

2013 Western Canadian Open
Calgary, AB

Lifter	Place	Flight	Category	M/F	Age Group	Weight Class	Actual Weight	Squat 1	Squat 2	Squat 3	Squat 4	SQ Total	Bench 1	Bench 2	Bench 3	Bench 4	BP Total	Subtotal	Dead 1	Dead 2	Dead 3	Dead 4	DL Total	Meet Total	Coef	Coef Total
Jill Keilty	1	1	Bench Only	F	Sub Mas	52	51.7					0	55	60	-62.5		60	60					0	60	0.9809	58.854
Marcella Cameron	1	1	Bench Only	F	M 45-49	52	52					0	45	-52.5	-52.5		45	45					0	45	0.9731	43.7895
Agi Veckenstedt	1	1	Bench Only	F	M 45-49	56	54.2					0	35	-37.5	37.5	-40	37.5	37.5					0	37.5	0.939	35.2125
Alex Sartetsky	1	1	Bench Only	M	Junior 2C	67.5	66.3					0	117.5	122.5	-130		122.5	122.5					0	122.5	0.7385	90.46625
Rena Witzany	1	1	Bench Only	F	Sub Mas	75	74.6					0	65	-70	-70		65	65					0	65	0.7258	47.177
Eldridge Abat	1	1	Bench Only	M	Open 25	90	89.7					0	130	135	-140		135	135					0	135	0.5879	79.3665
Garner Blieske	1	1	Bench Only	M	M 40-44	100	93.9					0	137.5	145	150		150	150					0	150	0.5729	85.935
Herb Veckenstedt	1	1	Bench Only	M	M 45-49	100	97					0	115	122.5	-132.5		122.5	122.5					0	122.5	0.563	68.9675
Mike Proskow	2	1	Bench Only	M	M 45-49	100	99.5					0	112.5	115	117.5	-120	117.5	117.5					0	117.5	0.5556	65.283
James Tvorek	1	1	Bench Only	M	Open 25	110	108					0	92.5	102.5	110	-117.5	110	110					0	110	0.5391	59.301
John Giffen	1	1	Bench Only	M	M 40-44	125	119.4					0	220	-230.5	230.5	-235	230.5	230.5					0	230.5	0.5276	121.6118
Gord Walker	1	1	Bench Only	M	M 45-49	125	120.3					0	145	155	-165		155	155					0	155	0.5268	81.654
Scott Campbell	1	1	Bench Only	M	M 40-44	140	133.9					0	175	185	195	-200	195	195					0	195	0.5104	99.528
Blair Fisher	1	1	Bench Only	M	M 50-54	140	136.6					0	115	125	130	-132.5	130	130					0	130	0.5072	65.936
Addison Price	1	2	Deadlift Only	F	Youth 11 F44		31.4					0					0	0	20	25	-27.5		25	25	#N/A	#N/A
Ara Price	1	2	Deadlift Only	F	Youth 11 F44		19.7					0					0	0	35	45	50		50	50	#N/A	#N/A
Mattea Ahijah	1	2	Deadlift Only	F	Youth 11 F44		30.2					0					0	0	20	-25	25		25	25	#N/A	#N/A
Crystal Grimsen	1	3	Full Power	F	Open 25	48	46.3	60	65	-67.5		65	42.5	47.5	-52.5		47.5	112.5	72.5	82.5	-95		82.5	195	#N/A	#N/A
Jill Keilty	1	3	Deadlift Only	F	Sub Mas	52	51.7					0					0	0	80	85	90	95	95	95	0.9809	93.1855
Alex Saretzky	1	3	Deadlift Only	M	Junior 2C	67.5	66.3					0					0	0	167.5	177.5	185		185	185	0.7385	136.6225
Cole Robinson	1	3	Full Power	M	Open 25	90	88.5	170	182.5	190		190	155	-160	-162.5		155	345	210	220	227.5		227.5	572.5	0.5916	338.691
Andrew Hanson	1	3	Full Power	M	M 40-44	100	99	155	167.5	170		170	110	120	-122.5		120	290	190	205	-220		205	495	0.5568	275.616
Mike Proskow	1	3	Deadlift Only	M	M 45-49	100	99.5					0					0	0	142.5	147.5	160		160	160	0.5556	88.896
Andrew Harding	1	3	Full Power	M	Special C	110	102.9	130	140	150	-155.5	150	90	100	-110.5		100	250	175	185	195	205.5	205.5	455.5	0.5485	249.84175
James Tvorek	1	3	Deadlift Only	M	Open 25	110	108					0					0	0	135	147.5	160		160	160	0.5391	86.256
Colin Bonneau	1	3	Full Power	M	M 65-69	125	115.3	150	-190	-190		150	140	164	-167.5		164	314	135	190	200		200	514	0.5312	273.0368
Gordon Gallant	1	3	Full Power	M	Open 25	140	133.7	225	240	-252.5		240	170	175	-185		175	415	220	230	247.5		247.5	662.5	0.5109	338.47125
Blair Fisher	1	3	Deadlift Only	M	M 50-54	140	136.6					0					0	0	207.5	235	245	250	250	250	0.5072	126.8
Felicity Chapdelaine	1	3	Full Power	F	Teen 14- F90+		97.4	35	40	-45		40	35	40	-45		40	80	60	70	75	80	80	160	0.6077	97.232
Susan Knight	1	3	Full Power	F	M 40-44 F90+		96.4	107.5	110	120		120	-77.5	-77.5	-77.5		-77.5	42.5	0	0	0		0	42.5	0.6109	25.96325
Eldridge Abat	1	3	Deadlift Only	M	Open 25 and up		89.7					0					0	0	215	220	230		230	230	0.5879	135.217

Strict Curl

Lifter	Place	Flight	Category	M/F	Age Group	Weight Class	Actual Weight	Coef M	Coef F	Coef	Coef Total	Strict Curl 1	Strict Curl 2	Strict Curl 3	Strict Curl 4	Strict Curl Total	Strict Curl Coef
Jill Keilty	1	4	Strict Curl	F	Sub Mas	52	51.7	0	0.9809	0.9809	#REF!	22.3	24.3	26.8	29.3	29.3	28.74037
Marcella Cameron	1	4	Strict Curl	F	M 45-49	52	52	0	0.9731	0.9731	#REF!	22.3	24.3	26.8	29.3	29.3	28.51183
Agi Veckenstedt	1	4	Strict Curl	F	M 45-49	56	54.2	0	0.939	0.939	#REF!	19.3	21.8	24.3	-24.8	24.3	22.8177
Rena Witzany	1	4	Strict Curl	F	Sub Mas	75	74.6	0	0.7258	0.7258	#REF!	29.3	31.8	-35.8		31.8	23.08044
Garner Blieske	1	4	Strict Curl	M	M 40-44	100	93.9	0.5729	0	0.5729	#REF!	56.8	61.8	-64.3		61.8	35.40522
Herb Veckenstedt	1	4	Strict Curl	M	M 45-49	100	97	0.563	0	0.563	#REF!	57.3	61.8	-64.3		61.8	34.7934
Mike Proskow	2	4	Strict Curl	M	M 45-49	100	99.5	0.5556	0	0.5556	#REF!	49.3	51.8	-64.3		51.8	28.78008
Scott Campbell	1	4	Strict Curl	M	M 40-44	140	133.9	0.5104	0	0.5104	#REF!	54.3	61.8	64.3	-66.8	64.3	32.81872

Military Press

Lifter	Place	Flight	Category	M/F	Age Group	Weight Class	Actual Weight	Coef M	Coef F	Coef	Coef Total	Press 1	Press 2	Press 3	Press 4	Press Total	Press Total Coef
Marcella Cameron	1	5	Press	F	M 45-49	52	52	0	0.9731	0.9731	#REF!	25	30	-32.5		30	29.193
Agi Veckenstedt	1	5	Press	F	M 45-49	56	54.2	0	0.939	0.939	#REF!	25	-27.5	-27.5		25	23.475
Garner Blieske	1	5	Press	M	M 40-44	100	93.9	0.5729	0	0.5729	#REF!	55	67.5	-80		67.5	38.67075
Herb Veckenstedt	1	5	Press	M	M 45-49	100	97	0.563	0	0.563	#REF!	80	85	90		90	50.67
James Tvorek	1	5	Press	M	Open 25	110	108	0.5391	0	0.5391	#REF!	62.5	-67.5			62.5	33.69375
Mike Proskow	1	5	Press	M	M 45-49	100	99.5	0.5556	0	0.5556	#REF!	60	67.5	-70		60	