



2024 Summer Games
Powerlifting
Results sheet for
PL Female Benchpress
Final



Division: 1	Delegation	Score	Place
Whalen, Princess	Kona	55.75	1st

Division: 2	Delegation	Score	Place
Banks, Charlotte	Iron Warriors	99.40	1st
Lee, Virginia	Waikoloa	71.72	2nd

Division: 3	Delegation	Score	Place
Whiteside, Sierra	Waikoloa	95.95	1st

Division: 4	Delegation	Score	Place
Banks, Alana	Iron Warriors	78.20	1st



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Results sheet for
PL Female Combination (Bench and Deadlift)
Final



Division: 1	Delegation	Score	Place
Whalen, Princess	Kona	205.00	1st



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Results sheet for

PL Female Combination (Bench, Deadlift & Squat)

Final



Division: 1	Delegation	Score	Place
Banks, Charlotte	Iron Warriors	380.00	1st

Division: 2	Delegation	Score	Place
Banks, Alana	Iron Warriors	859.00	1st



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PL Female Deadlift
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Division: 1	Delegation	Score	Place
Whalen, Princess	Kona	120.09	1st
Division: 2	Delegation	Score	Place
Banks, Charlotte	Iron Warriors	229.06	1st
Division: 3	Delegation	Score	Place
Banks, Alana	Iron Warriors	246.63	1st



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Results sheet for
PL Female Squat
Final



Division: 1	Delegation	Score	Place
Banks, Charlotte	Iron Warriors	155.38	1st
Lee, Virginia	Waikoloa	111.45	2nd

Division: 2	Delegation	Score	Place
Banks, Alana	Iron Warriors	151.40	1st



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Division:		Delegation	Score	Place
1	Barcarse, Blaise	Iron Warriors	-1.00	1st
2	Takahashi, Yuu	Waikoloa	47.08	1st
3	Mitts, Michael	Honokaa Hawks	61.33	1st
	Sabri, Dara	Kona	53.12	2nd
4	Conley, Sean	Honokaa Hawks	61.78	1st
	Tonda, Henneson	Ducks	45.99	2nd
5	Ley, Nathan	Maui	64.40	1st
	Lehano, Shawn	Kona	63.48	2nd
6	Lamb, Tyler	Ducks	84.37	1st
	Brown, Gage	Honokaa Hawks	29.36	2nd
7	Hee, Maika'i	Ducks	50.69	1st
8	Morimoto, Tyler	Ducks	54.36	1st
	DeLuz, Isaiah	Honokaa Hawks	50.68	2nd
	Clark, James	Iron Warriors	49.53	3rd
9	Trim, Zachary	Kona	73.00	1st
10	Williams, Chase	Kona	43.28	1st
11	Gonsalves, Kalani	Iron Warriors	47.30	1st
	Planas, Travis	Kauai Storm	44.64	2nd
12	Wong, Quentin	Kona	89.09	1st
	Landgraf, Channing	Iron Warriors	57.84	2nd



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Division: 13	Delegation	Score	Place
Tibayan, Kendrick	Iron Warriors	52.29	1st

Division: 14	Delegation	Score	Place
Rita, Harrison	Kauai Storm	66.37	1st



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Division: 1	Delegation	Score	Place
Barcarse, Blaise	Iron Warriors	123.00	1st
Division: 2	Delegation	Score	Place
Takahashi, Yuu	Waikoloa	150.00	1st
Division: 3	Delegation	Score	Place
Williams, Chase	Kona	310.00	1st
Division: 4	Delegation	Score	Place
Tibayan, Kendrick	Iron Warriors	465.00	1st
Division: 5	Delegation	Score	Place
Mitts, Michael	Honokaa Hawks	270.00	1st



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Division:		Delegation	Score	Place
1	Sabri, Dara	Kona	340.00	1st
2	Tonda, Henneson	Ducks	400.00	1st
	Conley, Sean	Honokaa Hawks	295.00	2nd
3	Ley, Nathan	Maui	510.00	1st
	Lehano, Shawn	Kona	330.00	2nd
4	Hee, Maika'i	Ducks	570.00	1st
5	Trim, Zachary	Kona	600.00	1st
6	Clark, James	Iron Warriors	640.00	1st
	Morimoto, Tyler	Ducks	565.00	2nd
	DeLuz, Isaiah	Honokaa Hawks	495.00	3rd
7	Landgraf, Channing	Iron Warriors	910.00	1st
8	Gonsalves, Kalani	Iron Warriors	695.00	1st
	Planas, Travis	Kauai Storm	610.00	2nd
9	Rita, Harrison	Kauai Storm	840.00	1st
10	Wong, Quentin	Kona	900.00	1st



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Division:		Delegation	Score	Place
1				
	Barcarse, Blaise	Iron Warriors	90.00	1st
	Brown, Gage	Honokaa Hawks		DNS
2				
	Takahashi, Yuu	Waikoloa	81.32	1st
3				
	Mitts, Michael	Honokaa Hawks	140.43	1st
	Sabri, Dara	Kona	124.96	2nd
4				
	Tonda, Henneson	Ducks	147.53	1st
	Conley, Sean	Honokaa Hawks	89.66	2nd
5				
	Ley, Nathan	Maui	169.12	1st
	Lehano, Shawn	Kona	98.44	2nd
6				
	Hee, Maika'i	Ducks	197.31	1st
7				
	Trim, Zachary	Kona	214.47	1st
8				
	Clark, James	Iron Warriors	183.76	1st
	Morimoto, Tyler	Ducks	174.81	2nd
	DeLuz, Isaiah	Honokaa Hawks	138.98	3rd
9A				
	Landgraf, Channing	Iron Warriors	243.85	1st
9				
	Wong, Quentin	Kona	233.32	1st
10				
	Williams, Chase	Kona	106.80	1st
11				
	Gonsalves, Kalani	Iron Warriors	187.51	1st
	Planas, Travis	Kauai Storm	136.27	2nd
12				
	Rita, Harrison	Kauai Storm	199.72	1st



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Division: 13	Delegation	Score	Place
Tibayan, Kendrick	Iron Warriors	148.84	1st



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PL Male Squat
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Division:		Delegation	Score	Place
1	Sabri, Dara	Kona	83.31	1st
2	Tonda, Henneson	Ducks	79.16	1st
	Conley, Sean	Honokaa Hawks	66.27	2nd
3	Ley, Nathan	Maui	107.95	1st
	Lehano, Shawn	Kona	68.15	2nd
4	Hee, Maika'i	Ducks	98.65	1st
5	Trim, Zachary	Kona	164.00	1st
6	Clark, James	Iron Warriors	120.50	1st
	Morimoto, Tyler	Ducks	88.94	2nd
	DeLuz, Isaiah	Honokaa Hawks	83.38	3rd
7	Landgraf, Channing	Iron Warriors	188.69	1st
	Wong, Quentin	Kona	183.54	2nd
8	Gonsalves, Kalani	Iron Warriors	148.82	1st
	Planas, Travis	Kauai Storm	130.59	2nd
9	Rita, Harrison	Kauai Storm	154.71	1st