

# WOMEN'S 156.0 RESULTS

## Women's 156.0 Bench results

#	Name	Team	Weight	Bench	Points
1	Allison Adams	Wakefield High School	153.0	120.0	10
2	Mary Griffin	Central Plains	156.0	120.0	8
3	Arika Feldman	Little River High School	151.0	105.0	6

## Women's 156.0 Squat results

#	Name	Team	Weight	Squat	Points
1	Mary Griffin	Central Plains	156.0	225.0	10
2	Allison Adams	Wakefield High School	153.0	215.0	8
3	Arika Feldman	Little River High School	151.0	185.0	6

## Women's 156.0 Clean results

#	Name	Team	Weight	Clean	Points
1	Mary Griffin	Central Plains	156.0	160.0	10
2	Arika Feldman	Little River High School	151.0	140.0	8
3	Allison Adams	Wakefield High School	153.0	135.0	6

## Women's 156.0 Overall results

#	Name	Team	Weight	Overall	Points
1	Mary Griffin	Central Plains	156.0	505.0	10
2	Allison Adams	Wakefield High School	153.0	470.0	8
3	Arika Feldman	Little River High School	151.0	430.0	6

## Women's 156.0 Ratio results

<b>#</b>	<b>Name</b>	<b>Team</b>	<b>Weight</b>	<b>Ratio</b>	<b>Points</b>
10	Mary Griffin	Central Plains	156.0	3.237	
14	Allison Adams	Wakefield High School	153.0	3.072	
16	Arika Feldman	Little River High School	151.0	2.848	