

**100%RAW Powerlifting Federation Canada  
2017 Prairie Power Open  
Calgary, AB March 18, 2017**

**Female Full Power**

**Female Single Lift and Push Pull**

Name	Age	Div	BWT (Kg)	WtCIs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	
McKenna Kozina	17	F-17	47.7	48	1.3305	85	95	100		100	52.5	57.5	-60		57.5	90	95	-100			95	252.5	335.95125
Nicola McDivitt	25	F-O	54.9	56	1.195	55	60	67.5	0	67.5	42.5	45	-47.5		45	95	100	107.5			107.5	220	262.9
Megan Bain-Kretschmer	27	F-O	59.4	60	1.1236	-120	-120	120		120	67.5	-72.5	-72.5		67.5	132.5	142.5	145			145	332.5	373.597
Cory Fisher	45	F-45	58.9	60	1.131						-65	-67.5	71		71							71	80.301
Sara Abbott	22	F-J	62.2	67.5	1.0844	90	-97.5	97.5		97.5	-50	-55	55		55	120	130	140			140	292.5	317.187
Anna Quijada	28	F-O	66	67.5	1.0374	85	-90	95		95	50	52.5	-57.5		52.5	110	117.5	122.5			122.5	270	280.098
Tracy Normandeau	30	F-O	64.3	67.5	1.0576	-77.5	77.5	-82.5		77.5	57.5	-62.5	-62.5		57.5	107.5	112.5	120			120	255	269.688
Jessica Hierons	24	F-J	71.4	75	0.9815	-90	90	95		95	52.5	57.5	-60		57.5	95	107.5	120			120	272.5	267.45875
Taylor Schley	28	F-O	74.3	75	0.9563	75	85	90		90	-50	-55	-60		0	102.5	110	120			120	0	0
Marisa brolo	41	F-40	74.3	75	0.9563	-97.5	100	110	112.5	110	45	55	-62.5		55	130	137.5	145	147.5		145	310	296.453
Zahra Woods	20	F-J	77.1	82.5	0.9347	90	92.5	100	105	100	47.5	-52.5	52.5		52.5	107.5	115	-120			115	267.5	250.03225
Vanessa reed	34	F-O	79.9	82.5	0.9156	107.5	115	-122.5		115	60	65	-67.5		65	105	112.5	-120			112.5	292.5	267.813
Michelle Balsillie	46	F-45	77.6	82.5	0.9311	80	85	90	-91	90	57.5	60	62.5	64	62.5	95	102.5	107.5			107.5	260	242.086
Rachel Ryan	50	F-50	110.2	90+	0.8128	-70.5	70.5	72.5	-75	72.5	48	50	-52.5		50	110.5	115	120			120	242.5	197.104

**Male Full Power**

**Male Single Lift and Push Pull**

Name	Age	Div	BWT (Kg)	WtCIs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	
Triston Kirbyson	15	M-15	64.7	67.5	0.7983	-92.5	95	107.5	112.5	107.5	75	-80	82.5	-92.5	82.5	102.5	130	137.5	-147.5		137.5	327.5	261.44325
Max Hall	21	M-J	64.8	67.5	0.7973	-137.5	142.5	-160		142.5	95	-100	-105		95	165	185	-205			185	422.5	336.85925
Samie Khosravan	19	M-19	74.8	75	0.7139	140	160	-172.5		160	82.5	90	-95		90	155	175	185			185	435	310.5465
David Nicholson	21	M-J	71.2	75	0.7398	-125	130	137.5	145	137.5	70	77.5	-87.5		77.5	-145	145	-155			145	360	266.328
Justin Kancsal	25	M-O	80	82.5	0.6827	150	160	172.5		172.5	-107.5	122.5	-127.5		122.5	170	190	200			200	495	337.9365
Salen Prasad	28	M-O	81.1	82.5	0.6769	120	132.5	142.5		142.5	82.5	90	97.5		97.5	165	177.5	192.5			192.5	432.5	292.75925
Kyle Winstanley	29	M-O	80.3	82.5	0.6811	165	175	182.5		182.5	-125	130	-137.5		130	232.5	240	-250			240	552.5	376.30775
Adam Payne	30	M-O	80.8	82.5	0.6785	110	-122.5	-130		110	85	92.5	100		100	135	147.5	162.5			162.5	372.5	252.74125
David McNeil	19	M-19	88.5	90	0.644	180	-190	-190		180	127.5	132.5	-137.5		132.5	-245	245	-257.5			245	557.5	359.03
Kevin Wais	26	M-O	83.3	90	0.6661						185	190	195	-200	195						195	195	129.8895
Dave Nisbet	31	M-O	89.4	90	0.6406	172.5	182.5	187.5		187.5	130	137.5	140	142.5	140	210	222.5	227.5	235		227.5	555	355.533
Blair Lunau	35	M-O	89.8	90	0.6391	125	140	-152.5		140	-100	100	102.5		102.5	172.5	180	-185			180	422.5	270.01975
Paul Butts	47	M-45	90	90	0.6384	125	135	-145		135	87.5	92.5	-97.5		92.5	142.5	155	162.5			162.5	390	248.976
Spencer Stevens	49	M-45	89.8	90	0.6391	147.5	160.5	162.5		162.5	77.5	82.5	-87.5		82.5	170	-177.5	177.5			177.5	422.5	270.01975
Alex Pronchuk	24	M-J	99.2	100	0.6106	215	230	240		240	142.5	150	155		155	260	280	290.5	-305		290.5	685.5	418.5663
Michael Matheson	26	M-O	96.3	100	0.6183	-145	0			0	-95	0	0		0	0	0				0	0	0
Andrew Greenidge	26	M-O	99.9	100	0.6088	190	200	210		210	130	140	-150		140	240	255	270			270	620	377.456
Joel de Souza	29	M-O	94.9	100	0.6223	177.5	-185	185		185	-127.5	-127.5	127.5		127.5	185	197.5	207.5			207.5	520	323.596
Darren Lee	30	M-O	96.9	100	0.6166	152.5	162.5	-170		162.5	107.5	115	-120		115	152.5	175	190			190	467.5	288.2605
Greg Stevens	30	M-O	98.6	100	0.6121	190	195	205		205	115	120	-127.5		120	212.5	220	232.5			232.5	557.5	341.24575
Andrew Harding	35	M-SM	97.9	100	0.6139	132.5	137.5	145		145	90	95	102.5	-110.5	102.5	162.5	172.5	182.5	-201.5		182.5	430	263.977
Warren Carrol	41	M-40	93.3	100	0.6272	190	200	210		210	135	140	147.5		147.5	185	200	215			215	572.5	359.072
Raymond Ly	21	M-J	104.3	110	0.599	155	182.5	-187.5		182.5	100	112.5	-125		112.5	175	195	212.5			212.5	507.5	303.9925
Tyler Collins	24	M-J	108.2	110	0.5916	207.5	217.5	227.5		227.5	130	137.5	-150		137.5	245	260	272.5			272.5	637.5	377.145
Bryce Lokken	28	M-O	108.4	110	0.5912	190	205	-210		205	130	135	-140		135	225	0	0			225	565	334.028
Daniel DeBrocke	28	M-O	107.8	110	0.5923	200	210	217.5		217.5	137.5	142.5	145		145	237.5	245	-252.5			245	607.5	359.82225
Colin Bonneau	69	M-65	109.3	110	0.5897	100	-180.5	180.5		180.5	100	150.5	155	-160	155	100	167.5	-175			167.5	503	296.6191
John Woo	22	M-J	123.6	125	0.5712	227.5	-240	245		245	200	-215	-215		200	227.5	250	272.5	-275		272.5	717.5	409.836
Scott Little	22	M-J	110.9	125	0.587											235	258	-265			258	258	151.446
Glenn Mathieson	31	M-O	124.5	125	0.5703	165	175	182.5		182.5	-122.5	130	135		135	205	217.5	227.5			227.5	545	310.8135
Damien Crouse	16	M-17	158.2	SHW	0.5491	80	87.5	-100		87.5	82.5	87.5	100		100							187.5	102.95625
Angelo Addante	25	M-O	164.5	SHW	0.5459						120	137.5	-150		137.5							137.5	75.06125
Jason Thompson	31	M-O	140.7	SHW	0.5584	212.5	225	235		235	170	180	187.5		187.5	260	275	282.5			282.5	705	393.672

**Military Press**

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McKenna Kozina	17	F-17	47.7	48	1.3305	40	-42.5	42.5		42.5	56.54625
Alex Saretzky	27	M-O	73	75	0.7264	80	85	-87.5		85	61.744
Greg Stevens	30	M-O	98.6	100	0.6121	67.5	75	80		80	48.968
Andrew Harding	35	M-SM	97.9	100	0.6139	45	50	52.5		52.5	32.22975
Angelo Addante	25	M-O	164.5	SHW	0.5459	80	-92.5	-97.5		80	43.672
Des Peddle	45	M-45	155.5	SHW	0.5505	105	110	115		115	63.3075