

WOMENS PWR RESULTS

Womens PWR Bench results

#	Name	Team	Weight	Bench	Points
1	Elizabeth Beckman	Oakley High School	283.6	190.0	0
2	Emma Slade	Mission Valley Vikings	215.0	180.0	0
3	Leiana Franco	Ellinwood High School	197.4	155.0	0
4	Emmarey Moffet	Republic County High School	265.0	135.0	0
5	Aydan Bryan	Medicine Lodge High School	205.0	130.0	0
6	Samantha Stinnett	Belle Plaine Dragons	188.0	125.0	0
7	Shyria Quintana	Ellinwood High School	200.6	125.0	0
8	Haleigh Wright	Erie High School	191.0	90.0	0
9	Chanell Lewis	Stanton County Trojans	240.0	90.0	0
10	Shay Carmichael	Sterling High School	205.0	0	0
11	Addison Shirk	Stanton County Trojans	205.0	0	0

Womens PWR Squat results

#	Name	Team	Weight	Squat	Points
1	Emma Slade	Mission Valley Vikings	215.0	325.0	0
2	Elizabeth Beckman	Oakley High School	283.6	305.0	0
3	Aydan Bryan	Medicine Lodge High School	205.0	295.0	0
4	Addison Shirk	Stanton County Trojans	205.0	270.0	0
5	Emmarey Moffet	Republic County High School	265.0	245.0	0
6	Shyria Quintana	Ellinwood High School	200.6	230.0	0
7	Leiana Franco	Ellinwood High School	197.4	215.0	0
8	Shay Carmichael	Sterling High School	205.0	210.0	0
9	Haleigh Wright	Erie High School	191.0	200.0	0
10	Chanell Lewis	Stanton County Trojans	240.0	125.0	0

#	Name	Team	Weight	Squat	Points
11	Samantha Stinnett	Belle Plaine Dragons	188.0	0	0

Womens PWR Clean results

#	Name	Team	Weight	Clean	Points
1	Emma Slade	Mission Valley Vikings	215.0	180.0	0
2	Aydan Bryan	Medicine Lodge High School	205.0	170.0	0
3	Elizabeth Beckman	Oakley High School	283.6	150.0	0
4	Shyria Quintana	Ellinwood High School	200.6	125.0	0
5	Haleigh Wright	Erie High School	191.0	115.0	0
6	Leiana Franco	Ellinwood High School	197.4	115.0	0
7	Addison Shirk	Stanton County Trojans	205.0	110.0	0
8	Shay Carmichael	Sterling High School	205.0	95.0	0
9	Emmarey Moffet	Republic County High School	265.0	95.0	0
10	Chanell Lewis	Stanton County Trojans	240.0	90.0	0
11	Samantha Stinnett	Belle Plaine Dragons	188.0	0	0

Womens PWR Overall results

#	Name	Team	Weight	Overall	Points
1	Emma Slade	Mission Valley Vikings	215.0	685.0	10
2	Elizabeth Beckman	Oakley High School	283.6	645.0	8
3	Aydan Bryan	Medicine Lodge High School	205.0	595.0	6
4	Leiana Franco	Ellinwood High School	197.4	485.0	4
5	Shyria Quintana	Ellinwood High School	200.6	480.0	2
6	Emmarey Moffet	Republic County High School	265.0	475.0	1
7	Haleigh Wright	Erie High School	191.0	405.0	0
8	Addison Shirk	Stanton County Trojans	205.0	380.0	0
9	Shay Carmichael	Sterling High School	205.0	305.0	0
10	Chanell Lewis	Stanton County Trojans	240.0	305.0	0

#	Name	Team	Weight	Overall	Points
11	Samantha Stinnett	Belle Plaine Dragons	188.0	125.0	0