



USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

1 Olympic Plaza
 Colorado Springs, CO 80909
 (719) 866-4508
 Fax (719) 866-4741
www.usaweightlifting.org
 e-mail: usaw@usaweightlifting.org

SCORESHEET

Competition: South Metro High School Open Location: Northfield MN
 Date: 1/11/2009 Group: Schoolage Girls Sanction #: 30-09-04

Lot No.	Gndr	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best Sna	Clean & Jerk			Best C&J	Total	Place
								1	2	3		1	2	3			
31	F	SA	48	Alyssa Larson	94	Lakeville South	47.3	15	17	20	20	20	23	26	26	46	1
47	F	SA	53	Alexandra Duxbury	94	Cannon Falls	51.4	30	33	35	35	37x	40	43	43	78	1
1	F	SA	53	Anna Adrian	94	Farmington	52.5	30	32x	32x	30	41	45	49x	45	75	2
103	F	SA	53	Madison Silva	94	Lakeville South	53	21x	24	27x	24	27	30	34x	30	54	3
21	F	SA	53	Rachel Amerman	93	Northfield	51.3	15	17	20x	17	25	28	30x	28	45	4
112	F	SA	58	Megan Ripley	94	Cannon Falls	54	42	45	47X	45	52	55	56x	55	100	1
94	F	SA	58	Chelsea Nelson	93	Lakeville South	56.7	32x	32	35X	32	44	47	50	50	82	2
61	F	SA	63	Shelby Callahan	94	Northfield	61.8	32	35	37	37	40	44	48x	44	81	1
99	F	SA	63	Taylor Elliason	93	Northfield	61.3	15	17	20X	17	25x	25	27	27	44	2
106	F	SA	69	Sonja Barr	93	Duluth	66	34	38x	38	38	50x	52x	54x	0	0	
77	F	SA	69+	Emmy Miller	93	Cannon Falls	74.4	37	41	44	44	43	47	52	52	96	1
25	F	SA	69+	Beth Murphy	94	Farmington	106.5	35	38	41x	38	50	54x	54	54	92	2
115	F	SA	69+	Monica Turner	93	Lakeville South	77.8	35	39x	39	39	40	44	48x	44	83	3



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SCORESHEET

Competition: South Metro High School Open Location: Northfield MN
 Date: 1/11/2009 Group: Junior Girls Sanction #: 30-09-04

Lot No.	Gndr	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best Sna	Clean & Jerk			Best C&J	Total	Place
								1	2	3		1	2	3			
53	F	JR	48	Rachel Hanson	92	Northfield	47.5	25	28	31x	28	30	36	39	39	67	1
40	F	JR	53	Randi Rose	92	Armstrong	51.5	38	41x	41	41	52x	54	56	56	97	1
64	F	JR	53	Noelle Heinrichy	90	Northfield	51	42	44	46	46	48	51x	51x	48	94	2
11	F	JR	53	Emma Molden	92	Armstrong	52.3	30x	30	32x	30	42	45	47x	45	75	3
47	F	JR	58	Heather Kohl	92	Armstrong	57.7	37	39X	39	39	47	50	52x	50	89	1
68	F	JR	58	Katie Nygren	96	Northfield	56.1	28	31X	32X	28	40	43	46x	43	71	2
23	F	JR	58	Abbie Fratzke	91	Lakeville South	53.4	30x	30x	30x	0	38	40x	40x	38	0	
56	F	JR	58	Kelly McGovern	92	Northfield	57.3	24X	24X	24X	0	25	27	29	29	0	
120	F	JR	58	Nicole Heinrichy	90	Northfield	58	37X	37X	37X	0	45	48x	48x	45	0	
12	F	JR	63	Siobhan Lyons	91	Northfield	62.6	34	37X	37X	34	48	51	54	54	88	1
97	F	JR	63	Anna Hanson	92	Northfield	61.6	30	33	35	35	47	50	52x	50	85	2
38	F	JR	63	Kira Kirchberg	92	Northfield	62.7	32	35	37	37	37	40	42	42	79	3
8	F	JR	69	Taylor Filzen	91	Northfield	66.8	42	44x	44	44	57	59x	59x	57	101	1
119	F	JR	69	Natalie Witschorik	92	Northfield	63.3	38	40	43	43	53	56	58x	56	99	2
90	F	JR	69	Megan Nekowitsch	92	Farmington	68.5	37	39	41x	39	55	57x	57x	55	94	3
108	F	JR	75	Corryn Taylor	91	Farmington	69.9	45	48	50	50	58	60x	60	60	110	1
92	F	JR	75	Mary Franz	91	Northfield	74.7	42	44	46	46	60x	60	63x	60	106	2
79	F	JR	75	Bette Benson	92	Northfield	72.2	30	32	34	34	40	43	45	45	79	3
62	F	JR	75+	Harlie Miller	91	Cannon Falls	83.9	50	53	55	55	60	65x	65x	60	115	1
72	F	JR	75+	Lyndsey Callahan	92	Northfield	108.1	44	48x	48	48	60x	62	66	66	114	2
107	F	JR	75+	Meredith Gulsvig	92	Farmington	93.3	34	37	40x	37	50	52	55x	52	89	3
7	F	JR	75+	Grace Vasilis	91	Northfield	82.9	24	27	30x	27	40	43	45x	43	70	4



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SCORESHEET

Competition: South Metro High School Open **Location:** Northfield MN
Date: 1/11/2009 **Group:** Schoolage Boys **Sanction #:** 30-09-04

Lot No.	Gndr	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best C&J	Total	Place
								1	2	3	Sna	1	2	3			
65	M	SA	50	Jordan Erickson	94	Cannon Falls	49.7	37	40	42	42	50	54	57	57	99	1
102	M	SA	50	Khai Phu	94	Farmington	47.4	35	40x	40	40	50x	52	57x	52	92	2
59	M	SA	50	Ben Magalis	94	Cannon Falls	48.3	30	32	34x	32	42	44	47	47	79	3
42	M	SA	50	Erik Phillips	96	Spartacus	41.2	29	31	33	33	40	43	45x	43	76	4
98	M	SA	50	Jovonne Ripley	99	Cannon Falls	36.6	30	32	34x	32	40	43	45x	43	75	5
80	M	SA	50	Brian Fox	98	Weston	29.9	10	12	13	13	14x	14	17	17	30	6
81	M	SA	56	Ridge Raddatz	94	Farmington	54.5	36	40	43X	40	54	57	59X	57	97	1
69	M	SA	56	Weston Paul Chan	94	Lakeville North	54.3	30	35	40	40	30X	30	48	48	88	2
111	M	SA	62	Justin Hett	94	Farmington	61.1	54	58	61x	58	74	78	81x	78	136	1
5	M	SA	62	Chad Forsell	93	Cannon Falls	61.6	45	50	55	55	60	65x	65	65	120	2
37	M	SA	62	Alex Rittenhouse	94	Lakeville South	61.2	48	52	55x	52	60	64	68	68	120	3
29	M	SA	62	Matt Schulz	94	Farmington	57.9	35	39	42x	39	57	61	65x	61	100	4
57	M	SA	62	Matt Krause	95	TCB	61.3	28	30	31x	30	37	40	42	42	72	5
55	M	SA	62	Allen Knuth	98	Weston	60.8	13x	13	17	17	15	17	19	19	36	6
117	M	SA	69	Casey Troop	93	Lakeville South	66.8	55	60	65	65	75	80	85	85	150	3
70	M	SA	69	Trevor Sullivan	93	Cannon Falls	63	60	65	70X	65	70	80	85X	80	145	4
6	M	SA	69	Chance Bonar	93	Farmington	68.4	44	47	50X	47	58	63	67	67	114	7
27	M	SA	69	Matt Cochlin	93	Northfield	65.6	45	48	51X	48	55	57	60	60	108	8
35	M	SA	69	Tucker Meillier	94	Northfield	68.2	61X	61X	61X	0	76X	76	80	80	0	
34	M	SA	77	Collin Fossun	93	Lakeville South	76.4	90	93x	95x	90	110x	110	111	111	201	1
16	M	SA	77	Christopher Gonzalez	94	Cannon Falls	76.7	55	60	62x	60	75	80	83	83	143	2
20	M	SA	77	Will Phillips	94	Spartacus	72.2	50	53	55x	53	66	70	73	73	126	3
33	M	SA	77	Cory Ewanika	93	Lakeville South	76.8	47	51	54	54	62	67	71	71	125	4
19	M	SA	77	Tyler Woodward	93	Lakeville South	75.5	45	50	53x	50	60	65x	65	65	115	5
118	M	SA	77	Shane Henry	93	Northfield	73.6	44	47	50x	47	60	63	68x	63	110	6
14	M	SA	77	Luka Zane	95	Lakeville	70.4	40	42	46	46	60	65x	65x	60	106	7
105	M	SA	85	Conner Stoffregen	94	Lakeville South	81.8	58x	58	60x	58	78x	78	x	78	136	8
48	M	SA	94+	Ryan McMorro	94	Cannon Falls	104.1	70	75	80x	75	90	95	98	98	173	1
83	M	SA	94+	Kevin Moore	93	Northfield	97.2	60	63	68x	63	82	86	93x	86	149	2
38	M	SA	94+	Ben Kuhr	93	Lakeville South	122.1	55	60	63x	60	75	80	85	85	145	3



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Competition: South Metro High School Open Location: Northfield MN
 Date: 1/11/2009 Group: Junior Boys Division #: 30-09-04

Lot No.	Gnd	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place
								1	2	3	Sna	1	2	3	C&J		
82	M	JR	62	Jordan Freeman	91	Northfield	60	64	66	68	68	82x	82	86	86	154	1
96	M	JR	62	Tri Phu	91	Farmington	59.1	65	68	70	70	83	86x	86x	83	153	2
78	M	JR	62	Kyle Rasmussen	91	Northfield	56.5	62x	62	64x	62	78x	80x	80	80	142	3
100	M	JR	62	Dara Ponn	92	Weston	60.9	45	52	55	55	70	75x	80	80	135	4
104	M	JR	62	Charlie Pahl	92	Lakeville North	60.4	50	52	58x	52	63	67	72	72	124	5
15	M	JR	62	Henry Mark	92	Lakeville South	62	46	49	52	52	60	65	70	70	122	6
44	M	JR	69	Nick Pierce	91	Farmington	66.4	73	77	80	80	93	97X	98	98	178	1
58	M	JR	69	Tracy Kruchten	92	Northfield	68.8	73	76	78	78	94	98X	101X	94	172	2
54	M	JR	69	Donny Mattia	92	Lakeville South	68.2	55	60	65X	60	77	81	86X	81	141	5
123	M	JR	69	Allen Sklar	91	Weston	67.6	53	60	63	63	65	72X	73	73	136	6
85	M	JR	69	Hunter Pleschourt	92	Northfield	65.1	42	44	46	46	55	57	59	59	105	9
3	M	JR	77	Roger Ung	91	Lakeville South	71.6	67x	69	73	73	95	100	103x	100	173	1
10	M	JR	77	Brandon Pietz	92	Lakeville South	76.7	55	60	63x	60	83	86	90x	86	146	2
32	M	JR	77	Alex Perkins	92	Northfield	76	55	58	60x	58	78	82	84x	82	140	3
116	M	JR	77	Adam Kruger	92	Hayfield	73.2	50	55x	55	55	80	84	88x	84	139	4
120	M	JR	77	Matt Mahle	92	SWSC	76.2	47	52x	52	52	70x	70	76x	70	122	5
73	M	JR	77	Jacob Sinning	92	Northfield	75.3	44	47	51	51	60	64	70	70	121	6
84	M	JR	77	Leif Bade	92	Northfield	70.5	40	42	45	45	55	60	63	63	108	7
110	M	JR	77	James Kluver	90	Northfield	77	40	43	45x	43	60	64	70x	64	107	8
117	M	JR	77	Charles Litecky	89	Extra	72.7	95x	95x	95x	0	120	125x	125x	120	0	
113	M	JR	77	Josh Meillier	90	Northfield	76.4	85x	85x	85x	0	100x	100	102x	100	0	
2	M	JR	85	Harrison Bernier	91	Lakeville North	80.5	85	90	95	95	110	115	120	120	215	1
63	M	JR	85	Yujie Sun	90	Northfield	84.7	85	90	93	93	110	115x	118x	110	203	2
93	M	JR	85	Derek Waldbillig	91	Farmington	81.9	75	78	82	82	109	115	121x	115	197	3
16	M	JR	85	Duke Ameyaw	90	Farmington	84.2	72	76	82	82	100	109	111x	109	191	4
8	M	JR	85	Saul Harris	89	Extra	78.4	75	80	83	83	90	95	100	100	183	5
50	M	JR	85	Matt Bettinger	92	Northfield	84.2	67	71	74	74	94	97	100	100	174	6
45	M	JR	85	Dan Rosenbush	90	Lakeville South	82	70	73x	73x	70	85	88	90x	88	158	7
74	M	JR	85	Patrick Dougherty	94	Cannon Falls	82.8	47	50	52	52	68	70x	70x	68	120	9
13	M	JR	94	Cody Gergen	91	Lakeville South	93	72	77x	77x	72	90	94x	94	94	166	1
76	M	JR	94	Alex Fritz	91	Northfield	90.8	64	67	70x	67	74	77	80	80	147	2
22	M	JR	94	Mitch Patrikus	92	Northfield	86	54	57	60	60	74	77x	78	78	138	3
67	M	JR	105	Josh Corbin	92	Northfield	102.4	75	78	82x	78	105	108	110	110	188	1
28	M	JR	105	Russell Pluhm	92	Lakeville North	100.5	75	80x	82	82	100	105x	105	105	187	2
120	M	JR	105	Chris Nelson	91	Lakeville South	101.8	65	70	75	75	90	94	98	98	173	3
95	M	JR	105+	Danny Tutewohl	91	Farmington	123.1	85	90x	90	90	110	116	120	120	210	1
46	M	JR	105+	Reid Olson	91	Northfield	108.3	67	70x	70x	67	86x	86	89	89	156	2
30	M	JR	105+	Cody Komorouski	92	Lakeville South	124.2	45	52x	52	52	60	65	69	69	121	3