

WOMEN'S PWT RESULTS

Women's PWT Bench results

#	Name	Team	Weight	Bench	Points
1	Rachel Friedrich	Clay Center Community High School	295.0	175.0	0
2	LIZZY WELCH	COLUMBUS	194.0	170.0	0
3	Kinley Tucker	Humboldt	221.8	165.0	0
4	Jaimilett Rodriquez	Scott City	235.9	155.0	0
5	Sierra Dempsey	Santa Fe Trail High School	190.0	135.0	0
6	Leah Kesler	Hiawatha High School	214.9	125.0	0
7	Sami Spoonemore	Santa Fe Trail High School	260.0	125.0	0
8	Sadie Ellis	Prairie View High School	184.0	120.0	0
9	Sarah Nemechek	Goodland	202.4	110.0	0
10	Allison Barleen	Smoky Valley High School	190.0	0	0

Women's PWT Squat results

#	Name	Team	Weight	Squat	Points
1	LIZZY WELCH	COLUMBUS	194.0	395.0	0
2	Kinley Tucker	Humboldt	221.8	350.0	0
3	Leah Kesler	Hiawatha High School	214.9	340.0	0
4	Sierra Dempsey	Santa Fe Trail High School	190.0	315.0	0
5	Sami Spoonemore	Santa Fe Trail High School	260.0	315.0	0
6	Jaimilett Rodriquez	Scott City	235.9	300.0	0
7	Rachel Friedrich	Clay Center Community High School	295.0	285.0	0
8	Sarah Nemechek	Goodland	202.4	225.0	0
9	Sadie Ellis	Prairie View High School	184.0	205.0	0
10	Allison Barleen	Smoky Valley High School	190.0	205.0	0

Women's PWT Clean results

#	Name	Team	Weight	Clean	Points
1	Leah Kesler	Hiawatha High School	214.9	170.0	0
2	Kinley Tucker	Humboldt	221.8	165.0	0
3	Jaimilett Rodriquez	Scott City	235.9	160.0	0
4	Sarah Nemechek	Goodland	202.4	135.0	0
5	Rachel Friedrich	Clay Center Community High School	295.0	135.0	0
6	Sierra Dempsey	Santa Fe Trail High School	190.0	125.0	0
7	LIZZY WELCH	COLUMBUS	194.0	125.0	0
8	Sami Spoonemore	Santa Fe Trail High School	260.0	115.0	0
9	Sadie Ellis	Prairie View High School	184.0	0	0
10	Allison Barleen	Smoky Valley High School	190.0	0	0

Women's PWT Overall results

#	Name	Team	Weight	Overall	Points
1	LIZZY WELCH	COLUMBUS	194.0	690.0	10
2	Kinley Tucker	Humboldt	221.8	680.0	8
3	Leah Kesler	Hiawatha High School	214.9	635.0	6
4	Jaimilett Rodriquez	Scott City	235.9	615.0	4
5	Rachel Friedrich	Clay Center Community High School	295.0	595.0	2
6	Sierra Dempsey	Santa Fe Trail High School	190.0	575.0	1
7	Sami Spoonemore	Santa Fe Trail High School	260.0	555.0	0
8	Sarah Nemechek	Goodland	202.4	470.0	0
9	Sadie Ellis	Prairie View High School	184.0	325.0	0
10	Allison Barleen	Smoky Valley High School	190.0	205.0	0