



USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

SCORESHEET

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

SA=16&U, Jr=17-20

Competition: Minnesota High School State Championships

Location: Farmington High School

Date: February 28, 2009 Group: Schoolage Girls

Sanction #: 30-09-02

Lot No.	Wt Class	Name	YOB	School	Body Weight	Snatch			Best Snatch	Clean & Jerk			Best C & J	Total	Place
						1	2	3		1	2	3			
1	44	Corissa Kaas	94	Farmington	43.30	20	22	24	24	30	32	-34	32	56	1
2	53	Alexandra Duxbury	95	Chatfield	51.40	-33	-33	33	33	45	48	49	49	82	3
3	53	Anna Adrian	94	Farmington	52.80	32	34	-37	34	42	45	48	48	82	4
4	53	Maria Fruechte	94	Caledonia	50.90	48	-51	53	53	58	61	63	63	116	1
5	53	Andrea Bartz	95	Plainview-EM	52.30	39	-40	40	40	54	56	-58	56	96	2
6	53	Maddy Mullins	95	Caledonia	52.40	-35	-35	-35	0	-	-	-	0	0	
7	58	Megan Ripley	94	Cannon Falls	55.60	45	48	49	49	55	57	58	58	107	1
8	58	Chelsea Nelson	93	Lakeville South	56.40	-40	-40	40	40	-55	-55	55	55	95	2
9	63	Shelby Callahan	94	Northfield	61.10	37	40	44	44	47	-50	-50	47	91	1
10	69	Madasyn Hofstedt	96	Cannon Falls	64.20	-40	40	43	43	50	55	-58	55	98	2
11	69	Sonja Barr	93	Duluth East	65.60	40	43	46	46	-54	55	60	60	106	1
12	69+	Elizabeth Murphy	94	Farmington	106.60	40	-42	42	42	55	57	63	63	105	3
13	69+	Payton Smith	93	Farmington	83.60	44	46	-48	46	56	60	63	63	109	1
14	69+	Emmy Miller	93	Cannon Falls	76.00	40	-44	44	44	54	58	63	63	107	2



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Competition: Minnesota High School State Championships

Location:

Farmington High School

Date: February 28, 2009

Group: **Junior Girls**

Sanction #:

30-09-02

Lot No.	Wt Class	Name	YOB	School	Body Weight	Snatch			Best Snatch	Clean & Jerk			Best C & J	Total	Place
						1	2	3		1	2	3			
1	48	Rachel Hanson	92	Northfield	47.40	25	29	-33	29	35	40	-42	40	69	1
2	53	Noelle Heinricy	90	Northfield	52.40	44	46	47	47	53	55	57	57	104	1
3	53	Randi Rose	92	Armstrong	51.30	41	43	-45	43	-59	-61	-61	-59	0	-
4	58	Nicole Heinricy	90	Northfield	58.00	-37	-37	37	37	47	50	-52	50	87	2
5	58	Heather Kohl	92	Armstrong	56.70	37	40	42	42	48	-51	-52	48	90	1
6	63	Anna Hanson	92	Northfield	62.10	27	32	-37	32	30	-	-	30	62	3
7	63	Siobhan Lyons	91	Northfield	62.00	36	39	41	41	50	53	57	57	98	2
8	63	Natalie Witschorik	92	Northfield	62.50	42	-45	45	45	54	56	-58	56	101	1
9	69	Megan Nekowitsch	92	Farmington	68.70	42	-44	-44	42	58	60	-62	60	102	1
10	69	Taylor Filzen	91	Northfield	67.40	-45	-45	-45	0	-58	-58	-58	0	0	-
11	75	Lacey Bueltel	91	Armstrong	74.70	48	-50	-51	48	57	-60	-60	57	105	3
12	75	Corryn Taylor	91	Farmington	71.80	48	51	54	54	57	60	63	63	117	1
13	75	Mary Franz	90	Northfield	74.80	-45	45	-49	45	65	-69	-69	65	110	2
14	75+	Harlie Miller	91	Cannon Falls	83.80	50	-53	-54	50	60	65	68	68	118	2
15	75+	Lyndsey Callahan	92	Northfield	108.00	50	52	53	53	68	70	-73	70	123	1



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Competition: Minnesota High School State Championships

Location:

Farmington High School

Date: February 28, 2009

Group: Schoolage Boys

Sanction #:

30-09-02

Lot No.	Wt Class	Name	YOB	School	Body Weight	Snatch			Best Snatch	Clean & Jerk			Best C & J	Total	Place
						1	2	3		1	2	3			
1	50	Khai Phu	94	Farmington	47.00	43	-47	-47	43	54	61	-63	61	104	1
2	50	Jovonne Ripley	99	Cannon Falls	37.80	33	-35	35	35	-45	45	-50	45	80	4
3	50	Ben Magalis	94	Cannon Falls	49.10	34	36	-38	36	47	50	53	53	89	2
4	50	Erik Phillips	96	Central Middle	41.70	34	36	38	38	46	48	50	50	88	3
5	56	Nick French	93	Lakeville South	54.70	50	55	-60	55	65	70	-75	70	125	1
6	56	Jordan Erickson	94	Cannon Falls	53.60	39	42	45	45	55	60	-63	60	105	3
7	56	Ryan Szok	94	TwinBluff-RW	54.40	40	43	45	45	56	61	-63	61	106	2
8	62	Justin Hett	94	Farmington	61.20	58	-62	62	62	76	80	-84	80	142	1
9	62	Chad Forsell	93	Cannon Falls	60.20	50	55	-57	55	65	-70	70	70	125	3
10	62	Alexander Rittenhouse	94	Lakeville South	62.00	52	-55	55	55	-67	67	-70	67	122	5
11	62	Ian McDonald	94	Lakeville South	61.20	55	58	-64	58	70	-75	-75	70	128	2
12	62	Matthew Schulz	94	Farmington	58.80	50	-53	53	53	70	-73	-73	70	123	4
1	69	Chase McNulty	93	Lakeville South	67.20	65	68	71	71	87	90	-100	90	161	1
2	69	Casey Troop	93	Lakeville South	67.40	60	64	-67	64	83	88	90	90	154	2
3	69	Tucker Meillier	94	Northfield	67.40	-60	60	-64	60	80	-85	85	85	145	4
4	69	Trevor Sullivan	93	Cannon Falls	63.80	65	-70	70	70	75	-80	83	83	153	3
5	69	Will Phillips	94	Central Middle	68.20	54	-58	-58	54	69	73	75	75	129	5
6	77	Collin Fossum	93	Lakeville South	76.80	80	85	-	85	106	-108	110	110	195	1
7	77	Andrew Hausmann	93	Rosemount	75.00	75	-80	80	80	-100	106	-115	106	186	2
8	85	Christopher Gonzales	94	Cannon Falls	79.00	55	60	-65	60	80	-85	-85	80	140	1
9	85	Connor Stoffregan	94	Lakeville South	82.40	55	59	-62	59	-80	-80	-80	-80	0	-
10	94	Nick Liska	93	Rosemount	88.00	80	-85	85	85	105	110	115	115	200	1
11	94	Colton Hirman	94	Rosemount	86.90	65	-68	-68	65	82	87	89	89	154	2
12	94	Kevin Moore	93	Northfield	93.20	63	-66	-66	63	87	90	-93	90	153	3
13	94+	Ryan McMorrow	94	Cannon Falls	104.70	70	-75	-75	70	90	-95	100	100	170	1



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Competition: Minnesota High School State Championships

Location: Farmington High School

Date: February 28, 2009 Group: Junior Boys

Sanction #: 30-09-02

Lot No.	Wt Class	Name	YOB	School	Body Weight	Snatch			Best Snatch	Clean & Jerk			Best C & J	Total	Place
						1	2	3		1	2	3			
1	56	Kyle Rasmussen	91	Northfield	55.80	62	65	68	68	81	-83	83	83	151	1
2	56	Charlie Pahl	92	Lakeville North	55.30	50	53	56	56	65	68	-70	68	124	2
3	62	Tri Phu	91	Farmington	59.50	72	74	-77	74	92	94	-96	94	168	1
4	62	Jordan Freeman	91	Northfield	60.60	-72	-72	72	72	90	-93	-97	90	162	2
5	69	Nicholas Pierce	91	Farmington	67.20	82	85	87	87	100	104	106	106	193	1
6	69	Tracy Kruchten	92	Northfield	68.90	-80	81	84	84	98	105	-110	105	189	2
7	69	Tony Prostrollo	92	Rosemount	66.00	71	-74	-74	71	91	-94	-94	91	162	3
1	77	Josh Meillier	90	Northfield	76.70	82	-87	-90	82	100	-105	-105	100	182	1
2	85	Harry Bernier	91	Lakeville North	80.40	95	-100	100	100	-110	110	120	120	220	1
3	85	Derek Waldbillig	91	Farmington	81.90	-82	82	90	90	115	-131	-131	115	205	2
4	85	Duke Ameyaw	90	Farmington	83.80	-79	-79	-79	-79	95	100	-110	100	0	
5	94	Yujie Sun	90	Northfield	87.40	95	-100	-100	95	115	120	-122	120	215	1
6	105	Russell Pluhm	92	Lakeville North	97.10	80	-90	-90	80	-100	100	-105	100	180	1
7	105+	Danny Tutewohl	91	Farmington	125.70	-85	85	90	90	-115	115	-125	115	205	1

Team Results

Junior Team Scores:

Northfield	58
Farmington	34
Lakeville North	16

Schoolage Team Scores:

Cannon Falls	41
Farmington	31
Lakeville South	27

JUNIOR TEAMS:

Girls Name WtClass Place Points Boys Name WtClass Place Points

NORTHFIELD

R Hanson	48	1	6	K Rasmussen	56	1	6
N Heinrich	53	1	6	J Freeman	62	2	4
N Heinrich	58	2	4	T Kruchten	69	2	4
N Witschorik	63	1	6	J Meillier	77	1	6
T Filzen	69	-	0	Y Sun	94	1	6
M Franz	75	2	4				
L Callahan	75+	1	6				

Total Girls & Boys Team Points: 58

FARMINGTON

M Nekowitsch	69	1	6	T Phu	62	1	6
C Taylor	75	1	6	N Pierce	69	1	6
				D Waldbillig	85	2	4
				D Ameyaw	85	-	0
				D Tutewohl	105+	1	6

Total Girls & Boys Team Points: 34

LAKEVILLE NORTH

				C Pahl	56	2	4
				H Bernier	85	1	6
				R Pluhm	105	1	6

Total Girls & Boys Team Points: 16



SCHOOLAGE TEAMS:

Girls Name WtClass Place Points Boys Name WtClass Place Points

CANNON FALLS

M Ripley	58	1	6	J Ripley	50	4	2
M Hofstedt	69	2	4	B Magalis	50	2	4
E Miller	69+	2	4	J Erickson	56	3	3
				C Forsell	62	3	3
				T Sullivan	69	3	3
				C Gonzales	85	1	6
				R McMorrow	94+	1	6

Total Girls & Boys Team Points: 41

FARMINGTON

C Kaas	44	1	6	K Phu	50	1	6
A Adrian	53	4	2	M Schulz	62	4	2
B Murphy	69+	3	3	J Hett	62	1	6
P Smith	69+	1	6				

Total Girls & Boys Team Points: 31

LAKEVILLE SOUTH

C Nelson	58	2	4	N French	56	1	6
				A Rittenhouse	62	5	1
				C McNulty	69	1	6
				C Troop	69	2	4
				C Fossum	77	1	6
				C Stoffregen	85	-	0

Total Girls & Boys Team Points: 27

NORTHFIELD

S Callahan	63	1	6	T Meillier	69	4	2
				K Moore	94	3	3

Total Girls & Boys Team Points: 11