0.00	130.00	185.00	370.00	
1	181.75	Brian Helmondollar	WV	1.0728	180.00	4.8616				M5	815.70	55.00	0.00	130.00	185.00	370.00	
1	198.25	Richard Warden	WV	1.1125	194.40	2.5233				D-M2	440.92	0.00	0.00	0.00	200.00	200.00	
1	198.25	Scott Fields	WV	1.1210	197.20	5.1695				Jr	909.40	70.00	0.00	147.50	195.00	412.50	
1	198.25	Richard Warden	WV	1.1125	194.40	4.2896				M2	749.56	52.50	0.00	87.50	200.00	340.00	
1	220.25	Andrew Morgan	WV	1.1720	215.40	6.2076				Int	1140.88	85.00	0.00	150.00	282.50	517.50	
1	220.25	Brian Hall	WV	1.1408	204.40	4.8295				M1	865.31	72.50	0.00	137.50	182.50	392.50	
1	220.25	Denny Dolin	WV	1.1521	208.40	3.6258				M4	655.87	55.00	0.00	97.50	145.00	297.50	
1	220.25	Brian Hall	WV	1.1408	204.40	4.8295				M5	865.31	72.50	0.00	137.50	182.50	392.50	
1	220.25	Andrew Morgan	WV	1.1720	215.40	6.2076				Nov	1140.88	85.00	0.00	150.00	282.50	517.50	
1	220.25	Andrew Morgan	WV	1.1720	215.40	6.2076				Pure	1140.88	85.00	0.00	150.00	282.50	517.50	
1	220.25	Jason Peck	WV	1.1521	208.20	4.9713				SM	898.37	57.50	0.00	155.00	195.00	407.50	
1	242.50	Adam Hudson	WV	1.2226	233.20	1.2425				B-HSP	236.99	0.00	0.00	107.50	0.00	107.50	
1	242.50	Randall Lacey	GA	1.2366	238.20	5.7340				M2	1104.50	78.50	0.00	172.50	250.00	501.00	
1	275.50	Jerry Payne	WV	1.2646	248.00	5.1431				SMP	1008.60	65.00	0.00	175.00	217.50	457.50	
1	308.50	Steve Matthews	WV	1.3794	289.40	0.7356				C-Nov	154.32	70.00	0.00	0.00	0.00	70.00	
1	308.50	Aaron Nedef	WV	1.3458	276.80	5.0110				L/F	1030.65	85.00	0.00	165.00	217.50	467.50	
1	308.50	Dan Bloxton	WV	1.3906	293.40	5.0155				M1	1058.21	70.00	0.00	150.00	260.00	480.00	
1	308.50	Steve Matthews	WV	1.3794	289.40	3.8617				SM	810.19	70.00	0.00	147.50	150.00	367.50	

2008 NASA WV State PL/BP/PS/PP Championships 04-26-08 RAVENSWOOD, WV

Push/Pull																
Pl.	Wt.Cl.	Name	St.	Coef	B.W.T	TL Coef	Meet	Bench	P/P	Power	Tl. Lbs.	Best-C	Best SQ	Best BP	Best DL	TL Kgs
1	132.25	Deb Barnette	WV	0.9255	127.80	3.5124			W-M2		485.01	0.00	0.00	97.50	122.50	220.00
1	148.75	Cody Jarrell	WV	0.9680	143.40	3.2740			HSP		485.01	0.00	0.00	82.50	137.50	220.00
1	148.75	Lyndsey Bateman	WV	0.9850	148.75	2.1898			W-HSP		330.69	0.00	0.00	42.50	107.50	150.00
1	148.75	Joseph Rosser	WV	0.9538	137.80	1.7548			Youth		253.53	0.00	0.00	32.50	82.50	115.00
1	165.25	JoJo Nelson	WV	0.9907	150.80	4.0554			HSP		617.29	0.00	0.00	107.50	172.50	280.00
2	165.25	Aaron Fields	WV	1.0246	163.40	2.6266			HSP		418.87	0.00	0.00	67.50	122.50	190.00
1	165.25	Zachary Tomblin	WV	0.9878	150.40	3.4027			Teen		518.08	0.00	0.00	82.50	152.50	235.00
1	181.75	Derek Lomax	WV	1.0388	167.60	3.6552			HSP		589.73	0.00	0.00	95.00	172.50	267.50
2	181.75	Cody Owens	WV	1.0700	179.20	2.9289			HSP		490.52	0.00	0.00	77.50	145.00	222.50
x	181.75	Steve Coup	WV	1.0728	179.60	-2.0411			Jr		-341.71	0.00	0.00	-155.00	0.00	-155.00
1	181.75	Grant Gambill	WV	1.0360	167.00	1.3676			Youth		220.46	0.00	0.00	32.50	67.50	100.00
1	198.25	Zack Underwood	WV	1.1096	192.80	2.9182			HSP		507.06	0.00	0.00	87.50	142.50	230.00
2	198.25	Shawn Lusk	WV	1.0926	187.40	2.9242			HSP		501.55	0.00	0.00	82.50	145.00	227.50
1	198.25	Steve Lamneck	OH	1.1125	194.40	9.1469			M2		1598.34	0.00	295.00	165.00	265.00	725.00
1	198.25	Sam Brooks	WV	1.1153	195.20	5.4479			Open		953.49	0.00	0.00	182.50	250.00	432.50
1	198.25	Sam Brooks	WV	1.1153	195.20	5.4479			Pure		953.49	0.00	0.00	182.50	250.00	432.50
1	220.25	Mark Harless	WV	1.1436	204.80	4.8934			Int		876.33	0.00	0.00	180.00	217.50	397.50
1	242.50	Corey Maynard	WV	1.2506	242.80	3.3782			HSP		655.87	0.00	0.00	97.50	200.00	297.50
1	242.50	Ricky Copley	WV	1.1974	224.40	2.4116			Teen		451.94	0.00	0.00	77.50	127.50	205.00
1	242.50	Zachary Tackett	WV	1.2590	245.60	1.6952			Youth		330.69	0.00	0.00	47.50	102.50	150.00
1	275.50	Chris Toler	WV	1.2982	260.40	2.9400			HSP		589.73	0.00	0.00	100.00	167.50	267.50
1	275.50	Brandon McComas	WV	1.2926	258.40	1.5991			Youth		319.67	0.00	0.00	42.50	102.50	145.00
1	SHW	Jason Belcher	WV	1.4718	321.60	5.1960			Open		1135.37	0.00	0.00	242.50	272.50	515.00