



Saskatchewan Powerlifting

Top 10 GL Points
As of May 31st, 2022
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	Athlete	Date	Location	Competition	Age	Division	Class	Weight	SQ	BP	DL	Total	GL Points*
1	Jessica Buettner	2022-May-09	Canada-NL	Canadian National Championships	Open	Classic	76	75.4	217.5	107.5	252.5	577.5	114.29
2	Rhaea Stinn	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	84	83.7	245	228.5	212.5	686	107.99
3	Daniel Heintz	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Open	Classic	83	82.6	285	165	285	735	101.97
4	Cameron Preymack	2022-Apr-09	Canada-SK	Synergy Open	Open	Classic	74	73	256	147.5	260	663.5	98.09
5	Timothy Zelensky	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Juniors	Classic	83	79.8	240	167.5	285	692.5	97.76
6	Allan Yeung	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Open	Classic	93	85.3	250	175	275	700	95.56
7	Rashenna Grzybowski	2022-May-09	Canada-NL	Canadian National Championships	Open	Classic	76	75.2	175	102.5	190	467.5	92.64
8	Aaron Ziffle	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	93	92.9	335	235	280	850	92.19
9	Ryan Kawchuk	2021-Dec-11	Canada-SK	Last Chance	Open	Classic	120	110	285	160	317.5	762.5	92.13
10	Ryan Stinn	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	120+	146.9	395	302.5	310	1007.5	91.02

*These Lists are based on each lifter's Good Lift Points Score. These points are accounted for at the end of a successful competition. All recorded lifts are in KILOGRAMS.