



Front Squat Ladder

Games Open 11.5

Gym	Name	Level	Level #	Cumulative Points	Total Rank	Weight	Level	Level #	Points	Adj Points	Weight	Level	Level #	Points	Adj Points
Forest	Skye	Prescribed	4	57	1	235	Prescribed	4	1	1	136	Prescribed	4	1	1
Upgrade	Lili Speed	Prescribed	4	61	2	185	Prescribed	4	3	3	125	Prescribed	4	3	3
Upgrade	Kristen Devinny	Prescribed	4	61	2	175	Prescribed	4	4	4	132	Prescribed	4	2	2
Forest	Sonia Cook	Prescribed	4	64	4	165	Prescribed	4	5	5	121	Prescribed	4	4	4
Upgrade	Melissa Wong	Prescribed	4	65	5	195	Prescribed	4	2	2	110	Prescribed	4	8	8
Forest	Joyce	Prescribed	4	66	6	155	Prescribed	4	6	6	120	Prescribed	4	5	5
Forest	Lauren Olderop	Prescribed	4	68	7	155	Prescribed	4	6	6	111	Prescribed	4	7	7
Forest	Ann	Prescribed	4	69	8	145	Prescribed	4	8	8	118	Prescribed	4	6	6
Upgrade	Andrea	Prescribed	4	72	9	145	Prescribed	4	8	8	100	Prescribed	4	9	9
Forest	Christine Clary	Prescribed	4	73	10	145	Prescribed	4	8	8	99	Prescribed	4	10	10
Upgrade	Ashley	Prescribed	4	74	11	145	Prescribed	4	8	8	96	Prescribed	4	11	11
Forest	Mack	Competition	3	68	1	145	Competition	3	2	2	231	Competition	3	1	1
Upgrade	Jill Backer	Competition	3	69	2	175	Competition	3	1	1	180	Competition	3	3	3
Upgrade	Niki Hendricks	Competition	3	70	3	145	Competition	3	2	2	180	Competition	3	3	3
Upgrade	Kim	Competition	3	71	4	135	Competition	3	4	4	220	Competition	3	2	2
Forest	Taryn	Competition	3	77	5	125	Competition	3	5	5	165	Competition	3	7	7
Forest	Karen	Competition	3	77	5	115	Competition	3	7	7	170	Competition	3	5	5
Upgrade	Audrey G.	Competition	3	77	5	125	Competition	3	5	5	165	Competition	3	7	7
Upgrade	Dejah	Competition	3	81	8	115	Competition	3	7	7	155	Competition	3	9	9
Upgrade	Donna Bailey	Competition	3	82	9	105	Competition	3	11	11	168	Competition	3	6	6
Upgrade	Melissa McDaniel	Competition	3	84	10	115	Competition	3	7	7	125	Competition	3	12	12
Forest	Marjan	Competition	3	85	11	115	Competition	3	7	7	4	Competition	3	13	13
Upgrade	Karla	Competition	3	87	12	95	Competition	3	12	12	150	Competition	3	10	10
Upgrade	Nida Knan	Competition	3	88	13	95	Competition	3	12	12	136	Competition	3	11	11