

MEN

N.A.S., INC. WASHINGTON'S STRONGEST MAN JULY 29, 2006 REDHOOK BREWERY WOODINVILLE, WA [Athletes weighed in on Saturday morning and needed to be not more than one pound over the bodyweight class limit.]		FARMERS CARRY (60 sec) 100 ft on grass with turn at 50 ft. Unlimited drops allowed. LW/MW: 225# HW/SHW: 265# [Distance was recorded for those that didn't finish within the time limit.]					TIRE FLIP (60 sec) 80 ft on grass LW/MW: 550# HW/SHW: 685# [Distance was recorded for those that didn't finish within the time limit. Wet grass!]					LOG LIFT FOR REPS (60 sec) LW: 207# MW: 229# HW: 244# SHW: 259# [Clean every repetition. Highest number of reps within the time limit.]				FLINTSTONE DEADLIFT FOR REPS (60 sec) 12 inch bar height LW: 450# MW: 500# HW: 550# SHW: 575# [Highest number of reps within the time limit. No bouncing.]				ATLAS STONES (75 sec) Five stones. Platform heights and stone weights: LW: 52"/204#, 42"/232#, 42"/252#, 42"/282#, 42"/298# MW: 52"/232#, 42"/252#, 42"/282#, 42"/298#, 42"/324# HW: 56"/240#, 42"/250#, 42"/290#, 42"/325#, 42"/342# SHW: 56"/250#, 42"/290#, 42"/325#, 42"/342#, 42"/363# [First stone not timed.]				NASTRONGMANINC.COM STRENGTHEVENTS.COM	
LIGHT (UNDER 200 LBS)	BWT.	DIST.	TIME (s)	PLC.	PTS.	DIST.	TIME (s)	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	NO.	TIME (s)	PLC.	PTS.	TOTAL	OVERALL	
KORY FORSHAW (WA)	179 lb	7' 4"	60.00	4	1	27' 10.75"	60.00	4	1	2	0	2	0	2	0	3	0	2	0	75.00	4	0	2	4th	
JOHNNIE REONAL (WA)	196 lb	100'	56.25	3	2	41' 2"	60.00	3	2	4	0	2	0	4	0	3	0	4	1	75.00	3	2	6	3rd	
KORY KERLEY (WA)	183 lb	100'	46.66	2	3	68' 2"	60.00	1	4	7	0	2	0	7	1	2	3	10	3	26.66	2	3	13	2nd	
CHRIS GREEN (WA)	189 lb	100'	33.41	1	4	61' 5"	60.00	2	3	7	2	1	4	11	10	1	4	15	3	23.31	1	4	19	1st	
MIDDLE (200 - 231 LBS)	BWT.	DIST.	TIME (s)	PLC.	PTS.	DIST.	TIME (s)	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	NO.	TIME (s)	PLC.	PTS.	TOTAL	OVERALL	
COREY SCHAICH (WA)	230 lb	60' 2"	60.00	8	1	35' 6"	60.00	8	1	2	0	6	0	2	1	7	2	4	1	60.15	7	1	5	8th	
BRECK GAULT (WA)	229 lb	100'	18.14	2	7	80'	28.03	1	8	15	5	1	8	23	8	3	6	29	5	23.44	1	7	36	1st	
ERIC HAMMOND (WA)	229 lb	100'	23.19	6	3	80'	57.75	6	3	6	2	4	5	11	0	8	0	11	--	--	--	0	11	7th	
ALLAN HEER (WA)	228 lb	100'	19.50	3	6	80'	42.73	2	7	13	0	6	0	13	2	6	3	16	4	30.78	3	5	21	4th	
WILL DINWIDDIE (OR)	214 lb	100'	19.62	4	5	80'	54.72	4	5	10	3	3	6	16	12	1	8	24	4	48.00	4	4	28	3rd	
JESSE PALMER (WA)	230 lb	100'	28.13	7	2	80'	56.03	5	4	6	0	6	0	6	6	4	4.5	10.5	3	60.01	6	2	12.5	6th	
JAMES ALEXANDER (WA)	221 lb	100'	17.69	1	8	80'	52.56	3	6	14	1	5	4	18	9	2	7	25	4	27.69	2	6	31	2nd	
CHARLES BEAN (OR)	223 lb	100'	20.09	5	4	71' 11"	60.00	7	2	6	4	2	7	13	6	4	4.5	17.5	4	60.00	5	3	20.5	5th	
HEAVY (231 - 265 LBS)	BWT.	DIST.	TIME (s)	PLC.	PTS.	DIST.	TIME (s)	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	NO.	TIME (s)	PLC.	PTS.	TOTAL	OVERALL	
MARK WECHTER (OR)	231 lb	100'	17.64	1	3	69' 4"	60.00	1	3	6	6	1	3	9	10	1	3	12	5	25.44	1	3	15	1st	
MAX LEFEBVRE (WA)	251 lb	100'	28.00	2	2	46'	60.00	3	1	3	4	2	2	5	2	3	1	6	2	35.53	2	2	8	2nd	
TODD CHRISTENSEN (WA)	250 lb	64' 5"	60.00	3	1	61' 5"	60.00	2	2	3	2	3	1	4	6	2	2	6	2	40.37	3	1	7	3rd	
S-HEAVY (OVER 265 LBS)	BWT.	DIST.	TIME (s)	PLC.	PTS.	DIST.	TIME (s)	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	NO.	TIME (s)	PLC.	PTS.	TOTAL	OVERALL	
MIKE ULLRICH (WA)	---	100'	17.69	2	7	80'	53.00	2	7	14	1	6	3	17	0	6	0	17	3	59.65	5	4	21	5th	
ROCCO LIOGGHIO (WA)	297 lb	100'	33.14	7	2	76' 8"	60.00	4	5	7	4	3	5.5	12.5	5	3	6	18.5	5	36.76	2	7	25.5	4th	
JACOB MISKIMENS (WA)	293 lb	100'	15.25	1	8	80'	39.47	1	8	16	4	3	5.5	21.5	9	1	8	29.5	5	18.06	1	8	37.5	1st	
PETE MARCOFF (WA)	282 lb	15' 4"	60.00	8	1	30' 10"	60.00	8	1	2	0	7	0	2	0	6	0	2	2	22.22	6	3	5	8th	
LAMONT CAMPBELL (WA)	312 lb	100'	21.87	4	5	69' 1"	60.00	6	3	8	2	5	4	12	2	4	5	17	2	29.82	8	1	18	6th	
JARROD BEEKLEY (ID)	305 lb	100'	23.09	5	4	70' 2"	60.00	5	4	8	7	1	8	16	6	2	7	23	4	17.81	3	6	29	2nd	
MIKE KROMER (WA)	---	100'	20.56	3	6	78' 11"	60.00	3	6	12	6	2	7	19	1	5	4	23	3	22.16	4	5	28	3rd	
JASON WELLER (WA)	271 lb	100'	31.41	6	3	38' 7"	60.00	7	2	5	0	7	0	5	0	6	0	5	2	25.47	7	2	7	7th	

WOMEN

HEAVY (OVER 140 LBS)		BWT.	DIST.	TIME (s)	PLC.	PTS.	DIST.	TIME (s)	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	REPS	PLC.	PTS.	SUB	NO.	TIME (s)	PLC.	PTS.	TOTAL	OVERALL
N.A.S., INC. WASHINGTON'S STRONGEST WOMAN JULY 29, 2006 REDHOOK BREWERY WOODINVILLE, WA [Athletes weighed in on Saturday morning -- those in heaviest groups didn't have to weigh-in.]		FARMERS CARRY (60 sec) 100 ft on grass with turn at 50 ft. Unlimited drops allowed. HW: 155# [Distance was recorded for those that didn't finish within the time limit.]				TIRE FLIP (60 sec) 80 ft on grass HW: 550# [Distance was recorded for those that didn't finish within the time limit.]					AXLE LIFT FOR REPS (60 sec) HW: 120# [Clean every repetition. Highest number of reps within the time limit.]				BARBELL DEADLIFT FOR REPS (60 sec) HW: 275# [Highest number of reps within the time limit.]				ATLAS STONES (60 sec) Five stones. Platform heights and stone weights: HW: 52"/130#, 42"/148#, 42"/168#, 42"/190#, 42 "/204 [First stone not timed.]				NASTRONGMANINC.COM STRENGTHEVENTS.COM		
LACY O'KEY (WA)	---	100'	24.57	1	3	46' 8"	60	1	3	6	4	1	3	9	6	3	1	10	3	16.66	2	2	12	1st	
MACHELL COLLIER (WA)	148 lb	100'	27.19	2	2	42' 6.25"	60	2	2	4	1	3	1	5	8	2	2	7	4	60.00	1	3	10	2nd	
KRISTYN VYTLACIL (WA)	158 lb	100'	37.63	3	1	20' 7"	60	3	1	2	2	2	2	4	9	1	3	7	2	25.90	3	1	8	3rd	