



# USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

1 Olympic Plaza  
 Colorado Springs, CO 80909  
 (719) 866-4508  
 Fax (719) 866-4741  
<http://weightlifting.teamusa.org>  
 e-mail: usaw@usaweighting.org

## SCORESHEET

**Competition:** 2011 FRCF Fall Weightlifting Meet **Location:** Front Range CrossFit  
**Date:** 11/5-6/11 **Group:** 48-58 KG **Sanction #:** 32-11-07

Lot No.	Gndr	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best C&J	Total	Place	Points	Sinclair
									1	2	3	Sna	1	2	3					
8	F	165133		48	Addison Kozlow	1994	CF Verve	45.6	41		44	44	50	52	54	54	98	1		
39	F	162808		48	Erin Arranz Amos	1998	Front Range WLC	38.7	32	35	37	37	42			42	79	2		
1	F	164043		53	Megan Nichole John	1979	FRCF	52.3	49	51	54	54	62	66	69	69	123	1		
21	F	165116		53	Rosanne Allen	1965	Flatirons CF	52	49	51		51	60	62		62	113	2		
82	F	165153		53	Natalie Newhart	1986	CF Venture	51.7	43			43	54	57	62	62	105	3		
40	F	156776		58	Jacque Tiara Payne	1987	Front Range WLC	55.1	66	70		70	78	82	85	85	155	1		
69	F	164675		58	Shannan Simpson	1984	FRCF	57.7		50		50	67	70	73	73	123	2		
9	F	169195		58	Danielle Richey	1984	Flatirons CF	56.8	38	41		41			57	57	98	3		
46	F	171443		58	Emily Shangraw	1989	Flatirons CF	56.8	38	41	43	43	50		53	53	96	4		
69	F	171617		58	Amaria Parker	1979	FRCF	54.2	34	37		37	50	54	57	57	94	5		
69	F	171157		58	Andrea Searor	1978	Co Springs CF	57.3	32	34		37	42	44	46	46	80	6		

**REFEREES**

John Matthews  
 Brad Miller  
 Kerri Wenke

**MEET DIRECTOR**

Skip Miller

**DATE**

11/5/2011



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## SCORESHEET

**Competition:** 2011 FRCF Fall Weightlifting Meet **Location:** Front Range CrossFit  
**Date:** 11/5-6/11 **Group:** 63-75+ KG **Sanction #:** 32-11-07

Lot No.	Gndr	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Points	Sinclair
									1	2	3	Sna	1	2	3	C&J				
42	F	143207		63	Jessie Humeston	1988	Front Range WLC	63	75	79		79	95		103	103	182	1		
16	F	164736		63	Colleen Maher	1994	FRCF	61.7		60		60	72		75	75	135	2		
45	F	171671		63	Mary Beth Litsheim	1960	Crossfit RED	59.6	50	55		55	60	68		68	123	3		
14	F	169954		63	Lucinda Parham	1970	Flatirons CF	62.2		51		51	64	67		67	118	4		
22	F	171118		63	Makenzie Eshelman	1985	Glenwood Springs CF	62.5	43	46	49	49	118	66	69	69	118	5		
3	F	167867		63	Tracy Maceachern	1965	Front Range WLC	59.7	47	50	52	52	58	61	63	63	115	6		
85	F	171615		63	Lo Engquist	1985	FRCF	61.4		48		48	60	63	65	65	113	7		
23	F	171121		63	Deanna Spracher	1987	Glenwood Springs CF	61.6		43		43	61			61	104	8		
41	F	165266		69	Kristina Lauravel Escobar	1987	Front Range WLC	67	61	64	67	67	68	71	75	75	142	1		
25	F	169394		69	Elizabeth Ann Lazansky	1968	Flatirons CF	67	51	55	58	58	67	70		70	128	2		
61	F	171699		69	Denise Allman	1984	CF Park Hill	67.6	46	50	52	52	59	62	65	65	117	3		
20	F	168739		69	Emma Cook	1986	Flatirons CF	68	46	49	51	51	58	61		61	112	4		
68	F	171193		69	Rose Filer	1993	Flatirons CF	68.2	30	33	37	37	43	46	49	49	86	5		
60	F	171679		69	Jordan Hoefing	1985	Co Springs CF	65.2	32	34	37	37	42	44	47	47	84	6		
57	F	171687		69	Tiffany Jo Gray	1971	Front Range WLC	68.7	33	35	37	37	42	45		45	82	7		
88	F	157528		75	Arlene Ward	1986	Front Range WLC	71.2	77	81	84	84	98	103	106	106	190	1		
86	F	160325		75	Kristen Olsen	1980	FRCF	73.5	50	55	60	60	78		83	83	143	2		
87	F	165033		75	Cori Gobell	1976	FRCF	70.1	53		56	56	70		75	75	131	3		
53	F	168810		75	Richelle M Kemper	1967	Black Hills CF	71.9	34	37	40	40	50	53		53	93	4		
90	F	160320		75	Jasmine Dever	1985	FRCF	69.5	58	63		63	78	83	86	86	149			
47	F	171168		75+	Erica Solano	1984	Flatirons CF	78		42	47	47	60	64	67	67	114	1		
62	F	171611		75+	Kelli Harkins	1983	Front Range WLC	79.8	43		46	46	58	61	65	65	111	2		
4	F	160024		75+	Teresa Gessner	1971	CF Unbroken	76	43	47	49	49	60			60	109	3		
67	F	171698		75+	Alexandra Brown	1980	CO Springs CF	83.5	34		37	37	43	45	49	49	86	4		

### REFEREES

Brad Miller  
 Dan Andrews  
 Kerri Wenke

### MEET DIRECTOR

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11/5/2011



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## SCORESHEET

**Competition:** 2011 FRCF Fall Weightlifting Meet **Location:** Front Range CrossFit  
**Date:** 11/5-6/11 **Group:** 56-77 KG **Sanction #:** 32-11-07

Lot No.	Gndr	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Points	Sinclair
									1	2	3	Sna	1	2	3	C&J				
73	M	157352		56	Luke Snyder	1998	UNAT	52.4	40	41	42	42	48	50		50	92	1		
74	M	157351		56	Ty Snyder	1997	UNAT	51.8		37		37	45	50		50	87	2		
43	M	171203		62	Jacob Huffine	1984	FRCF	61.9	65		70	70	88	92		92	162	1		
89	M	171700		62	Deion Fraire	1995	CO Springs CF	61.2	55	59		59	81		84	84	143	2		
17	M	164783		62	Vito Solimene	1968	Method CF	61.6	59	62		62	77			77	139	3		
64	M	153993		69	Miller Brock	1993	UNAT	68.8	95	100		100	127		136	136	236	1		
35	M	152028		69	Mike J Pistono	1969	FRCF	67.6			80	80	102	109		109	189	2		
84	M	164157		69	Rich Trujillo	1974	MBS CF	68	76	77	78	78	96	100	103	103	181	3		
28	M	132141		69	Shane Rosselle	1970	CO Springs CF	65.9	70	74	78	78		95		95	173	4		
75	M	171084		77	Jared Gibbons	1986	Method CF	75.3	88	93		93	112			112	205	1		
2	M	164660		77	Daniel Andrews	1973	FRCF	76.7		79	83	83	105	110		110	193	2		
76	M	171440		77	Tim Givens	1969	CF Thin Air	72.5	75	79		79	102			102	181	3		
6	M	165488		77	Matthew David Cartee	1989	Front Range WLC	76.2	75	80		80	92	97		97	177	4		
70	M	171185		77	Kirk Warner	1991	Flatirons CF	70.5		60		60	82	85	88	88	140	5		
26	M	171205		77	Greg Parr	1950	Flatirons CF	74.5	47	51	54	54	70		73	73	127	6		

**REFEREES**

Kerri Wenke  
 John Matthews  
 Megan John

**MEET DIRECTOR**

Skip Miller

**DATE**

11/6/2011





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## SCORESHEET

**Competition:** 2011 FRCF Fall Weightlifting Meet **Location:** Front Range CrossFit  
**Date:** 11/5-6/11 **Group:** 94-105+ KG **Sanction #:** 32-11-07

Lot No.	Gndr	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best C&J	Total	Place	Points	Sinclair
									1	2	3	Sna	1	2	3	C&J				
12	M	134982		94	Nate Beard	1978	Zone Ready	92.6	115		123	123	145	155	160	160	283	1		
34	M	161520		94	Matt A Hathcock	1985	CF Unbroken	93.8	105	110		110	140	144	148	148	258	2		
72	M	162521		94	Steve Patrick Hegarty	1982	FRCF	92.2	110	115		115		135		135	250	3		
59	M	165102		94	Kevin Ogar	1985	CF Unbroken	93.3	103	108		108	130			130	238	4		
44	M	171166		94	Mathew Petty	1979	FRCF	92.2	90		95	95	110	115		115	210	5		
11	M	171066		94	Michael Silverman	1987	FRCF	92.2	94			94	100	105	110	110	204	6		
81	M	171336		94	Chase Carter	1983	Roaring Fork CF	89.3	72	79		79	109			109	188	7		
56	M	160366		94	David Jepson Gray	1968	Front Range WLC	87.7	73	78	82	82	95	100	105	105	187	8		
24	M	171119		94	Thaddeus Eshelman	1978	Glenwood Springs CF	93.7			79	79	102			102	181	9		
38	M	160541		94	Neil Allman	1984	CF Park Hill	91	65	69	72	72	103		109	109	181	10		
63	M	171711		94	Peter Reilly	1989	Flatirons CF	89	60	65		65	85	88	93	93	158	11		
51	M	168601		94	LaBron Lewis Stephens	1987	Front Range WLC	88.1					110	115	122	122	122	12		
83	M	171680		105	Chris William Dozois	1971	FRCF	99.6	100	104		104	135	140		140	244	1		
15	M	171088		105	McCullough Crawfordd	1988	Flatirons CF	103.2	80	85		85	105	110	115	115	200	2		
52	M	168811		105	Bryan K Kemper	1969	Black Hills CF	100.3	60	65		65	85	89	93	93	158	3		
7	M	164759		105+	Cody Fleming	1978	Crossfit RED	116.1		115		115	130	137	143	143	258	1		
49	M	132997		105+	Keith Mitchell	1981	Flatirons CF	105.2	90	93	97	97	105	110	115	115	212	2		
73	M	162516		105+	Brad Miller	1973	FRCF	119.2	90			90	110	115	120	120	210	3		

**REFEREES**

Dan Andrews

Colleen Maher

Shannan Simpson

**MEET DIRECTOR**

Skip Miller

**DATE**

11/6/2011

<b>FRCF</b>			Place	Points
1	Megan John	53 kg	1	6
2	Shannan Simpson	58 kg	2	4
3	Amaria Parker	58 kg	5	1
4	Lo Engquist	63 kg	8	
5	Colleen Maher	63 kg	2	4
6	Cori Gobell	75 kg	3	3
7	Kristen Olson	75 kg	2	4
			<b>Total</b>	22
<b>Flatirons CrossFit</b>			Place	Points
1	Rosanne Allen	53 kg	2	4
2	Danielle Richey	58 kg	3	3
3	Lucinda Parham	63 kg	4	2
4	Elizabeth Lazansky	69 kg	2	4
5	Emma Cook	69 kg	4	2
6	Rose Filer	75 kg	5	1
7	Erica Solano	75+	1	6
			<b>Total</b>	22
<b>Front Range WLC</b>			Place	Points
1	Erin Amos	48 kg	2	4
2	Jacque Paine	58 kg	1	6
3	Tracy Macaudhem	63 kg	7	
4	Jesse Humisten	63 kg	1	6
5	Kristena	69 kg	1	6
6	Arlene Ward	75 kg	1	6
7	Kelli Harkins	75 kg	2	4
			<b>Total</b>	32

1st	6
2nd	4
3rd	3
4th	2
5th	1