FEMALE 156.0 RESULTS

Female 156.0 Bench results

#	Name	Team	Weight	Bench	Points
1	Sydney Schears	Goodland	151.0	120.0	10
2	Roxy Stone	SWH	156.0	120.0	8
3	Lani Speer	Dighton High School	150.8	115.0	6
4	Elise Warden	Deerfield High School	156.0	115.0	4
5	Paige Bell	Quinter High School	150.0	100.0	2
6	Karma Sieliet	Central Plains	155.0	100.0	1

Female 156.0 Squat results

#	Name	Team	Weight	Squat	Points
1	Sydney Schears	Goodland	151.0	215.0	10
2	Elise Warden	Deerfield High School	156.0	210.0	8
3	Roxy Stone	SWH	156.0	205.0	6
4	Lani Speer	Dighton High School	150.8	200.0	4
5	Paige Bell	Quinter High School	150.0	185.0	2
6	Karma Sieliet	Central Plains	155.0	135.0	1

Female 156.0 Clean results

#	Name	Team	Weight	Clean	Points
1	Lani Speer	Dighton High School	150.8	175.0	10
2	Roxy Stone	SWH	156.0	150.0	8
3	Paige Bell	Quinter High School	150.0	120.0	6
4	Elise Warden	Deerfield High School	156.0	120.0	4
5	Sydney Schears	Goodland	151.0	115.0	2

#	Name	Team	Weight	Clean	Points
6	Karma Sieliet	Central Plains	155.0	75.0	1

Female 156.0 Overall results

#	Name	Team	Weight	Overall	Points
1	Lani Speer	Dighton High School	150.8	490.0	10
2	Roxy Stone	SWH	156.0	475.0	8
3	Sydney Schears	Goodland	151.0	450.0	6
4	Elise Warden	Deerfield High School	156.0	445.0	4
5	Paige Bell	Quinter High School	150.0	405.0	2
6	Karma Sieliet	Central Plains	155.0	310.0	1