

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 |
| 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 |