

FRCF Spring Weightlifting Meet 2019 Start List				Posted 2019-06-02					
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Donté Valdez	Windsor High School	M	19	Male - 61 kg	Junior - 18-20 years old	Saturday	Session 1	7:00 AM	9:00 AM
Pablo Damonte	Cannon Mine Barbell Club	M	22	Male - 67 kg	Senior - 21+	Saturday	Session 1	7:00 AM	9:00 AM
Zachary Justin Chavez	CrossFit Longmont	M	31	Male - 67 kg	Senior - 21+	Saturday	Session 1	7:00 AM	9:00 AM
Chris Carter	Devil Dogg Barbell Club	M	42	Male - 73 kg	Master's - Over 35	Saturday	Session 1	7:00 AM	9:00 AM
Carlos Alberto Lara	Dinosaur Haus of Gainz	M	53	Male - 73 kg	Master's - Over 35	Saturday	Session 1	7:00 AM	9:00 AM
Andrew Scorgie	Front Range Weightlifting C	M	35	Male - 73 kg	Master's - Over 35	Saturday	Session 1	7:00 AM	9:00 AM
Eric Rooney	Pinnacle Weightlifting	M	41	Male - 73 kg	Master's - Over 35	Saturday	Session 1	7:00 AM	9:00 AM
RJ Garma	Zen Barbell	M	36	Male - 73 kg	Master's - Over 35	Saturday	Session 1	7:00 AM	9:00 AM
Matthew Sojka	Denver Barbell Club	M	31	Male - 73 kg	Senior - 21+	Saturday	Session 1	7:00 AM	9:00 AM
Jeremiah Jacob Miller	Pinnacle Weightlifting	M	21	Male - 73 kg	Senior - 21+	Saturday	Session 1	7:00 AM	9:00 AM
Cooper Wise	Zen Barbell	M	25	Male - 73 kg	Senior - 21+	Saturday	Session 1	7:00 AM	9:00 AM
Cristian Kevin Landeros	Pursuit Weightlifting Club	M	20	Male - 73 kg	Junior - 18-20 years old	Saturday	Session 1	7:00 AM	9:00 AM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Chris Carter	Devil Dogg Barbell Club	F	13	Female - 40 kg	Youth - 13 and Under	Saturday	Session 2	9:00 AM	11:00 AM
Jennifer Torrent	Vero Beach Weightlifting	F	31	Female - 49 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Anne Marie Aponte	Denver Barbell Club	F	35	Female - 55 kg	Master's - Over 35	Saturday	Session 2	9:00 AM	11:00 AM
Giannina Orozco	Vero Beach Weightlifting	F	33	Female - 55 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Savannah Rey Piceno	Devil Dogg Barbell Club	F	16	Female - 55 kg	Youth - 14-17 years old	Saturday	Session 2	9:00 AM	11:00 AM
Ashley Kim Pfefferkorn	CrossFit Longmont	F	35	Female - 59 kg	Master's - Over 35	Saturday	Session 2	9:00 AM	11:00 AM
Jennifer Dawson	Valhalla	F	48	Female - 59 kg	Master's - Over 35	Saturday	Session 2	9:00 AM	11:00 AM
Lubna Grewal	Denver Barbell Club	F	35	Female - 59 kg	Master's - Over 35	Saturday	Session 2	9:00 AM	11:00 AM
Holly Haid	Denver Barbell Club	F	24	Female - 59 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Brittany Thorn	Eminence Barbell Club	F	29	Female - 59 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Allie Rose Grodzki	Eminence Barbell Club	F	31	Female - 59 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Courtney Christine Pomeroy	Unattached	F	33	Female - 59 kg	Senior - 21+	Saturday	Session 2	9:00 AM	11:00 AM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
David Gray	Front Range Weightlifting C	M	51	Male - 81 kg	Master's - Over 35	Saturday	Session 3	11:00 AM	1:00 PM
Joe Arellano	Longevity Lightning Lifters	M	53	Male - 81 kg	Master's - Over 35	Saturday	Session 3	11:00 AM	1:00 PM
Jasper Milliken	Park Hill Weightlifting Club	M	42	Male - 81 kg	Master's - Over 35	Saturday	Session 3	11:00 AM	1:00 PM
Eric Evans	Unattached	M	48	Male - 81 kg	Master's - Over 35	Saturday	Session 3	11:00 AM	1:00 PM
Zach Giomore	CrossFit Longmont	M	23	Male - 81 kg	Senior - 21+	Saturday	Session 3	11:00 AM	1:00 PM
Dakota Thayer	Denver Barbell Club	M	27	Male - 81 kg	Senior - 21+	Saturday	Session 3	11:00 AM	1:00 PM
Noah Ramm Broome	Devil Dogg Barbell Club	M	26	Male - 81 kg	Senior - 21+	Saturday	Session 3	11:00 AM	1:00 PM
Josh Bostick	Front Range Weightlifting C	M	27	Male - 81 kg	Senior - 21+	Saturday	Session 3	11:00 AM	1:00 PM
Tyler Steele	Unattached	M	27	Male - 81 kg	Senior - 21+	Saturday	Session 3	11:00 AM	1:00 PM
James Thomas Cillessen	Unattached	M	14	Male - 81 kg	Youth - 14-17 years old	Saturday	Session 3	11:00 AM	1:00 PM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Jen Widerstrom	Platform Strength	F	37	Female - 64 kg	Master's - Over 35	Saturday	Session 4	1:00 PM	3:00 PM

Molly MacGraw	Craft Weightlifting	F	30	Female - 64 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Alexis Kristan	Devil Dogg Barbell Club	F	24	Female - 64 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Chelsie Frisby	Eminence Barbell Club	F	29	Female - 64 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Sarah Smiley	Front Range Weightlifting C	F	33	Female - 64 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Danielle Martinez	Front Range Weightlifting C	F	22	Female - 64 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Kristina Mohn	Endure Barbell Club	F	38	Female - 71 kg	Master's - Over 35	Saturday	Session 4	1:00 PM	3:00 PM
Angie Pardue	Endure Barbell Club	F	40	Female - 71 kg	Master's - Over 35	Saturday	Session 4	1:00 PM	3:00 PM
Sarah Croog	Unattached	F	40	Female - 71 kg	Master's - Over 35	Saturday	Session 4	1:00 PM	3:00 PM
Shayla Shell	Park Hill Weightlifting Club	F	35	Female - 71 kg	Master's - Over 35	Saturday	Session 4	1:00 PM	3:00 PM
Emily Schromm	Platform Strength	F	31	Female - 71 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Shala Giardini	Code 3 Athletics	F	28	Female - 71 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Brook Hernandez	Unattached	F	27	Female - 71 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Emily Frid	Unattached	F	32	Female - 71 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Brian Kearney	Denver Barbell Club	M	42	Male - 89 kg	Master's - Over 35	Sunday	Session 5	7:00 AM	9:00 AM
Paul Ruiz	Endure Barbell Club	M	42	Male - 89 kg	Master's - Over 35	Sunday	Session 5	7:00 AM	9:00 AM
Richard James-Jura	Unattached	M	36	Male - 89 kg	Master's - Over 35	Sunday	Session 5	7:00 AM	9:00 AM
Skylar MI Zambotti	Denver Barbell Club	M	28	Male - 89 kg	Senior - 21+	Sunday	Session 5	7:00 AM	9:00 AM
Yung-Yu Chiu	Front Range Weightlifting C	M	30	Male - 89 kg	Senior - 21+	Sunday	Session 5	7:00 AM	9:00 AM
James Sherman	Front Range Weightlifting C	M	28	Male - 89 kg	Senior - 21+	Sunday	Session 5	7:00 AM	9:00 AM
Lucas Nakamura	Unattached	M	28	Male - 89 kg	Senior - 21+	Sunday	Session 5	7:00 AM	9:00 AM
Karl Johnson	Unattached	M	32	Male - 89 kg	Senior - 21+	Sunday	Session 5	7:00 AM	9:00 AM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Kayleigh Dimmick Medina	Devil Dogg Barbell Club	F	25	Female - 76 kg	Senior - 21+	Sunday	Session 6	9:00 AM	11:00 AM
Keysha Rae Allison	Pursuit Weightlifting Club	F	30	Female - 76 kg	Senior - 21+	Saturday	Session 4	1:00 PM	3:00 PM
Kelli Keener	Lodestone Strength	F	31	Female - 76 kg	Senior - 21+	Sunday	Session 6	9:00 AM	11:00 AM
Marissa Michelle Sterrett	ONG Weightlifting	F	40	Female - 81 kg	Master's - Over 35	Sunday	Session 6	9:00 AM	11:00 AM
Abby Bollig	Pursuit Weightlifting Club	F	20	Female - 87 kg	Junior - 18-20 years old	Sunday	Session 6	9:00 AM	11:00 AM
Jackie Dimmick	Devil Dogg Barbell Club	F	49	Female - 87+ kg	Master's - Over 35	Sunday	Session 6	9:00 AM	11:00 AM
Amanda O'hayre	Endure Barbell club	F	40	Female - 87+ kg	Master's - Over 35	Sunday	Session 6	9:00 AM	11:00 AM
Leanna Borrelli	KJ Barbell Club	F	32	Female - 87+ kg	Senior - 21+	Sunday	Session 6	9:00 AM	11:00 AM
Name	Affiliate	Gender	Age	Weight Class	Age Group	Day	Session	Weigh-in	Introduction
Brandon Hocke	Barbell Therapy	M	36	Male - 96 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Josh Randels	Lowry CrossFit	M	39	Male - 96 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Richard Hauck	Pinnacle Wiegthlifting	M	35	Male - 96 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Jake Humphrey	Unattached	M	37	Male - 96 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Kirk Terry	Pursuit Weightlifting Club	M	36	Male - 96 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Michel Vincent Liegey	Noulder Lifting	M	26	Male - 96 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Connor Rohrbaugh	Core Progression	M	24	Male - 96 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Jonathan Yong Yuan	Denver Barbell Club	M	31	Male - 96 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Samuel Esselman	Front Range Weightlifting C	M	25	Male - 96 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Gary Heusel	Platform Strength	M	27	Male - 96 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM

Adam Millican	Front Range Weightlifting C	M	40	Male - 102 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Aj Brown	Denver Barbell Club	M	37	Male - 109 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Douglas Paul Mader	Starfleet Academy	M	56	Male - 109 kg	Master's - Over 35	Sunday	Session 7	11:00 AM	1:00 PM
Jennings Hester	Boxtribe Weightlifting	M	31	Male - 109 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Austin Spires	Denver Barbell Club	M	31	Male - 109 kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
Grant Pestka	Lodestone Strength	M	28	Male - 109+ kg	Senior - 21+	Sunday	Session 7	11:00 AM	1:00 PM
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