

WOMENS PWR RESULTS

Womens PWR Bench results

| # | Name | Team | Weight | Bench | Points |
|----|--------------------|----------------------------|--------|-------|--------|
| 1 | Emma Slade | Mission Valley Vikings | 217.0 | 175.0 | 0 |
| 2 | Morgan Froese | Inman High School | 187.0 | 170.0 | 0 |
| 3 | Maryssa Winsky | Inman High School | 265.0 | 170.0 | 0 |
| 4 | Taylor Chrisjohn | Central Heights Vikings | 250.0 | 160.0 | 0 |
| 5 | Kyra Morgan | Cunningham High School | 213.0 | 150.0 | 0 |
| 6 | Amyiah Thomas | JCN | 226.0 | 150.0 | 0 |
| 7 | Lacie Gallagher | McLouth | 258.1 | 140.0 | 0 |
| 8 | Allison Schrag | Inman High School | 197.0 | 135.0 | 0 |
| 9 | Aydan Bryan | Medicine Lodge High School | 215.0 | 135.0 | 0 |
| 10 | Elizabeth Holloway | McLouth | 253.1 | 135.0 | 0 |
| 11 | Emily Shelton | Hodgeman County | 200.0 | 125.0 | 0 |
| 12 | Hailey Williams | McLouth | 236.3 | 125.0 | 0 |
| 13 | Daisy Renae | Oskaloosa High School | 194.0 | 115.0 | 0 |
| 14 | Elly Williams | Republic County | 190.0 | 105.0 | 0 |
| 15 | Addison Shirk | Stanton County Trojans | 210.0 | 105.0 | 0 |
| 16 | Taryn Poole | Jayhawk-Linn High School | 209.0 | 95.0 | 0 |
| 17 | Gretchen Copeland | McLouth | 184.1 | 85.0 | 0 |
| 18 | Miranda Bosley | Oskaloosa High School | 209.0 | 85.0 | 0 |

Womens PWR Squat results

| # | Name | Team | Weight | Squat | Points |
|---|-----------------|----------------------------|--------|-------|--------|
| 1 | Morgan Froese | Inman High School | 187.0 | 315.0 | 0 |
| 2 | Aydan Bryan | Medicine Lodge High School | 215.0 | 305.0 | 0 |
| 3 | Lacie Gallagher | McLouth | 258.1 | 300.0 | 0 |

| # | Name | Team | Weight | Squat | Points |
|----|--------------------|--------------------------|--------|-------|--------|
| 4 | Emily Shelton | Hodgeman County | 200.0 | 275.0 | 0 |
| 5 | Kyra Morgan | Cunningham High School | 213.0 | 275.0 | 0 |
| 6 | Taylor Chrisjohn | Central Heights Vikings | 250.0 | 275.0 | 0 |
| 7 | Daisy Renae | Oskaloosa High School | 194.0 | 265.0 | 0 |
| 8 | Addison Shirk | Stanton County Trojans | 210.0 | 250.0 | 0 |
| 9 | Elizabeth Holloway | McLouth | 253.1 | 250.0 | 0 |
| 10 | Maryssa Winsky | Inman High School | 265.0 | 245.0 | 0 |
| 11 | Amyiah Thomas | JCN | 226.0 | 235.0 | 0 |
| 12 | Hailey Williams | McLouth | 236.3 | 230.0 | 0 |
| 13 | Allison Schrag | Inman High School | 197.0 | 215.0 | 0 |
| 14 | Taryn Poole | Jayhawk-Linn High School | 209.0 | 205.0 | 0 |
| 15 | Elly Williams | Republic County | 190.0 | 185.0 | 0 |
| 16 | Gretchen Copeland | McLouth | 184.1 | 170.0 | 0 |
| 17 | Miranda Bosley | Oskaloosa High School | 209.0 | 130.0 | 0 |
| 18 | Emma Slade | Mission Valley Vikings | 217.0 | 0 | 0 |

Womens PWR Clean results

| # | Name | Team | Weight | Clean | Points |
|----|--------------------|----------------------------|--------|-------|--------|
| 1 | Aydan Bryan | Medicine Lodge High School | 215.0 | 175.0 | 0 |
| 2 | Morgan Froese | Inman High School | 187.0 | 170.0 | 0 |
| 3 | Emma Slade | Mission Valley Vikings | 217.0 | 170.0 | 0 |
| 4 | Lacie Gallagher | McLouth | 258.1 | 165.0 | 0 |
| 5 | Taylor Chrisjohn | Central Heights Vikings | 250.0 | 155.0 | 0 |
| 6 | Emily Shelton | Hodgeman County | 200.0 | 145.0 | 0 |
| 7 | Kyra Morgan | Cunningham High School | 213.0 | 145.0 | 0 |
| 8 | Elizabeth Holloway | McLouth | 253.1 | 145.0 | 0 |
| 9 | Amyiah Thomas | JCN | 226.0 | 135.0 | 0 |
| 10 | Daisy Renae | Oskaloosa High School | 194.0 | 120.0 | 0 |

| # | Name | Team | Weight | Clean | Points |
|----|-------------------|--------------------------|--------|-------|--------|
| 11 | Hailey Williams | McLouth | 236.3 | 120.0 | 0 |
| 12 | Allison Schrag | Inman High School | 197.0 | 115.0 | 0 |
| 13 | Elly Williams | Republic County | 190.0 | 105.0 | 0 |
| 14 | Addison Shirk | Stanton County Trojans | 210.0 | 105.0 | 0 |
| 15 | Gretchen Copeland | McLouth | 184.1 | 95.0 | 0 |
| 16 | Taryn Poole | Jayhawk-Linn High School | 209.0 | 95.0 | 0 |
| 17 | Maryssa Winsky | Inman High School | 265.0 | 95.0 | 0 |
| 18 | Miranda Bosley | Oskaloosa High School | 209.0 | 80.0 | 0 |

Womens PWR Overall results

| # | Name | Team | Weight | Overall | Points |
|----|--------------------|----------------------------|--------|---------|--------|
| 1 | Morgan Froese | Inman High School | 187.0 | 655.0 | 10 |
| 2 | Aydan Bryan | Medicine Lodge High School | 215.0 | 615.0 | 8 |
| 3 | Lacie Gallagher | McLouth | 258.1 | 605.0 | 6 |
| 4 | Taylor Chrisjohn | Central Heights Vikings | 250.0 | 590.0 | 4 |
| 5 | Kyra Morgan | Cunningham High School | 213.0 | 570.0 | 2 |
| 6 | Emily Shelton | Hodgeman County | 200.0 | 545.0 | 1 |
| 7 | Elizabeth Holloway | McLouth | 253.1 | 530.0 | 0 |
| 8 | Amyiah Thomas | JCN | 226.0 | 520.0 | 0 |
| 9 | Maryssa Winsky | Inman High School | 265.0 | 510.0 | 0 |
| 10 | Daisy Renae | Oskaloosa High School | 194.0 | 500.0 | 0 |
| 11 | Hailey Williams | McLouth | 236.3 | 475.0 | 0 |
| 12 | Allison Schrag | Inman High School | 197.0 | 465.0 | 0 |
| 13 | Addison Shirk | Stanton County Trojans | 210.0 | 460.0 | 0 |
| 14 | Elly Williams | Republic County | 190.0 | 395.0 | 0 |
| 15 | Taryn Poole | Jayhawk-Linn High School | 209.0 | 395.0 | 0 |
| 16 | Gretchen Copeland | McLouth | 184.1 | 350.0 | 0 |
| 17 | Emma Slade | Mission Valley Vikings | 217.0 | 345.0 | 0 |

| # | Name | Team | Weight | Overall | Points |
|----|----------------|-----------------------|--------|---------|--------|
| 18 | Miranda Bosley | Oskaloosa High School | 209.0 | 295.0 | 0 |