

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

105

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Gokey	Jessica	Liberal	105	90	1	135	1	125	1	350	1

114

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Cook	Samantha	S. South	114	90	3	195	2	140	1	425	1
Rotolo	Hannah	Liberal	114	100	1	200	1	120	2	420	2
Kemph	Lauren	Newton	104	90	2	130	3	110	3	330	3

123

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Bruce	Tara	Liberal	123	90	2	170	1	130	1	390	1
Jackson	Heather	Winfield	121	105	1	150	2	115	2	370	2

132

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Lamars	Audrey	VC	132	130	1	275	1	170	1	575	1
Pando	Lilia	Liberal	132	0		135	2	100	2	235	2

140

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Laffitte	Lacy	S. South	140	130	2	220	1	145	2	495	1
Delay	Caitlin	Liberal	140	135	1	175	2	175	1	485	2
Greeson	Jennifer	Liberal	140	115	3	135	3	110	3	360	3

148

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First			Bench	Place	Squat	Place	Clean	Place		
Myers	Kylee	VC	145	135	1	275	1	165	21	575	1
Zakary	Kate	S. South	148	130	3	260	2	165	1	555	2
Hiebert	Amanda	Newton	148	135	2	210	3	145	3	490	3

156

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First										
Freeman	Heather	Liberal	156	105	1	175	2	145	1	425	1
Bonilla	Sandra	Liberal	153	100	2	200	1	120	2	420	2

165

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First										
Egana	Carnella	S. South	165	130	2	250	1	180	1	560	1
Haynes	Neasha	S. South	165	135	1	250	2	165	2	550	2
Cheney	Christina	Newton	163	0		225	3	115	3	340	3

HWT

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Overall Place
Last	First										
Fritz	Heather	S. South	203	160	1	315	1	185	1	660	1
Mata	Heather	Liberal	196	120	2	200	2	125	2	445	2
Holt	Ashley	Newton	189	0		145	3	0	3	145	3

New State Records

132-class	Audrey Lamars (VC)	280 lbs. squat
132-class	Audrey Lamars (VC)	170 lbs. clean
HWT-class	Heather Fritz (S. South)	185 lbs. clean