

DATE: March 25, 2019

DSHS'S JUAN RIOS IS STATE CHAMPION POWERLIFTER; BOYS' TEAM FINISHES THIRD

Dripping Springs High School junior Juan Rios (second from left in photo) finished as the state champion in the 165-pound weight class at the State Powerlifting Meet on March 23 in Abilene. Along with Rios, Ivan Venegas (center) and Jose Rios (second from right) also represented DSHS at the state meet. Venegas, a junior, finished in second place in the 132-pound weight class and Jose Rios, a sophomore, was 12th in the 114-pound class. The three lifters propelled DSHS to a third-place team finish at the event. The final weight lifted for each

DSHS competitor is as follows:

Juan Rios, 1st in 165-pound class

Squat: 610 pounds*

Bench: 340 pounds*

Deadlift: 585 pounds*

Total: 1535 pounds*

Ivan Venegas, 2nd in 132-pound class

Squat: 515 pounds*

Bench: 295 pounds*

Deadlift: 435 pounds

Total: 1245 pounds*

Jose Rios, 12th in 114-pound class

Squat: 375 pounds*

Bench: 175 pounds

Deadlift: 365 pounds

Total: 915 pounds*

*Weight class school record

DSHS also had two female lifters qualify for the State Powerlifting Meet in Waco on March 16. Miracle Gray and Jenni Venegas tied for 6th in the 105-pound weight class. Miracle squatted 265 pounds, benched 120 pounds, and deadlifted 260 pounds for a total of 645 pounds. Jenni squatted 275 pounds (school record), benched 120 pounds, and deadlifted 250 pounds for a 645 pound total. Both girls set personal records at the meet.