

FEMALE 156.0 RESULTS

Female 156.0 Bench results

#	Name	Team	Weight	Bench	Points
1	Grace Oste	Russell County Schools USD 407	152.4	125.0	10
2	Emily Buchholz	Trego	155.0	120.0	8
3	Sierra Stroede	Russell County Schools USD 407	155.4	120.0	6
4	Sierra Swank	Lakin	156.0	120.0	4
5	Emma Anderson	Trego	155.0	105.0	2
6	Emma Garcia	La Crosse	156.0	105.0	1

Female 156.0 Squat results

#	Name	Team	Weight	Squat	Points
1	Sierra Swank	Lakin	156.0	245.0	10
2	Grace Oste	Russell County Schools USD 407	152.4	220.0	8
3	Sierra Stroede	Russell County Schools USD 407	155.4	215.0	6
4	Emily Buchholz	Trego	155.0	205.0	4
5	Emma Garcia	La Crosse	156.0	195.0	2
6	Emma Anderson	Trego	155.0	0	0

Female 156.0 Clean results

#	Name	Team	Weight	Clean	Points
1	Emily Buchholz	Trego	155.0	175.0	10
2	Emma Anderson	Trego	155.0	145.0	8
3	Sierra Swank	Lakin	156.0	120.0	6
4	Sierra Stroede	Russell County Schools USD 407	155.4	115.0	4
5	Emma Garcia	La Crosse	156.0	100.0	2
6	Grace Oste	Russell County Schools USD 407	152.4	95.0	1

Female 156.0 Overall results

#	Name	Team	Weight	Overall	Points
1	Emily Buchholz	Trego	155.0	500.0	10
2	Sierra Swank	Lakin	156.0	485.0	8
3	Sierra Stroede	Russell County Schools USD 407	155.4	450.0	6
4	Grace Oste	Russell County Schools USD 407	152.4	440.0	4
5	Emma Garcia	La Crosse	156.0	400.0	2
6	Emma Anderson	Trego	155.0	250.0	1