

2004 Jr/Master/Novice Championships

Lifter	Squat	Bench	Deadlift	Total
<u>WOMEN</u>				
<u>Junior 16-17</u>				
181 lbs.				
Rebecca Gimberlin	200	110	230	540
<u>Junior 18-19</u>				
123 lbs.				
Megan Thompson	170	105	240	515
132 lbs.				
Kasey Kern	160	105	215	480
<u>MEN</u>				
<u>Junior 14-15</u>				
165 lbs.				
Andrew Cooper	325	165	365	855
181 lbs.				
Cody Willis	335	245	405	985

Junior 16-17				
132 lbs.				
Dan Turnquist	335	200	365	900
148				
Craig Luedtke	300	185	375	860
Caleb Levar	265	170	290	725
165 lbs.				
Spencer Sharpe	350	200	405	995
181 lbs.				
Dustin Roggenbuck	350	270	400	1000
Michael Carlson	340	200	410	950
Junior 16-17				
198 lbs.				
Matthew Carlson	380	210	410	1000
220 lbs.				
Jim Little	405	320	405	1130
Bill Oehlers	375	210	390	975

Junior 18-19				
275 Lbs				
Keith Anderson	415	240	520	1175
Jeffrey Stevenson Jr	455	315	405	1175
NOVICE				
Men				
198 lbs.				
Theron Fonder	415	370	490	1275
220 lbs.				
John Hanson	415	275	450	1140
Jim Little	405	320	405	1130
242 lbs.				
Matt Peramaki	415	305	425	1145
275 lbs.				
Mark Falk	450	315	500	1290
Masters				
Women				

Diane Kelleher	150	145	215	510
Men				
40-49				
198 lbs.				
Barry Shaw	580	340	580	1500
Gary Grahn	410	305	480	1195
220 lbs.				
John Hanson	415	275	450	1140
275 lbs.				
Eric Knudsen	480	365	400	1245
Michael Hausken	410	340	350	1100
60-69				
220 lbs.				
Phil Markert	300	200	325	825
242 lbs.				
David Jacobson	225	175	335	735
This year's meet once again proved the strength of powerlifting in Minnesota for both the young and the				

old. We had a good showing of new lifters as well as veterans in the game. Some records fell in the Master's categories, and the competition was tight in many divisions. All in all a solid competition and numbers that all lifters can be proud of. With lifters of this caliber holding their own, next year could prove to be very interesting. I would like to take this opportunity to thank all of those involved with making this meet run...

Judges: Ken Andrs, Steve Johnson, Shawn Cain, Brad Madvig, Maura Shuttleworth.

Spotters/Loaders: Josh Pearson, Chris Cooper, Ryan Cooper, Z, Dan Levar, Andrew Cooper, Randy Abernathy.

<p>Announcers/ Judges Table: Randy Bowen, Susan Youngren, Dennis Bakscheider, Joe Kilsdonk. A special thanks goes to my trusty sidekick Bill Omundson who remembers all the parts of a meet that I forget! If I have forgotten anyone I apologize... Thanks again, Joe Cooper, Meet Director</p>				
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