

2016 IPA LIFT FOR DREAMS

September 10, 2016

Virtus Institute

Greensburg, Pennsylvania

DIVISION	SUBDIVISION	WT CLASS	NAME	SQUAT	BENCH	DEADLIFT	TOTAL	BWT
WOMEN'S DIVISIONS - FULL POWER								
AM RAW	TEEN (14-15)	181	JULIA SHIFKO	150	85	170	405	168.5
AM RAW	SUBMASTER	148	CHRISTINE PUDOWKIN	240	145	270	655	142.3
WOMEN'S DIVISIONS - IRON MAN								
AM RAW	OPEN	165	LAUREN GREEN	0	150	405	555	162.9
MEN'S DIVISIONS - FULL POWER								
AM RAW	TEEN (16-17)	132	ELI MORRISON	355	265	390	1010	129
AM RAW	TEEN (16-17)	165	ISAAH MORROW	305	200	405	910	160.7
PRO RAW	TEEN (18-19)	220	NOAH MILLER	500	300	535	1335	214.3
AM RAW	JUNIOR	148	CHRISTIAN LABASH	360	225	415	1000	147
AM RAW	JUNIOR	165	JACOB SHAWLEY	380	260	440	1080	160.3
AM RAW	JUNIOR	275	TODD MARTIN	440	360	440	1240	260.1
AM RAW	OPEN	165	CHRIS MASON	410	280	585	1275	164.6
AM RAW	OPEN	181	MICAH METZ	515	325	525	1365	176.2
AM RAW	MASTER (65-69)	275	FRED FISCHER	445	285	450	1180	270.3
AM EQUIPPED	OPEN	181	CODY WHITLOW	425	275	500	1200	177.3
AM EQUIPPED	OPEN	275	BRANDON NIST	620	410	560	1590	265.7
PRO RAW	OPEN	198	JOE STEEL	635	400	650	1685	196.7
PRO RAW	OPEN	242	JUSTIN HERDER	665	420	650	1735	239.5
PRO RAW	OPEN	275	LARRY YAFCHAK	515	440	665	1620	266.6
PRO RAW	MASTER (40-44)	SHW	CORY CARBAUGH	600	375	455	1430	343.8
PRO EQUIPPED	OPEN	242	JIM JONES	800	540	660	2000	232.4
PRO EQUIPPED	OPEN	242	DALE MCCULLY	480	340	540	1360	237.7
PRO EQUIPPED	OPEN	242	JOHN POWERS	575	295	475	1345	235.1
BLUE NUMBERS INDICATE AN IPA WORLD RECORD								

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MEN'S DIVISIONS - BENCH ONLY								
AM RAW	OPEN	181	JACOB WILLIAMS	0	415	0	415	175.3
AM RAW	OPEN	308	MARIO GERMANY	0	535	0	535	297.2
PRO RAW	OPEN	198	TIM LEWIS	0	425	0	425	196.1
PRO RAW	MASTER (50-54)	181	RICHARD KEEBLER	0	300	0	300	179.3
PRO RAW	MASTER (40-44)	242	BRIAN PAVLACK	0	425	0	425	240.6
MEN'S DIVISIONS - DEADLIFT ONLY								
AM RAW	TEEN (14-15)	114	MARC BOSNYAK	0	0	80	80	44
AM RAW	TEEN (18-19)	198	SHANE MILLER	0	0	525	525	197.8
AM EQUIPPED	MASTER (40-44)	165	ROBERT GREGORY	0	0	500	500	155.3
<i>BLUE NUMBERS INDICATE AN IPA WORLD RECORD</i>								