

# GIRLS 156.4 RESULTS

## Girls 156.4 Bench results

#	Name	Team	Weight	Bench	Points
1	Reagan Smith	Norwich High School	154.8	145.0	10
2	Calyn Baker	Clifton-Clyde	150.8	140.0	8
3	Sam Strausz	Moundridge HS	152.8	135.0	6
4	Mallorie Ruff	Hodgeman County	149.0	115.0	4
5	Allison Adams	Wakefield High School	151.8	115.0	2
6	Taylor Bamberger	Hodgeman County	149.6	105.0	1
7	Grace Hill	Lyndon High School	152.2	105.0	0
8	emmy madl	st. paul high school	150.2	100.0	0
9	Aidan Lonnberg	Hodgeman County	152.6	95.0	0
10	Kyla Howard	Cheylin	155.2	95.0	0
11	Karma Sieliet	Central Plains	156.4	85.0	0
12	Maggie Brown	Wakefield High School	149.6	80.0	0
13	brittany deegan	st. paul high school	155.8	80.0	0

## Girls 156.4 Squat results

#	Name	Team	Weight	Squat	Points
1	Calyn Baker	Clifton-Clyde	150.8	265.0	10
2	Sam Strausz	Moundridge HS	152.8	265.0	8
3	Reagan Smith	Norwich High School	154.8	240.0	6
4	Allison Adams	Wakefield High School	151.8	210.0	4
5	emmy madl	st. paul high school	150.2	205.0	2
6	Grace Hill	Lyndon High School	152.2	200.0	1
7	Aidan Lonnberg	Hodgeman County	152.6	200.0	0
8	Kyla Howard	Cheylin	155.2	200.0	0

#	Name	Team	Weight	Squat	Points
9	Mallorie Ruff	Hodgeman County	149.0	165.0	0
10	Taylor Bamberger	Hodgeman County	149.6	165.0	0
11	brittany deegan	st. paul high school	155.8	165.0	0
12	Karma Sieliet	Central Plains	156.4	150.0	0
13	Maggie Brown	Wakefield High School	149.6	0	0

### Girls 156.4 Clean results

#	Name	Team	Weight	Clean	Points
1	Sam Strausz	Moundridge HS	152.8	180.0	10
2	Reagan Smith	Norwich High School	154.8	175.0	8
3	Calyn Baker	Clifton-Clyde	150.8	170.0	6
4	Taylor Bamberger	Hodgeman County	149.6	140.0	4
5	Allison Adams	Wakefield High School	151.8	135.0	2
6	Maggie Brown	Wakefield High School	149.6	115.0	1
7	Aidan Lonnberg	Hodgeman County	152.6	115.0	0
8	Mallorie Ruff	Hodgeman County	149.0	110.0	0
9	emmy madl	st. paul high school	150.2	105.0	0
10	Grace Hill	Lyndon High School	152.2	105.0	0
11	Kyla Howard	Cheylin	155.2	95.0	0
12	Karma Sieliet	Central Plains	156.4	95.0	0
13	brittany deegan	st. paul high school	155.8	90.0	0

### Girls 156.4 Overall results

#	Name	Team	Weight	Overall	Points
1	Sam Strausz	Moundridge HS	152.8	580.0	0
2	Calyn Baker	Clifton-Clyde	150.8	575.0	0
3	Reagan Smith	Norwich High School	154.8	560.0	0
4	Allison Adams	Wakefield High School	151.8	460.0	0

<b>#</b>	<b>Name</b>	<b>Team</b>	<b>Weight</b>	<b>Overall</b>	<b>Points</b>
5	Taylor Bamberger	Hodgeman County	149.6	410.0	0
6	emmy madl	st. paul high school	150.2	410.0	0
7	Grace Hill	Lyndon High School	152.2	410.0	0
8	Aidan Lonnberg	Hodgeman County	152.6	410.0	0
9	Mallorie Ruff	Hodgeman County	149.0	390.0	0
10	Kyla Howard	Cheylin	155.2	390.0	0
11	brittany deegan	st. paul high school	155.8	335.0	0
12	Karma Sieliet	Central Plains	156.4	330.0	0
13	Maggie Brown	Wakefield High School	149.6	195.0	0