

LHS State Runner Up at Powerlifting Meet

The Liberal High School Powerlifting team traveled to Goddard to participate in the 5A State Powerlifting Invitational on Saturday. Liberal had a strong showing with 25 boys and 14 girls participating. The Liberal Boys earned 2nd Place and State Runner-Up finish with 64 total points. The winner Salina South had 80 Points. The Angry Red had 2 individual State Champions: Jordan Zarate at 140 and Dustin Berens at 242. There were also five others who placed 2nd or 3rd in their respected weights. The Girls finished in 8th Place with 7 team points in a very competitive meet. The best girl's finisher was Rachel Jones with 4th place at 165. The winner was Leavenworth with 93 points. Listed below are the medal winners and meet best's.

Name - Weight Class - Result

Liberal Boys - 2nd Place Finish - State Runner-Up

Noel Leon - 123 - 2nd Place and Best Bench in class (185)

Devin King - 132 - 2nd Place and Best Bench in class (170)

Jordan Zarate - 140 - 1st Place State Champion and Best Squat in class (305)

Joel Nunez - 140 - 2nd Place and Best Bench in class (235)

Erving Altamarino - 156 - 3rd Place

Ethan Chacon - 165 - 3rd Place

Tavi Holguin - 165 - Best Clean in class (280)

Dustin Berens - 242 - 1st Place State Champion and Best Squat in class (430)