

# Wahoo Warrior Off-Season Lifting and Conditioning Records

Bench		Squat		Incline		Clean		Pro Agility		Vertical Jump	
<b>Boys</b>	<b>All-Time</b>	<b>Boys</b>	<b>All-Time</b>	<b>Boys</b>	<b>All-Time</b>	<b>Boys</b>	<b>All-Time</b>	<b>Boys</b>	<b>All-Time</b>	<b>Boys</b>	<b>All-Time</b>
1	William Novak 365 lbs '95	1	Tyler Bottorff 480 lbs '97	1	William Novak 350 lbs '95	1	Tyler Bottorff 295 lbs '97	1	Tyler Kavan 3.96 sec '10	1	Greg Milliken 39.4 in '10
2	Nathan Noha 365 lbs '96	2	Tim Larsen 475 lbs '05	2	Nathan Noha 350 lbs '96	2	Michael Shada 290 lbs '02	2	Greg Milliken 4 sec '10	2	Chris Ludi 34.8 in '08
3	Reed Manstedt 335 lbs '06	3	Nathan Noha 470 lbs '96	3	Corey Davis 295 lbs '09	3	Chase Manstedt 290 lbs '03	3	Tyler Pacas 4.09 sec '06	3	Greg Sohl 33.1 in '06
4	Branden Walling 320 lbs '08	4	Robert Gobble 465 lbs '91	4	Reed Manstedt 290 lbs '06	4	Tim Larsen 290 lbs '05	4	Taylor Murren 4.1 sec '08	4	Justin Lewandowski 32.8 in '08
5	Josh Anderson 315 lbs '95	5	Matt Myers 465 lbs '08	5	Josh Anderson 275 lbs '95	5	Ryan Barry 285 lbs '88	5	Josh Proctor 4.18 sec '10	5	Mitch Bowers 32.7 in '06
<b>Girls</b>	<b>All-Time</b>	<b>Girls</b>	<b>All-Time</b>	<b>Girls</b>	<b>All-Time</b>	<b>Girls</b>	<b>All-Time</b>	<b>Girls</b>	<b>All-Time</b>	<b>Girls</b>	<b>All-Time</b>
1	Katie Sloup 165 lbs '08	1	Abbey Grandgenett 295 lbs '07	1	Katie Sloup 170 lbs '06	1	Morgan Hancock 145 lbs '09	1	Mattie Murren 4.42 sec '09	1	Katie Sloup 27.6 in '07
2	Emily Brodahl 165 lbs '09	2	Emily Brodahl 275 lbs '09	2	Emily Brodahl 135 lbs '09	2	Katie Sloup 140 lbs '06	2	Erin Walker 4.54 sec '10	2	Brittany Asche 26.1 in '07
3	Annie Divis 160 lbs '09	3	Erin Walker 270 lbs '08	3	Abbey Grandgenett 130 lbs '07	3	Emily Brodahl 135 lbs '09	3	Hailey Sloup 4.60 sec '08	3	Amber Henkel 25.9 in '07
4	Erica Miller 155 lbs '06	4	Mahala Egr 255 lbs '09	4	Annie Divis 130 lbs '09	4	Kali Pfeiffer 130 lbs '06	4	Abbey Grandgenett 4.62 sec '09	4	Abbey Grandgenett 25.1 in '07
5	Taylor Kavan 150 lbs '06	5	Taylor Kavan 245 lbs '08	5	Morgan Hancock 130 lbs '09	5	Jordan Hinrichs 130 lbs '07	5	Morgan Hancock 4.62 sec '09	5	Emily Brodahl 24.6 in '10
<b>Boys</b>	<b>Current</b>	<b>Boys</b>	<b>Current</b>	<b>Boys</b>	<b>Current</b>	<b>Boys</b>	<b>Current</b>	<b>Boys</b>	<b>Current</b>	<b>Boys</b>	<b>Current</b>
1	Colter Mattson 280 lbs	1	Colter Mattson 410 lbs	1	Greg Milliken 250 lbs	1	Jake Subbert 275 lbs	1	Tyler Kavan 3.96 sec	1	Greg Milliken 39.4 in
2	Jacob Subbert 275 lbs	2	Greg Milliken 405 lbs	2	Colter Mattson 245 lbs	2	Lucas McAtee 265 lbs	2	Greg Milliken 4 sec	2	Justin Lewandowski 30.6 in
3	Greg Milliken 270 lbs	3	Sean Lindgren 405 lbs	3	Jake Subbert 245 lbs	3	Greg Milliken 255 lbs	3	Josh Proctor 4.18 sec	3	Josh Discher 30.3 in
4	Sean Lindgren 255 lbs	4	Christian Hohl 365 lbs	4	Sean Lindgren 225 lbs	4	Sean Lindgren 225 lbs	4	Jake Subbert 4.27 sec	4	Josh Proctor 30.2 in
5	Lucas McAtee 250 lbs	5	Tyson Jelinek 350 lbs	5	Lucas McAtee 225 lbs	5	Colter Mattson 225 lbs	5	Kyle Zeleny 4.35 sec	5	Ethan Harders 29.6 in
<b>Girls</b>	<b>Current</b>	<b>Girls</b>	<b>Current</b>	<b>Girls</b>	<b>Current</b>	<b>Girls</b>	<b>Current</b>	<b>Girls</b>	<b>Current</b>	<b>Girls</b>	<b>Current</b>
1	Emily Brodahl 140 lbs	1	Mahala Egr 225 lbs	1	Morgan Hancock 125 lbs	1	Morgan Hancock 135 lbs	1	Erin Walker 4.54 sec	1	Emily Brodahl 24.6 in
2	Mahala Egr 135 lbs	2	Emily Brodahl 205 lbs	2	Mahala Egr 120 lbs	2	Emily Brodahl 125 lbs	2	Mattie Murren 4.6 sec	2	Katelyn O'Brien 23.7 in
3	Morgan Hancock 135 lbs	3	Oliva Johnson 195 lbs	3	Aubrey Voboril 120 lbs	3	Mahala Egr 120 lbs	3	Morgan Hancock 4.67 sec	3	Morgan Hancock 23.2 in
4	Sydney Hancock 120 lbs	4	Morgan Hancock 185 lbs	4	Mattie Murren 115 lbs	4	Sydney Hancock 115 lbs	4	Katelyn O'Brien 4.73 sec	4	Mahala Egr 22.9 in
5	Mattie Murren 120 lbs	5	Sydney Hancock 185 lbs	5	Emily Brodahl 115 lbs	5	Sadie Murren 115 lbs	5	Kayla Bennett 4.79	5	Erin Walker 22.6 in