



2022 All-American Weightlifting Athletes

2022 All-Americans - Male

61kg	Seth Tom	San Francisco State University
67kg	Lukas Zielke	Northern Michigan University
67kg	Kye Bryant	Brewton-Parker College
73kg	Ryan Grimsland	Lenoir-Rhyne University
73kg	Trevor Owens	Rowan-Cabarrus Community College
73kg	Calvin La	Northern Michigan University
81kg	Blaine Brooks	Lenoir-Rhyne University
81kg	Matt Wininger	Lenoir-Rhyne University
81kg	Garrett Hess	The University of Memphis
89kg	Jon Morrow	Temple University
89kg	Conner Popielarz	Lenoir-Rhyne University
89kg	Lander Wells	Northern Michigan University
96kg	Chrisanto D'Agostino	Concordia College – Moorhead
96kg	Nathan Prokop	Menlo College
102kg	Manny Cheam	East Tennessee State University
109kg	Ryland Shriver	Northern Michigan University

2022 All-Americans - Female

45kg	Alyssa Depalo	Indian River State College
55kg	Leila Cook	Arizona State University
55kg	Ella Holden	Northern Michigan University
55kg	Summer Daraio-Rivera	Brewton-Parker College

55kg	Hannah Dunn	Lenoir-Rhyne University
59kg	Mallory Garza	Lenoir-Rhyne University
64kg	Madeline Staniszewski	Palm Beach State College
64kg	Brie Gomez	The University of Texas at Austin
64kg	Victoria Cheatham	Virginia Commonwealth University
64kg	Grace Young	Southeastern Louisiana University
71kg	Amerie Daniels	Brewton-Parker College
71kg	Abigail Cooper	Temple University
71kg	Emma Esterbrook	Temple University
71kg	Anisa Zwolinski	University of Florida
71kg	Rebecca Schultz	Wayne State University
76kg	Jordyn Bush	Rutgers University-New Brunswick
81kg	Andrea Barrows	University of South Florida
81kg	Lola Pollack	University of Colorado Colorado Springs
87kg	Harley Creech	Lenoir-Rhyne University
87kg	Avery Owens	Northern Virginia Community College
+87kg	Shala McMillan	Keiser University
+87kg	Kuinini Manumua	San Francisco State University