

FEMALE PWT RESULTS

Female PWT Bench results

#	Name	Team	Weight	Bench	Points
1	Allyssa Miller	Hill City	230.0	165.0	10
2	Valarie Morgenstern	Russell County Schools USD 407	180.0	135.0	8
3	Brenda Neal	Russell County Schools USD 407	195.7	135.0	6
4	Emma Spachek	Ellsworth Bearcats	182.0	130.0	4
5	Emily Hitschmann	Central Plains	193.0	80.0	2
6	Tiana Epperson	Ness City Eagles	176.0	0	0
7	Whitney Nuss	Russell County Schools USD 407	181.2	0	0

Female PWT Squat results

#	Name	Team	Weight	Squat	Points
1	Allyssa Miller	Hill City	230.0	350.0	10
2	Emma Spachek	Ellsworth Bearcats	182.0	260.0	8
3	Valarie Morgenstern	Russell County Schools USD 407	180.0	225.0	6
4	Whitney Nuss	Russell County Schools USD 407	181.2	215.0	4
5	Brenda Neal	Russell County Schools USD 407	195.7	200.0	2
6	Emily Hitschmann	Central Plains	193.0	125.0	1
7	Tiana Epperson	Ness City Eagles	176.0	0	0

Female PWT Clean results

#	Name	Team	Weight	Clean	Points
1	Allyssa Miller	Hill City	230.0	190.0	10
2	Whitney Nuss	Russell County Schools USD 407	181.2	150.0	8
3	Valarie Morgenstern	Russell County Schools USD 407	180.0	140.0	6
4	Emma Spachek	Ellsworth Bearcats	182.0	130.0	4

#	Name	Team	Weight	Clean	Points
5	Emily Hitschmann	Central Plains	193.0	115.0	2
6	Tiana Epperson	Ness City Eagles	176.0	0	0
7	Brenda Neal	Russell County Schools USD 407	195.7	0	0

Female PWT Overall results

#	Name	Team	Weight	Overall	Points
1	Allyssa Miller	Hill City	230.0	705.0	10
2	Emma Spachek	Ellsworth Bearcats	182.0	520.0	8
3	Valarie Morgenstern	Russell County Schools USD 407	180.0	500.0	6
4	Whitney Nuss	Russell County Schools USD 407	181.2	365.0	4
5	Brenda Neal	Russell County Schools USD 407	195.7	335.0	2
6	Emily Hitschmann	Central Plains	193.0	320.0	1
7	Tiana Epperson	Ness City Eagles	176.0	0	0