

**PATRIOT'S POWER DAY: A CELEBRATION OF AMERICA**  
**December 11 & 12, 2021**  
**Strong Life Training Facility**  
**Indian Harbour Beach, Florida**

**Session 1**

**Women**

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
148	45-49	C. Woldridge	230	140	275	645
	60-64	J. Montgomery	-	130	255	385
198	40-44	L. Ferguson	365	175	365	905

**Men**

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
181	60-64	S. Tshontikidis	340	187	440	967
	45-49	D. Montone	335	195	380	910
198	45-49	D. Forman	375	285	385	1045
220	50-54	J. Cobb	-	285	430	715
275	20-24	R. Nobles	460	310	435 4 <sup>th</sup> 465	1205

**Session 2**

**Women**

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
132	60-64	S. La Forge	255	145	355	755
148	20-24	M. Partenheimer	175	95	265	535
	OPN	J. Layne	155	85	225	465

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**Session 2 (continued)**

Men

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
148	20-24	A. Jani	315	205	420	940
165	20-24	P. Hull	370	230	415	1015
198	OPN	A. Noviello	495	430	635	1560
220	OPN	D. Burgess	450	320	530	1300
	18-19	J. Young	455	275	500	1230
308	40-44	L. Melendez	455	440	550	1445

**Session 3**

Women

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
165	OPN	L. Smiley	245	170	320	735
	OPN	B. Pennington	245	145	270	660
	20-24	K. Green	195	105	225	525

Men

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
181	20-24	N. Brown	280	220	405	905
	18-19	H. Cook	-	315	530	845
220	OPN	T. Mellott	440	350	485	1275
242	18-19	D. Samayoa	500	340	500	1340
	40-44	A. Winterstein	395	320	625	1340
	40-44	J. Pennington	480	-	630	-
275	18-19	R. Susson	315	190	405	910

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## Session 4

### Women

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
66	8-9	E. Bilak	67	40	100	207
97	20-24	E. Parker	-	105	-	-
132	12-13	S. Librizzi	95 4 <sup>th</sup> 102	65	167	327

### Men

<b>WC</b>	<b>AGE</b>	<b>LIFTER</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TL</b>
66	7-U	S. Smith	52	30	100	182
97	8-9	R. Daniels	-	50	-	-
123	16-17	M. Weinberg	215 4 <sup>th</sup> 225	155	285	655
132	12-13	D. Small	175	135	300	610
	16-17	H. Washington IV	-	225	-	-
148	12-13	D. Schmadeke	170	117 4 <sup>th</sup> 125	247	534
	14-15	E. Holt	-	200	-	-