

**100%RAW Powerlifting Federation Canada
2018 Powerhouse Throwdown
Calgary, AB, July 14th 2018**

Sanction 3 Event - Referees in attendance - Kevin Weiss (3), Renae Witzaney (3), Herb Veckenstedt (3), Erin Matheson (3), Lori McWatters (3), Kari Pearson (1), Brett Hansen (1)

Military Press

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Press 1	Press 2	Press 3	Press 4	Best Press	Coeff Score
Andrea Melito	27	F-O	65.7	67.5	1.0408		40	42.5	-45	42.5	44.234
Erin Matheson	27	F-O	66	67.5	1.0374		50	52.5	55	55	57.057
Teresa Lindgren	35	F-SM	72.9	75	0.9681		32.5	37.5	40	40	38.724
Erin Kronstedt	31	F-O	80.9	82.5	0.9094		42.5	47.5	52.5	52.5	47.7435
Vanessa reed	35	F-SM	80.7	82.5	0.9106		32.5	35	-40	35	31.871
Lori McWatters	48	F-45	81.1	82.5	0.9082		35	37.5	40	40	36.328
Dillon Childs	24	M-J	66.9	67.5	0.7766		65	70	-75.5	70	54.362
Reilly Steere	29	M-O	67.2	67.5	0.7738		-60	-60	60	60	46.428
Alex Saretsky	28	M-O	70.1	75	0.7486		75	80	85	85	63.631
Mike Habina	53	M-50	80.1	82.5	0.6822		-75	-75	80	80	54.576
Andrew Harding	30	M-O	104.2	110	0.5992		45	50	55	55	32.956
Chris Caleffi	34	M-O	107	110	0.5937	-110.5	-110.5	-110.5		0	0
Russell Peel	38	M-SM	152.9	SHW	0.5518	105	112.5	116.5	120	116.5	64.2847

Strict Curl

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Curl 1	Curl 2	Curl 3	Curl 4	Best Curl	Coeff Score	
McKenna Kozina	18	F-19	44.3	48	1.4017		25.5	27.5	30	-32.5	30	42.051
Teresa Lindgren	35	F-SM	72.9	75	0.9681		22.5	27.5	30		30	29.043
Vanessa reed	35	F-SM	80.7	82.5	0.9106		30	32.5	35.5	-36.5	35.5	32.3263
Lori McWatters	48	F-45	81.1	82.5	0.9082		31.5	33.5	-35.5		33.5	30.4247
Alex Saretsky	28	M-O	70.1	75	0.7486		60	65	-70		65	48.659
Kory Kozina	37	M-SM	80.6	82.5	0.6795		60	-62.5	-62.5		60	40.77
Spencer Stevens	50	M-50	93.2	100	0.6276		-40	-40	40	-41	40	25.104
Allen Marr	63	M-60	96.9	100	0.6166		-55	60	-66		60	36.996
Andrew Harding	30	M-O	104.2	110	0.5992		37.5	41	-44		41	24.5672
Russell Peel	38	M-SM	152.9	SHW	0.5518		-60	65	72	-80	72	39.7296

Bench Rep Challenge

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench Weight	Successful Reps
McKenna Kozina	18	F-19	44.3	48	1.4017	22.5	61
Andrea Melito	27	F-O	65.7	67.5	1.0408	33	42
Erin Matheson	27	F-O	66	67.5	1.0374	33	48
Erin Kronstedt	31	F-O	80.9	82.5	0.9094	40.5	29
Reilly Steere	29	M-O	67.2	67.5	0.7738	67.5	14
Alex Saretsky	28	M-O	70.1	75	0.7486	70.5	21
Spencer Stevens	50	M-50	93.2	100	0.6276	47	17
Allen Marr	63	M-60	96.9	100	0.6166	97	17
Andrew Harding	30	M-O	104.2	110	0.5992	52.1	27

Tandem Deadlift

Team Name	Lifter A Wilks	Lifter B Wilks	Avg Wilks Coefficient	DL1	DL2	DL3	DL4	Max DL	Max Wilks DL
Andrea and Anna	1.0408	0.9806	1.0107	227.5	250	285	295	285	288.0495
Spencer and Andrew	0.6276	0.5992	0.6134	340	360	380	-	360	220.824
Alex and Brandon	0.7486	0.7367	0.74265	390	430	455	465	455	337.90575
Adam and Barrett	0.5788	0.6282	0.6035	440	470	500	520	500	301.75