

SOUTH DAKOTA HIGH SCHOOL STATE POWERLIFTING MEET

MARCH 5, 2011

TEAM RESULTS	
TEAM	SCORE
MADISON	60
O'GORMAN	41
DELL RAPIDS	26

PARTICIPATING SCHOOLS	
MADISON	48
O'GORMAN	28
LINCOLN	13
DELL RAPIDS	12
ROOSEVELT	9
BRANDON VALLEY	8
WATERTOWN	5
YANKTON	5
MITCHELL	3
CHAMBERLAIN	3
	134

TOTAL LIFTERS AT STATE MEET	
BOYS	112
GIRLS	22
	134

OUTSTANDING FEMALE LIFTER
MALORIE MCCARTHY-MADISON
OUTSTANDING MALE LIFTER
MATHEW HOADLEY-MADISON
STRENGTH COACH OF THE YEAR
CASEY RAAEN-O'GORMAN

NEW STATE POWERLIFTING MEET RECORDS					
NAME	SCHOOL	CLASS	LIFT	NEW RECORD	OLD RECORD

2011 SOUTH DAKOTA HIGH SCHOOL STATE POWERLIFTING MEET

School	Name	Grade	Body		Squat	Bench	Sub- Total	Dead Lift	TOTAL	Co-eff.	Place
			Weight	Class							
Madison	McCarthy, Malorie	12	123	GIRLS	215	115	330	300	630	5.1220	1st
O'Gorman	Lown, Abby	12	127	GIRLS	225	115	340	300	640	5.0394	2nd
Madison	Wire, Haley	11	116.8	GIRLS	195	120	315	250	565	4.8373	3rd
O'Gorman	Raaen, Katelyn	11	151.5	GIRLS	305	105	410	285	695	4.5875	4th
Madison	Wettlaufer, Megan	12	128.8	GIRLS	215	110	325	265	590	4.5807	5th
Madison	Chapin, Rosie	10	90	GIRLS	125	80	205	195	400	4.4444	
Madison	Blom, Laura	11	119	GIRLS	175	110	285	225	510	4.2857	
Madison	Hansen, Haley	9	123	GIRLS	185	105	290	230	520	4.2276	
O'Gorman	Kobernusz, Klarissa	10	134.6	GIRLS	200	85	285	265	550	4.0862	
Madison	Terwilliger, Leslie	10	122	GIRLS	155	120	275	220	495	4.0574	
Madison	Strom, Jessica	12	128	GIRLS	195	90	285	205	490	3.8281	
O'Gorman	Januschka, Kae	12	156	GIRLS	225	125	350	245	595	3.8141	
Watertown	Stoltenburg, Katelyn	12	183	GIRLS	210	140	350	285	635	3.4699	
Lincoln	Sim, Katie	10	145	GIRLS	165	95	260	215	475	3.2759	
Yankton	Mitchell, Abbie	10	183	GIRLS	225	105	330	235	565	3.0874	
O'Gorman	Boese, Sam	11	202	GIRLS	225	120	345	275	620	3.0693	
Dell Rapids	Siemonsma, Kelli	11	137	GIRLS	105	85	190	225	415	3.0292	
Roosevelt	Russell, Lexi	10	156	GIRLS	125	120	245	210	455	2.9167	
Madison	Finck, Lexi	10	129.8	GIRLS	195	135	330	0	330	2.5424	
Madison	Heeren, Tiffany	10	215	GIRLS	160	115	275	260	535	2.4884	
Madison	Pardy, Sam	9	152	GIRLS	155	100	255	0	255	1.6776	
Lincoln	Katsch, Erin	12	185	GIRLS	0	95	95	205	300	1.6216	

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School	Name	Grade	Body	Weight	Squat	Bench	Sub- Total	Dead	TOTAL	Co-eff.	Place
			Weight	Class				Lift			
Madison	Hawkes, Caleb	10	112	114	215	135	350	290	640	5.7143	1st
Madison	Monroe, Johnny	8	114	114	185	125	310	282.5	592.5	5.1974	2nd
Dell Rapids	DeNoon, Jonathon	9	97	114	225	125	350	240	590	6.0825	3rd
Dell Rapids	DeVoon, Matthew	9	90	114	205	115	320	225	545	6.0556	4th
Mitchell	Johnson, Gramm	9	111.8	114	145	120	265	260	525	4.6959	5th
O'Gorman	Schumacher, Greg	7	102.7	114	120	70	190	160	350	3.4080	

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School	Name	Grade	Body	Weight	Squat	Bench	Sub- Total	Dead	TOTAL	Co-eff.	Place
			Weight	Class				Lift			
Madison	Zingmark, Lucas	10	122.8	123	200	165	365	285	650	5.2932	1st
O'Gorman	Wurtz, Joe	11	121.7	123	205	135	340	260	600	4.9302	2nd
O'Gorman	Sammons, Andrew	9	121.9	123	165	160	325	275	600	4.9221	3rd
Dell Rapids	Revelo, Jefferson	12	121.4	123	205	115	320	275	595	4.9012	4th
Madison	Burg, Brandon	9	122	123	210	130	340	250	590	4.8361	5th
O'Gorman	Kontz, Kolin	10	123	123	205	150	355	235	590	4.7967	
Madison	Holbrook, Trevor	10	122.4	123	0	170	170	285	455	3.7173	
O'Gorman	Hollinger, Sam	9	119.8	123	165	0	165	240	405	3.3806	

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School	Name	Grade	Body Weight	Weight Class	Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
Madison	Farfan, Leo	11	129.8	132	315	185	500	350	850	6.5485	1st
Madison	Solis, Marcial	11	130.4	132	295	185	480	330	810	6.2117	2nd
O'Gorman	Donelan, Eion	9	130.9	132	275	175	450	320	770	5.8824	3rd
Dell Rapids	Nichols, Ryan	10	131.4	132	275	205	480	280	760	5.7839	4th
Chamberlain	Powers, Colton	10	128.8	132	205	165	370	285	655	5.0854	5th
Watertown	Danforth, Nathan	11	132	132	190	145	335	290	625	4.7348	
Madison	Jackson, Jones	8	130.4	132	225	165	390	200	590	4.5245	
Madison	Jager, Logan	8	131.6	132	205	115	320	235	555	4.2173	
Madison	Fender, Wyatt	10	130.8	132	0	175	175	315	490	3.7462	
Madison	Green, Matt	9	132	132	0	165	165	325	490	3.7121	

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School	Name	Grade	Body Weight	Weight Class	Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
Madison	Nelson-Long, Andrew	11	147.4	148	415	225	640	405	1045	7.0896	1st
O'Gorman	Holzer, Austin	11	145	148	305	210	515	365	880	6.0690	2nd
Dell Rapids	Van Duyn, Connor	10	148	148	255	195	450	415	865	5.8446	3rd
O'Gorman	Bezeneck, Joey	11	148	148	295	185	480	380	860	5.8108	4th
Chamberlain	Reimn, Brett	10	144.6	148	245	180	425	335	760	5.2559	5th
Brandon Valley	Hosman, Riley	11	146.3	148	255	190	445	305	750	5.1265	
Mitchell	Sadler, Michael	10	145.2	148	255	170	425	320	745	5.1309	
Madison	Gunderson, Gage	11	147.6	148	200	205	405	335	740	5.0136	
Madison	Waba, Jon	12	145	148	245	175	420	315	735	5.0690	
Madison	Schoeberl, Matt	11	147.6	148	250	135	385	340	725	4.9119	
Brandon Valley	Parker, Franklin	11	142	148	205	175	380	285	665	4.5989	
Madison	Giles, Jacob	9	148	148	215	135	350	300	650	4.3919	
O'Gorman	Fichter, Ben	11	142.5	148	230	145	375	260	635	4.3733	
Madison	Callahan, Jacob	8	143.4	148	205	135	340	260	600	4.1841	
O'Gorman	Rasanen, Jesse	10	133.5	148	185	115	300	225	525	3.5569	
Madison	Williams, D'Artist	11	141	148	0	195	195	270	465	3.2979	

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School	Name	Grade	Body Weight	Weight Class	Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
Madison	Hoadley, Mathew	11	163	165	465	300	765	475	1240	7.6074	1st
Roosevelt	Johnson, Spencer	12	159.2	165	335	295	630	480	1110	6.9724	2nd
Dell Rapids	Ljunggren, Dylan	12	165	165	385	300	685	420	1105	6.6970	3rd
O'Gorman	Hermanson, Jordan	11	164.6	165	375	225	600	425	1025	6.2272	4th
Chamberlain	Crawford, Alex	10	161.2	165	375	230	605	415	1020	6.3275	5th
Madison	Page, Tyler	11	162	165	345	255	600	405	1005	6.2037	
Mitchell	Heltinger, Micah	9	161.4	165	360	230	590	330	920	5.7001	
Madison	Ricke, Jacob	10	162.2	165	385	175	560	350	910	5.6104	
Madison	Heffern, Austin	12	164.2	165	315	185	500	405	905	5.5116	
Lincoln	Quintanilla, Caden	9	151	165	325	180	505	325	830	5.4967	
Lincoln	Wagner, Matt	9	157.5	165	315	200	515	315	830	5.2698	
Brandon Valley	Christopherson, Bryce	12	162	165	245	210	455	375	830	5.1235	
Dell Rapids	Carpenter, Brandon	11	158	165	305	155	460	365	825	5.2215	
O'Gorman	Kallhoff, Bryce	10	164.6	165	250	195	445	275	720	4.3742	
Yankton	Folkers, Brandon	11	154	165	245	145	390	310	700	4.5455	
O'Gorman	Pearson, Brett	9	165	165	155	135	290	245	535	3.2424	
Madison	McComish, Michael	10	163.4	165	0	205	205	325	530	3.2436	
O'Gorman	Balzer, Brad	8	162	165	125	110	235	200	435	2.6852	
O'Gorman	Kobernusz, Logan	7	158.5	165	130	75	205	185	390	2.4606	

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School	Name	Grade	Body Weight	Weight Class	Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
O'Gorman	Donelan, Flynn	11	169	181	405	300	705	455	1160	6.8639	1st
Madison	Mogek, Derek	12	174.6	181	435	225	660	420	1080	6.1856	2nd
Madison	Cudmore, Cody	12	172.4	181	365	275	640	420	1060	6.1485	3rd
Watertown	Anderson, Cyler	10	176	181	295	215	510	395	905	5.1420	4th
Dell Rapids	Anderson, Jon	10	179.4	181	285	185	470	365	835	4.6544	5th
Madison	Gorry, Chris	11	170.6	181	315	175	490	325	815	4.7773	
Lincoln	DeCosse, Ethan	10	173.5	181	275	190	465	295	760	4.3804	
Roosevelt	Hennings, Tanner	9	178	181	230	170	400	325	725	4.0730	
Roosevelt	Haffield, Justin	9	181	181	250	160	410	300	710	3.9227	

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School	Name	Grade	Body Weight	Weight Class	Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
Dell Rapids	Schwebach Greg	12	196	198	430	250	680	505	1185	6.0459	1st
O'Gorman	Eisenminger, Ted	11	194	198	445	245	690	485	1175	6.0567	2nd
O'Gorman	Steffl, Nic	10	196.5	198	425	245	670	450	1120	5.6997	3rd
Brandon Valley	Mohlencamp, Cody	10	194.2	198	365	285	650	415	1065	5.4840	4th
Madison	Finck, Jordan	12	185.4	198	385	225	610	450	1060	5.7174	5th
Roosevelt	Powell, Andy	11	190.4	198	350	295	645	405	1050	5.5147	
Lincoln	Halvorson, Jon	12	187.5	198	345	265	610	410	1020	5.4400	
Brandon Valley	Murren, Leland	11	190	198	350	235	585	415	1000	5.2632	
Madison	Olson, Aric	11	195	198	345	215	560	405	965	4.9487	
Watertown	Rasmussen, Brandon	12	192	198	320	215	535	405	940	4.8958	
O'Gorman	Lenz, Nate	10	195.1	198	325	205	530	405	935	4.7924	
Yankton	Tieszen, Wilson	11	198	198	365	220	585	350	935	4.7222	
Watertown	Fryer, Seth	10	198	198	295	235	530	325	855	4.3182	
Madison	Milne, Rush	9	187	198	285	155	440	405	845	4.5187	
Madison	Pitts, Austin	12	195	198	275	195	470	365	835	4.2821	
Brandon Valley	Uher, Tim	10	192	198	205	145	350	345	695	3.6198	
Madison	Booth, Brandon	11	193.6	198	0	230	230	455	685	3.5382	
O'Gorman	Kueter, Max	10	192	198	230	170	400	250	650	3.3854	
O'Gorman	Lauret, Bailey	8	196.5	198	225	110	335	300	635	3.2316	
Lincoln	Rezeboom, Levi	9	195.8	198	0	195	195	365	560	2.8601	
Lincoln	Schultz, Dan	11	198	198	300	0	300	0	300	1.5152	

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			Weight	Class							
Roosevelt	Kappman, Caleb	12	203.2	220	540	340	880	585	1465	7.2096	1st
O'Gorman	Reichelt, Michael	10	211.5	220	555	355	910	520	1430	6.7612	2nd
Dell Rapids	Elverson, John	12	214.4	220	415	295	710	525	1235	5.7603	3rd
Roosevelt	Wessel, John	10	208.2	220	390	220	610	455	1065	5.1153	4th
Lincoln	Long, Zach	10	201	220	375	270	645	415	1060	5.2736	5th
Madison	Thames, Austin	10	217	220	375	235	610	405	1015	4.6774	
Lincoln	Burks, Antonio	11	208	220	320	260	580	360	940	4.5192	
Lincoln	Reimnitz, Blake	12	208	220	330	215	545	350	895	4.3029	

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School	Name	Grade	Body Weight		Squat	Bench	Sub-Total	Dead Lift	TOTAL	Co-eff.	Place
			Weight	Class							
Roosevelt	Letcher, Dylan	10	265	HWT	500	335	835	465	1300	4.9057	1st
Lincoln	Singleton, DJ	11	307	HWT	480	295	775	460	1235	4.0228	2nd
Brandon Valley	Lee, Caleb	12	221.3	HWT	475	315	790	395	1185	5.3547	3rd
Madison	Johnson, Tyler	11	257	HWT	385	285	670	465	1135	4.4163	4th
Madison	Jones, Ayson	10	230	HWT	445	235	680	425	1105	4.8043	5th
Madison	Lovro, Ryan	12	231	HWT	405	285	690	415	1105	4.7835	
Lincoln	Denney, Logan	11	234	HWT	365	295	660	385	1045	4.4658	
O'Gorman	Fogas, Sam	11	226.5	HWT	355	235	590	445	1035	4.5695	
Yankton	Soalek, Ty	11	276	HWT	365	250	615	410	1025	3.7138	
Madison	Bloom, Taylor	12	232	HWT	360	255	615	385	1000	4.3103	
Yankton	Knodel, Brady	11	251	HWT	365	225	590	410	1000	3.9841	
Roosevelt	Lembcke, Jack	9	271	HWT	315	255	570	415	985	3.6347	
Madison	Landeen, Derek	11	265.2	HWT	340	195	535	415	950	3.5822	
Dell Rapids	Nebben, Peter	10	270	HWT	325	225	550	385	935	3.4630	
Brandon Valley	Muller, Brad	10	236.2	HWT	195	160	355	300	655	2.7731	