

Top 10 Classic Men - IPF Points

Rank	Name	Bodyweight	Weight Class	Squat	Bench	Deadlift	Total	IPF Points	Date	Location	Contest
1	Cameron Preymack	72.87	74	225	160	267.5	652.5	719.27	21-Sep-19	St. John's, NL	2019 Commonwealth Championship
2	Daniel Heintz	73.84	74	250.0	145.0	257.5	695.0	712.37	03-Mar-19	Ottawa, ON	2019 CPU Nationals
3	Allan Yeung	81.76	83	247.5	172.5	255	675	688.68	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
4	Neil Tkatchuk	92.55	93	262.5	165	290	717.5	678.67	13-Jul-19	Martensville, SK	Sask Northern Open
5	Jarek Rhode	91.2	93	255	150	287.5	692.5	659.23	03-Mar-19	Ottawa, ON	2019 CPU Nationals
6	Kyle Paterson	114.64	120	270	175	305	750	627.93	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
7	Timothy Zelensky	77.75	83	207.5	142.5	252.5	602.5	627.41	20-Apr-19	Saskatoon, SK	Synergy Open
8	Jon De Witt	115.75	120	277.5	177.5	295	750	624.48	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
9	Justin Kwan	72.31	74	200	132.5	232.5	565	614.97	03-Mar-19	Ottawa, ON	2019 CPU Nationals
10	Raymond Hickie	141.67	120+	312.5	202.5	300.0	915.0	614.90	03-Mar-20	Winnipeg, MB	2020 CPU Nationals

Top 10 Classic Women - IPF Points

Rank	Name	Bodyweight	Weight Class	Squat	Bench	Deadlift	Total	IPF Points	Date	Location	Contest
1	Jessica Buettner	71.96	72	210.0	102.5	250.0	562.5	920.06	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
2	Rashenna Grzybowski	81.64	84	185.0	95.0	190.0	470.0	725.77	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
3	Kirstie Armstead	61.89	63	145.0	80.0	167.5	392.5	687.55	03-Mar-19	Ottawa, ON	2019 CPU Nationals
4	Janadine Augustine	78.99	84	160.0	90.0	180.0	430.0	673.76	03-Mar-19	Ottawa, ON	2019 CPU Nationals
5	Holly Edwards	66.68	72	140.0	80.0	175.0	395.0	667.51	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
6	Milayna Goruick	62.85	63	130.0	75.0	172.5	377.5	655.61	18-May-19	Regina, SK	War of the West
7	Taylor Leonhardt	71.28	72	147.5	80.0	155.0	382.5	626.65	20-Apr-19	Saskatoon, SK	Synergy Open
8	Amanda Bristol	97.42	84+	162.5	87.5	185.0	435.0	626.29	03-Mar-19	Ottawa, ON	2019 CPU Nationals
9	Julie Mushynshy	61.65	63	137.5	57.5	162.5	357.5	625.77	13-Jul-19	Martensville, SK	Sask Northern Open
10	Jessica Hemauer	56.95	57	122.5	67.5	152.5	342.5	622.67	20-Apr-19	Saskatoon, SK	Synergy Open

Top 10 Equipped Men - IPF Points

Rank	Name	Bodyweight	Weight Class	Squat	Bench	Deadlift	Total	IPF Points	Date	Location	Contest
1	Ryan Stinn	145.05	120+	405.0	330.0	332.5	1067.5	646.14	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
2	Aaron Ziffle	92.35	93	315.0	232.5	275.0	822.5	634.24	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
3	Dylan Moldovan	91.03	93	295.0	190.0	285.0	770.0	602.12	03-Mar-19	Ottawa, ON	2019 CPU Nationals
4	John Odgers	92.32	93	250.0	200.0	285.0	735.0	572.90	12-Jan-19	Saskatoon, SK	Rise Strength Open
5	Russell Agnew	119.6	120	325.0	215.0	265.0	805.0	545.05	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
6	Austen Zentner	104.75	105	280.0	180.0	257.5	717.5	524.50	31-Aug-19	Regina, SK	2019 IPF Junior World Championship
7	Nathan Dorward	91.6	93	210.0	172.5	212.5	595.0	476.61	27-Oct-19	Weyburn, SK	2019 SPA Provincials
8	Jeremy Lundgren	133.95	120+	290.0	192.5	250.0	732.5	475.15	12-Jan-19	Saskatoon, SK	Rise Strength Open
9	Brett Zoerb	90.16	93	185.0	165.2	200.0	547.5	446.95	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
10	Randy Schiller	100.32	105	212.5	135.0	230.0	577.5	442.40	03-Mar-20	Winnipeg, MB	2020 CPU Nationals

Top 10 Equipped Women - IPF Points

Rank	Name	Bodyweight	Weight Class	Squat	Bench	Deadlift	Total	IPF Points	Date	Location	Contest
1	Rhaea Stinn	80.08	84	240.0	225.0	207.5	672.5	765.59	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
2	Carolyn Tran	56.1	57	160.0	102.5	170.0	432.5	611.26	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
3	Shantelle Szuch	64.26	72	177.5	95.0	186.0	458.5	605.48	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
4	Charlene Cossar	69.86	72	180.0	105.0	190.0	475.0	602.84	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
5	Kaylee Maruska	70.86	72	180.0	110.0	177.5	467.5	591.73	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
6	Mikayla Lohse	56.64	57	157.5	82.5	171.0	411.0	583.56	03-Mar-19	Ottawa, ON	2019 CPU Nationals
7	Marnel Spencer	46.04	47	110.0	65.0	122.5	297.5	492.85	03-Mar-20	Winnipeg, MB	2020 CPU Nationals
8	Annika Thiel	70.34	72	135.0	77.5	145.0	357.5	478.93	27-Oct-19	Weyburn, SK	2019 SPA Provincials
9	Destiny Kaus	70.77	72	125.0	92.5	140.0	357.5	477.88	27-Oct-19	Weyburn, SK	2019 SPA Provincials
10	Brianna Swryda	83.09	84	150.0	80.0	132.5	362.5	457.12	31-Aug-19	Regina, SK	2019 IPF Sub-Junior World Championship