



VIRGINIA STATE

Stanardsville, Va November 7, 2009

Lifter	Division	Wt. Class	Squat	Bench	Deadlift	Total
Kim Ryman (f)	105	45-49	215	115	265	595
Susan Drach (f)	123	55-59	135	130	265	530
Erika Trubic (f)	123	65-69	150	85	185	420
Codie Frazier	14-15	114	300	160	325	785
Josh Sine	20-23	132	400	250	415	1065
Dandre Jackson	Raw 18-19	148	255	195	365	815
Allen Bowers	Raw College	148	335	235	415	985
Jeremy Fleming	20-23	148	390	290	430	1110
Mark Cline	Raw College	165	315	275	485	1075
Jesse Vance	14-15	165	370	190	400	960
John Castorani	Raw 16-17	165	215	175	285	675
Curtis Garrett	Raw 16-17	165	245	195	375	815
Kelly Haskins	Raw 16-17	165	200	175	300	675
Josh Felton	Raw 16-17	165	180	150	255	585

Carl Riggleman	Special OLYM	181	225	190	300	715
Larry Dyles	Raw Open	181	405	365	525	1295
Brett Gibson	Raw Open	198	335	255	500	1090
Brandon Poole	Raw 16-17	220	270	190	325	785
Brian Jardine	Raw College	220	385	295	610	1290
Michael Sidwell	Raw Open	220	410	285	465	1160
James Clayton	18-19	242	550	275	475	1300
Ryan Blevins	18-19	242	385	290	410	1080
Anthony Stavenski	Open	242	530	430	540	1500
Jason Wright	Raw Open	242	425	350	450	1225
Mike Nichols	60-64	242	390	280	475	1145
Michael Hilton	Raw Open	275	550	355	600	1505
Samuel Smith	Raw Open	275	460	335	535	1330
Ronnie Armstead	40-44 Police	Raw UNL	550	360	500	1410
IRONMAN						
Conner Dantzler	RAW 14-15	165		105	240	345
Jim Kiser	60-64	181		250	335	585
Andrew Fletcher	Police	198		325	450	775
Stevie Murden	Raw 20-23	275		340	525	865

BENCH PRESS						
Demetrius Maoury	Open 40-44	165		425		
Rory Duley	Raw Open	181		325		
Carl Riggleman	Special OLYM	181		190		
Christian Duvol	Raw Open	198		390		
John Shifflett	Raw O,45-49	220		300		
DEADLIFT						
Conner Dantzler	RAW 14-15	165			240	

Officials

Matt Gary -National
 Sioux-z Hartwig -Gary National
 John Shifflett- National
 Will Morris- National
 Belinda Hayes-State
 Gary Emrich-State
 Tricia Emrich-State

Announcer's

John Shifflett
 Rudy Garcia

Platform

Jeremy Shifflett
 Brian Shifflett
 Will Morris