

2017 SOWA SPRING GAMES LIFTER ROSTER

LIFTER NAME	TEAM NAME	M/F	AGE	OPENING ATTEMPT SQUAT	OPENING ATTEMPT BENCH	OPENING ATTEMPT DEADLIFT
Abdullah-Cohen, Grant	Tumwater Valley Power Dragons	Male	33		95	185
Almgren, Anders	EST Powerlifters	Male	35		45	75
Armstrong, Jeremiah	Tumwater Valley Power Dragons	Male	19	185	115	105
Armstrong, Zach	Tumwater Valley Power Dragons	Male	16		75	135
Baker, Aaron	Federal Way Thunder Lifters	Male	22		135	180
Barnhart, Edward	EST Powerlifters	Male	36	175	120	250
Berschauer, Matthew	Tumwater Valley Power Dragons	Male	32	135	115	185
Briceno, Brittany	Tumwater Valley Power Dragons	Female	24		65	185
Bryan, Shawn	BKAT Adrenalin	Male	26		135	225
Burke, Erika	EST Powerlifters	Female	38		55	75
Bynum, Marissa	Tumwater Valley Power Dragons	Female	17		65	185
Carlson, Jeffrey "Ryan"	EST Powerlifters	Male	30		85	
Crawford, James	EST Powerlifters	Male	17	250	150	300
Crowley, Teanna	Sky Valley Gentlemen & Ladies	Female	40	80	70	150
Crump, Tyrone	Tumwater Valley Power Dragons	Male	17		115	185
Cullen, Larry	EST Powerlifters	Male	46		55	
Eberle, Darin Michael	Spokane Iron Pumpers	Male	42	210	125	250
Ertler, Calvin	Clark County Bulldogs	Male	26	195	145	230
Evans, Aaron	Spokane Iron Pumpers	Male	38	150	150	220
Fazekas, Jay	EST Powerlifters	Male	47		85	
Fisher, Jonathan L.	Spokane Iron Pumpers	Male	34	60	60	1000
Fitzgerald, Zachary	Grays Harbor Hawks	Male	30	275	175	365
Freeman, Brittany	EST Powerlifters	Female	30	115	65	160
Goodley, Jennifer	BKAT Adrenalin	Female	36		55	115
Greatwood, Sam	Tumwater Valley Power Dragons	Male	28	105	85	215
Haire, Brian	Grays Harbor Hawks	Male	31	165	95	165
Halsted, Austin	Clark County Bulldogs	Male	24	110	135	200
Harp, Stephen William	Federal Way Thunder Lifters	Male	45	65	150	260
Helland, Casey	EST Powerlifters	Female	34	45	55	115
Hopkins, Amy Jene	Clark County Bulldogs	Female	27		60	145
Hoyne, Dalton	Tumwater Valley Power Dragons	Male	34	225	145	285

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Jones, Russel	Clark County Bulldogs	Male	45	290	201	396
Kelly, John	Clark County Bulldogs	Male	26		80	200
Kenske, Morgan	Federal Way Thunder Lifters	Female	20	95	55	165
Lattish, Steven	Sky Valley Gentlemen & Ladies	Male	17		60	80
Leighton, Jim	Spokane Iron Pumpers	Male	72	120	100	210
Lewis, Amy	EST Powerlifters	Female	33		75	75
Lewis, Chantel	EST Powerlifters	Female	14		45	75
Marsh, Troy	Federal Way Thunder Lifters	Male	27	185	160	250
Mathews, Larry	Clark County Bulldogs	Male	54		135	260
Mayrand, Joseph "Joey"	Federal Way Thunder Lifters	Male	16		115	175
McCarthy, Robert Chantz	Tumwater Valley Power Dragons	Male	22	115	85	185
McGeary, Corbin	Tumwater Valley Power Dragons	Male	28	255	155	295
Morales, Jonathon (Ricco)	BKAT Adrenalin	Male	32	275	165	285
Murray, Darrell	EST Powerlifters	Male	34		85	
Nelson, Lance G.	Spokane Iron Pumpers	Male	44	140	135	220
Novak, Amy	Federal Way Thunder Lifters	Female	44		50	75
Pool, Robert	BKAT Adrenalin	Male	36	225	155	285
Powell, Tanya	EST Powerlifters	Female	41	45	85	115
Rogoway, Michael	EST Powerlifters	Male	37	95	95	160
Ruffner, Mariah	Tumwater Valley Power Dragons	Female	24		65	185
Ryba, Judy	EST Powerlifters	Female	49	55	45	115
Seward, Jesse	Tumwater Valley Power Dragons	Male	26	295	245	365
Shandorf, Cheryl	EST Powerlifters	Female	46		45	
Skinner, Nicholas	Tumwater Valley Power Dragons	Male	31	95	95	185
Slotrick, Zachary	Tumwater Valley Power Dragons	Male	28	165	135	185
Spencer, Sam	Tumwater Valley Power Dragons	Male	36		85	205
Spurrier, Brett	Sky Valley Gentlemen & Ladies	Male	20		90	
Sutton, Johnathan	EST Powerlifters	Male	19		45	75
Swagerty, Bobby	Sky Valley Gentlemen & Ladies	Male	27	90	80	160
Swagerty, Melvin	Sky Valley Gentlemen & Ladies	Male	51	135	100	215
Swagerty, Tina	Sky Valley Gentlemen & Ladies	Female	47		90	
Trowbridge, Kellene	EST Powerlifters	Female	42	55	45	95
Van Zee, Michael W.	Spokane Iron Pumpers	Male	41	110	115	200
Vandeventer, Kevin J.	Spokane Iron Pumpers	Male	43	200	150	300

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Woodruff, Briana	Clark County Bulldogs	Female	22		60	145
Wyatt, Teara	Grays Harbor Hawks	Female	31		55	185
Zimmerman, Nathan	Tumwater Valley Power Dragons	Male	29	165	85	185