

2007 USAPL Lifter Rankings
Women's Teen 16-17

Squat		Bench Press		Dealift		Total					
96											
1	Stephanie Seebruch	235	1	Kati Durham	116	1	Stephanie Seebruch	281	1	Stephanie Seebruch	612
2	Megan Helein	230	2	Megan Blalock	105	2	Monica Johnston	237	2	Kati Durham	573
3	Kati Durham	226	3	Stephanie Seebruch	99	3	Kati Durham	231	3	Monica Johnston	524
4	Monica Johnston	195	4	Monica Johnston	94	4	Laura McGill	226	4	Megan Helein	500
5	Christin Richmond	187	5	Megan Helein	80	5	Megan Blalock	220	5	Megan Blalock	496
6	Chelsy Brady	185	6	Laura McGill	77	6	Christin Richmond	204	6	Laura McGill	485
7	Kelly Naquin	185	7	Stephanie Hostetler	72	7	Amanda Docken	200	7	Christin Richmond	457
8	Laura McGill	182	8	Chelsy Brady	70	8	Chelsy Brady	195	8	Chelsy Brady	450
9	Megan Blalock	171	9	Amanda Docken	70	9	Megan Helein	190	9	Kelly Naquin	435
10	Amanda Docken	150	10	Christin Richmond	66	10	Kelly Naquin	185	10	Amanda Docken	420
11	Kayla Vopelak	150	11	Kelly Naquin	65	11	Kayla Vopelak	165	11	Stephanie Hostetler	369
12	Stephanie Hostetler	138	12	Kayla Vopelak	50	12	Stephanie Hostetler	160	12	Kayla Vopelak	365
105											
1	Kendra Miller	309	1	Kendra Miller	154	1	Kendra Miller	309	1	Kendra Miller	766
2	Sommer Binash	281	2	Gina Trinidad	149	2	Alex Schillinger	305	2	Alex Schillinger	695
3	Alex Schillinger	275	3	Kati Durham	149	3	Alexa Schillinger	298	3	Alexa Schillinger	683
4	Jayna Van de Voort	260	4	Jayna Van de Voort	132	4	Jayna Van de Voort	290	4	Sommer Binash	678
5	Alexa Schillinger	259	5	Alexa Schillinger	127	5	Nicole Martell	285	5	Jayna Van de Voort	670
6	Gina Trinidad	243	6	Sommer Binash	127	6	Shelby Nagel	280	6	Nicole Martell	625
7	Nicole Martell	235	7	Erin Zenker	116	7	Sommer Binash	270	7	Erin Zenker	595
8	Laura McGuill	226	8	Alex Schillinger	115	8	Erin Zenker	259	8	Shelby Nagel	575
9	Erin Zenker	220	9	Melissa Werner	110	9	Jamae Pennings	259	9	Gina Trinidad	568
10	Shelby Nagel	220	10	Nicole Martell	105	10	Laura McGuill	254	10	Laura McGuill	568
11	Kati Durham	220	11	Erica Parker	90	11	Lauren Ralston	237	11	Kati Durham	562
12	Melissa Werner	220	12	Laura McGuill	88	12	Megan Preston	231	12	Jamae Pennings	550
13	Jamae Pennings	215	13	Megan Preston	88	13	Gina Trinidad	220	13	Melissa Werner	535
14	Marissa McDonald	193	14	Lauren Ralston	88	14	Kati Durham	220	14	Megan Preston	502
15	Liz Bennett	190	15	Marissa McDonald	88	15	Breanna Barnes	220	15	Lauren Ralston	485
16	Laura Schneider	185	16	Breanna Barnes	83	16	Alyssa Kasulke	215	16	Marissa McDonald	485
17	Megan Preston	182	17	Jamae Pennings	80	17	Cassie McAnallen	215	17	Breanna Barnes	480
18	Breanna Barnes	176	18	Liz Bennett	80	18	Laura Schneider	210	18	Laura Schneider	465
19	Alyssa Kasulke	165	19	Paige Summers	77	19	Melissa Werner	204	19	Liz Bennett	460
20	Paige Summers	165	20	Shelby Nagel	75	20	Marissa McDonald	204	20	Alyssa Kasulke	450
114											
1	Kendra Miller	320	1	Michelle Van Dusen	182	1	Jayna Van de Voort	353	1	Jayna Van de Voort	805
2	Jayna Van de Voort	309	2	Kendra Miller	165	2	Kendra Miller	314	2	Kendra Miller	799
3	Kristi Riley	303	3	Jayna Van de Voort	143	3	Kristi Riley	309	3	Kristi Riley	755
4	Vanessa Baldwin	275	4	Kristi Riley	143	4	Michelle Van Dusen	298	4	Britta Carlson	694
5	Amanda Kolar	275	5	Britta Carlson	143	5	Britta Carlson	287	5	Micah Ruby	678
6	Britta Carlson	265	6	Micah Ruby	143	6	Vanessa Baldwin	280	6	Vanessa Baldwin	675
7	Micah Ruby	259	7	Amanda Kolar	140	7	Kelsey Hendricks	280	7	Amanda Kolar	665
8	Roxanne Shankster	259	8	Brandy Taylor	127	8	Micah Ruby	276	8	Michelle Van Dusen	650
9	Charlie Lauer	245	9	Jenna Britzke	121	9	Kaeley Pryor	276	9	Roxanne Shankster	623
10	Michelle Van Dusen	243	10	Brandy Taylor	121	10	Zana Islami	265	10	Kaeley Pryor	623
11	Brandy Taylor	243	11	Vanessa Baldwin	120	11	Amanda Kolar	250	11	Brandy Taylor	612
12	Kaeley Pryor	237	12	Roxanne Shankster	116	12	Roxanne Shankster	248	12	Kelsey Hendricks	560
13	Brandy Taylor	220	13	Ashley Cook	116	13	Brandy Taylor	243	13	Jenna Britzke	557
14	Steph Gerzmehle	215	14	Kaeley Pryor	110	14	Charlie Lauer	243	14	Charlie Lauer	555
15	Eileen Miller	215	15	Marlena Daniel	105	15	Victoria Shaw	243	15	Zana Islami	550
16	Kelsey Hendricks	205	16	Jerissa Rice	94	16	Jenna Britzke	237	16	Steph Gerzmehle	530
17	Jennifer Mc Cormick	205	17	Meggan Lopez	94	17	Steph Gerzmehle	225	17	Brandy Taylor	529
18	Jenna Britzke	198	18	Charlie Lauer	90	18	Jennifer Mc Cormick	225	18	Marlena Daniel	524
19	Marlena Daniel	198	19	Zana Islami	90	19	Marlena Daniel	220	19	Jennifer Mc Cormick	515
20	Zana Islami	195	20	Steph Gerzmehle	90	20	Lori Peteri	215	20	Eileen Miller	495
123											
1	Kim Douglas	303	1	Kim Douglas	176	1	Lizzy Houle	335	1	Kim Douglas	783
2	Renee Dutschek	295	2	Vanessa Baldwin	171	2	Elizabeth Houle	325	2	Elizabeth Houle	750
3	Elizabeth Houle	292	3	Kayla Portwine	135	3	Kayla Portwine	320	3	Vanessa Baldwin	739
4	Lizzy Houle	280	4	Kelly Sullwold	135	4	Chantel Perry	320	4	Kayla Portwine	720
5	Amanda Schroeder	280	5	Elizabeth Houle	132	5	Kim Douglas	309	5	Lizzy Houle	720
6	Vanessa Baldwin	276	6	Chantel Perry	132	6	Vanessa Baldwin	303	6	Chantel Perry	716
7	Kayla Portwine	265	7	Haley Horbinski	132	7	Amanda Schroeder	300	7	Renee Dutschek	690
8	Chantel Perry	265	8	Laura Vosters	132	8	Nicole Simon	300	8	Amanda Schroeder	685

9	Nicole Simon	265	9	Rachal Roberts	132	9	Renee Dutschek	280	9	Nicole Simon	665
10	Mercedes Cernicka	259	10	Leslie Kutner	132	10	Kelly Sullwold	280	10	Kelly Sullwold	660
11	Kelly Heim	259	11	Nicole Cowling	116	11	Mary Wedner	276	11	Maggie Cox	645
12	Maggie Cox	255	12	Renee Dutschek	115	12	Maggie Cox	275	12	Mercedes Cernicka	639
13	Jennifer Gaona	254	13	Maggie Cox	115	13	Mercedes Cernicka	275	13	Jennifer Gaona	617
14	Sadie Tennesen	250	14	Mercedes Cernicka	110	14	Sadie Tennesen	275	14	Brittney Muester	615
15	Kelly Sullwold	245	15	Brittney Muester	110	15	Jennifer Gaona	265	15	Sadie Tennesen	610
16	Brittney Muester	240	16	Kelly Heim	110	16	Brittney Muester	265	16	Haley Horbinski	606
17	Jayne Miller	235	17	Brittany Gorka	110	17	Jayne Miller	260	17	Kelly Heim	606
18	Nicole Cowling	231	18	Lizzy Houle	105	18	Kasia Brzezicka-Katarzyna	255	18	Jayne Miller	590
19	Brittany Gorka	230	19	Amanda Schroeder	105	19	Amber Horak	255	19	Nicole Cowling	590
20	Callie Talatzko	230	20	Mary Wedner	105	20	Haley Horbinski	254	20	Mary Wedner	584

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1	Caitlyn Miller	342	1	Caitlyn Miller	154	1	Caitlyn Miller	331	1	Caitlyn Miller	827
2	Katie Flaherty	305	2	Paige Chauvin	154	2	Katie Flaherty	315	2	Katie Flaherty	750
3	Rebecca Manske	287	3	Eryn Moon	143	3	Eryn Moon	292	3	Rebecca Manske	700
4	Paige Chauvin	270	4	Tailor Castillo	138	4	Sheila Hinz	290	4	Paige Chauvin	672
5	Tya Cichantek	250	5	Rebecca Manske	132	5	Rebecca Manske	281	5	Eryn Moon	667
6	Kelsey Beckius	250	6	Katie Flaherty	130	6	Tailor Castillo	276	6	Tailor Castillo	650
7	Tailor Castillo	245	7	Telleha Cihantek	127	7	Jena Roscizewski	270	7	Telleha Cihantek	628
8	Taylor Buchinger	245	8	Shakia Marshall	121	8	Telleha Cihantek	265	8	Tya Cichantek	615
9	Elizabeth Feller	243	9	Haley Horbinski	116	9	Haley Horbinski	265	9	Haley Horbinski	606
10	Telleha Cihantek	237	10	Heather Desoto	116	10	Kelsey Miller	260	10	Ashley Raab	600
11	Eryn Moon	235	11	Lindsey Watson	116	11	Tya Cichantek	255	11	Kelsey Beckius	600
12	Sarah Droher	235	12	Jennifer Younts	116	12	Ashley Raab	255	12	Kelsey Miller	595
13	Ashley Raab	230	13	Ashley Raab	115	13	Taylor Buchinger	255	13	Taylor Buchinger	595
14	Kelsey Miller	230	14	Sarah Droher	115	14	Katie Nedza	255	14	Sarah Droher	585
15	Haley Horbinski	226	15	Tya Cichantek	110	15	Jolen Wittman	250	15	Sheila Hinz	580
16	Jolen Wittman	220	16	Elizabeth Feller	110	16	Amanda Berg	250	16	Elizabeth Feller	573
17	Heather Desoto	215	17	Lauren Harrison	110	17	Tasie Kelley	250	17	Heather Desoto	573
18	Jena Roscizewski	205	18	Sarah Lewis	110	18	Paige Chauvin	248	18	Jena Roscizewski	570
19	Tasie Kelley	205	19	Shannon Kane	110	19	Shakia Marshall	248	19	Shakia Marshall	568
20	Lauren Harrison	204	20	Kelsey Beckius	105	20	Kelsey Beckius	245	20	Jolen Wittman	560

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1	Desire Marin	386	1	Desire Marin	226	1	Erika Murphy	413	1	Desire Marin	998
2	Stephanie King	353	2	Randi Kaplan	185	2	Desire Marin	386	2	Stephanie King	909
3	Erika Murphy	353	3	Stephanie King	182	3	Stephanie King	375	3	Erika Murphy	904
4	Kamie Bluell	320	4	Jordan Stupechy	165	4	Meagan Chappell	342	4	Randi Kaplan	825
5	Randi Kaplan	315	5	Meagan Chappell	165	5	Randi Kaplan	325	5	Jordan Stupechy	794
6	Jordan Stupechy	309	6	Jessica Hodison	149	6	Kaitlyn Roberts	325	6	Meagan Chappell	794
7	Kaitlyn Roberts	292	7	Leanne Rominske	143	7	Laura Rodecki	325	7	Kamie Bluell	761
8	Becky Manske	290	8	Kalyssa Maile	143	8	Emily Anschutz	325	8	Kaitlyn Roberts	739
9	Meagan Chappell	287	9	Erika Murphy	138	9	Jordan Stupechy	320	9	Laura Rodecki	722
10	Katie Kneiff	287	10	Brittany Oswald	138	10	Becky Manske	310	10	Becky Manske	715
11	Robyn Kozlowski	285	11	Alyssa Miner	138	11	Kamie Bluell	309	11	Emily Anschutz	715
12	Chelsea Trim	285	12	Kamie Bluell	132	12	Shelby Steele	309	12	Leanne Rominske	711
13	Kalyssa Maile	276	13	Katie Kneiff	132	13	Robyn Kozlowski	305	13	Robyn Kozlowski	710
14	Samantha White	276	14	Eileen Applegate	132	14	Chelsea Trim	305	14	Chelsea Trim	705
15	Laura Rodecki	270	15	Cassie Sperber	132	15	Lydia Rallo	305	15	Katie Kneiff	705
16	Emily Anschutz	270	16	Laura Rodecki	127	16	Leanne Rominske	303	16	Kalyssa Maile	695
17	Brittany Oswald	270	17	Jessica Thornton	127	17	Hillary McAnallen	300	17	Brittany Oswald	694
18	Leanne Rominske	265	18	Brittany Moses	127	18	Brittany Moses	298	18	Shelby Steele	672
19	Eileen Applegate	259	19	Kaitlyn Roberts	121	19	Whitney Elsner	290	19	Lydia Rallo	660
20	Jasmine Littles	259	20	Samantha White	121	20	Katie Kneiff	287	20	Hillary McAnallen	655

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1	Brandi Decker	369	1	Desiree Marin	248	1	Nicole Rachal	386	1	Desiree Marin	898
2	Desiree Marin	353	2	Kami Schroer	209	2	Brandi Decker	358	2	Brandi Decker	893
3	Amanda Ruiz	353	3	Anna Bailey	193	3	Jamontane Terry	353	3	Kamie Buers	844
4	Kamie Buers	347	4	Kate Wellensiek	187	4	Leah Harvey	353	4	Nicole Rachal	832
5	Brittany Gamble	342	5	Brittany Gamble	171	5	Kamie Buers	347	5	Jamontane Terry	827
6	Stacy Bolwerk	340	6	Brandi Decker	165	6	Anna Sharpless	345	6	Amanda Ruiz	821
7	Anna Sharpless	336	7	Amanda Ruiz	165	7	Emily Lowney	340	7	Leah Harvey	821
8	Jamontane Terry	331	8	Jade Hrabak	160	8	Desiree Marin	336	8	Brittany Gamble	810
9	Kamie Bluell	330	9	Randi Kaplan	150	9	Cassi DeLos Santos	336	9	Anna Sharpless	810
10	Leah Harvey	325	10	Kamie Buers	149	10	Kamie Bluell	335	10	Stacy Bolwerk	800
11	Cassi DeLos Santos	325	11	Leah Harvey	149	11	Mary Hooper	320	11	Cassi DeLos Santos	799
12	Jade Hrabak	320	12	Danielle Wagner	149	12	Stacy Bolwerk	315	12	Kate Wellensiek	794
13	Jordan Stupecky	315	13	Stacy Bolwerk	145	13	Jordan Stupecky	315	13	Kamie Bluell	775

14	Breoshne Wyatt	309	14	Nicole Rachal	143	14	Jade Hrabak	315	14	Breoshne Wyatt	766
15	Nicole Rachal	303	15	Jamontane Terry	143	15	Kate Wellensiek	314	15	Jordan Stupecky	765
16	Kate Wellensiek	292	16	Breoshne Wyatt	143	16	Breoshne Wyatt	314	16	Jade Hrabak	760
17	Chelsey Muester	285	17	Shontil Estes	143	17	Brittany Gamble	309	17	Anna Bailey	739
18	Danielle Wagner	280	18	Taylor Jensen	143	18	Katie Deville	309	18	Emily Lowney	730
19	Destiny Skubis	280	19	Eileen Applegate	143	19	Chelsey Muester	305	19	Kami Schroer	728
20	Jennifer Ottman	280	20	Cassi DeLos Santos	138	20	Amanda Ruiz	303	20	Chelsey Muester	705

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1	Brandi Decker	405	1	Amanda Moe	185	1	Brandi Decker	375	1	Brandi Decker	930
2	Amanda Moe	375	2	Ashley Centers	185	2	Amanda Moe	360	2	Amanda Moe	920
3	Gracie Martinez	353	3	Gracie Martinez	171	3	Gracie Martinez	331	3	Gracie Martinez	854
4	Kenzi Hower	325	4	Brandi Decker	160	4	Kristen Smith	331	4	Kristen Smith	761
5	Jade Hrabak	303	5	Melissa Scott	154	5	Melissa Scott	287	5	Jade Hrabak	733
6	Kristen Smith	298	6	Jade Hrabak	149	6	Kristen Fowler	285	6	Kenzi Hower	716
7	Kristen Fowler	280	7	Stacie Pomrening	143	7	Stacie Pomrening	285	7	Kristen Fowler	705
8	Melissa Scott	265	8	Kristen Fowler	140	8	Jade Hrabak	281	8	Melissa Scott	705
9	Stacie Pomrening	265	9	Kristen Smith	132	9	Nicole Kuennan	281	9	Stacie Pomrening	689
10	Brittanie Raymer	260	10	Jordan Dobrowski	127	10	Kenzi Hower	276	10	Bobbie Bazan	656
11	Bobbie Bazan	259	11	Bobbie Bazan	121	11	Bobbie Bazan	276	11	Amber McDonald	640
12	Shea Leger	254	12	Erin Spicer	121	12	Alexandria Robbins	276	12	Brittanie Raymer	615
13	Amber McDonald	250	13	Nicole Kuennan	121	13	Erin Spicer	276	13	Alexandria Robbins	612
14	Maya Lewis	237	14	Kenzi Hower	116	14	Amber McDonald	275	14	Maya Lewis	612
15	Alexandria Robbins	231	15	Amber McDonald	115	15	Maya Lewis	265	15	Erin Spicer	606
16	Erin Spicer	231	16	Brittanie Raymer	115	16	Shea Leger	243	16	Nicole Kuennan	595
17	Nicole Kuennan	193	17	Maya Lewis	110	17	Brittanie Raymer	240	17	Shea Leger	573
18	Jordan Dobrowski	193	18	Alexandria Robbins	105	18	Jordan Dobrowski	226	18	Jordan Dobrowski	546
19	Ashley Centers	135	19	Shea Leger	88	19	Ashley Centers	225	19	Ashley Centers	545

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1	Samantha Robillard	386	1	Ashley Kueffer	292	1	Lisa Knaack	355	1	Ashley Kueffer	992
2	Ashley Kueffer	375	2	Samantha Robillard	204	2	Samantha Robillard	353	2	Samantha Robillard	942
3	Steph Crews	335	3	Tamara Maloun	193	3	Ashley Kueffer	325	3	Tamara Maloun	843
4	Tamara Maloun	331	4	Hope Block	171	4	Steph Crews	325	4	Lisa Knaack	832
5	Lisa Knaack	331	5	Sarah Jayne Lamb	160	5	Tamara Maloun	320	5	Steph Crews	785
6	Sarah Jayne Lamb	330	6	Antoinette Harris	160	6	Heather Keola	309	6	Heather Keola	783
7	Heather Keola	320	7	Autumn Pluntke	155	7	Hope Block	309	7	Hope Block	777
8	Hope Block	298	8	Heather Keola	154	8	Sarah Jayne Lamb	305	8	Sarah Jayne Lamb	770
9	Olivia Bundy	275	9	Stephane Peterson	154	9	Antoinetka Norman	303	9	Antoinette Harris	722
10	Brittany Grant	270	10	Lisa Knaack	149	10	Autumn Pluntke	300	10	Antoinetka Norman	711
11	Antoinette Harris	265	11	Antoinetka Norman	149	11	Antoinette Harris	298	11	Autumn Pluntke	710
12	Antoinetka Norman	259	12	Steph Crews	125	12	Olivia Bundy	285	12	Olivia Bundy	670
13	Autumn Pluntke	255	13	Brittany Grant	116	13	Brittany Grant	265	13	Brittany Grant	650
14	Amy Moe	200	14	Olivia Bundy	110	14	Amy Moe	250	14	Stephane Peterson	557
15	Stephane Peterson	182	15	Amy Moe	90	15	Stephane Peterson	220	15	Amy Moe	540

SHW

1	Jamie Pasch	435	1	Paige Barnett	204	1	Crystal Castello	402	1	Crystal Castello	1025
2	Crystal Castello	424	2	Crystal Castello	198	2	Paige Barnett	380	2	Jamie Pasch	950
3	Melissa Rivera	424	3	Laura Bobek	193	3	Jamie Pasch	365	3	Melissa Rivera	937
4	Jessica Nachtigal	405	4	Audree Clark	193	4	Jessica Nachtigal	365	4	Laura Bobek	931
5	Amanda Court	390	5	Alison Juen	185	5	Becky Cook	364	5	Jessica Nachtigal	930
6	Laura Bobek	375	6	Erika Landry	180	6	Laura Bobek	364	6	Amanda Court	925
7	Claire Seeke	358	7	Amanda Court	175	7	Amanda Court	360	7	Paige Barnett	915
8	Sheenah Ott	340	8	Melissa Rivera	165	8	Melissa Rivera	347	8	Claire Seeke	843
9	Paige Barnett	331	9	Jessica Nachtigal	160	9	Elise Ulrich	345	9	Elise Ulrich	830
10	Elise Ulrich	330	10	Elise Ulrich	155	10	Claire Seeke	340	10	Becky Cook	816
11	Alison Juen	315	11	Claire Seeke	154	11	Brittney Grant	314	11	Alison Juen	805
12	Mikyla Borski	315	12	Jamie Pasch	150	12	Audree Clark	309	12	Audree Clark	783
13	Becky Cook	303	13	Becky Cook	149	13	Mallory Davis	309	13	Sheenah Ott	765
14	Mallory Davis	303	14	Mallory Davis	149	14	Alison Juen	305	14	Mallory Davis	761
15	Hanna Biddle	286	15	Cassie Hall	138	15	Sheenah Ott	300	15	Erika Landry	710
16	Audree Clark	281	16	Sheenah Ott	125	16	Hanna Biddle	292	16	Hanna Biddle	699
17	Erika Landry	250	17	Hanna Biddle	121	17	Ashley Donlin	281	17	Mikyla Borski	690
18	Ashley Donlin	209	18	Alexis Rios	121	18	Erika Landry	280	18	Brittney Grant	628
19	Brittney Grant	204	19	Ashley Donlin	116	19	Mikyla Borski	275	19	Ashley Donlin	606
20	Cassie Hall	204	20	Brittney Grant	110	20	Cassie Hall	254	20	Cassie Hall	595
21	Kayla Contreras	182	21	Catrina Mitchell	110	21	Catrina Mitchell	243	21	Catrina Mitchell	496