

AAU
PEACH DAYS POWERLIFTING -- BENCH PRESS and DEADLIFT CHAMPIONSHIPS
MEET RESULTS
9/13/2008

Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Women</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
52 kgs.	Amber Reyes	52	----	----	----	----	60	67.5	75		----	----	----	----	67.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Women</u>	<u>Life Time</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
52 kgs.	Amber Reyes	52	----	----	----	----	60	67.5	75		----	----	----	----	67.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Girl Teens (18-19)</u>			1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
52 kgs.	Amber Reyes	52	----	----	----	----	60	67.5	75		----	----	----	----	67.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Men</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5	Gabe Thomas	66	----	----	----	----	60	65	75		----	----	----	----	65				
82.5	Amir Varedi	81	----	----	----	----	125	142.5	157.5		----	----	----	----	142.5			YES	
90 kgs.	Randy Anderson	88	----	----	----	----	145	160	165	172.5					165			YES	
100 kgs.	Jeremy Drecksell	94	----	----	----	----	155	162.5	170	175					170.0			YES	
	Keith Utz	99.6	----	----	----	----	137.5	145			----	----	----	----	145.0			YES	
	Jacob Gunter	99.7					137.5	142.5	145						137.5				
125 kgs.	Ralph Branning	125	----	----	----	----	185	195	200		----	----	----	----	200.0				
	Charles Ledbetter	119.6	----	----	----	----	115	130	137.5		----	----	----	----	115.0				
140 kgs.	Steve Fredine	132.3	----	----	----	----	162.5	170	170		----	----	----	----	162.5				
	Dennis Shock	126.6	----	----	----	----	95	102.5	110		----	----	----	----	110.0				
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Men</u>	<u>Life Time</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5	Gabe Thomas	66	----	----	----	----	60	65	75		----	----	----	----	65				
82.5	Amir Varedi	81	----	----	----	----	125	142.5	157.5		----	----	----	----	142.5			YES	
90 kgs.	Randy Anderson	88	----	----	----	----	145	160	165	172.5					165			YES	
100 kgs.	Jeremy Drecksell	94	----	----	----	----	155	162.5	170	175					170.0			YES	
	Keith Utz	99.6	----	----	----	----	137.5	145			----	----	----	----	145.0				
	Jacob Gunter	99.7					137.5	142.5	145						137.5				
125 kgs.	Ralph Branning	125	----	----	----	----	185	195	200		----	----	----	----	200.0				
	Charles Ledbetter	119.6	----	----	----	----	115	130	137.5		----	----	----	----	115.0			YES	
140 kgs.	Steve Fredine	132.3	----	----	----	----	162.5	170	170		----	----	----	----	162.5				
	Dennis Shock	126.6	----	----	----	----	95	102.5	110		----	----	----	----	110.0			YES	
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Boy Teens (18-19)</u>	<u>Boy Teens (18-19)</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5 kgs.	Gabe Thomas	66	----	----	----	----	60	65	75		----	----	----	----	65			YES	
82.5	Amir Varedi	81	----	----	----	----	125	142.5	157.5		----	----	----	----	142.5			YES	
125 kgs.	Charles Ledbetter	119.6	----	----	----	----	115	130	137.5		----	----	----	----	115.0			YES	
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>SubMstr Men (35-39)</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
100 kgs.	Jeremy Drecksell	94	----	----	----	----	155	162.5	170	175	----	----	----	----	170.0			YES	YES

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Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Men</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5 kgs.	Gabe Thomas	66	----	----	----	----	----	----	----	----	102.5	142.5	152.5	155	152.5			YES	
82.5 kgs.	Amir Varedi	82	----	----	----	----	----	----	----	----	282.5	200	227.5		227.5			YES	YES
100 kgs.	Jeremy Drecksell	94	----	----	----	----	----	----	----	----	255	277.5	282.5		282.5			YES	
	Jacob Gunter	99.7	----	----	----	----	----	----	----	----	267.5	275	282.5		275.0			YES	
	Keith Utz	99.6	----	----	----	----	----	----	----	----	220	245	----		245.0				
125 kgs.	Charles Ledbetter	119.6	----	----	----	----	----	----	----	----	142.5	160	182.5	197.5	182.5			YES	
140 kgs.	Dennis Shock	126.6	----	----	----	----	----	----	----	----	165	182.5	182.5		182.5				
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Men</u>	<u>Life Time</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5 kgs.	Gabe Thomas	66	----	----	----	----	----	----	----	----	102.5	142.5	152.5	155	152.5			YES	
82.5 kgs.	Amir Varedi	82	----	----	----	----	----	----	----	----	282.5	200	227.5		227.5			YES	
100 kgs.	Jeremy Drecksell	94	----	----	----	----	----	----	----	----	255	277.5	282.5		282.5			YES	
	Jacob Gunter	99.7	----	----	----	----	----	----	----	----	267.5	275	282.5		275.0			YES	
	Keith Utz	99.6	----	----	----	----	----	----	----	----	220	245	----		245.0				
125 kgs.	Charles Ledbetter	119.6	----	----	----	----	----	----	----	----	142.5	160	182.5	197.5	182.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Boy Teens (18-19)</u>	<u>Boy Teens (18-19)</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
67.5 kgs.	Gabe Thomas	66	----	----	----	----	----	----	----	----	102.5	142.5	152.5	155	152.5			YES	
82.5 kgs.	Amir Varedi	82	----	----	----	----	----	----	----	----	282.5	200	227.5		227.5			YES	
125 kgs.	Charles Ledbetter	119.6	----	----	----	----	----	----	----	----	142.5	160	182.5	197.5	182.5			YES	
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>SubMstr Men (35-39)</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
100 kgs.	Jeremy Drecksell	94	----	----	----	----	----	----	----	----	255	277.5	282.5		282.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>SubMstr Men (35-39)</u>	<u>Life Time</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
100 kgs.	Jeremy Drecksell	94	----	----	----	----	----	----	----	----	255	277.5	282.5		282.5			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Master Men (40-44)</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
100 kgs.	Keith Utz	99.6	----	----	----	----	----	----	----	----	220	245	----		245.0				
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Master Men (40-44)</u>	<u>Life Time</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
100 kgs.	Keith Utz	99.6	----	----	----	----	----	----	----	----	220	245	----		245.0			YES	YES
Weight Class	Name	Body Weight	SQUAT				Bench				Dead Lift				Total	Coefficient	PL	State Record	American Record
<u>Master Men (60-64)</u>	<u>Open</u>		1st	2nd	3rd	4th	1st	2nd	3rd	4th	1st	2nd	3rd	4th					
140 kgs.	Dennis Shock	126.6	----	----	----	----	----	----	----	----	165	182.5	182.5		182.5			YES	YES
RED = Missed Attempt											Best Deadlifter -- Women --								
BLUE = STATE RECORDS											Best Deadlifter -- Teen -- Amir Vareid								
BLUE -- Highlighted = AAU American Records											Best Deadlifter -- Open -- Jeremy Drecksell								
Blue -- Highlighted + .500 gram chips were used for records											Best Deadlifter -- Master -- Keith Utz								

