

MEN'S PWR RESULTS

Men's PWR Bench results

| # | Name | Team | Weight | Bench | Points |
|---|-------------------|-----------------------------------|--------|-------|--------|
| 1 | Josiah Blomker | Shawnee Mission North High School | 300.0 | 340.0 | 10 |
| 2 | Serafin Galvan | Shawnee Mission North High School | 255.0 | 275.0 | 8 |
| 3 | Jose Ruiz Barrios | Shawnee Mission West | 275.0 | 215.0 | 6 |
| 4 | Ares Mingus | Shawnee Mission West | 248.0 | 185.0 | 4 |

Men's PWR Squat results

| # | Name | Team | Weight | Squat | Points |
|---|-------------------|-----------------------------------|--------|-------|--------|
| 1 | Josiah Blomker | Shawnee Mission North High School | 300.0 | 465.0 | 10 |
| 2 | Serafin Galvan | Shawnee Mission North High School | 255.0 | 425.0 | 8 |
| 3 | Jose Ruiz Barrios | Shawnee Mission West | 275.0 | 360.0 | 6 |
| 4 | Ares Mingus | Shawnee Mission West | 248.0 | 250.0 | 4 |

Men's PWR Clean results

| # | Name | Team | Weight | Clean | Points |
|---|-------------------|-----------------------------------|--------|-------|--------|
| 1 | Josiah Blomker | Shawnee Mission North High School | 300.0 | 260.0 | 10 |
| 2 | Jose Ruiz Barrios | Shawnee Mission West | 275.0 | 225.0 | 8 |
| 3 | Serafin Galvan | Shawnee Mission North High School | 255.0 | 215.0 | 6 |
| 4 | Ares Mingus | Shawnee Mission West | 248.0 | 155.0 | 4 |

Men's PWR Overall results

| # | Name | Team | Weight | Overall | Points |
|---|-------------------|-----------------------------------|--------|---------|--------|
| 1 | Josiah Blomker | Shawnee Mission North High School | 300.0 | 1065.0 | 10 |
| 2 | Serafin Galvan | Shawnee Mission North High School | 255.0 | 915.0 | 8 |
| 3 | Jose Ruiz Barrios | Shawnee Mission West | 275.0 | 800.0 | 6 |

| # | Name | Team | Weight | Overall | Points |
|----------|-------------|----------------------|---------------|----------------|---------------|
| 4 | Ares Mingus | Shawnee Mission West | 248.0 | 590.0 | 4 |