27th USAPL Womens National Powerlifting Championships

Hyatt Hotel - Miami, Florida

February 14 - 15, 2009

Final Nominations [As of Monday, February 09, 2009]

NR	WT.	NAME	STATE	AGE	YOB	QT	AGE GROUP
	48.00	Cheryl Anderson	Minnesota	33	1975	345.00	Open
	48.00	April Shumaker	Florida	43	1966	270.00	Open
	48.00	JoJo Ocampo	Hawaii	39	1969	265.00	Open
	48.00	Nicole Simonis	New York	18	1990	185.00	Open
	48.00	Joan Schmidt	Florida	68	1940	120.00	Open
	52.00	Suzanne Hartwig-Gary	Maryland	40	1968	435.00	Open
	56.00	Janel Brown	Pennsylvania	35	1973	400.00	Open
	56.00	Rowena Lopez	Texas	31	1977	392.50	Open
	56.00	Ita Pantilat	Washington	57	1951	355.00	Open
	56.00	Dana Snow	Washington	39	1969	320.00	Open
	56.00	Laurie Lamp	Washington	42	1966	297.50	Open
	60.00	Ellen Stein	New York	55	1953	380.00	Open
	60.00	Katherine Singletary	Texas	31	1977	367.50	Open
	60.00	Rita Carlsson	Nebraska	56	1952	355.00	Open
	60.00	Sarah Lewis	Washington	18	1980	307.50	Open
	60.00	Shannon Kane	New York	17	1991	235.00	Open
	67.50	Priscilla Ribic	Alaska	36	1972	612.50	Open
	67.50	Kelli Lambert	Nebraska	29	1979	397.50	Open
	67.50	Donna Marts	Idaho	48	1960	392.50	Open
	67.50	Ruth Welding	Illinois	53	1956	382.50	Open
	67.50	Rachele Killian Unson	Washington	39	1969	367.50	Open
	67.50	Jill Joiner-Wong	Washington	39	1969	345.00	Open
	67.50	Stephanie Mayo	Florida	16	1992	285.00	Open
	75.00	Daliann James	Texas	21	1987	540.00	Open
	75.00	Kimberly Walford	New Jersey	30	1978	515.00	Open
	75.00	Laura Styrlund	Michigan	44	1964	455.00	Open
	75.00	Paula Houston	Washington	48	1961	452.50	Open
	75.00	Lindsay Smith	Colorado	29	1979	380.00	Open
	82.50	Rebekah Lair	Maryland	32	1976	415.00	Open
	82.50	Barbara Behm	California	45	1963	377.50	Open
	90.00	Jill Arnow	Washington	49	1959	500.00	Open
	90.00	Malinda Baum	Texas	45	1963	467.50	Open
	90.00	Fran Mangaoang - Brodine	Washington	29	1979	442.50	Open
	90.00+	Harriett Hall	Alaska	60	1948	587.50	Open
	90.00+	Tammi Smith	Florida	40	1968	442.50	Open
	90.00+	Sue Hallen	Illinois	51	1957	427.50	Open
	60.00	Liza Hillegas	New York	13	1995	75.00	Teen 12 - 13
	60.00	Renata DeGennaro	New York	15	1993	197.50	Teen 14 - 15
	44.00	Bailey Terebinski	Michigan	16	1992	192.50	Teen 16 - 17
	60.00	Shannon Kane	New York	17	1991	235.00	Teen 16 - 17
	67.50	Kalyssa Maile	Alaska	16	1992	315.00	Teen 16 - 17
	67.50	Stephanie Mayo	Florida	16	1992	285.00	Teen 16 - 17
	90.00	Sara Jayne Lamb	Michigan	16	1992	397.50	Teen 16 - 17
	44.00	Nicole Simonis	New York	18	1990	185.00	Teen 18 - 19
	56.00	Leslie Kutner	Florida	19	1989	317.50	Teen 18 - 19
	60.00	Sarah Lewis	Washington	18	1980	307.50	Teen 18 - 19
	48.00	Gladys Serrano [Guest]	Puerto Rico	24	1984	305.00	Junior 20 - 23
	56.00	Dawn Gant	Florida	22	1987	267.50	Junior 20 - 23
	67.50	Jessica Koerperich	Colorado	23	1985	242.50	Junior 20 - 23
	75.00	Daliann James	Texas	21	1987	540.00	Junior 20 - 23
	90.00	Leigh Arnold	Louisiana	22	1986	515.00	Junior 20 - 23

	48.00	April Shumaker	Florida	43	1966	270.00	Masters 40 - 44
	48.00	JoJo Ocampo	Hawaii	39	1969	265.00	Masters 40 - 44
	52.00	Suzanne Hartwig-Gary	Maryland	40	1968	435.00	Masters 40 - 44
	56.00	Toni Kemper	Colorado	44	1964	367.50	Masters 40 - 44
	56.00	Dana Snow	Washington	39	1969	320.00	Masters 40 - 44
	56.00	Laurie Lamp	Washington	42	1966	297.50	Masters 40 - 44
	75.00	Laura Styrlund	Michigan	44	1964	455.00	Masters 40 - 44
	82.50	Natalie Harmon	Washington	41	1967	390.00	Masters 40 - 44
	90.00+	Tammi Smith	Florida	40	1968	442.50	Masters 40 - 44
	52.00	Jennifer Kingsley	Wiconsin	49	1961	310.00	Masters 45 - 49
	52.00	Theresa Michaels - Ward	New Hampshire	45	1963	262.50	Masters 45 - 49
	60.00	Angela Simons	Minnesota	47	1961	352.50	Masters 45 - 49
	60.00	Lanette Lopez	Texas	49	1969	332.50	Masters 45 - 49
	67.50	Donna Marts	Idaho	48	1960	392.50	Masters 45 - 49
	75.00	Paula Houston	Washington	48	1961	452.50	Masters 45 - 49
	75.00	Donna Bryant	Texas	49	1959	422.50	Masters 45 - 49
	82.50	Barbara Behm	California	45	1963	377.50	Masters 45 - 49
	82.50	Jo Ann Larew	Colorado	45	1963	365.00	Masters 45 - 49
	90.00	Jill Arnow	Washington	49	1959	500.00	Masters 45 - 49
	90.00	Malinda Baum	Texas	45	1963	467.50	Masters 45 - 49
	56.00	Katie Dingle - Craig	Alaska	51	1957	337.50	Masters 50 - 54
	56.00	Debra Jackson	Texas	50	1958	271.00	Masters 50 - 54
	60.00	Melinda Henry	Florida	50	1958	300.00	Masters 50 - 54
	67.50	Ruth Welding	Illinois	53	1956	382.50	Masters 50 - 54
	67.50	Cathy Marksteiner	Ohio	50	1958	327.50	Masters 50 - 54
	67.50	Debra Duffy-Smet	Minnesota	51	1957	295.00	Masters 50 - 54
	75.00	Terry Lee	Washington	54	1954	357.50	Masters 50 - 54
	90.00+	Sue Hallen	Illinois	51	1957	427.50	Masters 50 - 54
	48.00	Ann Leverett	Georgia	55	1954	317.50	Masters 55 - 59
	56.00	Ita Pantilat	Washington	57	1951	355.00	Masters 55 - 59
	60.00	Ellen Stein	New York	55	1953	380.00	Masters 55 - 59
	60.00	Rita Carlsson	Nebraska	56	1952	355.00	Masters 55 - 59
	67.50	Gail Moore	Pennsylvania	61	1947	340.00	Masters 60 - 64
	90.00	Carolyn Phillips	Florida	60	1948	270.00	Masters 60 - 64
	90.00+	Harriett Hall	Alaska	60	1948	587.50	Masters 60 - 64
	48.00	Joan Schmidt	Florida	68	1940	120.00	Masters 65 - 69
	52.00	Bebe Burns	Washington	66	1942	155.00	Masters 65 - 69
	60.00	Faith Ireland	Washington	66	1942	297.50	Masters 65 - 69
	82.50	Regina Hackney	South Carolina	69	1939	312.50	Masters 65 - 69
		Total Athletes = 67					
	Registered Teams		**Category**				
	Team Titan		Open				
	Team Florida		Open				
	Seattle Strength & Power Team		Master				
	Phantom Warriors Power Team		Master				
	Phantom Warriors Power Team		Combined				
	Team Florida		Combined				