

Wahoo Warrior Off-Season Lifting and Conditioning Records

	Bench		Squat		Incline		Clean		Pro Agility		Vertical Jump	
Boys	All-Time		Boys	All-Time		Boys	All-Time		Boys	All-Time		Boys
1	William Novak 365 lbs '95		1	Sam Lindgren 535 lbs '16		1	William Novak 350 lbs '95		1	Ethan Stratman 3.86 sec '15		1
2	Nathan Noha 365 lbs '96		2	Tyler Bottorff 480 lbs '97		2	Nathan Noha 350 lbs '96		2	Tyler Kavan 3.90 sec '12		2
3	Kirk Lindstrom 345 lbs '13		3	Tim Larsen 475 lbs '05		3	Corey Davis 295 lbs '09		3	Josh Langemeier 3.96 sec '13		3
4	Reed Manstedt 335 lbs '06		4	Nathan Noha 470 lbs '96		4	Reed Manstedt 290 lbs '06		4	Gavin Iversen 3.98 sec '13		4
5	Tyler Kavan 320 lbs '12		5	Cole Krecklow 470 lbs '16		5	Kirk Lindstrom 275 lbs '13		5	Justin Jarman 3.98 sec '14		5
Girls	All-Time		Girls	All-Time		Girls	All-Time		Girls	All-Time		Girls
1	Katie Sloup 165 lbs '08		1	Payton Styskal 300 lbs '16		1	Katie Sloup 170 lbs '06		1	Lauren Crockett 4.36 sec '15		1
2	Emily Brodahl 165 lbs '09		2	Abbey Grandgenett 295 lbs '07		2	Maddy Partridge 145 lbs '13		2	Mattie Murren 4.42 sec '09		2
3	Annie Divis 160 lbs '09		3	Emily Brodahl 275 lbs '09		3	Emily Brodahl 135 lbs '09		3	Brianna Brabec 4.45 sec '17		3
4	Erica Miller 155 lbs '06		4	Erin Walker 270 lbs '08		4	Abbey Grandgenett 130 lbs '07		4	Taylor Otte 4.5 sec '13		4
5	Maddy Partridge 150 lbs '13		5	Mahala Egr 255 lbs '09		5	Morgan Hancock 130 lbs '09		5	Erin Walker 4.54 sec '10		5
Boys	Current		Boys	Current		Boys	Current		Boys	Current		Boys
1	Sam Kolterman 265 lbs		1	Sam Kolterman 440 lbs		1	Sam Kolterman 230 lbs		1	Trevin Luben 4.31 sec		1
2	Jack Sutton 250 lbs		2	Jack Sutton 405 lbs		2	Jack Sutton 230 lbs		2	Sam Kolterman 4.5 sec		2
3	Zane Bennett 240 lbs		3	Brandon Swahn 390 lbs		3	Zane Bennett 205 lbs		3	Luke Partridge 4.53 sec		3
4	Peyten Walling 240 lbs		4	Gunnar Vanek 390 lbs		4	Brandon Swahn 200 lbs		4	Colin Ludvik 4.59 sec		4
5	Brandon Swahn 230 lbs		5	Peyten Walling 370 lbs		5	Luke Partridge 200 lbs		5	Trey Scheef 4.6 sec		5
Girls	Current		Girls	Current		Girls	Current		Girls	Current		Girls
1	Sara Lindgren 120 lbs		1	Sara Lindgren 220 lbs		1	Kharissa Eddie 110 lbs		1	Alyssa Luedtke 5.0 sec		1
2	Macy Homes 120 lbs		2	Lauren Kavan 215 lbs		2	Macy Homes 100 lbs		2	Kendal Brigham 5.03 sec		2
3	Kharissa Eddie 115 lbs		3	Jaci Schnakenberg 205 lbs		3	Kendal Brigham 100 lbs		3	Janisa Groenthal 5.03 sec		3
4	Kendal Brigham 115 lbs		4	Mattie Pfeiffer 200 lbs		4	Aja Henderson 100 lbs		4	Sara Lindgren 5.09 sec		4
5	Aja Henderson 115 lbs		5	Kharissa Eddie 195 lbs		5	Sara Lindgren 95 lbs		5	Karly Kaiser 5.16 sec		5