



# Virginia Powerlifting Association Final Report of Events Female Lifters 8/1/2009

## JO's Full Meet Assisted \* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Kristina Hagen	IA	23	132	Junior 20-23	187.39		99.21		225.97		512.57
132	Brittany Reed	NE	15	132	Teenage 14-15	209.44		104.72		231.48		545.64
165	Shelby Steele	NE	17	160	Teenage 16-17	264.55		159.83		314.16		738.54
181	Barbara Helton	NE	15	174	Teenage 14-15	236.99		137.79		303.13	325.18	677.91



# Virginia Powerlifting Association Final Report of Events Female Lifters 8/1/2009

**JO's Full Meet Raw \* Weights listed in Pounds**

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Dead lift	4th	Total Weight
077	Alexandria Dodds	FL	9	76	Youth 8-9	60.63		44.09	49.60	82.67		187.39
097	Miranda Worden	NE	12	96	Teenage 12-13	100.31		77.16	79.37	144.40	148.81	321.87
105	Geraldine Gillis		11	106	Youth 10-11	132.28		88.18		154.32		374.78
114	Amanda Damrakowski	NE	18	114	Teenage 18-19	148.81		77.16		198.41		424.39
132	Kara Trenhaile		12	131	Teenage 12-13	126.76	137.79	82.67		192.90		402.34
132	Rachel Wells	NE	15	132	Teenage 14-15	184.08		93.70		231.48		509.26
148	Emalee Barton	NE	14	140	Teenage 14-15	192.90		99.21		242.51		534.62
165	Celeste Heinz		17	165	Teenage 16-17	231.48		137.79		293.21	298.72	662.48
220+()	Shelbie Serpan	KS	17	268	Teenage 16-17	352.74	363.76	165.35		396.83	402.34	914.91