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|-------------------------|
| 2004 Zumbro Valley Open |
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|-----------------------|-------|------------|-----|-------|-------|--------------|-------|
| Kasson Minnesota | | | | | | | |
| 4/24/2004 | | | | | | | |
| | | | | | | | |
| Lifter | Place | Div | Wt | Squat | Bench | Dead lift | Total |
| | | | | | | | |
| Womens State Open | | | | | | | |
| Megan Thompson | 1st | O | 123 | 195 | 110 | 230 | 535 |
| Kasey Kern | 1st | O | 132 | 185 | 100 | 235 | 520 |
| Janet Hausken * | 1st | O | 148 | 310 | 140 | 345 | 795 |
| Melanie Pesarchick | 1st | O | 165 | 240 | 125 | 270 | 635 |
| Rebecca Gimberlin | 1st | O | 181 | 250 | 115 | 275 | 640 |
| | | | | | | | |
| Zumbro Valley Open | | | | | | | |
| Chuck Wong | 1st | M(50 +) | 148 | 335 | 215 | 460 | 1010 |
| Spencer Sharpe | 1st | N | 165 | 340 | 215 | 430 | 985 |
| Dustin Roggenbuck | 1st | N | 181 | 360 | 225 | 450 | 1035 |

| | | | | | | | |
|----------------|-----|----------|-----|-----|-----|-----|------|
| Ryan Pogue | 1st | O | 181 | 505 | 315 | 585 | 1405 |
| Jim Gardner | 2nd | O | 181 | 345 | 230 | 440 | 1015 |
| Jerry Unger | 1st | M(40-49) | 181 | 350 | 255 | 410 | 1015 |
| | | | | | | | |
| Theron Fonder | 3rd | O | 198 | 400 | 315 | 490 | 1230 |
| Jesse Canton | 2nd | O | 198 | 500 | 320 | 565 | 1385 |
| Sean Mcdermott | 1st | O | 198 | 495 | 445 | 475 | 1415 |
| Gary Grahn | 2nd | M(40-49) | 198 | 450 | 325 | 480 | 1255 |
| Barry Shaw | 1st | M(40-49) | 198 | 585 | 380 | 570 | 1535 |
| | | | | | | | |
| Phil Market | 1st | M(50+) | 220 | 250 | 200 | 325 | 775 |
| | | | | | | | |
| Garrett Jensen | 1st | N | 242 | 445 | 300 | 455 | 1200 |
| Trevor Keller | 2nd | O | 242 | 520 | 410 | 560 | 1490 |
| Dan Kennedy | 1st | O | 242 | 575 | 360 | 585 | 1520 |
| John Milnes | 1st | M(50+) | 242 | 335 | 275 | 440 | 1050 |
| | | | | | | | |
| Mark Falk | 1st | N | 275 | 465 | 350 | 500 | 1335 |
| Steve Born | 2nd | O | 275 | 520 | 365 | 565 | 1450 |
| Brad Madvig | 1st | O | 275 | 700 | 500 | 705 | 1905 |

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|--|--|---|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |
| | | * Winn er of Wom ens Stat e by form ula | | | | | |
| | | | | | | | |
| Meet director Steve Johnson | | | | | | | |
| | | | | | | | |
| The 2004 Zumbro Valley open and MN Womens State was held April 24th at the Kasson-Matorvile High School | | | | | | | |
| I would like to thank all the lifter for putting on a great show. | | | | | | | |
| I would also like to thank all the spotters,loaders and referees. | | | | | | | |