



Nebraska State Powerlifting Championships

Omaha, NE

March 22, 2008

**BENCH
FEMALE**

181lb.	Open (25-29)	Hayley Bloom	BP 187!	Nebraska
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MALE

181 lb.	M 55-59	Velton Brown	275!	Nebraska
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198 lb.	M 45-49	Dennis Charron	325	Nebraska
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242 lb.	Open (20-24)	Casey Merkwan	440!	South Dakota
	M 45-49	Dave Kraft	336	Missouri

275lb.	Open	Ed Horwitz	270	Nebraska
	Submaster	Shane Peterson	380	Nebraska
	M 40-44	Ed Horwitz	270	Nebraska
	M 60-64	Robert Kubat, Jr.	369!	Nebraska

308lb.	Open	Richard Vincent	363	Nebraska
	Submaster	Richard Vincent	363	Nebraska
	M 40-44	Daryl Charron	534!	Missouri

SHW	Submaster	Todd Jensen	402	Nebraska
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**PUSH/PULL
MALE**

			BP	DL	TOT	
181lb.	Open	Matt Gottsch	231	407	638	Nebraska

198lb.	M 60-64	Ronnie Powell	303	507!	810	Nebraska
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**FULL
FEMALE**

			SQ	BP	DL	TOT	
123 lb.	16-17	Kristen Meisenheimer	143	99	264!	506	Nebraska
148lb.	Open(20-24)	Jamie Shockey	176	104	203	483	Nebraska
198+lb.	Open	Kacie Sharp (20-24)	330!	170!	374!	874!	Nebraska

MALE

97lb.	12-13	Reid Wagner	104	82	176	362	Nebraska
132lb.	14-15	Brandon Nauman	264	159	292	715	Nebraska
148lb.	12-13	C.J. Peters	203	137	198	538	Iowa
165lb.	14-15	Matthew Cook	286	170	402	858	Nebraska
181lb.	16-17	Jay Scurlocke	325	236	402	963	Nebraska
	Open	Kurt Pohlmann (25-29)	369	264	435	1068	Nebraska
		Matt Gottsch (20-24)	319	231	407	957	Nebraska
	M 55-59	Randy Hraban	407!	236	429	1072	Nebraska
198lb.	Open	Josh Best (20-24)	435	336	451	1222	Nebraska
220lb.	Open	John McClaren (30-34)	518	402	551	1471	Nebraska
		Travis Jewitt (25-29)	507!	319	540!	1366!	Iowa
		Jesse Frederickson (20-24)	440	253	512	1205	Nebraska
		Dustin Kass (30-34)	407	347	440	1194	Nebraska
		Adam Baber (25-29)	402	275	490	1167	Nebraska
		Derric Wood (20-24)	402	292	407	1101	Nebraska
242lb.	Open	Casey Merkwon (20-24)	440	440!	573	1453	South Dakota
		Bret Carter (25-29)	501	374	523	1398	Nebraska
		John Poulicek, Jr. (25-29)	451	308	578	1337	Nebraska
	M 45-49	Jon Carey	314	236	418	968	Nebraska
275lb.	Open	Zack Best (30-34)	567	462	628	1657	Nebraska
		Nick Lintel (20-24)	462	330	534	1326	Nebraska
		Kenneth Staskiewicz (25-29)	446	259	429	1134	Nebraska
	M 40-44	Ray Peters	418	319	429	1166	Iowa
SHW	Submaster	Robbie Saylor	518	407	578	1503	Iowa
	M 40-44	Daniel Bunch	468	325	429	1222	Nebraska

!=National Record

- Outstanding Full Male-Zack Best
- Outstanding Full Female-Kacie Sharp
- Outstanding Bench-Daryl Charron
- Outstanding Push/Pull-Ronnie Powell

Meet Director: D.J. Satterfield Sponsor Director: Richard "Vince" Vincent.

The 100% RAW Powerlifting Federation 2008 Nebraska State Championships were held at the A.V. Sorensen Recreation Center in Omaha, NE. 100% RAW is growing at an amazing rate in Nebraska. We had 39 lifters from 4 states (NE, IA, MO & SD), ages 13-63, with 28 competing in the full meet. The meet was completed in just over 5 hours, thanks to some great help.

We also raised over \$200 for Camp CoHoLo, a local camp for children ages 6-17 with cancer or a blood disorder, through admissions and t-shirt sales

I would like to send a huge thank you to Bill Purcell, Pramote Khamsanit, Kris McNeil, Mac Capello, Jesse Jobe, Tim Horton, you all were incredible all day loading and spotting. Also, to Howard Huffman, Tonya Satterfield, Cindy Gunia, Jake Gunia, Paul Bossi & Elizabeth City Awards and Keith Machulda. I want to thank my beautiful wife and Bob Coco for doing a great job on the microphone again, organizing the cards and keeping the lifting moving along. Without all of you, this meet would have never run as smoothly as it did. I want to give a special thank you to Howard Huffman for allowing us to use his weights and computer and his help with running the computer and everything else he did.

And finally, to my partner, Richard "Vince" Vincent, for helping me put on another very successful meet.

The meet started at 10:00a.m. and had some impressive lifts & national records set to follow. In the female full meet, 123lb. 16-17 division, Kristen Meisenheimer totaled 461lbs. with a national deadlift record of 264lb., the 148lb. open(20-24) division saw Jamie Shockey total 483, the 198lb.+ open(20-24) division had Kacie Sharp set national records in all three lifts and total 874lbs. for another national record, on the male side of the full lifters, 97lb. 12-13 yr. old division Jasen Hinkel put up a nice 362lb. total, in the 132lb. 14-15 division Brandon Nauman put together a 715lb. total, the 148lb. 12-13 division was won by C.J. Peters with a nice 203lb. squat, the 165lb. 14-15 division was won by Matthew Cook totaling 858lbs., the 181lb. 16-17 division saw Jay Scurlocke hit a nice 402lb. deadlift, in the open division Kurt Pohlman (1068) just beat Matt Gottsch (957), the M 55-59 division saw Randy Hraban set a new national record with a 407lb. squat, in the 198lb. open division, Josh Best put up a 1222 total, the 220lb. open division saw six lifters go at it, with the win going to John McClaren, only 4 months out from knee surgery, followed by Travis Jewett, who set national records in the squat, deadlift and total, then it was Jesse Frederickson, Dustin Kass, Adam Baber and Derric Wood, the 242lb. open division was a close battle with Casey Merkwon winning it and setting a new national bench record, followed by Bret Carter and John Poulicek, in the 275lb. division Zack Best put up an awesome total of 1657lbs., just missing Elite, he was followed by Nick Lintel with a 1326lb. total and Kenneth Staskiewicz with a 1134lb. total. and in the M 40-44 division Ray Peters totaled 1166, the SHW submaster division saw Robbie Saylor hit a nice 1503lb. total and in the M 40-44, Daniel Bunch totaled 1222lbs.

In the Push/Pull part of the meet, 181lb. open division Matt Gottsch totaled 638lbs., in the 198lb. M 60-64 division, Ronnie Powell totaled 810lbs., while breaking his own national record with a 507lb. deadlift.

In the Bench only part of the competition, the female 181lb. open division saw Hayley Bloom set a new national record with a 187lb. press,

in the male side of things, 181lb.

M 55-59 Velton Brown set a new national record with a 275lb. press, the 198lb. M 45-49 division saw Dennis Charron hit a nice 325lb. bench while in the 242lb. open division, Casey Merkwon set the new national record with a 440lb. press, in the M 45-49, Dave Kraft pressed out a 336lb. lift, in the 275lb. open division Ed Horwitz benched 270lbs., in the submaster division Shane Peterson won with a 380lb. lift, the M 40-44 saw Ed Horwitz bench 270lbs., and the M 60-64 division was won by Robert Kubat, Jr. with a 369lb. bench which set a new national record, the 308lb. submaster and open division was won by Richard "Vince" Vincent with a 363lb. bench and the M 40-44 division saw Daryl Charron set a new national record with a 534lb. bench.

Outstanding Full Meet Male: Zack Best

Outstanding Full Meet Female: Kacie Sharp

Outstanding Push/Pull: Ronnie Powell

Outstanding Bench: Daryl Charron

Once again I would like to personally thank everyone that was involved in any way with the 100% RAW Powerlifting Federation 2008 Nebraska State Championships. It was because of all of you, that this meet turned out to be a huge success.