

1997 USAPL/ADFP WOMEN'S NATIONAL POWERLIFTING CHAMPIONSHIPS

April 26-27, 1997 --- Lincoln, Nebraska

Meet Director: James Hart

NOTE: All weights are in pounds.

Wt Class	Division	BWT	SQ	BP	DL	Total	Place
97 lbs.							
Judith Gedney	Open	97.00	242.51	143.30	281.09	666.90	1
Beth Grater	Open	95.20	248.02	126.77	237.00	611.78	2
Stacy Solner	Open	95.30	209.44	121.25	253.53	584.22	3
Judith Gedney	55-59(M4)	97.00	242.51	143.20	281.09	666.90	1
Harry Hart	14-15(T1)	95.20	170.86	71.65	209.44	451.95	1
104 lbs.							
Paula Kovalchik	Open	104.25	286.60	192.90	341.72	821.22	1
Shae Brost	Open	103.00	225.97	93.70	248.02	567.69	2
Crystal Zabka	Open	102.30	225.97	82.67	237.0	545.64	3
Paula Kovalchik	39-44(M1)	104.25	286.60	192.90	341.72	821.22	1
Patricia Ewing	45-49(M2)	103.00	203.93	126.77	231.49	562.18	1
Stephanie Whiting	45-49(M2)	103.00	187.39	115.74	209.44	512.57	2
Crystal Zabka	14-15(T1)	102.30	225.97	82.67	237.00	545.64	1
Shae Brost	16-17(T2)	103.00	225.97	93.70	248.02	567.69	1
111 lbs.							
Donna McKinney	Open	109.90	308.65	181.88	303.14	793.66	1
Victoria Arciuolo	Open	111.20	275.58	159.84	308.65	744.06	2
Amber Glines	16-17(T2)	110.50	191.90	104.72	248.02	545.64	1
116 lbs.							
Yesh-Chun Chang	Open	112.98	358.65	203.93	391.32	953.90	1
Jacqueline Davis	Open	115.60	341.72	176.37	380.30	898.38	2
Barbara Beasley	Open	112.80	170.86	132.28	303.14	606.27	3
Michelle Van Kirk	Open	113.50	0.00				
Barbara Beasley	39-44(M1)	112.80	170.86	132.28	303.14	606.27	1
Sally Bowers	45-49(M2)	113.20	259.04	126.77	297.62	683.43	1
Natisha Helmick	16-17(T2)	116.60	237.00	110.23	237.00	584.22	1
Heather Bremer	18-19(T3)	112.00	187.39	93.70	126.77	407.86	1
122 lbs.							
D. Johnson-Cane	Open	120.50	314.16	181.88	363.76	859.80	1
Havis Brown	Open	118.40	294.11	176.37	374.79	843.27	2
Laura Waller	Open	122.13	330.69	159.84	286.60	777.13	3
Karen Poole	Open	120.90	231.49	148.81	281.09	661.39	4
Helaine Bodlak	16-17(T2)	119.70	297.62	132.28	303.14	773.04	1
Kristin Chesney	16-17(T2)	120.70	209.44	82.67	242.51	534.62	2
Tanya Blissett	18-19(T3)	120.20	325.18	170.86	319.67	815.71	1
129 lbs.							
Ellen Stein	Open	127.90	319.67	165.35	352.74	837.76	1
Flozell Thomas	Open	128.70	281.09	137.79	374.79	793.67	2
K. Dingle-Craig	Open	126.10	286.60	148.81	330.69	766.10	3
Joanne Packard	Open	127.20	248.02	148.81	336.28	753.03	4
Helaine LaLiberte	Open	129.40	270.0	159.84	286.60	716.51	5
Wanda O'Quain	Open	127.60	242.51	104.72	308.65	655.88	6
Lynne Smith	Open	126.30	203.93	115.74	297.62	617.29	7
Ellen Stein	39-44(M1)	127.90	319.67	165.35	352.74	837.76	1
K. Dingle-Craig	39-44(M1)	126.10	286.60	148.81	330.62	766.10	2
Carrie Hicks	39-44(M1)	122.70	253.53	121.25	275.58	650.36	3
Maureen Post	39-44(M1)	125.40	209.44	126.77	264.55	600.76	4
Nancy Hays	55-59(M4)	124.60	203.93	143.30	270.07	617.90	5
Heather Huffman	20-23(Jr)	126.40	297.62	143.30	325.18	766.10	1
Jill Tollefsen	18-19(T3)	127.20	286.60	159.84	291.11	737.55	1
Kenise Halley	18-19(T3)	128.60	203.93	126.77	281.09	611.79	2
Helaine LaLiberte	16-17(T2)	129.40	270.07	159.84	286.60	716.51	1
Lisa Deloski	16-17(T2)	126.90	231.49	121.25	259.04	611.78	2
Jamie Courtney	14-15(T1)	128.90	198.42	121.25	214.95	534.62	1
139 lbs.							
Angie Overdeer	Open	137.50	325.18	214.95	363.76	903.89	1
Paula Birmingham	Open	138.90	336.20	148.81	369.27	854.28	2
Roxanne Hack	Open	135.90	303.14	170.86	352.74	826.74	3
Donna Covington	Open	137.30	303.14	154.32	330.69	788.15	4
Allyson Amerling	Open	138.20	259.04	143.30	380.30	782.64	5
Paula Birmingham	39-44(M1)	138.90	336.20	148.81	369.27	854.28	1
Christine Sotmary	45-49(M2)	137.60	159.84	121.25	220.46	501.55	1
Regina Hackney	55-59(M4)	137.70	181.88	104.72	253.53	540.13	1
Carrie Bone	16-19(T3)	134.10	220.46	104.72	275.58	600.76	1
Brenda Anderson	18-19(T3)	133.40	237.00	93.70	264.55	595.25	2
Ann Manning	16-17(T2)	135.60	242.51	137.79	303.14	683.44	1
Jenny Moliner	16-17(T2)	135.60	237.00	121.25	248.02	606.27	2
Amanda Brown	16-17(T2)	138.30	214.95	110.23	259.04	584.22	3
154 lbs.							
Paula Houston	Open	149.20	402.34	214.95	429.90	1047.19	1
Carla Trospen	Open	146.30	385.81	209.44	435.41	1030.66	2
Andrea Surtwell	Open	154.00	358.25	237.00	407.86	1003.11	3
Ruth Welding	Open	150.00	319.67	181.88	347.23	848.78	4
Susan Shaw	Open	144.90	192.90	115.74	192.90	501.54	5
Ruth Welding	39-44(M1)	150.00	319.67	181.88	347.23	848.78	1
Susan Gill	45-49(M2)	148.80	242.51	143.30	341.72	727.53	1
H. Rubinosky	55-59(M4)	153.90	225.97	137.79	308.65	672.41	1
Grace Cloninger	60-64(M5)	147.20	143.30	82.67	159.84	385.81	1
Michelle Parkins	18-19(T3)	149.20	281.09	154.32	270.07	705.48	1
Kim Ahrens	18-19(T3)	150.20	237.00	121.25	314.16	672.41	2
Kerri Morrison	18-19(T3)	150.00	214.95	110.23	286.60	611.78	3
Jenny Leopold	16-19(T3)	151.80	231.49	104.72	231.49	567.70	4
Jolene Depew	16-17(T2)	148.20	286.60	121.25	319.67	727.52	1
Edly Pine	18-17(T2)	153.80	220.46	126.77	231.49	578.72	2
Histy Cheek	18-17(T2)	145.90	176.37	77.16	209.44	462.97	3
176 lbs.							
Betsy Ojanen	Open	171.20	424.39	270.07	418.88	1113.34	1
Linda Jo Belsito	Open	173.90	424.39	255.97	451.95	1102.31	2
Janna Hallie	Open	167.60	380.30	209.44	435.41	1025.15	1
Sami Lee Chow	Open	157.60	0.00				
Linda Jo Belsito	39-44(M1)	173.90	424.39	255.97	451.95	1102.31	1
Becca Swanson	20-23(Jr)	175.10	0.00				
Kelly Rogers	20-23(Jr)	158.90	0.00				
Gennie Snowden	14-15(T1)	169.70	270.04	154.32	275.58	690.97	1
Jackie Davis	14-15(T1)	175.50	214.95	121.25	231.49	567.69	2
Sheri Lindsley	16-17(T2)	171.90	319.67	165.35	325.18	810.20	1
Alicia McDonald	16-17(T2)	175.50	0.00				
198 lbs.							
Erin Eisenberg	Open	196.80	413.37	187.39	435.41	1036.17	1
Cathy Martin	Open	176.40	402.34	214.95	374.79	992.88	2
Sylvia Hunter	Open	178.00	325.18	165.35	413.37	903.90	3
Brandye Parr	20-23(Jr)	194.00	325.18	159.84	303.14	788.15	1
Sylvia Hunter	45-49(M2)	178.00	325.18	165.35	413.37	903.90	1
Erin Eisenberg	18-19(T3)	196.80	413.37	187.39	435.41	1036.17	1
Tabitha Phillips	18-19(T3)	185.20	264.55	143.30	270.07	677.92	2
Annie Simmons	16-17(T2)	188.60	336.20	165.35	385.81	887.36	1
Jessica Lindsley	16-17(T2)	187.90	281.09	137.79	352.74	771.62	2
198+ lbs.							
Deborah Ferrell	Open	240.08	352.74	248.02	369.27	970.83	1
Julie Sianker	Open	321.70	385.81	192.90	314.16	892.87	2
J. Morgan-Leifeman	Open	223.00	0.00				
Sue Hallan	Open	222.90	0.00				
Deb Ground	39-44(M1)	229.20	248.02	176.37	291.11	715.50	1
Sue Hallan	39-44(M1)	222.90	0.00				
J. Morgan-Leifeman	45-49(M2)	223.00	0.00				
Krystan Dean	55-59(M4)	229.20	341.72	187.39	413.37	942.48	1
Harry Jo Harlow	55-59(M4)	235.70	214.95	132.28	264.55	611.78	2
Becky Beachler	18-19(T3)	203.60	259.04	198.42	303.14	760.60	1
Kami Willis	18-19(T3)	227.50	203.93	148.81	270.07	622.81	2
Amanda Simmons	14-15(T1)	204.30	369.27	154.32	363.76	887.35	1
Sabrina Pledger	14-15(T1)	220.50	385.81	115.74	303.14	804.69	2