

Synergy Open
Saskatoon, SK
February 16, 2013

Session 1 Men

Lot	Name		Team	Gender	YOB	Cat.	Body Wt.	Snatch			C&J			Total	Place
								1	2	3	1	2	3		
	Mackenzie	Hay	Flux	M	2000	56	51.20	18	21	24	23	25	28	52.0	1st
	Jason	Trinh	Synergy	M	1984	69	69.00	93	96	98	127	130	134	226.0	1st
	Kevin	Young	Unaffiliated	M	1992	69	68.20	50	55	60	67	71	73	126.0	2nd
	Devin	Ralph	Synergy	M	1980	77	74.30	71	74	76	105	108	111	182.0	1st
	Jonah	Litzenberger	Synergy	M	1996	77	74.50	60	60	65	72	72	72	132.0	2nd
	Istvan	Samayoa	Regina Weightlifting	M	1985	85	84.60	117	120	125	150	150	157	270.0	1st
	Troy	Appleton	Saskatoon	M	1987	85	84.00	105	105	110	135	140	143	245.0	2nd
	Harreson	Teriann	Crossfit MJ	M	1988	85	80.40	88	88	88	98	103	106	194.0	3rd
	Jordan	Donohue	Crossfit Villians	M	1990	85	82.30	75	80	82	100	105	105	182.0	4th

Records:

Officials

Ken Trofimuk

Otto Neumann

Stan Mironuk

Jury

Claire Hopkin

Don Powers

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Session 2 Women

Lot	Name		Team	Gender	YOB	Cat.	Body Wt.	Snatch			C&J			Total	Place
								1	2	3	1	2	3		
	L. Desiree	Pearce	Synergy	F	1995	48	47.20	30.0	32.0	34.0	39.0	42.0	44.0	78	1st
	Sarah	Hills	Synergy	F	1983	53	52	47	51	53	60	64.0	66.0	117	1st
	Jocelyn	Rylee	Crossfit Brio	F	1983	58	57.60	65	68	71	79	82	85	156	1st
	Vanessa	DeGirolamo	Synergy	F	1989	58	58.00	59.0	62.0	62.0	78.0	80.0	82.0	144	2nd
	Renee	Bell	Prince Albert	F	1998	58	56.50	42.0	44.0	44.0	52.0	55.0	58.0	100	3rd
	KaSandra	Kopytko	Flux	F	1981	63	60.70	54.0	54.0	56.0	68.0	70.0	72.0	126	1st
	Robin	Maier	Crossfit Regina	F	1977	63	62.30	48	50	50	68	70	70	116	2nd

Officials:

Claire Hopkin

Otto Nuemann

Debbie Trofimuk

Jury

Jocelyne Moe

Don Powers

Stan Mironuk

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Session 3 Women

Lot	Name		Team	Gender	YOB	Cat.	Body Wt.	Snatch			C&J			Total	Place
								1	2	3	1	2	3		
	Valarie	Perry	Synergy	F	1983	69	67.10	62	66	70	84	84	84	150.0	1st
	Kelly	Tunison	Flux	F	1977	69	66.10	50	53	56	65	68	68	124.0	2nd
	Ellen	Lind	Synergy	F	1993	69	67.80	40	45	50	55	58	61	111.0	3rd
	Sarah	Lakhan	Crossfit Regina	F	1987	69	68.00	25	28	31	45	47	49	78.0	4th
	Sandi	Klempner	Flux	F	1983	75	73.60	75	77	80	98	101	101	175.0	1st
	Claudia	Moe	Crossfit Regina	F	1987	75	74.40	62	65	65	82	86	86	144.0	2nd
	Terri	Ekvall	Flux	F	1966	75+	89.20	49	50	53	65	68	71	124.0	1st
	Crystal	Derry	Synergy	F	1987	75+	81.30	39	43	46	50	55	62	108.0	2nd

Records: Sandi Klempner: Snatch 77KG
Sandi Klempner: Clean & Jerk 98KG (tie)
Sandi Klempner: Total: 175KG

Officials

Claire Hopkin

Jocelyne Moe

Stan Mironuk

Jury

Don Powers

Ken Trofimuk

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Session 4 Men

Lot	Name		Team	Gender	YOB	Cat.	Body Wt.	Snatch			C&J			Total	Place
								1	2	3	1	2	3		
	David	Samayoa	Regina	M	1992	94	88.20	115.0	120.0	125.0	137.0	145.0	150.0	275	1st
	Dale	Hopkins	Synergy	M	1981	94	92.50	110.0	115	115	135	135	137	252	2nd
	Larry	Yang	Saskatoon	M	1989	94	88.50	100.0	104.0	108.0	120.0	127.0	131.0	235	3rd
	Lucas	King	Red Goat	M	1993	94	88.10	88.0	94.0	97.0	122.0	127.0	130.0	224	4th
	Nolan	Mortenson	Crossfit Moose Jaw	M	1983	94	88.70	65.0	68.0	70.0	86.0	90.0	94.0	164	5th
	Matt	Bathgate	Synergy	M	1982	105	100.00	105.0	108.0	112.0	128.0	132.0	134.0	246	1st
	Graeme	Dice	Synergy	M	1980	105	103.10	65.0	65.0	72.0	95.0	95.0	105.0	177	2nd
	Patrick	Milford	Red Goat	M	1985	105+	106.10	105	115	116	140	150	157	266	1st
	Jacob	Shannon	Crossfit Regina	M	1997	105+	147.00	52.0	55.0	58.0	62.0	67.0	67.0	117	2nd
	Jason	Fischer	Prince Albert	M	1985	105+	124.90	102.0	102.0	107.0	118.0	120.0	120.0	102	3rd

Officials:

Jocelyn Rylee

Claire Hopkin

Otto Neumann

Sinclair
87.3061
304.0287
170.7800
233.9574
169.4155
323.4175
294.5209
238.5763
221.0851

Sinclair
129.7740
179.2249
220.7456
202.7342
143.5457
171.7339
155.3130

Sinclair
191.4398
159.7430
140.7677
98.7410
211.6728
173.1620
137.0372
124.2207

Sinclair
322.8194
289.4964
275.4247
263.0915
192.0087
273.7001
194.6997
289.6538
118.1845
105.9971