

2016 SONC Summer Games
PL Benchpress
Final

Results

Division: F1		Final Score	Place
Hall, Mary	McDowell - West	52.50	1st
Keeley, Breanna	Mecklenburg - West	30.00	2nd

Division: F2		Final Score	Place
Esquilin-Smith, Ivana	Cumberland - East	55.00	1st
Janiczek, Susan	New Hanover - East	25.00	2nd

Division: M1		Final Score	Place
Winter, Christopher	Mecklenburg - West	51.99	1st
Nelson, Billy	Wilkes - West	48.39	2nd
Cassity, Ethan	Wilkes - West	34.48	3rd
Wiegand, Jason	New Hanover - East		Part

Division: M3		Final Score	Place
Gunter, Chad	Cleveland - West	30.00	1st
Goodman, Lee	Cabarrus - West	27.50	2nd

Division: M4		Final Score	Place
Forrest, Micah	Durham - East	77.50	1st
Finley, Josh	McDowell - West	75.00	2nd
Tanner, Henry	New Hanover - East	70.00	3rd

Division: M5		Final Score	Place
Rembert, Brian	Cumberland - East	62.50	1st
Faulkner, Christopher	McDowell - West	47.50	2nd
Watkins Jr., Thaddeus	McDowell - West	35.00	3rd

Division: M6		Final Score	Place
Williams, Jonathan	Cabarrus - West	92.50	1st
Sims, Quentin	Durham - East	75.00	2nd

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Division: M7		Final Score	Place
Dudney, Michael	Robeson - East	160.00	1st
Harden, Jermaine	Durham - East	122.50	2nd
Lloyd, Tekeyyon	Cumberland - East	70.00	3rd
Waddell, Damien	Cumberland - East	62.50	4th

Division: M8		Final Score	Place
Smith, Cody	Mecklenburg - West	85.00	1st
Templeton, Dustin	New Hanover - East	60.00	2nd
Ivey, Dustin	Cleveland - West	55.00	3rd
Stipe, Landon	Cabarrus - West	52.50	4th

Division: M9		Final Score	Place
Hall, Dean	Durham - East	145.00	1st
Blair, Dennis	Wake - East	100.00	2nd
Stipe, Conner	Cabarrus - West	65.00	3rd

Division: M10		Final Score	Place
Kocher, Paul	Wake - East	53.05	1st
Mulvihill, Michael	Durham - East	27.22	2nd
Rodriguez, David	Cumberland - East	26.83	3rd
Rodriguez, Nelson	McDowell - West	17.20	4th

Division: M11		Final Score	Place
Barber, Christopher	Cabarrus - West	60.00	1st
Dropkin, Aaron	Wake - East	41.80	2nd
Reilly, Sean	Mecklenburg - West	28.95	3rd

Division: M12		Final Score	Place
Carter, Brian	Durham - East	107.50	1st
Blommer, Dylan	Durham - East	70.00	2nd
Locke, Daquan	New Hanover - East	70.00	2nd

2016 SONC Summer Games
PL Combination
Final

Results

Division: F1		Final Score	Place
Hall, Mary	McDowell - West	152.50	1st
Keeley, Breanna	Mecklenburg - West	97.50	2nd

Division: M10		Final Score	Place
Kocher, Paul	Wake - East	111.41	1st
Mulvihill, Michael	Durham - East	71.45	2nd
Rodriguez, Nelson	McDowell - West	63.65	3rd
Rodriguez, David	Cumberland - East	57.48	4th

Division: M11		Final Score	Place
Barber, Christopher	Cabarrus - West	157.50	1st
Dropkin, Aaron	Wake - East	110.97	2nd
Reilly, Sean	Mecklenburg - West	89.74	3rd

2016 SONC Summer Games**PL Deadlift****Final****Results**

Division: F1		Final Score	Place
Hall, Mary	McDowell - West	100.00	1st
Keeley, Breanna	Mecklenburg - West	67.50	2nd

Division: F2		Final Score	Place
Esquilin-Smith, Ivana	Cumberland - East	82.50	1st
Janiczek, Susan	New Hanover - East	65.00	2nd

Division: M3		Final Score	Place
Goodman, Lee	Cabarrus - West	82.50	1st
Gunter, Chad	Cleveland - West	65.00	2nd

Division: M4		Final Score	Place
Forrest, Micah	Durham - East	187.50	1st
Finley, Josh	McDowell - West	130.00	2nd
Tanner, Henry	New Hanover - East	70.00	3rd

Division: M5		Final Score	Place
Faulkner, Christopher	McDowell - West	100.00	1st
Rembert, Brian	Cumberland - East	85.00	2nd
Watkins Jr., Thaddeus	McDowell - West	77.50	3rd

Division: M6		Final Score	Place
Williams, Jonathan	Cabarrus - West	152.50	1st
Sims, Quentin	Durham - East	142.50	2nd

Division: M7		Final Score	Place
Dudney, Michael	Robeson - East	205.00	1st
Harden, Jermaine	Durham - East	167.50	2nd
Lloyd, Tekeyyon	Cumberland - East	95.00	3rd
Waddell, Damien	Cumberland - East	85.00	4th

2016 SONC Summer Games**PL Deadlift****Final****Results**

Division: M8		Final Score	Place
Smith, Cody	Mecklenburg - West	155.00	1st
Templeton, Dustin	New Hanover - East	137.50	2nd
Ivey, Dustin	Cleveland - West	85.00	3rd
Stipe, Landon	Cabarrus - West	85.00	4th

Division: M9		Final Score	Place
Blair, Dennis	Wake - East	192.50	1st
Hall, Dean	Durham - East	142.50	2nd
Stipe, Conner	Cabarrus - West	137.50	3rd

Division: M10		Final Score	Place
Kocher, Paul	Wake - East	58.36	1st
Rodriguez, Nelson	McDowell - West	46.45	2nd
Mulvihill, Michael	Durham - East	44.24	3rd
Rodriguez, David	Cumberland - East	30.66	4th

Division: M11		Final Score	Place
Barber, Christopher	Cabarrus - West	97.50	1st
Dropkin, Aaron	Wake - East	69.18	2nd
Reilly, Sean	Mecklenburg - West	60.80	3rd

Division: M12		Final Score	Place
Locke, Daquan	New Hanover - East	200.00	1st
Carter, Brian	Durham - East	180.00	2nd
Blommer, Dylan	Durham - East	82.50	3rd

2016 SONC Summer Games**PL Squat****Final****Results**

Division: F2		Final Score	Place
Esquilin-Smith, Ivana	Cumberland - East	75.00	1st
Janiczek, Susan	New Hanover - East	27.50	2nd

Division: M3		Final Score	Place
Goodman, Lee	Cabarrus - West	65.00	1st
Gunter, Chad	Cleveland - West	52.50	2nd

Division: M4		Final Score	Place
Forrest, Micah	Durham - East	112.50	1st
Finley, Josh	McDowell - West	72.50	2nd
Tanner, Henry	New Hanover - East	60.00	3rd

Division: M5		Final Score	Place
Rembert, Brian	Cumberland - East	75.00	1st
Watkins Jr., Thaddeus	McDowell - West	45.00	2nd
Faulkner, Christopher	McDowell - West	37.50	3rd

Division: M6		Final Score	Place
Williams, Jonathan	Cabarrus - West	125.00	1st
Sims, Quentin	Durham - East	70.00	2nd

Division: M7		Final Score	Place
Dudney, Michael	Robeson - East	160.00	1st
Harden, Jermaine	Durham - East	95.00	2nd
Lloyd, Tekeyyon	Cumberland - East	80.00	3rd
Waddell, Damien	Cumberland - East	62.50	4th

Division: M8		Final Score	Place
Smith, Cody	Mecklenburg - West	95.00	1st
Stipe, Landon	Cabarrus - West	67.50	2nd
Templeton, Dustin	New Hanover - East	65.00	3rd
Ivey, Dustin	Cleveland - West	62.50	4th

2016 SONC Summer Games
PL Squat
Final

Results

Division: M9		Final Score	Place
Hall, Dean	Durham - East	182.50	1st
Blair, Dennis	Wake - East	170.00	2nd
Stipe, Conner	Cabarrus - West	102.50	3rd

Division: M12		Final Score	Place
Carter, Brian	Durham - East	112.50	1st
Locke, Daquan	New Hanover - East	107.50	2nd
Blommer, Dylan	Durham - East	80.00	3rd

2016 SONC Summer Games
PL Triple Combination
Final

Results

Division: F2		Final Score	Place
Esquilin-Smith, Ivana	Cumberland - East	212.50	1st
Janiczek, Susan	New Hanover - East	117.50	2nd
Division: M3		Final Score	Place
Goodman, Lee	Cabarrus - West	175.00	1st
Gunter, Chad	Cleveland - West	147.50	2nd
Division: M4		Final Score	Place
Forrest, Micah	Durham - East	377.50	1st
Finley, Josh	McDowell - West	277.50	2nd
Tanner, Henry	New Hanover - East	200.00	3rd
Division: M5		Final Score	Place
Rembert, Brian	Cumberland - East	222.50	1st
Faulkner, Christopher	McDowell - West	185.00	2nd
Watkins Jr., Thaddeus	McDowell - West	157.50	3rd
Division: M6		Final Score	Place
Williams, Jonathan	Cabarrus - West	370.00	1st
Sims, Quentin	Durham - East	287.50	2nd
Division: M7		Final Score	Place
Dudney, Michael	Robeson - East	525.00	1st
Harden, Jermaine	Durham - East	385.00	2nd
Lloyd, Tekeyyon	Cumberland - East	245.00	3rd
Waddell, Damien	Cumberland - East	210.00	4th
Division: M8		Final Score	Place
Smith, Cody	Mecklenburg - West	335.00	1st
Templeton, Dustin	New Hanover - East	262.50	2nd
Stipe, Landon	Cabarrus - West	205.00	3rd
Ivey, Dustin	Cleveland - West	202.50	4th

2016 SONC Summer Games
PL Triple Combination
Final

Results

Division: M9		Final Score	Place
Hall, Dean	Durham - East	470.00	1st
Blair, Dennis	Wake - East	462.50	2nd
Stipe, Conner	Cabarrus - West	305.00	3rd

Division: M12		Final Score	Place
Carter, Brian	Durham - East	400.00	1st
Locke, Daquan	New Hanover - East	377.50	2nd
Blommer, Dylan	Durham - East	232.50	3rd
