

**2007 Kansas 5A Power Lifting - Kapaun Mt. Carmel Catholic High School
Overall Results (Men)**

114

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|--------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Ibarra | Israel | Liberal | 109 | 165 | 1 | 195 | 2 | 165 | 1 | 525 | 1 |
| Vo | Hai | Liberal | 113 | 0 | | 155 | 3 | 120 | 2 | 275 | 2 |
| Mills | Will | Newton | 111 | 0 | | 200 | 1 | 0 | | 200 | 3 |

123

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|-------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Hedgepeth | Nick | S. South | 122 | 160 | 1 | 220 | 3 | 185 | 1 | 565 | 1 |
| Wait | Kyle | G-E | 122 | 130 | 2 | 245 | 1 | 155 | 2 | 530 | 2 |
| Gonzales | John | Liberal | 120 | 130 | 2 | 215 | 4 | 155 | 2 | 500 | 3 |

132

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|--------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Gomez | Aaron | Liberal | 132 | 205 | 1 | 290 | 1 | 210 | 1 | 705 | 1 |
| Rhodes | Daniel | G-E | 132 | 175 | 3 | 275 | 3 | 190 | 3 | 640 | 2 |
| Metzger | Logan | S. South | 132 | 155 | 5 | 280 | 2 | 170 | 4 | 605 | 3 |

140

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|---------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Borunda | Anselmo | Liberal | 140 | 245 | 1 | 270 | 2 | 210 | 2 | 725 | 1 |
| Kline | Max | Liberal | 139 | 205 | 2 | 225 | 4 | 235 | 1 | 665 | 2 |
| Berumen | Jesus | G-E | 139 | 145 | 5 | 280 | 1 | 185 | 4 | 610 | 3 |

148

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|--------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Gurtner | Tanner | S. South | 148 | 255 | 1 | 365 | 2 | 240 | 2 | 860 | 1 |
| Redmond | Devin | S. Central | 148 | 245 | 2 | 410 | 1 | 190 | 8 | 845 | 2 |
| Shields | Dereck | Liberal | 147 | 230 | 3 | 315 | 6 | 265 | 1 | 810 | 3 |

156

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|---------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Sargent | James | G-E | 156 | 285 | 1 | 340 | 1 | 235 | 3 | 860 | 1 |
| Johnson | Preston | Liberal | 151 | 240 | 4 | 325 | 2 | 225 | 6 | 790 | 2 |
| Rios | Luis | Liberal | 156 | 250 | 3 | 290 | 4 | 240 | 2 | 780 | 3 |

165

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|---------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Plett | Spencer | Liberal | 164 | 290 | 1 | 320 | 6 | 275 | 1 | 885 | 1 |
| Chavez | Jake | Winfield | 165 | 275 | 2 | 345 | 4 | 230 | 8 | 850 | 2 |
| Cantele | Anthony | KMC | 164 | 225 | 7 | 370 | 1 | 240 | 5 | 835 | 3 |

181

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|-------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Smith | Kalen | S. South | 181 | 265 | 3 | 440 | 1 | 295 | 1 | 1000 | 1 |
| Jacques | Ricky | Liberal | 179 | 260 | 4 | 330 | 9 | 255 | 4 | 845 | 2 |
| Suddeth | Matt | G-E | 175 | 275 | 1 | 350 | 6 | 215 | 10 | 840 | 3 |

198

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|--------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Regier | Adam | Liberal | 191 | 335 | 1 | 420 | 2 | 265 | 2 | 1020 | 1 |
| Jolly | Andre | G-E | 197 | 305 | 3 | 455 | 1 | 260 | 4 | 1020 | 2 |
| Guthrie | Jerrod | Newton | 186 | 310 | 2 | 365 | 5 | 245 | 6 | 920 | 3 |

220

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|--------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Bach | Joe | Liberal | 220 | 350 | 1 | 475 | 1 | 345 | 1 | 1170 | 1 |
| Pruett | Jordan | S. Central | 205 | 315 | 2 | 475 | 1 | 190 | 12 | 980 | 2 |
| Bacca | Jeff | G-E | 220 | 300 | 3 | 440 | 5 | 205 | 9 | 945 | 3 |

242

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|---------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Lam | Kevin | Liberal | 242 | 275 | 8 | 525 | 1 | 325 | 3 | 1125 | 1 |
| Miller | Jacob | G-E | 231 | 325 | 3 | 445 | 4 | 345 | 1 | 1115 | 2 |
| Martens | Branden | Newton | 221 | 275 | 8 | 470 | 2 | 345 | 1 | 1090 | 3 |

HWT

| Student Name | | High School | Weight | Bench | Place | Squat | Place | Clean | Place | Total Pounds | Overall Place |
|--------------|-------|-------------|--------|-------|-------|-------|-------|-------|-------|--------------|---------------|
| Last | First | | | | | | | | | | |
| Griffith | Zach | S. South | 268 | 350 | 1 | 465 | 3 | 285 | 1 | 1100 | 1 |
| Barnes | Brad | G-E | 265 | 300 | 3 | 480 | 2 | 225 | 3 | 1005 | 2 |
| Bones | Shawn | G-E | 259 | 260 | 5 | 425 | 4 | 230 | 2 | 915 | 3 |

New State Records

| | | |
|-----------|----------------------------|----------------|
| 148-class | Devin Redmond (S. Central) | 465 lbs. squat |
| 220-class | Joe Bach (Liberal) | 360 lbs. clean |
| 198-class | Adam Regier (Liberal) | 340 lbs. bench |
| 242-class | Brandon Mattens (Liberal) | 350 lbs. clean |
| 242-class | Joey Daley (G-E) | 375 lbs. bench |