

100%RAW Powerlifting Federation Canada

2018 War of the Waitlist

December 1st, 2018 Calgary, AB

Sanction 3 Event - Referees in attendance - Herb Veckenstedt (3), Mike Proskow (3), Adam Price (3), Renae Witzaney (3), Erin Matheson (3), Lori McWatters (3), Kari Pearson (1)

Female Full Power

| Name | Age | Div | BWt (Kg) | WtCls (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 | Wilks |
|-----------------------|-----|------|----------|------------|--------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|----------|
| Marthe Henry | 20 | F-J | 58.8 | 60 | 1.1325 | -105 | 105 | 112.5 | | 112.5 | 62.5 | 67.5 | -72.5 | | 67.5 | 127.5 | 135 | -140 | | 135 | 315 | 356.7375 |
| Claudia Lai | 21 | F-J | 58.3 | 60 | 1.1401 | 75 | 80 | 85 | | 85 | 40 | 42.5 | -45 | | 42.5 | 92.5 | 97.5 | 105 | | 105 | 232.5 | 265.0733 |
| Carolyn Gersh | 37 | F-SM | 59.1 | 60 | 1.1281 | -67.5 | 70 | 75 | | 75 | -65 | 65 | 67.5 | | 67.5 | 125 | 132.5 | 140 | | 140 | 282.5 | 318.6883 |
| Erica Navickas | 22 | F-J | 65.8 | 67.5 | 1.0397 | 97.5 | 107.5 | -117.5 | | 107.5 | 60 | 67.5 | -70 | | 67.5 | 107.5 | 117.5 | 127.5 | | 127.5 | 302.5 | 314.5093 |
| Alicia Schurtenberger | 30 | F-O | 67.1 | 67.5 | 1.025 | 75 | 82.5 | 90 | | 90 | 57.5 | 60 | -62.5 | | 60 | 120 | 125 | 130 | | 130 | 280 | 287 |
| Leyla Guliyeva | 38 | F-SM | 65.3 | 67.5 | 1.0455 | 85 | 92.5 | 95 | | 95 | 52.5 | 55 | -57.5 | | 55 | 125 | 135 | -145 | | 135 | 285 | 297.9675 |
| Rachel Ponte | 25 | F-O | 69.2 | 75 | 1.0028 | -75 | 80 | -85 | | 80 | 45 | -50 | -50 | | 45 | 92.5 | 100 | 107.5 | | 107.5 | 232.5 | 233.151 |
| Jessica Hierons | 26 | F-O | 73.4 | 75 | 0.9638 | -105 | 117.5 | 120 | | 120 | 55 | 67.5 | -70 | | 67.5 | 110 | -117.5 | -117.5 | | 110 | 297.5 | 286.7305 |
| Selena Clauson | 49 | F-45 | 69.6 | 75 | 0.9988 | 85 | 92.5 | -95.5 | | 92.5 | 55 | 60 | -62.5 | | 60 | -110 | 117.5 | 125 | | 125 | 277.5 | 277.167 |

Male Full Power/Deadlift Only

| Name | Age | Div | BWt (Kg) | WtCls (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 | Wilks | |
|--------------------|-----|------|----------|------------|--------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|----------|----------|
| Sebastian Vivas | 20 | M-J | 67.1 | 67.5 | 0.7747 | 125 | 137.5 | -145 | | 137.5 | -92.5 | 95 | 102.5 | | 102.5 | 157.5 | 167.5 | 170 | | 170 | 410 | 317.627 | |
| Joe Stockinger | 89 | M-85 | 64.1 | 67.5 | 0.8046 | 112.5 | 117.5 | 122.5 | | 122.5 | 60 | 65 | 70 | | 70 | 160 | 170 | 180 | | 180 | 372.5 | 299.7135 | |
| Jonatan Chinchilla | 17 | M-17 | 74 | 75 | 0.7193 | 115 | 125 | 135 | | 135 | 85 | -100 | -100 | | 85 | 130 | 142.5 | 152.5 | | 152.5 | 372.5 | 267.9393 | |
| Elvin Limpin | 20 | M-J | 73.8 | 75 | 0.7207 | 140 | 147.5 | 160 | | 160 | 82.5 | -90 | -95 | | 82.5 | -175 | 175 | -180 | | 175 | 417.5 | 300.8923 | |
| Kris Linares | 21 | M-J | 74.5 | 75 | 0.7159 | 125 | 127.5 | 135 | | 135 | 105 | -110 | -115 | | 105 | 150 | 165 | 175 | | 175 | 415 | 297.0985 | |
| Tony Nguyen | 31 | M-O | 71.5 | 75 | 0.7375 | 127.5 | 132.5 | 145 | | 145 | 82.5 | 90 | -95 | | 90 | 165 | 175 | -185 | | 175 | 410 | 302.375 | |
| Andy Toro | 21 | M-J | 77.7 | 82.5 | 0.6957 | -192.5 | 195 | 200 | | 200 | 115 | -120 | 120 | | 120 | 205 | 210 | 225 | | 225 | 545 | 379.1565 | |
| Jamin O'Keefe | 29 | M-O | 79 | 82.5 | 0.6882 | 175 | 182.5 | 0 | | 182.5 | 102.5 | 112.5 | -115 | | 112.5 | 192.5 | 200 | 205 | | 205 | 500 | 344.1 | |
| Bob Alexander | 61 | M-60 | 77.9 | 82.5 | 0.6945 | 102.5 | 107.5 | 112.5 | -115 | 112.5 | 55 | 65 | 68 | 70 | 68 | 130 | 137.5 | 140 | -142.5 | | 140 | 320.5 | 222.5873 |
| Tyler Oakenfold | 19 | M-19 | 88.5 | 90 | 0.644 | 132.5 | 140 | 147.5 | | 147.5 | 85 | 92.5 | -95 | | 92.5 | 187.5 | 200 | 207.5 | -245.5 | | 207.5 | 447.5 | 288.19 |
| Daniel Lee | 33 | M-O | 88.8 | 90 | 0.6428 | 182.5 | 192.5 | 200 | | 200 | 110 | 117.5 | 120 | | 120 | 215 | 225 | 227.5 | | 227.5 | 547.5 | 351.933 | |
| Byron Nolan | 45 | M-45 | 88.9 | 90 | 0.6424 | | | | | | | | | | | 192.5 | 215 | 227.5 | -235.5 | | 227.5 | 227.5 | 146.146 |
| Hunter Yagos | 18 | M-19 | 91.1 | 100 | 0.6345 | 157.5 | 170 | 177.5 | | 177.5 | 112.5 | 120 | -122.5 | | 120 | 197.5 | 212.5 | 227.5 | | 227.5 | 525 | 333.1125 | |
| Jaxon Henderson | 22 | M-J | 97.5 | 100 | 0.615 | -142.5 | 0 | 0 | | 0 | 152.5 | 160 | -165 | | 160 | 182.5 | 197.5 | 205 | | 205 | 365 | 224.475 | |
| Jason Power | 29 | M-O | 97 | 100 | 0.6163 | 165 | -175 | -182.5 | | 165 | -117.5 | -122.5 | -122.5 | | 0 | 202.5 | 215 | 227.5 | | 227.5 | 392.5 | 241.8978 | |
| Kevin McDonald | 32 | M-O | 99.4 | 100 | 0.6101 | -185 | -195 | -195 | | 0 | -112.5 | 112.5 | 117.5 | | 117.5 | 175 | 185 | -192.5 | | 185 | 302.5 | 184.5553 | |
| Nick Tumu | 33 | M-O | 97.2 | 100 | 0.6158 | 185 | -192.5 | 197.5 | | 197.5 | 142.5 | -150 | -150 | | 142.5 | 185 | 207.5 | -230 | | 207.5 | 547.5 | 337.1505 | |
| Vaughn Gregory | 34 | M-O | 99.1 | 100 | 0.6108 | 175 | 180 | 190 | | 190 | 137.5 | 142.5 | -145 | | 142.5 | 210 | 220 | 230 | | 230 | 562.5 | 343.575 | |
| Douglas Delainey | 58 | M-55 | 94.4 | 100 | 0.6238 | | | | | | | | | | | 170 | 182.5 | 195 | | 195 | 195 | 121.641 | |
| Brad Bienvenu | 28 | M-O | 106 | 110 | 0.5956 | 192.5 | 207.5 | 217.5 | | 217.5 | 120 | -127.5 | 130 | | 130 | 220 | 235 | 245 | | 245 | 592.5 | 352.893 | |
| Jeff Lastuka | 33 | M-O | 105 | 110 | 0.5976 | 265 | 275 | 280 | | 280 | -170 | 170 | -172.5 | | 170 | 260 | 275 | 290 | | 290 | 740 | 442.224 | |
| Andrew Harding | 37 | M-SM | 106 | 110 | 0.5956 | 112.5 | 122.5 | 132.5 | | 132.5 | 100 | 105 | 110 | | 110 | 180 | 190 | 201.5 | | 201.5 | 444 | 264.4464 | |
| Dan Earle | 58 | M-55 | 107.8 | 110 | 0.5923 | 140 | 152.5 | 165 | | 165 | 100 | -105 | 105 | | 105 | 140 | 150 | 160 | | 160 | 430 | 254.689 | |
| Michael Heartz | 27 | M-O | 122.5 | 125 | 0.5723 | 165 | 177.5 | 185 | | 185 | 127.5 | 135 | 142.5 | | 142.5 | 207.5 | 220 | 232.5 | | 232.5 | 560 | 320.488 | |
| Scott Pagenkopf | 25 | M-O | 156.4 | SHW | 0.55 | 165 | 175 | 185 | | 185 | 130 | -137.5 | 137.5 | | 137.5 | 205 | 217.5 | 227.5 | | 227.5 | 550 | 302.5 | |