

2003 SUMMER GAMES
WEIGHTLIFTING

| Event | Place | Athlete | City |
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| TEEN I BENCH PRESS 97# - F | 1 | KATHRINE WILLIAMS | GILBERTVILLE |
| TEEN I BENCH PRESS 114# - F | 1 | NORA SELESKIE | STORY CITY |
| TEEN I BENCH PRESS 198# - F | 1 | CALLIE ERICKSON | CARROLL |
| TEEN 2 BENCH PRESS 105# - F | 1 | CHRISTIE GRAEVE | AMES |
| TEEN 2 BENCH PRESS 181# - F | 1 | LIZZ SANDERS | MASONVILLE |
| JUNIOR BENCH PRESS 132# - F | 1 | CHRISTINE VANMETER | AMES |
| JUNIOR BENCH PRESS 181# - F | 1 | HEIDI CARSTENSEN | AMES |
| OPEN BENCH PRESS 97# - F | 1 | KATHRINE WILLIAMS | GILBERTVILLE |
| OPEN BENCH PRESS 105# - F | 1 | CHRISTIE GRAEVE | AMES |
| OPEN BENCH PRESS 114# - F | 1 | JILL SIMBRO | BAXTER |
| OPEN BENCH PRESS 123# - F | 1 | TERRI SHEPARD | HOLLAND |
| | 2 | DIANE LOVE | AMES |
| OPEN BENCH PRESS 132# - F | 1 | CHRISTINE VANMETER | AMES |
| OPEN BENCH PRESS 181# - F | 1 | HEIDI CARSTENSEN | AMES |
| OPEN BENCH PRESS 198# - F | 1 | CALLIE ERICKSON | CARROLL |
| MASTERS I BENCH 114# - F | 1 | JILL SIMBRO | BAXTER |
| MASTERS I BENCH 123# - F | 1 | TERRI SHEPARD | HOLLAND |
| | 2 | DIANE LOVE | AMES |
| MASTERS II BENCH 165# - F | 1 | REBECCA ERICKSON | AMES |
| MASTERS II BENCH 198# - F | 1 | SUSAN LUND | JEWELL |
| TEEN I BENCH PRESS 114# - M | 1 | JOSH IHNEN | SHELDON |
| TEEN I BENCH PRESS 123# - M | 1 | RYAN MCADAMS | SWISHER |
| | 2 | AARON STURTZ | SWISHER |
| TEEN I BENCH PRESS 148# - M | 1 | JAMES FITZGERALD | NEVADA |
| | 2 | JEFF CALMER | MANSON |
| TEEN I BENCH PRESS 220# - M | 1 | CHASE HURTIG | HULL |
| TEEN 2 BENCH PRESS 148# - M | 1 | JARED BURNS | RICHLAND |

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| TEEN 2 BENCH PRESS 165# - M | 1 BRANDON MILLAGE 2 DANNY HALLIHAN 3 BRAD COLMAN | COLFAX AMES THORNTON |
| TEEN 2 BENCH PRESS 181# - M | 1 KORY KUTZ 2 JUSTIN HENNIGAR | FORT DODGE HANLONTOWN |
| TEEN 2 BENCH PRESS 275# - M | 1 ERIC FREIHAGE | PISGAH |
| JUNIOR BENCH PRESS 148# - M | 1 ZEB SULLIVAN | AMES |
| JUNIOR BENCH PRESS 165# - M | 1 SETH BURNS | CORALVILLE |
| JUNIOR BENCH PRESS 198# - M | 1 JOSH POWER 2 JON GARCIA 3 SHANNON WEISS | OLLIE WEST DES MOINES CLARION |
| OPEN BENCH PRESS 148# - M | 1 ZEB SULLIVAN 2 JARED BURNS 3 JAMES FITZGERALD | AMES RICHLAND NEVADA |
| OPEN BENCH PRESS 165# - M | 1 BRANDON MILLAGE 2 DAVEN DOOBAY 3 BRIAN PARLSEN | COLFAX ANKENY AMES |
| OPEN BENCH PRESS 181# - M | 1 BRET EDWARDS 2 ROGER HENNIGAR 3 CLINT HAUSCHILDT 4 JUSTIN JENSEN 5 RANDY MAJAVA 6 CONNIE ALVAREZ II 7 JASON GRASSLEY 8 DANNY SCHROEDER | GRIMES HANLONTOWN NEWTON AMES DALLAS CENTER ESTHERVILLE NEVADA DES MOINES |
| OPEN BENCH PRESS 198# - M | 1 JOSH POWER 2 JERRY JACKSON 3 DON BROWN 4 DENNIS GOEDERS 5 MIKE SILVERS 6 DAVE POWERS 7 JON GARCIA | OLLIE GRAETTINGER LONE TREE EMMETSBURG OLLIE AMES WEST DES MOINES |
| OPEN BENCH PRESS 220# - M | 1 TRAVIS RISIUS 2 SCOTT HAUSCHILDT 3 MARK HENNESSEY 4 JON DALLMAN 5 RC CONWELL 6 DALE VANDERHEIDEN | GRIMES NEWTON HUXLEY WAUKEE NEVADA NEWTON |
| OPEN BENCH PRESS 242# - M | 1 THOMAS GOEDERS 2 WAYNE HAMMES | AMES OSKALOOSA |

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| | 3 CHAD SAILORS | KNOXVILLE |
| OPEN BENCH PRESS 275# - M | 1 NOBLE COZINE 2 HECTOR LOPEZ 3 TODD CONSTABLE | WINFIELD CORNING FORT DODGE |
| SUBMASTER BENCH 114# - M | 1 MARCUS AMERISON | NEWTON |
| SUBMASTER BENCH 165# - M | 1 DAVEN DOOBAY | ANKENY |
| SUBMASTER BENCH 181# - M | 1 ROGER HENNIGAR 2 CLINT HAUSCHILDT | HANLONTOWN NEWTON |
| SUBMASTER BENCH 198# - M | 1 MARK PINKERTON 2 JERRY JACKSON | BOONE GRAETTINGER |
| SUBMASTER BENCH 220# - M | 1 SCOTT HAUSCHILDT | NEWTON |
| SUBMASTER BENCH 275# - M | 1 TODD CONSTABLE 2 HECTOR LOPEZ | FORT DODGE CORNING |
| MASTERS I BENCH 165# - M | 1 BILL BRANNAN | AMES |
| MASTERS I BENCH 181# - M | 1 RANDY MAJAVA | DALLAS CENTER |
| MASTERS I BENCH 198# - M | 1 MONTE KAUFMAN 2 JIM SCHON 3 GREG IMERMAN 4 TODD RICHARDSON 5 STEWART JACKSON | FORT DODGE GLIDDEN BOONE FORT DODGE AMES |
| MASTERS I BENCH 220# - M | 1 MARK HENNESSEY 2 JON DALLMAN | HUXLEY WAUKEE |
| MASTERS I BENCH 242# - M | 1 WAYNE HAMMES | OSKALOOSA |
| MASTERS I BENCH 275# - M | 1 NOBLE COZINE 2 JOHN SMITH | WINFIELD ANKENY |
| MASTERS II BENCH 165# - M | 1 TONY TOIGO | INDIANOLA |
| MASTERS II BENCH 198# - M | 1 DON BROWN 2 DENNIS GOEDERS | LONE TREE EMMETSBURG |
| MASTERS II BENCH 220# - M | 1 DALE VANDERHEIDEN | NEWTON |
| MASTERS III BENCH 198# - M | 1 GENE MAY 2 STEPHEN GUSTAFSON 3 LYLE OLSON 4 DALE DEWEY | CAMANCHE WEST DES MOINES RED OAK DES MOINES |