

Minnesota High School State Records - New IWF Classes adopted July, 2018



Varsity Men (Through State meet held on 3/9/2019)

Name:	Class/Lift:	Club:	Weight:	Date:	Site:
55kg:					
Marshal Hicks	Snatch	MHHS	34	1/12/2019	2019 Little Falls, Mid-MN Open
Marshal Hicks	Clean and Jerk	MHHS	44	2/2/2019	2019 Moorhead ThudSpud
Marshal Hicks	Total	MHHS	78	2/2/2019	2019 Moorhead ThudSpud
61kg:					
Hunter Simonson	Snatch	NFLD	80	2/9/2019	2019 LSHS HS Open
Hunter Simonson	Clean and Jerk	NFLD	95	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Hunter Simonson	Total	NFLD	175	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
67kg:					
Devin McGill	Snatch	AHS	90	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Caden Hofstad	Clean & Jerk	GRHS	116	6/29/2019	2019 National Youth Championships, Anaheim CA
Devin McGill	Total	AHS	205	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
73kg:					
Hadyn Anderson	Snatch	GRHS	95	1/12/2019	2019 Little Falls, Mid-MN Open
Colin Fjelstad	Clean & Jerk	PLHS	119	6/30/2019	2019 National Youth Championships, Anaheim CA
Hadyn Anderson	Total	GRHS	212	1/12/2019	2019 Little Falls, Mid-MN Open
81kg:					
Michael Fischer	Snatch	TCU	111	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Michael Fischer	Clean and Jerk	TCU	141	12/22/2018	N. Metro HS Open
Michael Fischer	Total	TCU	251	12/22/2018	N. Metro HS Open
89kg:					
Lander Wells	Snatch	LSHS	126	12/7/2019	Little Falls Open 2019
Lander Wells	Clean & Jerk	LSHS	151	12/7/2019	Little Falls Open 2019
Lander Wells	Total	LSHS	277	12/7/2019	Little Falls Open 2019
96kg:					
Chrisanto D'Agostino	Snatch	MHHS	124	12/7/2019	Little Falls Open 2019
Chrisanto D'Agostino	Clean & Jerk	MHHS	159	12/7/2019	Little Falls Open 2019
Chrisanto D'Agostino	Total	MHHS	274	12/7/2019	Little Falls Open 2019
102kg:					
Logan Hofstedt	Snatch	CFHS	121	1/12/2019	2019 Raider Open
Logan Hofstedt	Clean and Jerk	CFHS	150	2/9/2019	2019 LSHS HS Open
Logan Hofstedt	Total	CFHS	265	2/9/2019	2019 LSHS HS Open
109kg:					
Logan Hofstedt	Snatch	CFHS	126	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Logan Hofstedt	Clean and Jerk	CFHS	150	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Logan Hofstedt	Total	CFHS	276	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
109+kg:					
Jared Flannery	Snatch	RHS	120	1/11/2020	2020 Northfield Open
Gage Senty	Clean & Jerk	RWHS	150	1/11/2020	2020 Northfield Open
Gage Senty	Total	RWHS	264	1/11/2020	2020 Northfield Open









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Varsity Women (Through State meet held on 3/9/2019)



Name:	Class/Lift:	Club:	Weight:	Date:	Site:
45kg:					
	Snatch				
	Clean and Jerk				
	Total				
49kg:					
Megan Anderson	Snatch	RMHS	56	1/11/2020	2020 Northfield Open
Megan Anderson	Clean & Jerk	RMHS	65	1/11/2020	2020 Northfield Open
Megan Anderson	Total	RMHS	121	1/11/2020	2020 Northfield Open
55kg:					
Ella Holden	Snatch	AHS	68	1/11/2020	2020 Northfield Open
Ella Holden	Clean & Jerk	AHS	85	1/11/2020	2020 Northfield Open
Ella Holden	Total	AHS	153	1/11/2020	2020 Northfield Open
59kg:					
Ellie Stodden	Snatch	CFHS	62	12/21/2019	Chatfield/Cannon Falls Dual 2019
Ellie Stodden	Clean and Jerk	CFHS	80	1/12/2019	2019 Raider Open
Ellie Stodden	Total	CFHS	139	1/12/2019	2019 Raider Open
64kg:					
Abigail Hinckley	Snatch	CHS	66	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Victoria Tupy	Clean and Jerk	PLHS	80	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Abigail Hinckley	Total	CHS	141	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
71kg:					
Victoria Tupy	Snatch	PLHS	72	1/11/2020	2020 Northfield Open
Victoria Tupy	Clean & Jerk	PLHS	92	1/11/2020	2020 Northfield Open
Victoria Tupy	Total	PLHS	164	1/11/2020	2020 Northfield Open
76kg:					
Jaelyn Sprau	Snatch	CHS	70	3/9/2019	Chatfield/Cannon Falls Dual 2019
Jaelyn Sprau	Clean & Jerk	CHS	82	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Jaelyn Sprau	Total	CHS	150	3/9/2019	Chatfield/Cannon Falls Dual 2019
81kg:					
Teagan Tonjum	Snatch	SHS	64	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Teagan Tonjum	Clean and Jerk	SHS	83	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Teagan Tonjum	Total	SHS	147	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
87kg:					
Tarah Gudmundson	Snatch	LSHS	65	1/11/2020	2020 Northfield Open
Tarah Gudmundson	Clean & Jerk	LSHS	73	1/11/2020	2020 Northfield Open
Tarah Gudmundson	Total	LSHS	138	1/11/2020	2020 Northfield Open
87+kg:					
Amari Riley	Snatch	LFHS	80	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Amari Riley	Clean and Jerk	LFHS	100	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Amari Riley	Total	LFHS	180	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
      					
mnweightlifting.org Minnesota High School State Records - New IWF Classes adopted July, 2018 Junior Varsity Boys (Through State meet held on 3/9/2019)					
					
Name:	Class/Lift:	Club:	Weight:	Date:	Site:
49kg:					
Brayden Horsman	Snatch	CHS	46	3/9/2019	2019 MNHSWO State Meet, Cannon Falls

Brayden Horsman	Clean & Jerk	CHS	60	1/11/2020	2020 Northfield Open
Brayden Horsman	Total	CHS	105	1/11/2020	2020 Northfield Open
55kg:					
Alex Larson	Snatch	NPFS	52	12/8/2018	Southern MN HS Open
Carson Muench	Clean & Jerk	NFLD	63	1/11/2020	2020 Northfield Open
Carson Muench	Total	NFLD	115	1/11/2020	2020 Northfield Open
61kg:					
Sam Dunham	Snatch	LSHS	65	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Dan Wohlers	Clean and Jerk	GRHS	85	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Dan Wohlers	Total	GRHS	147	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
67kg:					
Colton Otto	Snatch	CFHS	67	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Colton Otto	Clean and Jerk	CFHS	92	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Colton Otto	Total	CFHS	159	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
73kg:					
Colin Fjelstad	Snatch	PLHS	85	12/8/2022	Southern MN HS Open
Colin Fjelstad	Clean and Jerk	PLHS	110	12/8/2022	Southern MN HS Open
Colin Fjelstad	Total	PLHS	195	12/8/2022	Southern MN HS Open
81kg:					
Mitch Myers	Snatch	LSHS	88	12/7/2019	Little Falls Open 2019
Colton Otto	Clean & Jerk	CFHS	108	1/11/2020	2020 Northfield Open
Mitch Myers	Total	LSHS	193	12/7/2019	Little Falls Open 2019
89kg:					
Dylan Becker	Snatch	LFHS	90	12/7/2019	Little Falls Open 2019
Scott Crosswhite	Clean and Jerk	LFHS	115	12/22/2018	N. Metro HS Open
Scott Crosswhite	Total	LFHS	203	12/22/2018	N. Metro HS Open
96kg:					
Luke Stanga	Snatch	NFLD	95	12/8/2018	Southern MN HS Open
Rafael Lopez	Clean and Jerk	TCU	120	12/8/2018	Southern MN HS Open
Luke Stanga	Total	NFLD	205	12/8/2018	Southern MN HS Open
102kg:					
Drew Stachowski	Snatch	CFHS	60	12/21/2019	Chatfield/Cannon Falls Dual 2019
Drew Stachowski	Clean & Jerk	CFHS	78	12/21/2019	Chatfield/Cannon Falls Dual 2019
Drew Stachowski	Total	CFHS	138	12/21/2019	Chatfield/Cannon Falls Dual 2019
102+kg:					
Jared Flannery	Snatch	RHS	110	12/8/2018	Southern MN HS Open
Jared Flannery	Clean and Jerk	RHS	125	12/8/2018	Southern MN HS Open
Jared Flannery	Total	RHS	235	12/8/2018	Southern MN HS Open
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Minnesota High School State Records - New IWF Classes adopted July, 2018 Junior Varsity Girls (Through State meet held on 3/9/2019) 					
Name:	Class/Lift:	Club:	Weight:	Date:	Site:
40kg:					
Breah Schlink	Snatch	CHS	28	2/9/2019	2019 LSHS HS Open
Breah Schlink	Clean and Jerk	CHS	38	2/9/2019	2019 LSHS HS Open
Breah Schlink	Total	CHS	66	2/9/2019	2019 LSHS HS Open
45kg:					

Ruby Evans	Snatch	CHS	34	12/22/2019	Chatfield/Cannon Falls Dual 2019
Ruby Evans	Clean & Jerk	CHS	42	12/22/2019	Chatfield/Cannon Falls Dual 2019
Ruby Evans	Snatch	CHS	76	12/22/2019	Chatfield/Cannon Falls Dual 2019
49kg:					
Nina Mergen	Snatch	LSHS	45	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Nina Mergen	Clean & Jerk	LSHS	61	1/11/2020	2020 Northfield Open
Nina Mergen	Total	LSHS	105	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
55kg:					
Ella Holden	Snatch	AHS	61	12/22/2018	N. Metro HS Open
Ella Holden	Clean and Jerk	AHS	73	12/22/2018	N. Metro HS Open
Ella Holden	Total	AHS	134	12/22/2018	N. Metro HS Open
59kg:					
Abigail Hinckley	Snatch	CHS	61	12/8/2018	Southern MN HS Open
Stephanie Bradt	Clean & Jerk	CHS	75	12/22/2019	Chatfield/Cannon Falls Dual 12/22/2019
Stephanie Bradt	Total	CHS	135	12/22/2019	Chatfield/Cannon Falls Dual 12/22/2019
64kg:					
Laura Cochran	Snatch	LSHS	64	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Laura Cochran	Clean & Jerk	LSHS	82	1/11/2020	2020 Northfield Open
Laura Cochran	Total	LSHS	145	1/11/2020	2020 Northfield Open
71kg:					
Laura Cochran	Snatch	LSHS	68	6/29/2019	2019 National Youth Championships, Anaheim CA
Jett Tuohy	Clean & Jerk	CHS	85	12/8/2018	Southern MN HS Open
Laura Cochran	Total	LSHS	153	6/29/1930	2019 National Youth Championships, Anaheim CA
76kg:					
Lindy Welinski	Snatch	LFHS	51	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Lindy Welinski	Clean and Jerk	LFHS	68	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Lindy Welinski	Total	LFHS	119	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
81kg:					
Jaelyn Sprau	Snatch	CHS	64	12/8/2018	Southern MN HS Open
Jaelyn Sprau	Clean and Jerk	CHS	78	12/8/2018	Southern MN HS Open
Jaelyn Sprau	Total	CHS	142	12/8/2018	Southern MN HS Open
81+kg:					
Lexi Brainer	Snatch	LSHS	55	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Lexi Brainer	Clean and Jerk	LSHS	76	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
Lexi Brainer	Total	LSHS	131	3/9/2019	2019 MNHSWO State Meet, Cannon Falls
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