

ALABAMA HIGH SCHOOL STATE



POWERLIFTING CHAMPIONSHIPS

2008 ALABAMA HIGH SCHOOL STATE



POWERLIFTING CHAMPIONSHIPS



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**Hosted By:
Goshen High School • Charles Henderson High School
April 12, 2008**

Alabama High School Boys Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
81 LB Weight Class				
Dustin Bell	Fyffe	Squat	175	1995
Leonard Lee	Randolph County	Bench Press	120	1989
Oystln Bell	Fyffee	Dead Lift	240	1995
Marcus Gray	Fyffe	Power Clean	110	2001
Marcus Gray	Fyffe	Total	375	2001
98 LB Weight Class				
Johnny Meadows	Valley Head	Squat	245	2004
Leonard Lee	Randolph County	Bench Press	165	1990
Cedric Butler	Talladega	Dead Lift	300	1994
Johnny Meadows	Valley Head	Power Clean	160	2004
Johnny Meadows	Valley Head	Total	535	2004
105 LB Weight Class				
Jamal Kidd	LeFlore	Squat	360	1996
Phll Meadows	Alabama Christlan	Bench Press	205	1988
Jamal Kidd	LeFlore	Dead Lift	330	1996
Juicy Jones	Opelika	Power Clean	160	2006
Chance Gray	Fyffe	Total	590	2001
114 LB Weight Class				
Chance Gray	Fyffe	Squat	316	2003
Ben Pertillo	Randolph County	BenchPress	256	1988
Ben Pertillo	Randolph County	Dead Lift	365	1988
Neal Briskey	Randolph County	Dead Lift	365	1994
Chance Gray	Fyffe	Power Clean	200	2003
Chance Gray	Fyffe	Total	715	2003
123 LB Weight Class				
Lanoah Ealy	Talladega	Squat	375	1986
James Lott	Slocomb	Bench Press	250	1996
Lanoah Ealy	Talladega	Dead Lift	440	1986
Dalton Teal	Oneonta	Power Clean	190	2005
Demetric Harris	Dothan	Total	655	2004
132 LB Weight Class				
Cameo Stoudemire	Greenville	Squat	365	1998
Dalton Teal	Oneonta	Squat	365	2006
Damon Lott	Slocomb	Bench Press	265	1996
Charles Reed	Foley	Bench Press	265	2001
Fred Beasley	Daleville	Dead Lift	445	1990
Ryan Collazo	Highland Home	Power Clean	230	2005
Charles Reed	Foley	Total	865	2001
148 LB Weight Class				
Al Cobey	Dothan	Squat	500	1997
Scott Slater	W.S. Neal	Bench Press	305	1984
Andre Williams	Jeff Davis	Bench Press	305	1995
Mark Pertillo	Randolph County	Dead Lift	515	1990
Zac Miller	Oneonta	Power Clean	245	2003
Antonio Brown	Elmore County	Total	865	2006
Dalton Teal	Oneonta	Total	865	2007

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Alabama High School Boys Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
158 LB Weight Class				
Louis Pollard	Daleville	Squat	520	1998
Tony McGlon	Carroll	Bench Press	320	1988
Michael Mathews	Carroll	Bench Press	320	1989
Paul Thomas	Russell County	Dead Lift	515	1993
Travis McKnight	Dale County	Dead Lift	515	1998
Justin McMullins	Geraldine	Power Clean	265	2003
Leon McCord	Highland Home	Power Clean	265	2005
Terry Hawkins	Greenville	Total	1025	2000
165 LB Weight Class				
Tony McGlon	Carroll	Squat	500	1989
Jason Mallett	Cherokee County	Bench Press	340	1996
Trevor Tanner	Talladega	Dead Lift	535	1992
Justin McMullins	Geraldine	Power Clean	310	2004
Justin McMullins	Geraldine	Total	1030	2004
175 LB Weight Class				
Justin Bryant	Oneonta	Squat	515	2007
Dameion Fantroy	Hillcrest	Bench Press	360	1985
Tracey Keith	Talladega	Dead Lift	555	1988
Fernandus Edwards	Enterprise	Power Clean	285	2004
Justin Bryant	Oneonta	Total	1065	2007
181 LB Weight Class				
Fred Smith	Eufaula	Squat	530	1990
Robert King	Stanhope Elmore	Bench Press	350	1985
Karriem Thomas	Carroll	Dead Lift	570	1992
Taylor Gibson	Fyffe	Power Clean	280	2001
Spencer Pybus	Northview	Power Clean	305	2005
Eric Whitlow	Houston Academy	Total	1060	2004
198 LB Weight Class				
Toby Anderson	Eufaula	Squat	535	1990
Chuck Bradford	Muscle Shoals	Bench Press	380	1996
Wesley Fountain	Hillcrest	Dead Lift	590	1996
Tyler Ingram	Red Level	Power Clean	330	2001
BJ Johnson	Foley	Total	1175	2005
205 LB Weight Class				
Bruce Phillips	Elba	Squat	570	1993
Chuck Bradford	Muscle Shoals	Bench Press	395	1997
Isisah Edmonds	Smiths Station	Dead Lift	615	1993
Joran Spence	Opelika	Power Clean	300	2007
Ezekiel Stearns	Wetumpka	Total	1125	2002

Alabama High School Boys Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
220 LB Weight Class				
Tony Anderson	Eufaula	Squat	600	1991
Landrum Hale	Robert E. Lee	Squat	600	1988
Melvin Lewis	Hillcrest	Bench Press	400	1990
David Stewart	Houston County	Dead Lift	625	1989
Antwan Jones	Eufaula	Power Clean	305	2003
Eric Long	Central Phenix City	Total	1160	2001
232 LB Weight Class				
David Stewart	Houston County	Squat	630	1989
David Stewart	Houston County	Bench Press	425	1989
David Stewart	Houston County	Dead Lift	655	1989
Larry Wilson	Enterprise	Power Clean	315	2004
Nick Katlift	Oneonta	Total	1190	2006
242 LB Weight Class				
Blake Anderson	Hillcrest	Squat	575	1995
Kevin Brown	Dothan	Bench Press	420	2002
Blake Anderson	Hillcrest	Dead Lift	605	1995
Kevin Brown	Dothan	Power Clean	315	2002
Kevin Brown	Dothan	Total	1245	2002
258 LB Weight Class				
Tobias Lester	Eufaula	Squat	600	2002
Steve Peggins	Greensboro	Bench Press	415	1989
Keith Chappell	Russell County	Dead Lift	575	1993
Donnie Thomas	Eufaula	Power Clean	310	2004
Nick Ratcliff	Oneonta	Total	1215	2007
275 LB Weight Class				
Justin Brown	Valley Head	Squat	585	2006
Mac Eaton	Jacksonville	Bench Press	415	1991
Jeffrey Loewen	Elba	Dead Lift	600	1990
Keith Chappell	Russell County	Dead Lift	600	1993
LaRoy Fifer	Charles Henderson	Power Clean	300	2006
Justin Brown	Valley Head	Total	1215	2006
Super Heavy				
Jadrekus Davis	Autaugaville	Squat	705	2002
Benie Myhand	Pike County	Bench Press	430	1993
Anthony Reeves	Holtville	Dead Lift	650	1995
Paul Hall	Valley Head	Power Clean	300	2005
Jadrekus Davis	Autaugaville	Total	1270	2002

Alabama High School State Power Lifting Championship 2008

<u>When:</u>	Saturday, April 12, 2008
<u>Where:</u>	Charles Henderson High School
<u>Entry Fee:</u>	\$20 per lifter when sent in by the deadline \$25 per lifter on the day of weigh-in. NO REFUNDS. The entry fee includes the State Championship T-shirt.
<u>Participants:</u>	Must be eligible according to Alabama High School Athletic Association rules in grades 1-12, and may only represent the school they attend.
<u>Judging:</u>	Participants will be judged on three lifts: Squat, Bench Press and Power Clean . Each lifter will have 3 attempts. Bench press is touch and go (NO BOUNCE), feet must remain in contact with the floor and buttocks in contact with the bench. Squat: breaking parallel (crease of the hip below the top of the knee). Power clean: from the floor up. Bar must be under control at the top of lift, no hitching, on all lifts the bar must be constantly moving until lock-out position.
<u>Team Points:</u>	1st: 10 points, 2nd: 8 points, 3rd: 6 points, 4th: 4 points, 5th: 2 points, 6th: 1 point
<u>Team Trophies:</u>	Will be awarded to top 4 places
<u>Trophies:</u>	Trophies will be awarded for the top 5 places in each weight class.
<u>Best Lift Trophies:</u>	Best squat, bench and power clean in boys division only.
<u>Meet Directors:</u>	Joe Thornton, Goshen High School Hugh Fountain, Charles Henderson High School
<u>Head Judge:</u>	Joe Thornton

Alabama High School Boys Power Lifting Champions

School	Class	Coach	Athletic Director	Year
Dothan	6A	Ray Crump	Jimmy Addison	1998
Opp	5A	Shane Wasden	Shayne Wasden	1998
Daleville	4A	Joe Thornton	Marc Edge	1999
Flomaton	3A	Don Thornton	Jerry Carpenter	1999
Highland Home	2A	Claude Giddens	Ronald McVay	1999
Brantley	1A	Roland Jones	Roland Jones, Sr.	1999
Foley	6A	Greg Dodd	Jimmy Nazary	2000
Carroll	5A	Butch Caldwell	Butch Caldwell	2000
Daleville	4A	Ben Harris	Ben Harris	2000
Goshen	3A	Joe Thornton	Joe Thornton	2000
Red Level	2A	Tim Grimes	Tim Grimes	2000
Pleasant Home	1A	Anthony Clark	James Garner	2000
Foley	6A	Greg Dodd	Jimmy Nazary	2001
Chilton County	5A	Mike Harris	Mike Harris	2001
Andalusia	4A	Paul Wooley	Richard Robertson	2001
Pike County	3A	Wayne Grant	Wayne Grant	2001
Fyffe	2A	Paul Benefield	Danny Ashley	2001
Autaugaville	1A	Trey Baggett	Trey Baggett	2001
Dothan	6A	Teddy Childres	Jimmy Addison	2002
Chilton County	5A	Tom Causey	Mike Harris	2002
Daleville	4A	Chuck Monday	Chuck Monday	2002
Pike County	3A	Danny Grant	Danny Grant	2002
Fyffe	2A	Paul Benefield	Danny Ashley	2002
Autaugaville	1A	Parker Baggett	Calvin Hunter	2002
Brantley	1A	David Lowery	David Lowery	2002
Dothan	6A	Teddy Childers	Jimmy Addison	2003
Eufaula	5A	Shayne Wasden	Shayne Wasden	2003
Daleville	4A	John Moton	John Moton	2003
Oneonta	3A	Josh Niblett	Keith Bender	2003
Fyffe	2A	Paul Benefield	Danny Ashley	2003
Brantley	1A	David Lowery	David Lowery	2003
Foley	6A	Marcus Early	Lester Smith	2004
Eufaula	5A	Dan Klages	Shayne Wasden	2004
Bullock County	4A	Clint Foster	Clint Foster	2004
Oneonta	3A	Josh Niblett	Josh Nible tt	2004
Geraldine	2A	Kyle Davis	Kyle Davis	2004
Valley Head	1A	Charles Hammon	Charles Hammon	2004
Central	6A	Ron Nelson	Bobby Wright	2005
Eufaula	5A	Dan Klages	Dan Klages	2005
Elmore County	4A	Travis Pearson	Wes Rogers	2005
Oneonta	3A	Josh Niblett	Keith Bender	2005
Highland Home	2A	Bob Fariior	Ronnie McVay	2005
Valley Head	1A	Charles Hammon	Charles Hammon	2005
Opelika	6A	Spence McCracken	Spence McCracken	2006
Charles Henderson	5A	Hugh Fountain	Hugh Fountain	2006
Elmore County	4A	Norman Dean	Grady Rowe	2006
Oneonta	3A	Gardner Gilliland	Gardner Gilliland	2006
Highland Home	2A	William Fariior	Douglas Bailey	2006
Valley Head	1A	Heath Kirby	James Gregory	2006
Opelika	6A	Spence McCracken	Spence McCracken	2007
Charles Henderson	5A	Tyrone Black	Hugh Fountain	2007
Oneonta	4A	Gardner Gilliland	Gardner Gilliland	2007
Pike County	3A	Wayne Grant	Wayne Grant	2007
Goshen	2A	Joe Thornton	Joe Thornton	2007
Appalachian	1A	Ernie Willingham	Mark Hitt	2007

2007 Girls Champions

Highland Home	1A-2A	Wanda Pouncy	Douglas Bailey	2007
Oneonta	3A-4A	Gardner Gilliland	Gardner Gilliland	2007
Charles Henderson	5A-6A	Hugh Fountain	Hugh Fountain	2007

Alabama High School Girls Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
81 LB Weight Class				
Tyneshia Tatum	Daleville	Squat	100	1997
Ashlee Holland	Foley	Squat	100	2002
Tyneshia Tatum	Daleville	Bench Press	55	1997
Jo Burt	Hillcrest	Bench Press	55	1997
Tyneshia Tatum	Daleville	Dead Lift	130	1997
Ashlee Holland	Foley	Power Clean	60	2002
Tyneshia Tatum	Daleville	Total	285	1997
98 LB Weight Class				
Amanda Cain	Daleville	Squat	165	1997
Amanda Cain	Daleville	Bench Press	90	1997
Amanda Cain	Daleville	Dead Lift	190	1997
Paige Bethune	Valley Head	Power Clean	75	2004
Katherine Liles	Coosa Central	Total	305	2006
105 LB Weight Class				
Christie Mitchell	Daleville	Squat	210	1998
Christie Mitchell	Daleville	Bench Press	115	1998
Christie Mitchell	Daleville	Dead Lift	220	1998
Tiffany Marfo	Hillcrest	Dead Lift	220	1996
April Jones	Pleasant Home	Power Clean	105	2000
April Jones	Pleasant Home	Total	350	2000
114 LB Weight Class				
Megen Harris	Geraldine	Squat	210	2003
Jackie Steverson	Jess Lanier	Bench Press	115	1996
Jackie Steverson	Jess Lanier	Dead Lift	290	1996
Emily Hand	Jemison	Power Clean	120	2003
Megen Harris	Geraldine	Total	415	2003
123 LB Weight Class				
Lindsey Brown	Geraldine	Squat	240	2003
Soraya Whithurst	Daleville	Bench Press	120	1998
Tara Carver	Foley	Bench Press	120	2001
Jennifer Batchen	Hillcrest	Dead Lift	280	1996
Lindsey Brown	Geraldine	Power Clean	125	2003
Lindsey Brown	Geraldine	Total	470	2003
132 LB Weight Class				
Lindsey Brown	Geraldine	Squat	285	2004
Lindsey Brown	Geraldine	Bench Press	125	2004
Kristie Merills	Hillcrest	Dead Lift	285	1997
Teresa Herring	Highland Home	Power Clean	120	1999
Teresa Herring	Highland Home	Total	465	1999

Alabama High School Girls Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
148 LB Weight Class				
Teresa Herring	Highland Home	Squat	235	2000
Angel Rogers	Geraldine	Squat	235	2004
Tracie Robinson	Jess Lanier	Bench Press	140	1995
Raven Clancy	Daleville	Dead Lift	260	1998
Grace Quates	Foley	Power Clean	135	2000
Teresa Herring	Highland Home	Total	470	2000
158 LB Weight Class				
Leslie Owens	Highland Home	Squat	250	2000
Brittany Blount	Pleasant Home	Bench Press	125	2000
Ashley Glass	Susan Moore	Bench Press	125	2003
Leah Carter	Daleville	Bench Press	125	2003
Calandra Brown	Greenville	Dead Lift	245	1998
Ashia Thomas	Coosa Central	Clean	120	2006
Leslie Owens	Highland Home	Total	470	1999
165 LB Weight Class				
Lemanda Thomas	Daleville	Squat	285	1999
Adrienne Barber	Charles Henderson	Bench Press	135	2006
Ebony Smith	Jess Lanier	Dead Lift	285	1995
Lemanda Thomas	Daleville	Power Clean	130	1999
Angie West	Daleville	Total	470	2000
175 LB Weight Class				
Amanda Dunn	Highland Home	Squat	245	2003
Kasey White	Samson	Bench Press	120	1999
Lacey Niece	Jemison	Bench Press	120	2001
Racquel Rasberry	LeFlore	Dead Lift	245	1996
Mellisa Brooks	Jemison	Power Clean	125	1999
Amanda Dunn	Highland Home	Total	475	2003
181 LB Weight Class				
April Rivers	Carroll	Squat	230	1999
Quiante Strong	Foley	Squat	230	1999
Courtney Purvis	Foley	Bench Press	110	2000
Tenekia Thomas	Dothan	Bench Press	110	2004
Latonia Jackson	Jess Lanier	Dead Lift	235	1996
Lauren Mueller	Foley	Power Clean	120	1999
April Rivers	Carroll	Total	450	1999
198 LB Weight Class				
Achaia Autrey	LeFlore	Squat	275	1996
Achaia Autrey	LeFlore	Bench Press	150	1996
Tina Minor	Jess Lanier	Dead Lift	310	1995
Sade Wise	Daleville	Power Clean	130	2003
Sade Wise	Daleville	Total	420	2003

Alabama High School Girls Power Lifting Records (April 2008)

Name	School	Event	Weight	Year
205 LB Weight Class				
Tonya Wren	Jess Lanier	Squat	215	1995
Carla Yelling	Jess Lanier	Bench Press	130	1996
Carla Yelling	Jess Lanier	Dead Lift	250	1990
Justine Pigott	Jemison	Power Clean	125	2002
Carla Yelling	Jess Lanier	Total	580	1996
220 LB Weight Class				
Atina Gallander	Highland Home	Squat	275	1999
Porsha Jimmerson	Oneonta	Bench Press	160	2006
Avion Tillman	Jess Lanier	Dead Lift	265	1996
Porsha Jimmerson	Oneonta	Power Clean	135	2006
Atina Gallander	Highland Home	Total	540	2000
232 LB Weight Class				
Tineka Moore	Hillcrest	Squat	290	1994
Candi Small	Dothan	Bench Press	165	2004
Tineka Moore	Hillcrest	Dead Lift	280	1994
Candi Small	Dothan	Power Clean	140	2003
Candi Small	Dothan	Total	555	2003
242 LB Weight Class				
Paige Huff	Foley	Squat	225	2001
Lamonica Howard	Hillcrest	Bench Press	110	1996
Lakesha Strong	Jess Lanier	Bench Press	110	1996
Lamonica Howard	Hillcrest	Dead Lift	280	1996
Paige Huff	Foley	Power Clean	110	2000
Paige Huff	Foley	Total	440	2000
258 LB Weight Class				
Jessica Nicholas	Foley	Squat	220	2001
Lindsey Moore	Pleasant Home	Squat	220	2002
Jessica Nicholas	Foley	Bench Press	220	2001
Lamonica Howard	Hillcrest	Dead Lift	270	1996
Jessica Nicholas	Foley	Power Clean	135	2000
Jessica Nicholas	Foley	Total	500	2000
275 LB Weight Class				
Lindsey Moore	Pleasant Home	Squat	240	2003
Jessica Nochols	Foley	Bench Press	165	2002
Tameka Perkins	LeFlore	Dead Lift	330	1996
Jessica Nochols	Foley	Power Clean	135	2002
Jesslca Nochols	Foley	Total	520	2002
Super Heavy				
Tehirah Smith	Greenville	Squat	270	2001
Daisey Herderson	Hillcrest	Bench Press	165	1996
Daisey Herderson	Hillcrest	Dead Lift	370	1996
Tehirah Smlh	Greenville	Power Clean	135	2000
Tehlrah Smith	Greenville	Total	540	2000