

WOMEN'S DIVISION 156.0 RESULTS

Women's Division 156.0 Bench results

#	Name	Team	Weight	Bench	Points
1	Kyndal Rusk	Wellington High School	148.3	135.0	10
2	Shaelyn Dvorak	Wellington High School	154.0	130.0	8
3	Jaylynn Sparks	Tonganoxie	149.8	115.0	6
4	Valerie Norwood	Wellington High School	148.4	110.0	4
5	Ailey Frey	Lansing High School	153.6	90.0	2
6	Alannah Walter	Winfield High School	154.9	80.0	1

Women's Division 156.0 Squat results

#	Name	Team	Weight	Squat	Points
1	Shaelyn Dvorak	Wellington High School	154.0	235.0	10
2	Kyndal Rusk	Wellington High School	148.3	230.0	8
3	Valerie Norwood	Wellington High School	148.4	210.0	6
4	Jaylynn Sparks	Tonganoxie	149.8	210.0	4
5	Alannah Walter	Winfield High School	154.9	175.0	2
6	Ailey Frey	Lansing High School	153.6	170.0	1

Women's Division 156.0 Clean results

#	Name	Team	Weight	Clean	Points
1	Kyndal Rusk	Wellington High School	148.3	170.0	10
2	Jaylynn Sparks	Tonganoxie	149.8	130.0	8
3	Shaelyn Dvorak	Wellington High School	154.0	130.0	6
4	Valerie Norwood	Wellington High School	148.4	120.0	4

#	Name	Team	Weight	Clean	Points
5	Alannah Walter	Winfield High School	154.9	115.0	2
6	Ailey Frey	Lansing High School	153.6	105.0	1

Women's Division 156.0 Overall results

#	Name	Team	Weight	Overall	Points
1	Kyndal Rusk	Wellington High School	148.3	535.0	10
2	Shaelyn Dvorak	Wellington High School	154.0	495.0	8
3	Jaylynn Sparks	Tonganoxie	149.8	455.0	6
4	Valerie Norwood	Wellington High School	148.4	440.0	4
5	Alannah Walter	Winfield High School	154.9	370.0	2
6	Ailey Frey	Lansing High School	153.6	365.0	1

Women's Division 156.0 Ratio results

#	Name	Team	Weight	Ratio	Points
2	Kyndal Rusk	Wellington High School	148.3	3.608	
11	Shaelyn Dvorak	Wellington High School	154.0	3.214	
15	Jaylynn Sparks	Tonganoxie	149.8	3.037	
17	Valerie Norwood	Wellington High School	148.4	2.965	
40	Alannah Walter	Winfield High School	154.9	2.389	
42	Ailey Frey	Lansing High School	153.6	2.376	