



1000/500 Pound Club

March 2021

Name	Age	Gender	Body Weight (KG)	Actual Weight Lifted				Wilks Coefficient	Wilks Coefficient-Weight lifted in relation to body weight			
				Bench	Squat	Deadlift	Total Weight		Bench	Squat	Deadlift	Total
O'Keal Gist	26	M	136.18	285	385	385	1055	0.5612	159.94	216.06	216.06	592.07
Michael Hurtuk	61	M	93.41	265	350	385	1000	0.6269	166.13	219.42	241.36	626.90
Nicholas Crawford	20	M	100.32	295	415	365	1075	0.6079	179.33	252.28	221.88	653.49
Lauren Hogue	32	F	61.68	105	185	210	500	1.0911	114.57	201.85	229.13	545.55
Morgan Chretien	23	F	79.00	110	215	235	560	0.9215	101.37	198.12	216.55	516.04

Overall Place-Everyone Made the 1000/500 pound club!	
Male	Female
Nicholas Crawford	Morgan Chretien
O'Keal Gist	Lauren Hogue
Michael Hurtuk	

Overall Bench-Weight Adjusted	Overall Bench-Actual Lifted
Nicholas Crawford 179 Pounds	Nicholas Crawford 295 Pounds
Overall Squat-Weight Adjusted	Overall Squat-Actual Lifted
Nicholas Crawford 252 Pounds	Nicholas Crawford 415 Pounds
Overall Deadlift-Weight Adjusted	Overall Deadlift-Actual Lifted
O'Keal Gist and Michael Hurtuk 385 Pounds	Michael Hurtuk 241 Pounds