

2019 AO3 - American Open Finals Start List

Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team	
1	Red	Weigh In 6:00 am	f	Open	49B	29	32	DOMINGUEZ Kimberly	132	Boombox WLC	
						Fri Dec 6	50	27	BAILEY Catherine	132	TOTAL CONTROL WEIGHTLIFTING
							59	27	NGUYEN Lucy	132	GARAGE STRENGTH
						Start 8:00 am	157	38	GIANNETTI Gina	137	FORZA WEIGHTLIFTING CLUB
							159	34	FRANKLIN Nile	135	Kings of Weightlifting
							189	25	DELA CRUZ Amanda	132	
							207	17	OTERI Ava	139	HARRISBURG WEIGHTLIFTING CLUB
							215	15	SNIDER Destiny	132	LIFT FOR LIFE GYM
							272	57	GOLDENBERG Lauren	92	Forging the Warrior
							409	28	YOSHIMURA Sayuri	132	SENSE Weightlifting Village
						417	25	ROLLER Rachel	139	CATALYST ATHLETICS	
491	37	FARRELL CARA	127	The Coolest Barbell Club Ever							
1	White	Weigh In 6:00 am	f	Open	55E	4	29	QUINONES Sibonet	149	The Coolest Barbell Club Ever	
						Fri Dec 6	31	31	EURE Carrie	150	MISSISSIPPI BARBELL
							66	13	LINK Kendall	122	DSP Barbell Club
						Start 8:00 am	133	33	FOSTER Ashley	142	IRON ATHLETE WEIGHTLIFTING CLUB
							146	30	FALAMAS Julia	149	SPOT Barbell Club
							176	35	BOHANNON Elizabeth	149	Elite Barbell Club
							188	26	STREMCHE Hope	150	GROUND AND POUNDS WEIGHTLIFTING CLUB
							197	32	GERRITSEN Alida	149	
							270	33	BROEKEL Lindsay	149	VAUGHN WEIGHTLIFTING
							286	36	WATERBURY Nicole	149	AZO BARBELL CLUB
						293	26	TRAN Tram	150	PERFORMANCE ONE WEIGHTLIFTING	
327	28	KREYE Maria	151	ST. CROIX BARBELL CLUB							
1	Blue	Weigh In 6:00 am	f	Open	59D	6	30	PRAY Brittany	165	Strength Ratio	
						Fri Dec 6	49	22	HAMILTON Alexandra	166	STONEAGE WEIGHTLIFTING CLUB
							60	23	ABILA Hunter	163	Ground To Overhead South
						Start 8:00 am	97	26	SHOWMAN Pamela	167	Elite Barbell Club
							106	27	BRETT Emily	163	
							186	30	MALEAN Coral	163	Kenmore Barbell Club
							238	28	MONTERO Kaylee	163	Boombox WLC
							419	41	SAHLBERG Jennifer	167	PARAMOUNT BARBELL CLUB
						459	23	MATSUSHIMA Angelique	164	Bakke Barbell	
2	Red	Weigh In 8:00 am	m	Open	67B	12	25	CASTILLO Gabriel	242	TEAM SOUL MIAMI	
						Fri Dec 6	69	26	BLAS Matthew	217	BROAD RIPPLE BARBELL CLUB
							67A	165	30	NGUYEN Derek	250
						Start 10:00 am	296	49	BRAMWELL Eric	180	Team Arizona
							347	23	SUAREZ Jeffrey	237	BARBARIAN BARBELL CLUB
							364	15	SNYDER Peter	175	Three Kings Weightlifting Club
							365	43	ROSE Daniel	196	HARRISBURG WEIGHTLIFTING CLUB
							381	24	HARRISON Khalil	235	
392	38	VALENTIN Alejandro	205	Gahanna GorriLaz Barbell Club							
2	White	Weigh In 8:00 am	f	Open	55D	108	32	GILMORE Jessica	151	EAST COAST GOLD W/L TEAM	
						Fri Dec 6	137	27	VILLANUEVA Melissa	154	APESQUAD WEIGHTLIFTING
							184	28	JENKINS Mikail	151	
						Start	241	33	FARRAND Bre	152	PRAETORIAN WEIGHTLIFTING
							294	30	COURTNEY Katelyn	152	3rd Rock Barbell
							350	30	STILLMAN Talia	152	Sedulous Barbell
							356	28	DENUM Susan	152	Kim Barbell
							360	30	SOUVANNAKHOT Jannie	153	STRENGTH GUILD WEIGHTLIFTING
421	31	SUCH Nikole	153								
465	19	DARAIO-RIVERA Summer	152	AMP TRAINING							

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Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team	
2	Blue	10:00 am	f	Open	59C	468	27	LEE Lauren	155	4 Star Strength	
						507	24	DURAN Olivia	153	EAST COAST GOLD W/L TEAM	
		Fri Dec 6				120	23	MAI Tori	174	Kim Barbell	
						220	40	ARAUJO Giselle	170	Team Juggernaut	
		Weigh In 8:00 am				226	27	HAMILTON Catherine	170	WAXMAN'S GYM WEIGHTLIFTING CLUB	
						228	22	MERRITT Becca	170	BROAD RIPPLE BARBELL CLUB	
		Start 10:00 am				262	29	CIUREJ Megan	170	Drive Barbell Club	
						265	16	GARZA Mallory	170	Stonehenge Weightlifting	
						446	26	TRAN Karine	168	HASSLE FREE BBC	
						450	20	GUZMAN Sarah	175	TEAM SOUL MIAMI	
		483	29	SAHLIN Nicole	171	CATALYST ATHLETICS					
3	Red	Fri Dec 6	m	Open	55A	91	25	KOBASHIGAWA Brey	220	TEAM HAWAII	
						173	19	KILFOYLE Christian	181	AMP TRAINING	
		Weigh In 10:00 am				324	17	TOM Seth	210	Team Divergent	
						353	29	GARCIA Miguel	200	SPXF Barbell	
		Start 12:00 pm				10	33	CROSBY Karl	200		
						217	17	OHAYRE Dominic	187	Endure Barbell Club	
						218	24	BRACEY Austin	215	Kim Barbell	
						351	34	CONNOLLY Keith	210	CINCINNATI WEIGHTLIFTING CLUB	
							488	34	KIM Bradford	220	Kim Barbell
		3				White	Fri Dec 6	f	Open	55C	25
30	23		REISWIG Carolle Marie	155	TEXAS BARBELL CLUB						
Weigh In 10:00 am	45		29	BOTHWELL Courtney	161						
	74		27	JAWORSKE Jilly	155		TSS BARBELL				
Start 12:00 pm	136		30	PHAM Bich	155		BlueWave Weightlifting				
	142		15	ESTEP Katharine	155		ALPHA BARBELL				
	156		15	TORO Noelle	155		ALPHA BARBELL				
	236		21	SEEGERT Megan	160		Team Divergent				
			273	29	CHU Jennifer		159				Chu Weightlifting
			298	25	HANDEL Allison		155				BASA Weightlifting
		378	20	BONDOC Kristen	155	STONEAGE WEIGHTLIFTING CLUB					
		429	41	NELSON-PAUL KATHY	157	MADTOWN WLC					
3	Blue	Fri Dec 6	f	Open	45A	38	28	GONZALEZ SILVANA	135	LIFT 6 FOR 6 BARBELL CLUB	
						83	35	KYLE Cicely	150	POWER AND GRACE PERFORMANCE.	
		Weigh In 9:40 am				89	29	GROB Katie	122	PHILADELPHIA BARBELL	
						112	21	SHARSHENBEKOVA Albina	121		
		Start 11:40 am				168	39	KAMPHAKE Melissa Sue Jutras	120	EAST COAST GOLD W/L TEAM	
						174	40	GATMAITAN Hazel	118	SENSE Weightlifting Village	
						177	24	SILVA Karla	120	WAXMAN'S GYM WEIGHTLIFTING CLUB	
						249	29	VILLA Gretchen	150	Alee Athletics	
							307	22	ONTIVEROS Risa	127	
							331	38	CHAVEZ Martha	118	PSP WEIGHTLIFTING
		344	23	CARVALHO EUVELYN	125	GROUND AND POUNDS WEIGHTLIFTING CLUB					
		363	38	FRANKEL Amylynne	120	HI PERFORMANCE ATHLETICS					
		391	14	MANN Jaycee	120	The Weight Room					
		402	32	NACK Elana	122	Providence Barbell Club					
		447	16	DEPALO Alyssa	113	VERO BEACH WEIGHTLIFTING					
Fri Dec 6		15	24	SCHINNER Seraphina	180	Marin Heavy Athletics					
		131	26	COLWELL Alexa	183	Anthem Barbell					
		210	19	WEHR Kate	175	GARAGE STRENGTH					
	Weigh In	246	22	SALISBURY Lily	176	CATALYST ATHLETICS					

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Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team
4	Red	Weigh In 12:00 pm	f	Open	59B	290	27	SALLOME Emily	185	
						309	26	STONEWERTH Kimberlea	176	ST. CROIX BARBELL CLUB
						319	27	ALONSO Melisa	182	TEAM SOUL MIAMI
						440	16	RAYMOND Abby	182	FORZA WEIGHTLIFTING CLUB
						472	39	FOREST Jocelyn	186	CATALYST ATHLETICS
	Start 2:00 pm	Fri Dec 6	96	30	METZGER Ryan	171	EAST COAST GOLD W/L TEAM			
			118	17	NYE Emma	166	VERO BEACH WEIGHTLIFTING			
			124	23	AUGUSTINE Jessica Jean	170	Saratoga Barbell Club			
			154	32	HENTZ MICHELLE	165	CATALYST ATHLETICS			
			214	16	IRIZARRY Diana	163	BROOKLYN BARBELL CLUB			
4	White	Weigh In 12:00 pm	f	Open	55B	237	17	COOK Leila	163	
						301	31	GRODZKI Allie Rose	167	CALIFORNIA STRENGTH
						313	26	MILLICAN Morgan	162	COFFEE'S GYM
						404	25	SALSBERG Alena	163	Major League Performance Weightlifting
						490	28	LEE Tiffani	169	HI PERFORMANCE ATHLETICS
	Start 2:00 pm	Fri Dec 6	516	30	LE Elizabeth	171	West Michigan Muscle			
			23	27	CAMENARES Christopher	231	BLACK & RED BARBELL CLUB			
			104	19	MILLEN Carlos	230	COASTAL EMPIRE WEIGHTLIFTING			
			111	25	ALCARAZ Jairo	221	Standard Strength			
			139	15	MORRIS Hampton	230	ALLSOUTH Barbell			
4	Blue	Weigh In 12:20 pm	m	Open	61A	152	19	GRIFFITH Ruskin	222	Blade Method Barbell
						304	28	ALEMAN Andres	225	Florida Elite
						349	26	GASTELUM Matthew	232	Vice Weightlifting
						451	19	VALDEZ Donte	222	Pursuit Weightlifting
						36	25	MEHLING Rebecca	145	THE SPORTS PALACE
	Start 2:20 pm	Fri Dec 6	43	29	SANCHEZ Suzy	140	New Age Weightlifting			
			119	22	MCNAMES Shannon	160	1Kilo			
			125	30	RITCHEY Alyssa	180	Team Juggernaut			
			150	20	REICHARDT Hayley	177	GARAGE STRENGTH			
			167	39	NOSKA April	144	Vice Weightlifting			
5	Red	Weigh In 1:50 pm	f	Open	49A	194	31	KOMEMI Michal	145	PHILADELPHIA BARBELL
						227	34	KING Morghan	175	POWER AND GRACE PERFORMANCE.
						229	32	DARI Subreen	142	PSP WEIGHTLIFTING
						232	21	DELACRUZ Jourdan	184	POWER AND GRACE PERFORMANCE.
						314	25	PATOC Nikk	164	Marin Heavy Athletics
	Start 3:50 pm	Fri Dec 6	397	25	PANNELL Maddison	165	CALIFORNIA STRENGTH			
			51	31	OKAMOTO Janyce	172	Team Juggernaut			
			53	31	SAXON Jessica	186	PHILADELPHIA BARBELL			
			85	30	STORMS Madeline	175	Red Panda Strength			
			244	25	BEAUPRE Tiffany	179	Aspire Athletic Performance			
5	White	Weigh In 2:00 pm	f	Open	55A	320	30	NA Christine	190	TAKANO ATHLETICS
						323	30	KWIATKOWSKI Malorie	176	West Michigan Muscle
						335	26	LAM Jenny	173	Team Divergent
						413	19	STANISZEWSKI Madeline	175	VERO BEACH WEIGHTLIFTING
						422	27	HAYDEN Maria	175	Renaissance Periodization
	Start 4:00 pm	Fri Dec 6	448	31	LEMMEN Stephanie	180	HIGH DESERT ATHLETIC CLUB			
			42	19	CHANG-FANE Juliette	186	VERO BEACH WEIGHTLIFTING			
			70	29	WILD Kelly	192	CALIFORNIA STRENGTH			
			134	22	TURNER Taylor	205	VERO BEACH WEIGHTLIFTING			
			231	22	BRAMWELL Kaija	198	POWER AND GRACE PERFORMANCE.			
5	Blue	Weigh In 1:50 pm	f	Open	59A	339	24	MOORE Shayla	190	POWER AND GRACE PERFORMANCE.

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		1:50 pm				407	38	BREWER Kristi	193	Team Juggernaut
						424	33	EMERY Joelle	190	LILY WEIGHTLIFTING
		Start				431	32	SIOLKA Lindsay	192	INVICTUS ATHLETE WEIGHTLIFTING CLUB
		3:50 pm				474	32	JUMPER Sarabeth	206	CATALYST ATHLETICS

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6	Red	Fri Dec 6	f	Open	64D	28	46	MILLIGAN Michelle	124	EMINENCE BARBELL CLUB						
						37	17	ARNESON Louissa	166	PERFORMANCE ONE WEIGHTLIFTING						
						183	46	DIETER Jennifer	160	Forging the Warrior						
						222	25	TATMAN Jessica	175	Infinity Barbell						
						257	27	MURRAY Arielle	175	Keep Pulling						
						302	19	MAROSEK Isabelle	175	Atlanta Performance						
						400	24	RICHARDS Abigail	175	OSS WEIGHTLIFTING CLUB						
						403	26	DELEON Krystal	175	CHASING KILOS WEIGHTLIFTING						
						442	57	GARBER Kelly	111	Two White Lights Weightlifting						
						505	25	PEREA Sheena Rose	175	Southern California Weightlifting Club						
						514	24	ROSSI Mary	175	BlueWave Weightlifting						
515	15	TRINH Haley	170	Team Divergent												
6	White	Fri Dec 6	m	Open	73C	9	22	CELIS Sergio	241	HIGH DESERT ATHLETIC CLUB						
						40	28	DE FREITAS Nicholas	225	J2Fit Weightlifting						
						81	21	WHOOLEY Maximillian	241	SCOTTSDALE BARBELL						
						155	21	DUBREIL Keven	241	Team E3						
						213	31	JOW Bryan	241	Gryphon Strength Barbell						
						225	29	HARRIS Dana	241	BlueWave Weightlifting						
						271	25	BAYER David	225	1Kilo						
						297	17	BROWN William	220	Team Arizona						
						305	28	CZARNICK Eric	241							
						389	24	MARTIN JR Rodney	241	Vehement Elite Athletics						
						396	35	MITCHELL James	240	TEAM SOUL MIAMI						
6	Blue	Fri Dec 6	m	Open	67A	5	27	ROBINSON Korey	250	Alee Athletics						
						26	25	GRUBER Logan	250	MILWAUKEE BARBELL WEIGHTLIFTING CLUB						
						202	22	WISSINGER Jordan	285	GARAGE STRENGTH						
						275	17	GRIMSLAND Ryan	270	MASH MAFIA WEIGHTLIFTING						
						288	24	MCCULLOUGH Matthew	270	TEAM TEXAS						
						340	18	SHORT Stephen	253	VERO BEACH WEIGHTLIFTING						
						385	28	VAUGHN James	259	POWER AND GRACE PERFORMANCE.						
						428	24	NGO Stephen	270	CALIFORNIA STRENGTH						
						7	Red	Sat Dec 7	m	Open	73B	22	26	GONZALEZ Benjamin	250	Boombbox WLC
												55	36	WEISS Christopher	245	Northern Barbell
78	26	NIELSON Levi	250	Circle X Barbell												
105	23	ORTEGA Anthony	260	Boombbox WLC												
158	29	EBERT Cory	245													
193	32	MCHALE Jonathan	245													
234	32	ARNOLD Spencer	260	POWER AND GRACE PERFORMANCE.												
315	23	MCGINNITY Samuel	255	Keep Pulling												
348	35	VEZINA Jesse	255	Vehement Elite Athletics												
386	22	HESS Garrett	251	EAST CAROLINA WEIGHTLIFTING												
432	32	YANDA Steve	245	CHFP WEIGHTLIFTING CLUB												
467	26	AMADOR Emmanuel	260													

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Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team
7	White	Sat Dec 7	f	Open	64C	13	31	KING Ashley	181	
						34	31	SCANLON Meghan	179	Team Juggernaut
						130	24	DELORENZO Demi	175	Team Juggernaut
						216	34	GINSBURG Lauryn	171	ROBINSON WEIGHTLIFTING CLUB
						245	14	RHODES Mia	177	VERO BEACH WEIGHTLIFTING
						258	28	SCHUMACHER Chloe	178	GREAT LAKES BARBELL CLUB
						321	29	BURGENER Sage	177	Sage's Gym
						338	22	O'CONNELL McKayla	178	GARAGE STRENGTH
						374	24	WISEMAN Nicole	177	BlueWave Weightlifting
						383	16	ESPINOZA Madilyn	179	Team Juggernaut
						423	34	BEAUNE Traci	180	Libratum Strength and Conditioning
473	27	COOK Shannon	179	West Michigan Muscle						
7	Blue	Sat Dec 7	m	Open	81D	56	29	TIPON Andrew	260	HI PERFORMANCE ATHLETICS
						77	72	LOWE Frederick	120	TEMPLE OF EXERTION
						161	40	BOVA John	220	TEXAS BARBELL CLUB
						326	25	EULAU Matthew	250	J2Fit Weightlifting
						334	25	HO Anthony	265	SENSE Weightlifting Village
						345	27	WOOD Sean	263	WEBER STATE WEIGHTLIFTING
						357	24	SLATON Jake	220	STONEAGE WEIGHTLIFTING CLUB
						437	69	KULP Christopher	125	ThirdSpace Barbell
						484	22	TYNDALL Kekailoa	267	TSS BARBELL
						504	27	SIECKO Bryce	255	
						510	25	BECKER II Patrick	267	LILY WEIGHTLIFTING
8	Red	Sat Dec 7	f	Open	71C	126	32	RASMUSSEN Katrina	184	Circle X Barbell
						223	23	SPELL Harper	183	TEAM O.C.
						224	51	MILLER Jenny	130	Horsepower Strength Weightlifting Club
						263	23	THOMAS Elizabeth	182	RVA Weightlifting
						328	32	PITCHER Morgan	184	Long Island City Barbell Club
						333	17	DESVARIEUX Marr-Khie	182	AMP TRAINING
						337	62	HARDIE Marissa	75	Team Divergent
						416	31	VERHOEST Daniella	176	
						439	28	GIARDINI Shala	180	Denver Barbell Club
						454	23	DUNCAN Francesca	182	
						464	23	MITCHELL Tamara	182	West Michigan Muscle
481	25	BRINTON Crystal	182	Verdant Barbell						
8	White	Sat Dec 7	f	Open	64B	61	27	HERNANDEZ LEON Karla	188	
						79	27	PFLUG Shelby	183	FORZA WEIGHTLIFTING CLUB
						128	31	PRESLEY Jenna	186	
						235	24	TARLTON Macy	183	Team E3
						239	17	HENRY Reagan	184	VERO BEACH WEIGHTLIFTING
						283	28	HARRIS Frankie	187	SPXF Barbell
						303	23	NUSSBAUM Emily	189	COLUMBUS WLC INC.
						316	23	LEHANE Isabel	182	CALIFORNIA STRENGTH
						355	26	HOFFMAN Emma	182	EAST COAST GOLD W/L TEAM
						476	19	ROBINSON Kristina	190	Prairie State Barbell
						477	34	SMITH Cassandra	182	Verdant Barbell
492	32	CARON Elise	184	CHFP WEIGHTLIFTING CLUB						

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8	Blue	Sat Dec 7	m	Open	81C	63	26	KONAS Anthony	274	KINGFIELD BARBELL
						115	27	POTOSHNIK Aaron	270	LIFT 6 FOR 6 BARBELL CLUB
						179	27	COSCIA Andrew	275	EAST COAST GOLD W/L TEAM
						206	34	BROWN Michael	267	
						221	22	MASON Jacob	270	MILWAUKEE BARBELL WEIGHTLIFTING CLUB
						255	29	DEGENNARO Brian	267	Manhattan Barbell
						310	27	VAN LEER Logan	273	TEAM PRAXIS
						362	28	YI Hubert	267	4 Star Strength
						377	25	WILLMAN Adam	274	American Muscle Weightlifting
						452	38	STEINBACHER Geoffrey	275	GROUND AND POUNDS WEIGHTLIFTING CLUB
9	Red	Sat Dec 7	m	Open	73A	92	24	CADIEUX David	266	TEXAS BARBELL CLUB
						208	29	JIUNTA Jordan	262	Pre-Script Barbell
						256	28	COOK Greg	267	TEXAS BARBELL CLUB
						266	24	HURST Lonnie	265	4 Star Strength
						268	19	COHEN William	274	TEAM SAVANNAH
						379	30	TAJIMA Alvin	265	Marin Heavy Athletics
						387	18	SMITH Jerome	290	LIFT FOR LIFE GYM
						405	22	HERNANDEZ Christopher	265	HOUNDWOOD WEIGHTLIFTING TEAM
						426	31	LEE Alex	295	Alee Athletics
						471	28	HILBURN Steven	265	ATHLEO BARBELL CLUB
9	White	Sat Dec 7	f	Open	64A	16	31	LONG Jaclyn	205	RVA Weightlifting
						65	32	VOZOBULE Morgan	197	PHILADELPHIA BARBELL
						73	26	HODGE Alana	195	Rep Max Performance
						87	25	CLOOKEY Stephanie	195	CATALYST ATHLETICS
						110	27	LEISHMAN AnJeanette	193	Hansen Barbell Club
						117	28	LUMPP Taylor	197	PHILADELPHIA BARBELL
						135	27	GUNNIN Danielle	200	Atlas Weightlifting Club
						267	26	WEICHERS Jordan	192	CALIFORNIA STRENGTH
						274	17	STREY Meaghan	191	ALPHA BARBELL
						312	26	STEPHENS Taylor	194	ALLSOUTH Barbell
9	Blue	Sat Dec 7	m	Open	81B	86	28	PI',TRACUPA Vincent	276	
						123	21	HOANG Tyler	285	VULKAN WEIGHTLIFTING
						170	26	CUELLAR Bryan	277	DELTA WEIGHTLIFTING
						187	29	WILSON Jack	288	True Strength Performance Weightlifting
						359	38	DOUGLAS Christopher	285	PARAMOUNT BARBELL CLUB
						375	26	LASTER Dominique	276	Team Juggernaut
						415	27	DONDZILA Nicholas	280	TEAM L.A.B.
						470	18	SPARKS Conner	288	Team Divergent
						489	24	MAYS Cole	280	BlueWave Weightlifting
						496	24	CHAVEZ Bernabe	283	APESQUAD WEIGHTLIFTING
499	31	BRIGGS Jeremy	280	Kim Barbell						

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10 Red	Weigh In 12:00 pm	Sat Dec 7	f	Open	71B	24	23	FLEMING Allison	195	AMP TRAINING
						32	32	TAYLOR Carey	190	BASA Weightlifting
						46	24	SUAREZ Abby	189	STONEAGE WEIGHTLIFTING CLUB
						52	24	JARAMILLO Cougar	185	TSS BARBELL
						90	24	ESTEP Ashley	186	Team SAW
						94	33	PRESSLEY Challen	185	Marin Heavy Athletics
						151	25	BROOKS Brittany	189	PHILADELPHIA BARBELL
						192	22	BEARDMORE Alexandra	195	THREE RIVERS BARBELL
						372	25	PIETRZYKOWSKI Chelsea	190	MCKENNA'S GYM
						497	28	CALVERT Kristen	186	BROAD RIPPLE BARBELL CLUB
10 White	Weigh In 12:00 pm	Sat Dec 7	m	Open	89B	62	37	FLEMING Wilson	280	1Kilo
						102	25	SOCARRAS Rashid	291	RVA Weightlifting
						132	27	MACLENNAN Mitchell	273	3rd Rock Barbell
						160	17	THEODORE Fuge	250	Victory Mode Weightlifting
						204	26	BROWN Joe	286	
						325	23	PALUMBO William	294	RPE 11
						346	29	PEREZ Teddy	290	BROOKLYN BARBELL CLUB
						420	23	VELAZQUEZ Stephen	286	VERO BEACH WEIGHTLIFTING
						435	18	EASLEY Will	290	AURORA WEIGHTLIFTING CLUB
						460	17	WOLFF Nathan	199	HIGH DESERT ATHLETIC CLUB
10 Blue	Weigh In 12:00 pm	Sat Dec 7	m	Open	81A	67	23	MARQUEZ Marc	288	STONEAGE WEIGHTLIFTING CLUB
						82	29	WILLIAMS Jeffrey	297	GREAT LAKES BARBELL CLUB
						93	26	CARLSON Dakota	310	Team Juggernaut
						212	23	FRIES Troy	295	Renaissance Periodization
						219	19	CERWINSKE Nathan	290	PERFORMANCE ONE WEIGHTLIFTING
						341	31	SULTAN Mohamed	315	LONG BEACH WEIGHTLIFTING
						343	29	MARKS Jason	298	LIFT 6 FOR 6 BARBELL CLUB
						406	24	RANDOLPH Jeremy	305	Gryphon Strength Barbell
						503	26	RATTAY Matt	300	POWER AND GRACE PERFORMANCE.
						509	27	SANCHEZ Tylor	289	Strength Academy Weightlifting
11 Red	Weigh In 2:00 pm	Sat Dec 7	f	Open	71A	95	33	ANDICA Erin	208	CATALYST ATHLETICS
						172	25	TALLMAN Allee	206	Anthem Barbell
						199	27	FRANKLIN Jes	196	PHILADELPHIA BARBELL
						250	27	KARDOS Lena	198	LIFT 6 FOR 6 BARBELL CLUB
						259	21	ALWINE Meredith	230	
						279	32	CHMURA Victoria	200	PSP WEIGHTLIFTING
						281	32	LACHANCE Alexandra	210	Team Juggernaut
						295	23	HUDSON Kendall	198	MASH MAFIA WEIGHTLIFTING
						311	26	RODE Anna	196	LILY WEIGHTLIFTING
						412	21	GOLD Celia	203	REDZONE WEIGHTLIFTING CLUB
11 White	Weigh In 2:00 pm	Sat Dec 7	f	Open	76B	414	18	THORNTON Alexandra	196	SPOON BARBELL CLUB
						2	26	VITMAN Irina	180	CALIFORNIA STRENGTH
						41	23	PETERS Kateri	185	BASA Weightlifting
						48	30	THARP Chelsey	189	REDLINE ATHLETICS
						71	38	HESS ELISHA	170	Grayskull Barbell
						129	35	MANCE Elizabeth	185	4 Star Strength
						141	27	LAWRENCE Lana	187	Full Tilt Weightlifting
180	25	SLAVEN Kelly	185	TEAM O.C.						
282	31	COOKE Faith	185	ATHLEO BARBELL CLUB						

2019 AO3 - American Open Finals Start List

Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team
		Start				376	32	BUNDRICK Meghan	180	LION'S ROAR BARBELL
		4:00 pm				427	27	FICK Courtney	185	East County Barbell
						494	28	ESONU Uchechi	195	INDUSTRIOUS BARBELL CLUB
11	Blue	Sat Dec 7	m	Open	96C	58	32	BOYD Erik	280	Angeles Crest Barbell Club (ACBC)
						75	23	BATOR Andrew	290	MISSISSIPPI BARBELL
						84	38	GARRARD Jason	280	
						198	34	HENRY Chris	285	ALPHA BARBELL
		254				23	MCKELLAR David	291	APESQUAD WEIGHTLIFTING	
		300				62	RICHARDS William	150	Blue Crew Weightlifting	
		308				30	BUCKWALTER Ross	291	Horsepower Strength Weightlifting Club	
		352				32	SHEM Eugene	275	HIGH DESERT ATHLETIC CLUB	
		390				27	PANICCIA Steve	290	Saratoga Barbell Club	
		433				23	DAVIS Michael	275	STONEAGE WEIGHTLIFTING CLUB	
12	Red	Sat Dec 7	m	Open	89A	21	20	HARO-KOBERNIK Mason	300	Drive Barbell Club
						72	35	TOWNSEND James	320	Team Juggernaut
						147	24	ROBLES Benson	305	TEAM SOUL MIAMI
						171	25	SELWAEH Abdoul-Kareem	300	EAST COAST GOLD W/L TEAM
		209				28	DOWNEY John	330	Academy of Weightlifting	
		269				24	STEMO Nathan	315	MILWAUKEE BARBELL WEIGHTLIFTING CLUB	
		276				24	MARQUEZ Jimmy	315	Alee Athletics	
		384				28	ELAM II Onzy	305	CHFP WEIGHTLIFTING CLUB	
		445				29	BLACKWELL Robert	340	CALIFORNIA STRENGTH	
		482				19	PROKOP Nathan	305	Menlo College Weightlifting	
12	White	Sat Dec 7	f	Open	76A	122	31	ALEXANDER Laura	206	CATALYST ATHLETICS
						175	17	MCELDERRY Anna	195	GARAGE STRENGTH
						205	28	ABERSON Shanna	197	The Station Weightlifting Club
						252	29	SEAMON Jillian	209	EAST COAST GOLD W/L TEAM
		261				19	PIERRE Nadeen	205	Union Weightlifting	
		278				23	JOHNSON Shacasia	220	Team Juggernaut	
		358				30	WARD Laura	200	4 Star Strength	
		388				24	ROGERS Martha (Mattie)	240	CATALYST ATHLETICS	
		393				21	MARCHILDON Mackenzie	202	4 Star Strength	
		506				31	KARLIK Meghan	199	PHILADELPHIA BARBELL	
508	18	SCHRIJVER Athena	204	MYLES AHEAD WEIGHTLIFTING						
12	Blue	Sat Dec 7	m	Open	96B	211	29	DURHAM Chase	300	SPOON BARBELL CLUB
						277	32	ROTHER Jeff	300	Rep Max Performance
						306	23	RYAN Benjamin	295	Team Juggernaut
						354	33	MCRAE Taylor	303	RPE 11
		370				29	REBMAN Jacob	295	FORTIUS WEIGHTLIFTING	
		373				32	ILLENBERG Bryant	303	BlueWave Weightlifting	
		398				37	DOBBS Logan	300	Dynamis Weightlifting	
		434				26	LIGON Douglas	300	GRIND HOUSE BARBELL	
		456				28	HURST Rowdy	295	Potenza Weightlifting	
		466				26	REDUS Richard	300	TEXAS BARBELL CLUB	
13	Red	Sun Dec 8	m	Open	102B	98	25	EDMUNDSON Scott	310	AMES STRENGTH
						143	27	GUNNIN Matthew	302	ALLSOUTH Barbell
		153				57	LEWIS Randall	160	Libratum Strength and Conditioning	
		253				40	PALMER Ahje	288	BARBARIAN BARBELL CLUB	
		292				33	COLWELL Brennen	306	Anthem Barbell	
		332				28	BASTIEN Stanley	305	BlueWave Weightlifting	
Start	336	29	FRAZIER Nicholas	304	TEAM NORWOOD					

2019 AO3 - American Open Finals Start List

Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team
		Start								
		8:00 am				382	31	LYNN David	317	
						475	24	ARMSTRONG Colt	300	GARAGE STRENGTH

2019 AO3 - American Open Finals Start List

Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team	
13	White	Sun Dec 8	m	Open	109B	57	29	BROOKS Sean	306	Triumph Barbell Club	
						88	30	RAMOS Carlos	314	Trojan Weightlifting	
		Weigh In 6:00 am				144	33	JOHNSON Caleb	315	Team Divergent	
						190	36	ETHIER David	306	Providence Barbell Club	
						243	26	BORDE Xavier	300		
						248	32	RUSSELL Daniel	310	EAST COAST GOLD W/L TEAM	
						Start 8:00 am	463	22	COOPER Dylan	310	
							502	29	KREZMANN Daniel	311	Team SAW
13	Blue	Sun Dec 8	f	Open	81B	14	22	GRAY Ceara	186	POWER AND GRACE PERFORMANCE.	
						47	27	DORAN Deborah	192	EAST COAST GOLD W/L TEAM	
		Weigh In 6:00 am				251	30	METCALFE Lauren	196	Team Juggernaut	
						285	17	OWENS Avery	196	CHFP WEIGHTLIFTING CLUB	
						342	30	VANLINT Paige	189	TEAM O.C.	
						367	27	DEINES Nicole	200	American Muscle Weightlifting	
						408	24	KASS Kayla	195	Southern California Weightlifting Club	
						Start 8:00 am	461	27	VEGA Maritza	201	LIFT 6 FOR 6 BARBELL CLUB
512	31	DOWGIN Samantha	185	ALPHA BARBELL							
14	Red	Sun Dec 8	m	Open	+109B	33	24	O'HARA Lawrence	315	Southern California Weightlifting Club	
						138	25	MCCULLOUGH Elijah	310	Crown Barbell	
		Weigh In 7:40 am				149	31	RUIZ Aniceto	310	Team SAW	
						289	28	BLOOMFIELD Michael	308	HARRISBURG WEIGHTLIFTING CLUB	
						317	29	BARKER Matthew	308	WEBER STATE WEIGHTLIFTING	
						322	25	OWENS Anthony	311	GROUNDNS AND POUNDS WEIGHTLIFTING CLUB	
						438	29	JORDAN Russell	314	DELTA WEIGHTLIFTING	
						Start 9:40 am	455	41	SEVCIK Shane	300	Sevcik Strength
485	25	MARVALD Robert	300	MCKENNA'S GYM							
14	White	Sun Dec 8	m	Open	96A	64	23	CUICCHI Trevor	360	Alee Athletics	
						109	37	SABATINI Phil	340	EAST COAST GOLD W/L TEAM	
		Weigh In 7:40 am				114	30	GARCIA David	342	Team Juggernaut	
						127	16	MCCULLOUGH Morgan	325	MASH MAFIA WEIGHTLIFTING	
						166	38	BONNICK Jason	350	Team Divergent	
						395	24	MAGEE Joshua	305	REDLINE ATHLETICS	
						501	22	KOSKI Jay	333	West Michigan Muscle	
						Start 9:40 am	513	25	BROWN Beau	325	Heartland Strength
517	21	BURKS Zackary	320	WESLEY WEIGHTLIFTERS							
14	Blue	Sun Dec 8	f	Open	81A	116	29	SPRING Rachel	202	PHILADELPHIA BARBELL	
						182	32	SCHRAGE Jennifer	201	Florida Elite	
		Weigh In 7:40 am				242	28	GORBY Candace	202	RENEGADE BARBELL CLUB	
						329	21	ERISMAN Lindsay	204	BARBARIAN BARBELL CLUB	
						361	30	ALLEN Alyssa	206	Team Juggernaut	
						411	22	BRADLEY Jessie	237	POWER AND GRACE PERFORMANCE.	
						Start 9:40 am	430	31	SFAMURRI Briana	214	PHILADELPHIA BARBELL
							498	26	ARTHUR Jenny	245	
15	Red	Sun Dec 8	f	Open	87A	17	33	MCGILLIVRAY Deanna	200	Strength Academy Weightlifting	
						19	26	JONES Samantha	200	Moran Academy	
		Weigh In 9:30 am				178	15	USCHMANN Sarah	180	Denali Weightlifting	
						191	24	KLINGSEIS Marissa	247	WESLEY WEIGHTLIFTERS	
						196	25	ERICKSON Kristen	205	PHILADELPHIA BARBELL	
						230	25	WINN Maci	187	TEAM PRAXIS	
284	17	WALKER Nia	196	COASTAL EMPIRE WEIGHTLIFTING							

2019 AO3 - American Open Finals Start List

Sess	Pfm	Date	Sex	Group	Cat	Lot	Age	Name	Total	Team
		Start				371	30	BARITO Laura	200	EAST COAST GOLD W/L TEAM
		11:30 am				394	18	GOODWIN Na'Erykah	187	COASTAL EMPIRE WEIGHTLIFTING
						493	29	MILLER Brandi	200	IRON BEAVER WEIGHTLIFTING
15 White		Sun				140	27	RIOS Consuelo	175	Strength Academy Weightlifting
		Dec 8				145	25	HERL Melody Anne	190	Pursuit Weightlifting
						148	36	WATTS Ambrea	180	CHFP WEIGHTLIFTING CLUB
						203	48	ROGERS Donnie	103	Arkaios Barbell
		Weigh In	f	Open	+87B	247	30	HOUGHTON Jennifer	196	EAST COAST GOLD W/L TEAM
		9:30 am				436	31	MOLLIS Tina	190	CINCINNATI WEIGHTLIFTING CLUB
		Start				449	30	HARPER Catherine	180	The Station Weightlifting Club
		11:30 am				457	30	ELLIOTT Brittany	190	PHILADELPHIA BARBELL
					479	27	LESORGEN Rachel	195	American Muscle Weightlifting	
15 Blue		Sun				1	28	BAKER JAKE	340	CALIFORNIA STRENGTH
		Dec 8				18	28	DECKER Justin	320	Union Weightlifting
						35	21	COHEN Michael H	335	TEAM SAVANNAH
		Weigh In	m	Open	102A	101	25	DAVIS Anthony	339	West Michigan Muscle
		9:30 am				185	24	JONES Addison	340	MISSISSIPPI BARBELL
		Start				240	26	OSORIO D'Angelo	340	LIFT 6 FOR 6 BARBELL CLUB
		11:30 am				291	21	PETERS Christopher	325	Alee Athletics
						401	29	BADALI Salvatore	325	EAST COAST GOLD W/L TEAM
16 Red		Sun				39	23	MEDINA Alejandro	340	Northern Michigan University
		Dec 8				68	31	LEKA Noel	320	APESQUAD WEIGHTLIFTING
						76	27	BAKER Edward	321	TEXAS BARBELL CLUB
		Weigh In	m	Open	109A	233	19	VEREEN Tayon	320	COASTAL EMPIRE WEIGHTLIFTING
		11:00 am				318	28	HARAK Ethan	340	Team Juggernaut
		Start				443	29	JOHNSON Jacob	340	
		1:00 pm				495	36	WALTERS Garrett	322	RVA Weightlifting
16 White		Sun				3	19	MILLER Mackenzie	222	Out of Step Barbell
		Dec 8				44	19	MANUMUA Kuinini	210	Team Divergent
						121	31	VU Tiffany	234	Florida Elite
		Weigh In	f	Open	+87A	201	32	QUINN Caitlin	204	PSP WEIGHTLIFTING
		11:00 am				280	19	BENITEZ Ashamarie	247	COASTAL EMPIRE WEIGHTLIFTING
		Start				368	26	KALLMEYER Katlin	205	CATALYST ATHLETICS
		1:00 pm				453	29	THEISEN-LAPPEN Mary	244	FORZA WEIGHTLIFTING CLUB
						458	32	EAGEN Abigail	200	WAXMAN'S GYM WEIGHTLIFTING CLUB
16 Blue		Sun				7	26	MACHCZYNSKI Benjamin	323	RUBBER CITY WEIGHTLIFTING
		Dec 8				27	22	OCHOA Jeffrey	329	TEAM SOUL MIAMI
						103	26	HUSE Zachary	321	EAST COAST GOLD W/L TEAM
						162	25	REAGAN Tylar	340	AMP TRAINING
		Weigh In	m	Open	+109A	287	29	TELANDER Zachary	320	Team Juggernaut
		11:00 am				299	28	ALBURY Dimitri	317	EAST COAST GOLD W/L TEAM
						410	23	RIEDEL Mark	322	RENEGADE BARBELL CLUB
		Start				418	32	DOBBS Kristopher	340	
		1:00 pm				425	28	PUOPOLO Dominic	317	
						469	31	PUDENZ Jacob	335	CALIFORNIA STRENGTH