

**100%RAW Powerlifting Federation Canada
2019 Grind/Canadian Nationals
Medicine Hat, AB June 22, 2019**

Sanction 3 Event - Referees in attendance - Adam Price (3), Erin Matheson (3), Megan Bain (3), Jeremy Kander (2), Kari Pearson (2), Ally DeWolfe (1), Nora Kish (1), Ted Finkleman (1)

Male Full Power and Single Lift

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	Coeff Score
Ryan Burns	25	M-O	66.1	67.5	0.784	102.5	105.0	110.0		110.0	-65.0	-70.0	70.0		70.0	132.5	135.0	140.0		140.0	320.0	250.94
Dillon Childs	25	M-O	70.7	75.0	0.744	180.0	188.0	195.0	203.0	195.0	100.0	-105.0	-105.0		100.0	195.0	205.0	-212.5		205.0	500.0	371.85
Alex Saretsky	29	M-O	69	75.0	0.758	182.5	192.5	202.5	-216.5	202.5	130.0	137.5	140.0		140.0	205.0	217.5	-227.5		217.5	560.0	424.37
Reilly Steere	30	M-O	72	75.0	0.734	137.5	147.5	155.0		155.0	90.0	95.0	-100.0		95.0	177.5	190.0	-202.5		190.0	440.0	322.83
Andrew Hanson	46	M-45	74.4	75.0	0.717	150.0	160.0	165.0		165.0	120.0	-125.0	-125.0		120.0	125.0	0.0			125.0	410.0	293.81
Nazayh Zanidean	35	M-SM	79.8	82.5	0.684	112.5	122.5	130.0		130.0	67.5	70.0	72.5		72.5	145.0	150.0	155.0		155.0	357.5	244.46
Roy Mitchell	90	M-90	77.8	82.5	0.695						-57.5	60.0	-65.0		60.0	100.0	107.5	112.5		112.5	172.5	119.90
Aidan Turner	15	M-15	86.2	90.0	0.653	-130.0	130.0	-140.0		130.0	85.0	90.0	-92.5		90.0	-150.0	-150.0	150.0		150.0	370.0	241.68
Joseph Roe	24	M-J	86.6	90.0	0.652	175.0	190.0	197.5		197.5	87.5	97.5	-100.0		97.5	210.0	225.0	235.0		235.0	530.0	345.30
Devon Sankey	35	M-SM	87	90.0	0.650	160.0	-170.0	172.5		172.5	90.0	97.5	105.0		105.0	165.0	175.0	190.0		190.0	467.5	303.83
Eldridge Abat	39	M-SM	89.8	90.0	0.639	167.5	177.5	185.0		185.0	117.5	122.5	-127.5		122.5	217.5	230.0	240.0		240.0	547.5	349.91
Justin Weitz	27	M-O	96.1	100.0	0.619	195.0	205.0	-210.0		205.0	120.0	-125.0	-125.0		120.0	200.0	212.5	-217.5		212.5	537.5	332.61
James Phillips	29	M-O	99.4	100.0	0.610	185.0	-190.0	190.0		190.0	130.0	135.0	-140.0		135.0	200.0	210.0	-220.0		210.0	535.0	326.40
Stephen Philpott	33	M-O	95.8	100.0	0.620	127.5	135.0	140.0		140.0	82.5	90.0	-95.0		90.0	155.0	165.0	167.5		167.5	397.5	246.33
Ronald Hagen	45	M-45	99	100.0	0.611	210.0	222.5	227.5	232.5	227.5	-137.5	137.5	145.5	147.5	145.5	227.5	242.5	252.5	-260.5	252.5	625.5	382.24
Jason Haggard	48	M-45	93.9	100.0	0.625	-137.5	145.0	-160.0		145.0	117.5	-135.0	-135.0		117.5	212.5	225.5	235.0	237.5	235.0	497.5	311.14
Shayne Parker	50	M-50	96.9	100.0	0.617	125.0	137.5	-150.0		137.5	102.5	110.0	-120.0		110.0	205.0	215.0	227.5		227.5	475.0	292.89
Douglas Delainey	59	M-55	93.1	100.0	0.628											177.5	187.5	200.0		200.0	200.0	125.58
Arshia Arshadi	26	M-O	105.8	110.0	0.596	160.0	170.0	180.0		180.0	140.0	147.5	-150.0		147.5	212.5	227.5	240.0		240.0	567.5	338.23
Wayne Cormier	56	M-55	110	110.0	0.589						140.0	147.5	-150.5		147.5						147.5	86.80
Anton Zmushka	23	M-J	120.1	125.0	0.575	245.0	260.0	272.5		272.5	172.5	180.0	-185.0		180.0	300.0	-317.5	-322.5		300.0	752.5	432.54
Dorrell Petties-Dahmer	29	M-O	111.4	125.0	0.586	230.0	240.0	250.0		250.0	165.0	170.0	175.0		175.0	325.0	332.5	340.0	345.0	340.0	765.0	448.52
Illya Ivanov	29	M-O	121.4	125.0	0.573						117.5	-127.5	127.5		127.5	182.5	192.5	205.0		205.0	332.5	190.66
Randy Sparks	62	M-60	119.6	125.0	0.575	185.0	197.5	210.0	215.0	210.0	85.0	90.0	-95.0		90.0	192.5	202.5	215.0	-228.0	215.0	515.0	296.33
Wally Schoffer	55	M-55	132.7	140.0	0.564						140.0	-150.0	-152.5		140.0						140.0	78.90
Spence Howson	19	M-19	143.9	SHW	0.557	210.0	220.0	-230.0		220.0	135.0	140.0	-145.0		140.0	240.0	250.0	260.0		260.0	620.0	345.09
Warren Neilson	26	M-O	153	SHW	0.552	207.5	-215.0	-215.0		207.5	-110.0	115.0	-130.0		115.0	210.0	220.0	235.0		235.0	557.5	307.63
Alex McLeod	29	M-O	145.7	SHW	0.556	170.0	195.0	-200.0		195.0	105.0	122.5	-125.0		122.5	190.0	215.0	-217.5		215.0	532.5	295.86
Russell Peel	39	M-SM	155.4	SHW	0.551	255.0	267.5	272.5		272.5	185.0	195.0	-201.0		195.0	275.0	285.0	290.0		290.0	757.5	417.00

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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	Coeff Score
McKenna Kozina	19	F-19	46.7	48.0	1.351	92.5	97.5	103.0		103.0	52.5	57.5	60.5	-64.5	60.5	95.0	-105.0	-105.0		95.0	258.5	349.26
Jill Keilty	45	F-45	47.5	48.0	1.335	50.0	55.0	57.5		57.5	50.0	-55.0	55.0	-58.5	55.0	72.5	82.5	90.0		90.0	202.5	270.26
Rylea Yanke	22	F-J	48.8	52.0	1.308	72.5	77.5	-80.0		77.5	60.0	62.5	-65.0		62.5	87.5	95.0	-100.0		95.0	235.0	307.45
Marcella Fortini Cameron	52	F-50	49.7	52.0	1.291	80.0	85.0	-87.5		85.0	55.0	-57.5	-57.5		55.0	97.5	105.5	-107.5		105.5	245.5	316.82
Skylar Yanke	25	F-O	55	56.0	1.193	112.5	117.5	120.0		120.0	72.5	78.0	-80.0		78.0	135.0	140.0	142.5		142.5	340.5	406.32
Rayelle Smith	18	F-19	56.3	60.0	1.172	72.5	80.0	87.5	92.5	87.5	52.5	-55.5	55.5	-60.5	55.5	105.0	112.5	-117.5		112.5	255.5	299.37
Terra MacKeigan	31	F-O	58	60.0	1.145	110.0	115.0	-125.0		115.0	55.0	57.5	-60.0		57.5	117.5	122.5	-130.0		122.5	295.0	337.69
Mattea Ahlijah	13	F-13	67.5	67.5	1.021	60.0	65.0	70.0		70.0	32.5	35.0	37.5	40.5	37.5	87.5	95.0	100.5		100.5	208.0	212.28
Mary Jane Gascon	21	F-J	67.1	67.5	1.025	82.5	85.0	92.5		92.5	37.5	40.0	-45.0		40.0	82.5	95.0	102.5		102.5	235.0	240.88
Rachelle Forget	24	F-J	66.6	67.5	1.031	120.0	130.0	138.5	140.5	138.5	62.5	67.5	-70.0		67.5	142.5	152.5	163.5		163.5	369.5	380.81
Abby Hall	24	F-J	62.6	67.5	1.079	130.0	138.0	140.0	141.0	140.0	82.5	85.5	87.5		87.5	152.5	163.0	-165.0		163.0	390.5	421.43
Andrea Melito	28	F-O	66.4	67.5	1.033	137.5	147.5	-155.5		147.5	67.5	70.0	-72.5		70.0	135.0	145.0	150.0		150.0	367.5	379.55
Chelsey Morck	29	F-O	64.3	67.5	1.058	100.0	-105.0	-107.5		100.0	47.5	-52.5	-52.5		47.5	-105.0	-105.0	105.0		105.0	252.5	267.04
Anna Quijada	30	F-O	67.4	67.5	1.022	115.0	122.5	127.5		127.5	60.0	62.5	-67.5		62.5	127.5	140.0	-142.5		140.0	330.0	337.16
Leah Cameron	26	F-O	71.6	75.0	0.980	145.0	152.5	163.0		163.0	82.5	-87.5	-87.5		82.5	157.5	168.0	-172.5		168.0	413.5	405.11
Jessica Hierons	27	F-O	71.6	75.0	0.980	110.0	120.0	125.0		125.0	62.5	67.5	72.5		72.5	120.0	125.0	137.5		137.5	335.0	328.20
Jelena Dyck	30	F-O	73	75.0	0.967	97.5	-102.5	-102.5		97.5	62.5	-65.0	-65.0		62.5	122.5	125.0	127.5		127.5	287.5	278.07
Danielle MacInnis-Tanner	34	F-O	72.7	75.0	0.970	-117.5	127.5	-135.0		127.5	67.5	72.5	-75.0		72.5	117.5	127.5	-135.0		127.5	327.5	317.61
Selena Clauson	50	F-50	71.5	75.0	0.981	85.0	95.0	-100.0		95.0	55.0	57.5	-62.5		57.5	107.5	117.5	-122.5		117.5	270.0	264.76
Lynne Courtnage-Coolen	60	F-60	73.5	75.0	0.963	90.0	113.5	115.0	-120.0	115.0	40.0	42.5	45.5	47.5	45.5	110.0	130.0	-140.5		130.0	290.5	279.72
Laura Berreth	32	F-O	77.3	82.5	0.933	62.5	72.5	77.5		77.5	47.5	52.5	57.5		57.5	100.0	112.5	125.0		125.0	260.0	242.66
Lisa Gervais	32	F-O	81.6	82.5	0.905	172.5	180.0	185.5		185.5	100.0	105.0	107.5	-110.0	107.5	165.0	175.0	185.0		185.0	478.0	432.69
Kathleen MacDonald	41	F-40	81	82.5	0.909	137.5	146.0	150.0		150.0	70.0	77.5	80.0		80.0	142.5	152.5	155.0		155.0	385.0	349.89
Sheryl Malinowski	44	F-40	85.8	90.0	0.883	125.0	135.0	140.0		140.0	75.0	-85.0	-85.0		75.0	155.0	-160.0	-160.0		155.0	370.0	326.56
Roberta Armitage	26	F-O	90.4	90+	0.863	85.0	90.0	92.5		92.5	55.0	57.5	60.0		60.0	92.5	97.5	102.5		102.5	255.0	219.94
Sarah Skinner	31	F-O	152.1	90+	0.769	90.0	-97.5	97.5		97.5	62.5	67.5	-72.5		67.5	90.0	97.5	105.0		105.0	270.0	207.66
Cherisse Martineau	37	F-SM	99.9	90+	0.833	137.5	145.0	152.5		152.5	65.0	70.0	75.0		75.0	160.0	170.0	-178.0		170.0	397.5	331.04
Melanie Perron	43	F-40	127.9	90+	0.791	132.5	135.0	137.5	140.0	137.5	72.5	-75.0	75.0		75.0	-152.5	152.5	-155.0		152.5	365.0	288.61