

## Weighting Championships

<b>MEN</b>							
SCHOOL	NAME	Weight Class	Bench Press	Clean	Squat	Total	Place
Concordia Academy	Matt Cramer	125	145	145	240	530	1st
Brooklyn Center	Travis Grangruth	125	145	110	185	440	2nd
St. Anthony	Jack McGinnity	125	85	105	115	305	3rd
St. Anthony	Preston Brandes	145	240	190	315	745	1st
St. Croix Lutheran	Josh Hsu	145	180	185	310	675	2nd
St. Anthony	Stephern Kolosky	145	180	175	275	630	3rd
Concordia Academy	Luke Lageson	165	250	245	365	860	1st
St. Anthony	Billy Johnson	165	225	235	375	835	2nd
St. Anthony	Jake Metusalem	165	205	210	340	755	3rd
Concordia Academy	Baeza Tensaie	185	300	225	405	930	1st
St. Croix Lutheran	Nick Kiecker	185	220	210	370	800	2nd
Concordia Academy	Connor Heck	185	195	225	355	775	3rd
Concordia Academy	Isaac Hernandez	205	185	225	335	745	1st
Concordia Academy	Mac Holm	205	175	235	320	730	2nd
St. Anthony	Justice Spriggs	205	165	155	315	635	3rd
St. Anthony	Matt Meadowcraft	225	335	265	435	1035	1st
St. Croix Lutheran	Trevor Koester	225	225	240	380	845	2nd
Concordia Academy	Derek Murray	225	190	185	315	690	3rd
Brooklyn Center	Jerome Doe	HWT	275	215	340	830	1st
St. Croix Lutheran	Ramdy Gehl	HWT	240	205	365	810	2nd
Concordia Academy	Sam Sinna	HWT	215	230	360	805	3rd
<b>WOMEN</b>							
Concordia Academy	Elissa Pheneger	Class A	110	105	155	370	1st
St. Croix Lutheran	Kristi Grobe	Class A	85	95	155	336	2nd
St. Croix Lutheran	Carlee Prudhomme	Class A	90	90	155	335	3rd
Concordia Academy	Robyn Blount	Class B	95	120	215	430	1st
Concordia Academy	Jasmine White	Class B	95	135	185	415	2nd

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Concordia Academy	Katie Tatstad	Class B	100	135	155	390	3rd
Concordia Academy	Alexis Brown	Class C	120	135	250	505	1st
St. Croix Lutheran	Sarah Gehl	Class C	115	110	155	380	2nd