



Meet Name: 2011 Orchard AAU Powerlifting Meet

Location: Orchard High School Orchard, NE

Meet Date: 02-Apr-11

Director: Jeff Shabram

Wt Class	Name	Age	City, State	Division	Squat		Bench		DeadLift		Total	
					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Female Raw Powerlifting												
066	Alli Mitchell	7	South Greenfield,	Teen	27.50	60.50	20.00	44.00	47.50	104.50	95.00	209.25
105	Ashley Cooper	12	Orchard, NE	Teen	40.00	88.00	25.00	55.00	62.50	137.75	127.50	281.00
114	Alisa Hrbek	14	Verdigre, NE	Teen	55.00	121.25	37.50	82.50	85.00	187.25	177.50	391.25
	Emily Knust	11	Verdigre, NE	Teen	40.00	88.00	25.00	55.00	65.00	143.25	130.00	286.50
123	Briana Stelling	13	Orchard, NE	Teen	67.50	148.75	32.50	71.50	92.50	203.75	192.50	424.25
	Rachel Dather	13	Verdigre, NE	Teen	55.00	121.25	27.50	60.50	72.50	159.75	155.00	341.50
148	Ashley Charron	17	Columbus, NE	Teen	72.50	159.75	42.50	93.50	117.50	259.00	232.50	512.50
	Autumn Sikes	17	Burwell, NE	Teen	87.50	192.75	40.00	88.00	90.00	198.25	217.50	479.50
	Autumn Sikes	17	Burwell, NE	Open	87.50	192.75	40.00	88.00	90.00	198.25	217.50	479.50
165	Rachael Schacht	17	Orchard, NE	Teen	55.00	121.25	35.00	77.00	112.50	248.00	202.50	446.25
	Monique Herley	16	Clearwater, NE	Teen	57.50	126.75	35.00	77.00	102.50	225.75	195.00	429.75
181	Sarah Twibell	16	Orchard, NE	Teen	87.50	192.75	50.00	110.00	125.00	275.50	262.50	578.50
	Kaci Schacht	13	Orchard, NE	Teen	65.00	143.25	40.00	88.00	92.50	203.75	197.50	435.25
UNL	Taylor Brandt	17	Royal, NE	Teen	80.00	176.25	52.50	115.50	112.50	248.00	245.00	540.00
Female Equipped Powerlifting												
148	Kelsey Knust	16	Verdigre, NE	Teen	97.50	214.75	45.00	99.00	105.00	231.25	247.50	545.50



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Male Raw Powerlifting												
066	Caden Hale	9	Sutherland, IA	Teen	32.50	71.50	22.50	49.50	50.00	110.00	105.00	231.25
077	Creston Bertschinger	11	Orchard, NE	Teen	47.50	104.50	30.00	66.00	77.50	170.75	155.00	341.50
105	Jagger Smith	13	Orchard, NE	Teen	70.00	154.25	42.50	93.50	100.00	220.25	212.50	468.25
114	Darren Mitchell	11	South Greenfield,	Teen	77.50	170.75	37.50	82.50	87.50	192.75	202.50	446.25
123	Tyler Mares	16	Burwell, NE	Teen	120.00	264.50	67.50	148.75	135.00	297.50	322.50	710.75
	Spencer Volden	14	Orchard, NE	Teen	115.00	253.50	55.00	121.25	135.00	297.50	305.00	672.25
132	Dillon Hain	16	Paullina, IA	Teen	87.50	192.75	72.50	159.75	120.00	264.50	280.00	617.25
	Marcus Atkinson	15	Primghar, IA	Teen	85.00	187.25	65.00	143.25	120.00	264.50	270.00	595.00
	Tate Schutt	15	Orchard, NE	Teen	65.00	143.25	42.50	93.50	105.00	231.25	212.50	468.25
	Zach Benson	9	Volga, SD	Teen	55.00	121.25	40.00	88.00	75.00	165.25	170.00	374.75
148	Daniel Patterson	16	Paullina, IA	Teen	90.00	198.25	62.50	137.75	127.50	281.00	280.00	617.25
	Patrick Wubben	14	Primghar, IA	Teen	95.00	209.25	67.50	148.75	112.50	248.00	275.00	606.25
	Jackson Cassidy	15	Royal, NE	Teen	62.50	137.75	57.50	126.75	137.50	303.00	257.50	567.50
	Alex Hart	14	Lynch, NE	Teen	65.00	143.25	52.50	115.50	102.50	225.75	220.00	485.00
	Cody McGhghy	20	Bridgeport, NE	Open	130.00	286.50	85.00	187.25	157.50	347.00	372.50	821.00
165	Brady Zimmerer	16	Verdigre, NE	Teen	127.50	281.00	72.50	159.75	157.50	347.00	357.50	788.00
	Lance Vakoc	16	Verdigre, NE	Teen	117.50	259.00	70.00	154.25	145.00	319.50	332.50	733.00
	Kody Nelson	16	Sutherand, IA	Teen	100.00	220.25	90.00	198.25	142.50	314.00	332.50	733.00
	Colten Huckaby	15	Sutherland, IA	Teen	107.50	236.75	70.00	154.25	140.00	308.50	317.50	699.75
	Jordan Beebout	21	North Platte, NE	Open	160.00	352.50	140.00	308.50	182.50	402.25	482.50	1063.50
181	Eli Schreier	16	Verdigre, NE	Teen	135.00	297.50	77.50	170.75	182.50	402.25	395.00	870.75
	Austin Sweeney	17	Sutherland, IA	Teen	122.50	270.00	87.50	192.75	170.00	374.75	380.00	837.50
	Kenny McClellan	17	Clearwater, NE	Teen	115.00	253.50	82.50	181.75	162.50	358.00	360.00	793.50
	Ty Hahlbeck	15	Ewing, NE	Teen	102.50	225.75	52.50	115.50	140.00	308.50	295.00	650.25
	Travis Hohbach	13	Paullina, IA	Teen	82.50	181.75	55.00	121.25	100.00	220.25	237.50	523.50
	Adam Marshall	23	Kearney, NE	Open	157.50	347.00	110.00	242.50	192.50	424.25	460.00	1014.00
198	Garrett Hohbach	16	Paullina, IA	Teen	145.00	319.50	97.50	214.75	155.00	341.50	397.50	876.25
	Damian Hess	15	Verdigre, NE	Teen	132.50	292.00	75.00	165.25	167.50	369.25	375.00	826.50
	Seth Sabata	14	Columbus, NE	Teen	115.00	253.50	75.00	165.25	157.50	347.00	347.50	766.00
	Bryan McGhghy	15	Bridgeport, NE	Teen	110.00	242.50	62.50	137.75	142.50	314.00	315.00	694.25
	Caleb Wiggins	19	Bridgeport, NE	Open	195.00	429.75	97.50	214.75	230.00	507.00	522.50	1151.75
220	Andrew Huffman	17	Lincoln, NE	Teen	202.50	446.25	115.00	253.50	192.50	424.25	510.00	1124.25
	Jared Hrbek	19	Verdigre, NE	Teen	155.00	341.50	105.00	231.25	170.00	374.75	430.00	947.75
	Jace Hemenway	16	Clearwater, NE	Teen	122.50	270.00	82.50	181.75	172.50	380.25	377.50	832.00
	Brian Hegert	21	Kearney, NE	Open	297.50	655.75	177.50	391.25	252.50	556.50	727.50	1603.75
	James Watson	30	Lincoln, NE	Open	237.50	523.50	160.00	352.50	250.00	551.00	647.50	1427.25
	Paul van Vuuren	26	Kearney, NE	Open	162.50	358.00	132.50	292.00	230.00	507.00	525.00	1157.25
	Howard Huffman	55	Lincoln, NE	Open	180.00	396.75	122.50	270.00	212.50	468.25	515.00	1135.25
	Adam Olson	22	Atkinson, NE	Open	0.00	0.00	0.00	0.00	202.50	446.25	0.00	0.00
242	Will Friedrichsen	16	Sutherland, IA	Teen	122.50	270.00	100.00	220.25	190.00	418.75	412.50	909.25
	Gage McCollum	15	Columbus, NE	Teen	102.50	225.75	95.00	209.25	142.50	314.00	340.00	749.50
	Cole Kopejtka	13	Verdigre, NE	Teen	97.50	214.75	50.00	110.00	110.00	242.50	257.50	567.50
	Lee Dreyer	34	Lincoln, NE	Open	245.00	540.00	172.50	380.25	240.00	529.00	657.50	1449.50
275	Zac Lund	16	Paullina, IA	Teen	122.50	270.00	105.00	231.25	182.50	402.25	410.00	903.75
	Nick Serr	16	Dannebrog, NE	Teen	127.50	281.00	97.50	214.75	172.50	380.25	397.50	876.25
	Ethan Kopetjka	14	Verdigre, NE	Teen	125.00	275.50	95.00	209.25	172.50	380.25	392.50	865.25
	Daniel Mendoza	16	Clearwater, NE	Teen	110.00	242.50	77.50	170.75	160.00	352.50	347.50	766.00
	Dylan Hamilton	13	Verdigre, NE	Teen	57.50	126.75	50.00	110.00	77.50	170.75	185.00	407.75



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275	Colton Martensen	15	Columbus, NE	Teen	52.50	115.50	40.00	88.00	80.00	176.25	172.50	380.25
308	Joe Hrbek	15	Verdigre, NE	Teen	152.50	336.00	97.50	214.75	192.50	424.25	442.50	975.50
	Dillon Herout	15	Columbus, NE	Teen	115.00	253.50	72.50	159.75	142.50	314.00	330.00	727.50

Male Equipped Powerlifting

097	Westin Trenhaile	10	Volga, SD	Teen	52.50	115.50	32.50	71.50	80.50	177.25	165.50	364.75
132	Tyson Schutt	17	Orchard, NE	Teen	67.50	148.75	45.00	99.00	112.50	248.00	225.00	496.00
148	Michael Beckman	17	Orchard, NE	Teen	147.50	325.00	60.00	132.25	147.50	325.00	355.00	782.50
	Ty Alexander	16	Bloomfield, NE	Teen	97.50	214.75	62.50	137.75	122.50	270.00	282.50	622.75
165	Dominic Lammers	16	Hartington, NE	Teen	160.00	352.50	75.00	165.25	165.00	363.75	400.00	881.75
	Chet Beckmann	16	Center, NE	Teen	125.00	275.50	85.00	187.25	160.00	352.50	370.00	815.50
	Jordan Volden	16	Orchard, NE	Teen	122.50	270.00	55.00	121.25	145.00	319.50	322.50	710.75
	Marco Baro	17	Columbus, NE	Teen	107.50	236.75	67.50	148.75	122.50	270.00	297.50	655.75
	Brenden Johnson	15	Bloomfield, NE	Teen	107.50	236.75	60.00	132.25	122.50	270.00	290.00	639.25
	Dustin Roy	20	Valley, NE	Open	187.50	413.25	115.00	253.50	205.00	451.75	507.50	1118.75
181	Nick Chitwood	16	Gering, NE	Teen	190.00	418.75	137.50	303.00	190.00	418.75	517.50	1140.75
	Jake Mohr	18	Creston, NE	Teen	192.50	424.25	120.00	264.50	185.00	407.75	497.50	1096.75
	Dakota Burgerhoff	16	Bloomfield, NE	Teen	127.50	281.00	90.00	198.25	145.00	319.50	362.50	799.00
	Keith Meyer	18	Orchard, NE	Teen	85.00	187.25	80.00	176.25	145.00	319.50	310.00	683.25
	Nick Chitwood	16	Gering, NE	Open	190.00	418.75	137.50	303.00	190.00	418.75	517.50	1140.75
198	Nate Kroupa	18	Omaha, NE	Teen	227.50	501.50	135.00	297.50	250.00	551.00	612.50	1350.25
	Matt Newman	19	Orchard, NE	Teen	220.00	485.00	110.00	242.50	217.50	479.50	547.50	1207.00
220	Austin Pelc	14	Columbus, NE	Teen	125.00	275.50	82.50	181.75	177.50	391.25	385.00	848.75
	Aaron Hauf	15	Clearwater, NE	Teen	95.00	209.25	65.00	143.25	150.00	330.50	310.00	683.25
	Jeff Shabram	34	Orchard, NE	Open	182.50	402.25	132.50	292.00	212.50	468.25	527.50	1162.75
242	Zach Tierney	18	Columbus, NE	Teen	242.50	534.50	137.50	303.00	227.50	501.50	607.50	1339.25
	Aaron Hemenway	18	Orchard, NE	Teen	202.50	446.25	137.50	303.00	237.50	523.50	577.50	1273.00
275	Nicholas Hartman	17	Valley, NE	Teen	215.00	473.75	107.50	236.75	227.50	501.50	550.00	1212.50
	Mark Schellen	49	Waterloo, NE	Open	332.50	733.00	197.50	435.25	295.00	650.25	825.00	1818.75

Female Raw Bench Only

066	Alli Mitchell	7	South Greenfield,	Teen	--	-	20.00	44.00	--	-	20.00	44.00
148	Autumn Sikes	17	Burwell, NE	Teen	--	-	40.00	88.00	--	-	40.00	88.00

Male Raw Bench Only

114	Darren Mitchell	11	South Greenfield,	Teen	--	-	37.50	82.50	--	-	37.50	82.50
123	Tyler Mares	16	Burwell, NE	Teen	--	-	67.50	148.75	--	-	67.50	148.75
181	Parker Theisen	21	Lincoln, NE	Open	--	-	125.00	275.50	--	-	125.00	275.50
220	Jared Hrbek	19	Verdigre, NE	Teen	--	-	105.00	231.25	--	-	105.00	231.25
308	Joe Hrbek	15	Verdigre, NE	Teen	--	-	97.50	214.75	--	-	97.50	214.75

Male Equipped Bench Only

165	Dustin Roy	20	Valley, NE	Open	--	-	115.00	253.50	--	-	115.00	253.50
181	Nick Chitwood	16	Gering, NE	Teen	--	-	137.50	303.00	--	-	137.50	303.00
	Jessie Switzer	25	Grand Island, NE	Open	--	-	145.00	319.50	--	-	145.00	319.50
	Nick Chitwood	16	Gering, NE	Open	--	-	137.50	303.00	--	-	137.50	303.00
242	Aaron Hemenway	18	Orchard, NE	Teen	--	-	137.50	303.00	--	-	137.50	303.00

Female Raw Push Pull

066	Alli Mitchell	7	South Greenfield,	Teen	--	-	20.00	44.00	47.50	104.50	67.50	148.75
114	Theresa Sedivy	32	Lincoln, NE	Open	--	-	52.50	115.50	95.00	209.25	147.50	325.00
148	Autumn Sikes	17	Burwell, NE	Teen	--	-	40.00	88.00	90.00	198.25	130.00	286.50



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					Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
Male Raw Push Pull												
114	Darren Mitchell	11	South Greenfield,	Teen	--	-	37.50	82.50	87.50	192.75	125.00	275.50
123	Tyler Mares	16	Burwell, NE	Teen	--	-	67.50	148.75	135.00	297.50	202.50	446.25
148	Alex Hart	14	Lynch, NE	Teen	--	-	52.50	115.50	102.50	225.75	155.00	341.50
198	Caleb Wiggins	19	Bridgeport, NE	Open	--	-	97.50	214.75	230.00	507.00	327.50	722.00
Male Equipped Push Pull												
148	Michael Beckman	17	Orchard, NE	Teen	--	-	60.00	132.25	147.50	325.00	207.50	457.25
165	Dustin Roy	20	Valley, NE	Open	--	-	115.00	253.50	205.00	451.75	320.00	705.25
181	Nick Chitwood	16	Gering, NE	Teen	--	-	137.50	303.00	190.00	418.75	327.50	722.00
	Nick Chitwood	16	Gering, NE	Open	--	-	137.50	303.00	190.00	418.75	327.50	722.00
242	Aaron Hemenway	18	Orchard, NE	Teen	--	-	137.50	303.00	237.50	523.50	375.00	826.50

Boys Team Final Standings (combined)

1. Clearwater-Orchard (83 pts)
2. Columbus High (49)
3. Verdigre (30)
4. Douglas County West (30)
5. Volga, SD (13)

Girls Team Final Standings

1. Clearwater-Orchard (81 pts)
2. Verdigre (17)
3. Columbus (10)
4. Burwell (7)

Boys Team Final Standings (raw)

1. South O'Brien, IA (80 pts)
2. Verdigre (62)
3. Lincoln - Southside Club (30)
4. Kearney (25)
5. Bridgeport (23)

Co-ed Team Final Standings

1. Clearwater-Orchard (91 pts)
2. Verdigre (73)
3. Columbus (59)
4. South Greenfield, MO (20)
5. Burwell (17)

Outstanding Male Powerlifters

Nick Chitwood (Gering)
Zach Tierney (Columbus)

Outstanding Female Powerlifters

Kelsey Knust (Clearwater-Orchard)
Sarah Twibell (Clearwater-Orchard)