

**2013 IPA WESTSIDE INVITATIONAL**  
**PRO OPEN POWERLIFTING CHAMPIONSHIPS**

**BEST SQUAT, BENCH AND DEAD LIFT BY COEFFICIENT**

**BEST SQUAT BY COEFFICIENT**

DAVID HOFF	1210 LB. SQUAT	633.919
RHETA WEST	625 LB. SQUAT	489.1875

**BEST BENCH BY COEFFICIENT**

DAVID HOFF	975 LB. BENCH	510.8025
LAURA PHELPS-SWEATT	520 LB. BENCH	350.01

**BEST DEAD LIFT BY COEFFICIENT**

NICKIE ANDERSON	500 LB. DL	362.9
JAKE ANDERSON	875 LB. DL	438.1125

**BEST OVERALL MAN AND WOMAN BY COEFFICIENT**

**BEST WOMAN**

LAURA PHELPS-SWEATT

720 LB. SQUAT, 520 LB. BENCH, 500 LB. DL, 1740 LB. TOTAL

**BEST MAN**

DAVID HOFF

1210 LB. SQUAT, 975 LB. BENCH, 820 LB. DEAD LIFT, 3005 LB. TOTAL