

NASA WV State PL/BP/PS PP Championships 04-22-06 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	77.00	Braden Griffin	WV	0.9000	74.20	3.8105	Youth				314.16	0.00	55.00	32.50	55.00	142.50
1	114.50	Cody Jarrell	WV	0.9000	108.40	2.7913	Youth				336.20	0.00	52.50	30.00	70.00	152.50
1	132.25	Karl Hale	WV	0.9312	129.80	5.5356	HSP				771.61	0.00	120.00	97.50	132.50	350.00
1	148.75	Blake White	WV	0.9567	138.60	5.2881	HSP				766.10	0.00	115.00	70.00	162.50	347.50
2	148.75	Andrew Hale	WV	0.9708	143.60	4.9929	HSP				738.54	0.00	110.00	82.50	142.50	335.00
1	148.75	Jeff Keseker	WV	0.9793	147.40	7.6897	Jr				1157.42	0.00	172.50	157.50	195.00	525.00
1	148.75	Jeff Keseker	WV	0.9793	147.40	7.6897	Teen				1157.42	0.00	172.50	157.50	195.00	525.00
1	148.75	Timothy Browning	WV	0.9623	141.20	4.9206	Teen				722.01	0.00	120.00	70.00	137.50	327.50
1	165.25	Lee Tribbie	WV	1.0048	155.80	5.4029	HSP				837.75	0.00	137.50	95.00	147.50	380.00
x	165.25	Jacob Mann	WV	0.9708	144.20	0.5195	HSP				77.16	0.00	95.00	77.50	-137.50	35.00
1	181.75	Jeff Renn	WV	1.0756	180.80	5.3445	HSP				898.37	0.00	140.00	92.50	175.00	407.50
2	181.75	Bob Carey	WV	1.0558	174.40	4.1040	HSP				677.91	0.00	95.00	67.50	145.00	307.50
1	181.75	Dr. Richard Simpson	WV	1.0700	178.60	6.1747	M2				1030.65	0.00	165.00	120.00	182.50	467.50
1	181.75	Ken Moody	WV	1.0643	177.40	7.7374	Pure				1289.69	0.00	205.00	140.00	240.00	585.00
1	198.25	Ralph Wright	WV	1.1153	195.20	8.1876	L/F				1432.99	0.00	245.00	155.00	250.00	650.00
1	198.25	Rob McCoy	WV	1.1238	197.80	6.2001	M1				1091.28	0.00	167.50	125.00	202.50	495.00
1	198.25	Ralph Wright	WV	1.1153	195.20	8.1876	SM				1432.99	0.00	245.00	155.00	250.00	650.00
2	198.25	Mick Delaney	WV	1.1096	193.40	7.3678	SM				1284.18	0.00	195.00	172.50	215.00	582.50
1	198.25	Bill Beckett	OH	1.1153	195.40	8.0848	SMP				1416.46	0.00	235.00	180.00	227.50	642.50
1	220.25	Aldo Pucci	WV	1.1805	217.60	6.5482	HSP				1207.02	0.00	215.00	135.00	197.50	547.50
2	220.25	Dave Martin	WV	1.1635	212.00	5.0817	HSP				925.93	0.00	142.50	107.50	170.00	420.00
x	220.25	Jon Moore	WV	1.1833	219.00	2.9184	M5				540.13	0.00	165.00	-125.00	205.00	245.00
1	220.25	Ivan Lambert	WV	1.1606	211.30	7.2957	Open				1328.27	0.00	237.50	160.00	205.00	602.50
1	220.25	Ivan Lambert	WV	1.1606	211.30	7.2957	SM				1328.27	0.00	237.50	160.00	205.00	602.50
1	242.50	Russel Elm	WV	1.2030	226.00	5.3101	HSP				997.58	0.00	157.50	102.50	192.50	452.50
2	242.50	Mike Dye	WV	1.2282	235.20	4.5761	HSP				876.33	0.00	135.00	107.50	155.00	397.50
1	242.50	Roger Nicosia	NC	1.2310	236.00	9.1995	SMP				1763.68	0.00	290.00	205.00	305.00	800.00
1	275.50	Jake Young	WV	1.3066	263.20	5.1985	HSP				1047.19	0.00	160.00	132.50	182.50	475.00
1	275.50	Chris Young	WV	1.3206	268.00	9.0438	SM				1835.33	0.00	305.00	227.50	300.00	832.50
1	308.50	Justin Shimel	WV	1.3542	279.60	4.9384	HSP				1019.63	0.00	157.50	110.00	195.00	462.50
1	308.50	Todd Schott	OH	1.3626	282.80	9.9850	Pure				2072.32	0.00	365.00	247.50	327.50	940.00
1	308.50	Andy Shields	VA	1.3710	286.00	9.5906	SM				2000.67	0.00	322.50	305.00	280.00	907.50
1	308.50	Matt Jones	WV	1.3486	278.40	5.9537	SMP				1229.06	0.00	262.50	195.00	100.00	557.50
Unequipped PL'ing																
<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	Devan Wright	WV	0.9283	128.60	4.9731	U-HS				688.94	0.00	102.50	67.50	142.50	312.50
1	181.75	Tom Ballengee	WV	1.0643	177.00	4.9711	U-M2				826.73	0.00	122.50	95.00	157.50	375.00
1	242.50	Tab Brown	WV	1.2338	236.80	5.6285	U-PN				1080.25	0.00	150.00	140.00	200.00	490.00

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Push Pull																
<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	66.00	Kennith Adkins	WV	0.9000	57.80	2.4029			Youth		154.32	0.00	0.00	22.50	47.50	70.00
1	88.00	Richard Nelson	WV	0.9000	84.00	1.9487			Youth		181.88	0.00	0.00	27.50	55.00	82.50
1	97.00	Rachel Browning	WV	0.9000	91.20	2.0668			W-HSP		209.44	0.00	0.00	25.00	70.00	95.00
1	114.50	Tommy Donnelly	WV	0.9000	96.00	2.6869			HSP		286.60	0.00	0.00	37.50	92.50	130.00
1	123.25	Cortina Buchanon	WV	0.9000	118.40	2.0528			W-HSP		270.06	0.00	0.00	37.50	85.00	122.50
1	123.25	Austin Compton	WV	0.9000	119.00	1.2088			Youth		159.83	0.00	0.00	22.50	50.00	72.50
1	132.25	Marcus Hughes	WV	0.9312	130.20	2.3651			Youth		330.69	0.00	0.00	50.00	100.00	150.00
1	148.75	Michael Parsons	WV	0.9538	137.60	3.9732			HSP		573.20	0.00	0.00	102.50	157.50	260.00
1	148.75	Jeff Keseker	WV	0.9793	147.40	5.1631			Jr		777.12	0.00	0.00	157.50	195.00	352.50
1	148.75	Phillip Sholes	WV	0.9765	146.40	4.5585			M1		683.43	0.00	0.00	115.00	195.00	310.00
2	148.75	JoJo Nelson	WV	0.9595	139.60	3.2199			Teen		468.48	0.00	0.00	75.00	137.50	212.50
1	148.75	Jeff Keseker	WV	0.9793	147.40	5.1631			Teen		777.12	0.00	0.00	157.50	195.00	352.50
1	148.75	Neil Carter	WV	0.9822	148.20	1.4246			Youth		214.95	0.00	0.00	32.50	65.00	97.50
1	165.25	Zack Cross	WV	0.9963	152.80	4.2765			HSP		655.87	0.00	0.00	125.00	172.50	297.50
3	165.25	Matt Winans	WV	1.0048	155.80	3.4479			HSP		534.62	0.00	0.00	97.50	145.00	242.50
2	165.25	Mason Roberts	WV	1.0246	163.00	4.0188			HSP		639.33	0.00	0.00	87.50	202.50	290.00
4	165.25	Joseph Rose	WV	1.0048	156.00	3.1595			HSP		490.52	0.00	0.00	77.50	145.00	222.50
1	181.75	Andrew McDonald	WV	1.0303	165.20	4.1592			HSP		666.89	0.00	0.00	120.00	182.50	302.50
3	181.75	Jesse Rose	WV	1.0558	173.60	3.1844			HSP		523.59	0.00	0.00	92.50	145.00	237.50
2	181.75	Matt Delong	WV	1.0756	181.20	3.1408			HSP		529.10	0.00	0.00	82.50	157.50	240.00
1	181.75	Candace Box	WV	1.0558	174.20	3.3070			W-Jr		545.64	0.00	0.00	97.50	150.00	247.50
1	181.75	Adam Hickman	OH	1.0785	181.60	3.1750			Pure		534.62	0.00	0.00	95.00	147.50	242.50
x	181.75	Bryan Kimble	OH	1.0331	166.40	-0.5817			Pure		-93.70	0.00	0.00	135.00	-177.50	-42.50
x	181.75	Bryan Kimble	OH	1.0331	166.40	-0.5817			SMP		-93.70	0.00	0.00	135.00	-177.50	-42.50
1	198.25	Cody Hopkins	WV	1.1040	190.60	3.4159			HSP		589.73	0.00	0.00	97.50	170.00	267.50
1	198.25	Brent Ferrell	WV	1.0841	183.60	2.5384			Youth		429.90	0.00	0.00	65.00	130.00	195.00
1	220.25	Joey Shafer	WV	1.1720	215.20	3.7820			HSP		694.45	0.00	0.00	107.50	207.50	315.00
1	242.50	Tyler Riggins	WV	1.2086	228.20	3.8531			HSP		727.52	0.00	0.00	135.00	195.00	330.00
2	242.50	Zach Nolan	WV	1.2422	239.80	3.3404			HSP		644.85	0.00	0.00	122.50	170.00	292.50
x	242.50	Luke Breeding	WV	1.2254	234.20	-1.9321			HSP		-369.27	0.00	0.00	-167.50	0.00	-167.50
1	242.50	Roger Nicosia	NC	1.2310	236.00	5.8647			SMP		1124.35	0.00	0.00	205.00	305.00	510.00
1	275.50	Chris James	WV	1.3094	263.80	3.9394			HSP		793.66	0.00	0.00	132.50	227.50	360.00
2	275.50	Travis Bunner	WV	1.3206	268.20	3.7722			HSP		766.10	0.00	0.00	117.50	230.00	347.50
3	275.50	Evan Thacker	WV	1.3178	266.60	2.7788			HSP		562.17	0.00	0.00	100.00	155.00	255.00

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Bench Only																	
<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	Aaron Phillips	WV	0.9312	130.00	1.8555		PN			259.04	0.00	0.00	117.50	0.00	117.50	
1	148.75	Jeff Keseker	WV	0.9793	147.40	2.3069		Jr			347.22	0.00	0.00	157.50	0.00	157.50	
2	148.75	Justin Angus	WV	0.9708	144.00	1.5234		Jr			225.97	0.00	0.00	102.50	0.00	102.50	
1	148.75	Jeff Keseker	WV	0.9793	147.40	2.3069		Pure			347.22	0.00	0.00	157.50	0.00	157.50	
2	148.75	Justin Angus	WV	0.9708	144.00	1.5234		Pure			225.97	0.00	0.00	102.50	0.00	102.50	
1	148.75	Jeff Keseker	WV	0.9793	147.40	2.3069		Teen			347.22	0.00	0.00	157.50	0.00	157.50	
1	165.25	Zack Cross	WV	0.9963	152.80	1.7968		HSP			275.58	0.00	0.00	125.00	0.00	125.00	
1	165.25	Ken Samples	WV	1.0388	168.40	1.5299		M3			248.02	0.00	0.00	112.50	0.00	112.50	
1	165.25	Darwin Dessau	PA	0.9878	150.00	1.6333		Pure			248.02	0.00	0.00	112.50	0.00	112.50	
1	165.25	Ken Samples	WV	1.0388	168.40	1.5299		Pure			248.02	0.00	0.00	112.50	0.00	112.50	
1	181.75	Sam Mason	WV	1.0558	173.60	0.6369		M4			104.72	0.00	0.00	47.50	0.00	47.50	
x	198.25	Steve Milam	WV	1.1153	194.60	0.0000		M3			0.00	0.00	0.00	0.00	0.00	0.00	
1	198.25	Thomas Eskins	OH	1.1210	197.40	1.7214		M4			303.13	0.00	0.00	137.50	0.00	137.50	
1	220.25	David Wooten	WV	1.1861	220.20	1.5438		HSP			286.60	0.00	0.00	130.00	0.00	130.00	
1	220.25	Justin Stowers	WV	1.1776	217.00	1.8544		Jr			341.71	0.00	0.00	155.00	0.00	155.00	
1	220.25	Doug Currence	WV	1.1861	220.20	2.5650		M1			476.19	0.00	0.00	216.00	0.00	216.00	
1	220.25	Bud Samples	WV	1.1351	202.40	1.7000		M2			303.13	0.00	0.00	137.50	0.00	137.50	
1	220.25	Zachary Tackett	WV	1.1748	215.60	0.4204		Youth			77.16	0.00	0.00	35.00	0.00	35.00	
1	242.50	Ron Lucas	WV	1.2030	226.00	1.8776		M1			352.74	0.00	0.00	160.00	0.00	160.00	
1	242.50	Carlton DeHaven	WV	1.2254	234.40	1.9017		M2			363.76	0.00	0.00	165.00	0.00	165.00	
1	242.50	Carlton DeHaven	WV	1.2254	234.40	1.9017		M2			363.76	0.00	0.00	165.00	0.00	165.00	
1	242.50	Roger Nicosia	NC	1.2310	236.00	2.3574		SMP			451.94	0.00	0.00	205.00	0.00	205.00	
1	275.50	Kent Burgess	WV	1.3234	269.20	2.5740		M1			523.59	0.00	0.00	237.50	0.00	237.50	
1	275.50	Kent Burgess	WV	1.3234	269.20	2.5740		M5			523.59	0.00	0.00	237.50	0.00	237.50	
1	275.50	Shawn Adkins	WV	1.3262	270.40	2.1355		SM			435.41	0.00	0.00	197.50	0.00	197.50	
1	275.50	Warren Shamblin	WV	1.3010	260.80	2.5020		SMP			501.55	0.00	0.00	227.50	0.00	227.50	
2	275.50	Shawn Adkins	WV	1.3262	270.40	2.1355		SMP			435.41	0.00	0.00	197.50	0.00	197.50	
1	SHW	Kenny Hamrick, Jr	WV	1.4326	308.40	2.1762		M1			468.48	0.00	0.00	212.50	0.00	212.50	
1	SHW	Tony Goudy	WV	1.4550	316.00	1.9287		M5			418.87	0.00	0.00	190.00	0.00	190.00	
1	SHW	Kenny Hamrick, Jr	WV	1.4326	308.40	2.1762		Nat			468.48	0.00	0.00	212.50	0.00	212.50	
1	SHW	Mike Ramsey	WV	1.4774	323.60	1.6607		SMP			363.76	0.00	0.00	165.00	0.00	165.00	

NASA WV State PL/BP/PS PP Championships 04-22-06 Ravenswood, WV

Power Sports																
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	Satin Blackwell	WV	0.9227	127.40	2.1955				W-Tn	303.13	20.00	0.00	37.50	80.00	137.50
1	165.25	Jared Torris	WV	0.9935	152.40	1.6887				B-HSP	259.04	0.00	0.00	117.50	0.00	117.50
1	165.25	Jared Torris	WV	0.9935	152.40	0.8982				C-HSP	137.79	62.50	0.00	0.00	0.00	62.50
1	165.25	Ken Samples	WV	1.0388	168.40	3.0259				C-M3	490.52	52.50	0.00	0.00	170.00	222.50
1	165.25	Garrett Ballengee	WV	1.0105	158.40	4.9927				Jr	782.63	60.00	0.00	105.00	190.00	355.00
1	165.25	Darwin Dessau	PA	0.9878	150.00	5.3354				Pure	810.19	65.00	0.00	112.50	190.00	367.50
1	181.75	Taylor Mills	WV	1.0586	174.60	4.2439				HSP	699.96	47.50	0.00	100.00	170.00	317.50
1	181.75	Bryan Kimble	OH	1.0331	166.40	0.3080				Pure	49.60	65.00	0.00	135.00	-177.50	22.50
1	181.75	Bryan Kimble	OH	1.0331	166.40	0.3080				SMP	49.60	65.00	0.00	135.00	-177.50	22.50
1	198.25	Denny Dolin	WV	1.1011	190.40	0.6375				C-M4	110.23	50.00	0.00	0.00	0.00	50.00
1	198.25	Richard Warden	WV	1.1181	195.60	2.4574				D-M2	429.90	0.00	0.00	0.00	195.00	195.00
1	198.25	Richard Warden	WV	1.1181	195.60	4.3792				M2	766.10	55.00	0.00	97.50	195.00	347.50
1	198.25	Denny Dolin	WV	1.1011	190.40	3.2192				M4	556.66	50.00	0.00	80.00	122.50	252.50
1	198.25	Dana Stepp	WV	1.1238	197.60	5.2033				PN	914.91	72.50	0.00	150.00	192.50	415.00
1	220.25	Phillip Steorts	WV	1.1521	208.20	2.3789				D-M3	429.90	0.00	0.00	0.00	195.00	195.00
1	220.25	Cloyd Brua	WV	1.1833	219.40	3.1509				M2	584.22	55.00	0.00	97.50	112.50	265.00
1	242.50	Tab Brown	WV	1.2338	236.80	4.5947				PN	881.84	60.00	0.00	140.00	200.00	400.00
1	242.50	John Belue	WV	1.2058	227.40	2.1919				Youth	413.36	22.50	0.00	82.50	82.50	187.50
1	275.50	Dan Bloxton	WV	1.3234	268.60	4.1548				D-M1	843.26	0.00	0.00	140.00	242.50	382.50
1	275.50	Ethan Batton	WV	1.2730	250.60	3.9196				HSP	771.61	62.50	0.00	102.50	185.00	350.00
1	275.50	Dan Bloxton	WV	1.3234	268.60	4.8880				M1	992.07	67.50	0.00	140.00	242.50	450.00
1	308.50	Don Blackwell	WV	1.3934	294.00	3.6309				Teen	766.10	60.00	0.00	102.50	185.00	347.50
x	SHW	Jon Orr	WV	1.4830	345.20	-0.9708				Nat	-225.97	82.50	0.00	-185.00	0.00	-102.50
x	SHW	Jon Orr	WV	1.4830	345.20	-0.9708				SMP	-225.97	82.50	0.00	-185.00	0.00	-102.50