

Roster and User Data for Evaluation, Development, Organization and Growth (R.U.D.E.D.O.G.) - 2026 State Results

Lifter/Lift	Current PR	1st Lift	G/R	2nd Lift	G/R	3rd Lift	G/R	Place
Andy								Gold
Bench	175	155	G	165	G	175	G - PR	Silver
Deadlift	370	315	G	340	G	375	R - No lock	Gold
Anthony								Silver
Bench	95	80	G	85	R - Jumped Command	95	R - Jumped Command	6th
Deadlift	135	115	G	125	G	135	G - Tied PR	6th
Jimmy								Gold
Squat	210	180	G	200	G	210	G - Tied PR	Silver
Bench	195	165	G	180	G	190	G	Gold
Deadlift	290	245	G	270	G	290	G - Tied PR	Gold
Luis								Gold
Bench	110	65	G	75	G	85	G	5th
Deadlift	240	165	G	175	G	185	G	5th
Ryan								Gold
Bench	120	100	G	110	R - Jumped Command	120	G - Tied PR	5th
Deadlift	215	180	G	200	G	215	G - Tied PR	5th