



# Midwest Showdown

September 12, 2020

Name	State	Age	Weight	Division	Squat	Bench	Deadlift	Total
<i>Full Power</i>								
Joe Abramovitz	MO	26	248	Mens Classic Raw Open	750	475	675	1,900
Lisa Johnston	MO	50	207	Womens Classic Raw Master	120	120	240	480
Siobhan Ruth	MO	40	194.6	Womens Raw Master	245	155	260	660
Samantha Russell	MO	33	263	Womens Raw Open	315	155	275	745
Greg Lopez	MO	38	146.6	Mens Classic Raw Submaster	405	265	465	1135
Riley Howard	MO	24	218.6	Mens Raw Open	425	405	500	1310
Mitch Forrester	MO	45	276.4	Mens Classic Raw Master	425	275	505	1205
Marcos Lopez	MO	25	288.8	Mens Classic Raw Open	750	455	605	1810
Kyle Russell	MO	36	179	Mens Classic Raw Open	475	305	460	1240
<i>Bench Only</i>								
Ryno Johnson	MO	27	277	Mens Raw Open		570		570
Kole Carter	MO	58	380	Mens Soft Gear Open / Mens Soft Gear Master		800		800
<i>Combine Bench Challenge</i>								
Name				Division		Number of Reps		
Ryno Johnson				Mens 221+ lb		43		
Danielle Clark				Womens 149+ lb		18		

\*\*Weight in pounds