

10-Mar-24 **Michigan APF/AAPF 2024 State Championships Day 1 Royal Oak Gym**

Name	Age	Div	Age	Div	BWT (Kg)	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Deadlift 4	Coeff Score	Age & Coeff	Place code	PI-Div-WC1	Team Pts	Team	Events	
Michael Wright	46	M_MR_2_APF	72.4	75	0.7071							0	4	250	-295	-300		250	0	395	-285	385		385	0.0	0.00	0.00	2.00	0.00	0.00	Pride Barbell	PP	
Jon Burtraw	50	M_OR_APF	106	110	0.5689							0	5	395	410	420		420	0	405	420	450		450	0.0	0.00	0.00	2.00	0.00	0.00	PP		
Jon Burtraw 2	50	M_MR_1_APF	106	110	0.5689							0	5	395	410	420		420	0	405	420	450		450	0.0	0.00	0.00	2.00	0.00	0.00	PP-BP		
Carson Crawford	18	M_TCR_3_AAPF	128.2	140	0.5421		10 out	515	-540	540		540	6	320	335	350		350	890	418	455	485		485	1375.0	745.39	0.00	2.00	1-M TCR_3_AAPF	3.00	GR YMCA		
Mason Lester	21	M_JCR_APF	107.2	110	0.5668		13 out	500	545	600		600	4	275	305	-340		275	875	475	515	-680		515	1390.0	787.78	0.00	2.00	2-M_JCR_APF	3.00			
Adam Galvan 1	38	M_OR_APF	112.3	125	0.5496		11 out	-622.5	522.5	-545.5		522.5	6	319	-344.5	-352.5		319	841.5	-528	528	562		562	1403.5	771.36	0.00	2.00	3-M_OR_AAPF	3.00			
Adam Galvan 2	38	M_SR_AAPF	121.3	125	0.5496		11 out	-622.5	522.5	-545.5		522.5	6	319	-344.5	-352.5		319	841.5	-528	528	562		562	1403.5	771.36	0.00	2.00	1-M_SR_AAPF	3.00			
Benjamin Orkis	33	M_OEM_APF	100.0	100	0.5813		16 out	710	760	780		780	4	420	-450	-450		420	1200	565	-605	-605		565	1785.0	1025.99	0.00	2.00	2-M_OEM_APF	3.00			
Justin Healy	43	M_OEM_APF	137.3	140	0.5335			-865	805			805		575				575	1380	635	665	675		675	2055.0	1096.24	1130.22	2.00	1-M_OEM_APF	3.00		Hard Bar Crew	
Justin Healy 2	43	M_OEM_APF	137.3	140	0.5335			-865	805			805		575				575	1380	635	665	675		675	2055.0	1096.24	1130.22	2.00	1-M_OEM_APF	3.00		Hard Bar Crew	
Luke Kiser	23	M_JCR_APF	122.1	125	0.5488		8 out	550	-545	605		605	5	355	380	390		390	995	625	-540		625	1620.0	888.88	0.00	2.00	1-M_JCR_APF	3.00		Brad Abbott Strength		
Mike Shanley	48	M_MR_2_APF	108.2	110	0.5652							0	6	335	350	370		370	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	Repz Gym	BP	
Christopher Alder	54	M_MR_3_AAPF	117.9	125	0.5536							0	5	385	-397	402		402	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Jon Burtraw 3	50	M_MR_1_APF	106	110	0.5689							0	5	395	410	420		420	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Cody Crain 1	34	M_OR_APF	118.7	125	0.5523							0	6	385	405	430		430	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Cody Crain 2	34	M_SR_APF	118.7	125	0.5523							0	6	385	405	430		430	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	PL		
Terry Locklear	31	M_OR_APF	137.5	140	0.5332							0	6	405	425	-450		425	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Justin Fargo	51	M_MR_3_APF	99.9	100	0.5828							0	5	225	242	253		253	0	315	365	405		405	0.0	0.00	0.00	2.00	0.00	0.00	PP		
Keith Burton	31	M_OR_APF	104	110	0.5726		12 out	255	275	300		300	6	165	185	205		205	505	355	355	375		375	880.0	503.84	0.00	2.00	3-M_OR_APF	3.00		Pride Barbell	
Kenneth Ligon	86	M_MR_3_APF	104	110	0.5726		11 out	255	265	-225		265	4	165	-180	200		200	465	355	375	405		405	870.0	496.12	752.66	2.00	1-M_MR_3_APF	3.00		Armageddon	
Kenneth Ligon 2	86	M_MR_5_AAPF	104	110	0.5726		11 out	255	265	-225		265	4	165	-180	200		200	465	355	375	405		405	870.0	496.12	752.66	2.00	1-M_MR_5_AAPF	3.00		Armageddon	
Garrett Wright	25	M_OR_APF	68.4	75	0.7462							0	4	-486	200	225		225	0	395	-485	405		405	0.0	0.00	0.00	2.00	0.00	0.00	Pride Barbell	PP	
Mason Alpnach	27	M_OCR_APF	98.1	100	0.5862							0	4	225	280	-265		280	670	385	405	435		435	1105.0	647.70	0.00	2.00	5-M_OCR_APF	3.00		PL	
Andy Krasac	39	M_OCR_APF	140	140	0.5311		5 out	275	300	315		315	6	230	-260	-260		230	545	405	435	455		455	0.0	0.00	0.00	2.00	0.00	0.00	GR Strength	PP	
Ben Hillstrand	30	M_OCR_AAPF	99.7	100	0.5821		9 out	335	345	-350		345	3	275	285	295		295	640	405	430	430		430	1070.0	622.79	0.00	2.00	3-M_OCR_AAPF	3.00		PL	
Nicholas Landon 1	25	M_OR_APF	97.5	100	0.5678		9 out	335	445	470		470	4	-325	295	305		305	775	455	530	575		575	1350.0	793.46	0.00	2.00	2-M_OR_APF	3.00		PL	
Nicholas Landon 2	25	M_OR_AAPF	97.5	100	0.5678		9 out	335	445	470		470	4	-325	295	305		305	775	455	530	575		575	1350.0	793.46	0.00	2.00	2-M_OR_AAPF	3.00		PL	
Ben Mata	69	M_MR_6_APF	123.6	125	0.5471							0	5	281	292	300		300	0	-485	485	490		490	0.0	0.00	0.00	2.00	0.00	0.00	Pride Barbell	PL	
Craig Zenger 1	61	M_MR_5_AAPF	109.3	110	0.5635		11 in	335	365	380		380	6	290	310	320		320	700	485	515	530		530	1230.0	693.11	845.78	2.00	1-M_MR_5_AAPF	3.00		PL	
Craig Zenger 2	61	M_MR_5_APF	109.3	110	0.5635		11 in	335	365	380		380	6	290	310	320		320	700	485	515	530		530	1230.0	693.11	845.78	2.00	1-M_MR_5_APF	3.00		PL	
Liam Pelletta	25	M_OCR_APF	93.4	100	0.6000		9 out	440	465	485		485	6	285	285	-245		285	770	520	565	620		620	1390.0	833.93	0.00	2.00	2-M_OCR_APF	3.00		Kettering University	PL
Mark Nelson	66	M_MR_6_APF	98.9	100	0.5854							0	7	-345	245	255		255	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Montez Lee	45	M_MR_2_AAPF	103.9	110	0.5738							0	3	-315	-335	-365		0	0	0	0		0	0	0.0	0.00	0.00	2.00	0.00	0.00	BP		
Bradley Coleman	39	M_SR_APF	106.2	110	0.5685							0	5	250	275	-300		275	0	396	420	450		450	0.0	0.00	0.00	2.00	0.00	0.00	Doyon dungeon	PP	
Chris Gastaris	55	M_OCR_AAPF	95.6	100	0.5932		10 in	-460	-460	-460		0	3	45				45	0	405				405	0.0	0.00	0.00	2.00	0.00	0.00	PL		
Michael Rumanick	30	M_OCR_APF	93.8	100	0.5887		11 out	405	435	460		460	5	315	335	345		345	805	450	500	-540		500	1305.0	781.30	0.00	2.00	3-M_OCR_APF	3.00		Kettering University	PL
Greg Joslin	38	M_SR_APF	99.4	100	0.5828							0	5	300	315	-330		315	0	-455	-455	-455		0	0	0.0	0.00	0.00	2.00	0.00	0.00	Pride Barbell	PP
Matthew Schwab 1	37	M_SR_APF	97	100	0.5891		12 out	-455	455	485		485	4	425	450	-470		450	935	455	500	525		525	1480.0	860.09	0.00	2.00	1-M_SR_APF	3.00		PL	
Drew Hall	32	M_OR_APF	109.5	110	0.5632		13 out	515	560	600		600	4	315	340	360		360	960	470	500	520		520	1480.0	833.54	0.00	2.00	1-M_OR_APF	3.00		PL	
Drew Hall 2	32	M_OR_APF	109.5	110	0.5632		13 out	515	560	600		600	4	315	340	360		360	960	470	500	520		520	1480.0	833.54	0.00	2.00	1-M_OR_APF	3.00		PL	
Blake Wojcik	20	M_JCR_AAPF	98.1	100	0.5882		9 out	450	480	-490		480	5	305	315	-330		315	795	475	505	525		525	1320.0	773.72	0.00	2.00	1-M_JCR_AAPF	3.00		PL	
Blake Wojcik 2	20	M_OCR_AAPF	98.1	100	0.5882		9 out	450	480	-490		480	5	305	315	-330		315	795	475	505	525		525	1320.0	773.72	0.00	2.00	2-M_OCR_AAPF	3.00		PL	
Drake Elliott	44	M_MR_1_APF	118.7	125	0.5523		2 out	410	465	-425		465	8	385	-440	410		410	875	475	585	540		540	1415.0	781.50	815.11	2.00	2-M_MR_1_APF	3.00		PL	
Lester Villapando 1	29	M_OCR_AAPF	98.4	100	0.5854		15 out	430	460	-485		460	4	340	-380	-380		360	820	485	510	-680		510	1330.0	778.52	0.00	2.00	1-M_OCR_AAPF	3.00		PLBP	
Luke Stearns	32	M_OCR_APF	132.7	140	0.5377		11 out	495	495	530		530	7	265	-285	-285		265	795	500	520	540		540	1335.0	771.83	0.00	2.00	4-M_OCR_APF	3.00		Bedlam Boyz Barbell Club	
Jack Perkins 1	49	M_OCR_APF	111.5	125	0.5605		13 out	520	535	550		550	5	330	350			350	990	-600	600	-645		600	1500.0	840.68	835.67	2.00	1-M_OCR_APF	3.00		PL	
Jack Perkins 2	49	M_MR_1_APF	111.5	125	0.5605		13 out	520	535	550		550	5	330	350			350	990	-600	600	-645		600	1500.0	840.68	835.67	2.00	1-M_MR_1_APF	3.00		PL	
Lester Villapando 2	29	M_OCR_AAPF	98.4	100	0.5854							0	4	340	-380	380																	

Name	Age	Div	BWT (Kg)	WICis (Kg)	Coefficient	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	Pl code	Pl-Div-WICI	Tm Pts	Team
Justin Fargo	51	M_MR_3_APF	99.9	100	0.5828	225	242	253		253	315	365	405		405	658	383.4824	439.8543128	2	1-M_MR_3_APF	3	Pride Barbell
Michael Wright	46	M_MR_2_APF	72.4	75	0.7071	250	-265	-300		250	365	-385	385		385	635	449.0085	479.541078	2	1-M_MR_2_APF	3	Pride Barbell
Jon Burtraw	50	V_MR_1_APF	106	110	0.56885	395	410	420		420	405	420	450		450	870	494.8995	559.236435	2	1-M_MR_1_APF	3	
Andy Krause	39	M_SCR_APF	140	140	0.5311	230	-250	-250		230	405	435	455		455	685	383.8035	0	2	1-M_SCR_APF	3	GR Strength
Bradley Coleman	39	M_SR_APF	106.2	110	0.56845	250	275	-300		275	396	420	450		450	725	412.12625	0	2	1-M_SR_APF	3	Doyon dungson
Greg Ioslin	38	M_SR_APF	99.4	100	0.5828	300	315	-330		315	-455	-455	-455		0	0	0	0	2	0	0	Pride Barbell
Garrett Wright	25	M_OR_AAPF	68.4	75	0.7402	-185	200	225		225	365	-405	405		405	630	466.326	0	2	1-M_OR_AAPF	3	Pride Barbell
Jon Burtraw 1	50	M_OR_APF	106	110	0.56885	395	410	420		420	405	420	450		450	870	494.8995	559.236435	2	1-M_OR_APF	3	

Michigan APF/AAPF 2024 State Championships Day 1 Push-Pull

Name	Age	Div	BWT (Kg)	WICis (Kg)	Coefficient	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	Pl code	Pl-Div-WICI	Tm Pts	Team
Justin Fargo	51	M_MR_3_APF	99.9	100	0.5828	102.0593	109.7705	114.76	0	114.76	142.8831	185.5629	183.7068	0	183.7067949	298.4668421	383.4824	439.8543128	2	1-M_MR_3_APF	3	Pride Barbell
Michael Wright	46	M_MR_2_APF	72.4	75	0.7071	113.3993	-120.203	-136.079	0	113.3993	165.5629	-174.635	174.6349	0	174.6349544	288.0341105	449.0085	479.541078	2	1-M_MR_2_APF	3	Pride Barbell
Jon Burtraw	50	V_MR_1_APF	106	110	0.56885	179.171	185.975	190.511	0	190.511	183.707	190.511	204.119	0	204.118661	394.6294112	494.8995	559.236435	2	1-M_MR_1_APF	3	
Andy Krause	39	M_SCR_APF	140	140	0.5311	104.3273	-113.399	-113.399	0	104.3273	183.7068	197.3147	206.3866	0	206.3866461	310.7139617	383.8035	0	2	1-M_SCR_APF	3	GR Strength
Bradley Coleman	39	M_SR_APF	106.2	110	0.56845	113.3993	124.7392	-136.079	0	124.7392	179.6244	190.5108	204.1187	0	204.118661	328.8578427	412.12625	0	2	1-M_SR_APF	3	Doyon dungson
Greg Ioslin	38	M_SR_APF	99.4	100	0.5828	136.0791	142.8831	-149.687	0	142.8831	-206.387	-206.387	-206.387	0	0	0	0	0	2	0	0	Pride Barbell
Garrett Wright	25	M_OR_AAPF	68.4	75	0.7402	-83.9154	90.7194	102.0593	0	102.0593	165.5629	-183.707	183.7068	0	183.7067949	285.7661254	466.326	0	2	1-M_OR_AAPF	3	Pride Barbell
Jon Burtraw 1	50	M_OR_APF	106	110	0.56885	179.1708	185.9748	190.5108	0	190.5108	183.7068	190.5108	204.1187	0	204.118661	394.6294112	494.8995	559.236435	2	1-M_OR_APF	3	