Contest: **2009 KEYSTONE KLASSIC POWERLIFTING CHAMPIONSHIPS**

Location: **UNIVERSITY OF MANITOBA**
Frank Kennedy Building
Winnipeg, Manitoba

Date: November 28, 2009

Flight: **Full Contest**

MANITOBA POWERLIFTING ASSOCIATION
572 LINDEN AVE. WINNIPEG, MB.
R2K-0N8
PHONE: (204) 668-9641

Referee Pos.	Name	Category	Signiture
Head Referee:	**Steve Powell**	Provincial	
Side Referee:	**Susan Haywood**	Provincial	
Side Referee:	**Tamara Cunningham**	Provincial	
Supplemental (for National Records)			
Head Referee:	**Annette Powell**	National	
Side Referee:	**Brock Haywood**	Int. Cat. 2	
Score Keeper:	**Brock Haywood**	Int. Cat. 2	

Wgt. Class	Name of Lifter	Lot No.	Age Cat.	C.P.U. No.	Body Wgt.	Club/ Prov.	SQUAT			BENCH PRESS			SUB TOTAL	DEAD LIFT			TOTAL (Kilo's)	Coef. Factor	Coef. Total	Coef. Place	Cls. Place
							1	2	3	1	2	3		1	2	3					
Women																					
Men																					
75.0	Jessie Last-Kolb	9	Jr.	395.0	73.0	Mb.	132.5	142.5	**147.5**	92.5	-100.0	**100.0**	**247.5**	142.5	165.0	**177.5**	**425.0**	0.7264	308.720	4	2
	Rob Esposito	10	Op.	396.0	72.1	Mb.	-140.0	**145.0**	-147.5	85.0	**90.0**	-100.0	**235.0**	175.0	185.0	**195.0**	**430.0**	0.7330	315.190	3	1
82.5	Bruce Markham	5	M1	377.0	82.2	Mb.	235.0	252.5	**262.5**	155.0	162.5	**167.5**	**430.0**	230.0	**245.0**	-255.0	**675.0**	0.6714	453.195	1	1
90.0	Jason Hallock	3	Op.			Mb.	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch		Scratch	Scratch	Scratch					
100.0	Harvey Hanec	4	M3	383.0	94.7	Mb.	150.0	170.0	**175.0**	-150.0	-161.0	-161.0		140.0	**155.0**	-165.0					
110.0	Ed Dufour	7	Op.	381.0	108.2	Mb.	182.5	200.0	**210.0**	182.5	200.0	**210.0**	**420.0**	182.5	200.0	**210.0**	**630.0**	0.5916	372.708	2	1