

**DATE:** March 26, 2018

### **STATE POWERLIFTING CHAMPION**

Dripping Springs High School had three qualifiers competing at the State Powerlifting Championships and Matthew Hemphill won the state title in his weight class. As a team the Tigers finished in ninth place overall.

Hemphill is the State Champion for the 181-pound weight class with a total of 1,580 pounds. He squatted 625 pounds, benched 385 pounds, and deadlifted 570 pounds. He also won Lifter of the Meet for the heavy platforms, which means he was the best pound-for-pound lifter from the 181, 198, 220, 242, 275, and the super heavy weights in the state of Texas.

Sophomore Ivan Venegas got seventh place in the 123-pound class with a total of 1,060 pounds. He squatted 425 pounds, benched 230 pounds, and deadlifted 405 pounds. Sophomore Juan Rios got sixth place in the 148-pound class with a total of 1,245 pounds. He squatted 500 pounds, benched 265 pounds, and deadlifted 480 pounds.

The event was held at the Taylor County Expo Center in Abilene. It is hosted by the Texas High School Powerlifting Association.