

USPA Tested Liz Freel Classic April 20, 2024 Hawaiian Gardens, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
	56kg Jr 18-19																
1	Aya Takemura	CA	56kg	53.4	19	100	105	110	72.5	75	80	107.5	117.5	122.5	312.5	373.996	
Women Raw Powerlifting			Open														
	44kg Open																
DQ	Farah Sawyer	CA	44kg	44	33	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	0	0	
DQ	Paloma Castaneda	CA	44kg	44	25	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	0	0	
	56kg Open																
1	Alyssa So	CA	56kg	55.1	28	92.5	102.5	107.5	57.5	60	<del>62.5</del>	145	155	160	327.5	383.728	
2	Aya Takemura	CA	56kg	53.4	19	100	105	110	72.5	75	80	107.5	117.5	122.5	312.5	373.996	
	82.5kg Open																
1	Ahide Nepomuceno	CA	82.5kg	78.0	31	135	142.5	150	57.5	60	62.5	135	145	152.5	365	348.337	
	100kg Open																
1	Whitley Crawford	CA	100kg	93.7	30	75	85	97.5	50	60	65	125	<del>137.5</del>	<del>137.5</del>	287.5	251.894	
Women Raw Powerlifting			Master														
	67.5kg Master 50-54																
1	Shannon Paulson	CA	67.5kg	67.5	53	80	<del>87.5</del>	87.5	62.5	67.5	<del>70</del>	110	122.5	130	285	294.232	348.371
Men Raw Powerlifting			Junior														
	52kg Jr 13-15																
1	Justin Nguyen	CA	52kg	50.8	14	142.5	<del>152.5</del>	<del>152.5</del>	70	82.5	<del>87.5</del>	165	<del>185</del>	185	410	401.582	
	52kg Jr 18-19																
DQ	Christian Aleman	CA	52kg	52	19	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	0	0	
	56kg Jr 20-23																
1	Oswaldo Cruz	CA	56kg	55.9	20	<del>97.5</del>	97.5	<del>100</del>	<del>85</del>	87.5	<del>90</del>	132.5	137.5	142.5	327.5	293.593	
	75kg Jr 18-19																
1	Mario Angulo	CA	75kg	69.5	18	155	165	<del>170</del>	105	112.5	120	190	200	210	495	373.682	
	75kg Jr 20-23																
1	Johann Ku	CA	75kg	74.5	23	190	200	<del>212.5</del>	132.5	<del>140</del>	140	185	197.5	205	545	392.676	

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82.5kg Jr 18-19																	
1	Irvin Tran	CA	82.5kg	80.9	18	160	170	175	95	<del>102.5</del>	102.5	215	<del>225</del>	<del>225</del>	492.5	337.385	
90kg Jr 18-19																	
1	Isac Pelayo	CA	90kg	86.1	19	125	135	<del>145</del>	85	92.5	<del>97.5</del>	70	100	117.5	345	228.268	
90kg Jr 20-23																	
1	Reis Willard	CA	90kg	88.6	20	235	247.5	<del>252.5</del>	140	150	155	260	275	<del>285</del>	677.5	441.582	
2	Davien Garcia	CA	90kg	88.2	22	<del>215</del>	217.5	227.5	<del>130</del>	132.5	140	230	247.5	<del>260</del>	615	401.783	
3	Isaac Hendrix	CA	90kg	87.5	20	132.5	147.5	<del>162.5</del>	97.5	102.5	107.5	165	<del>175</del>	175	430	282.089	
100kg Jr 20-23																	
1	Jovanni Nava	CA	100kg	95.3	20	160	170	172.5	120	130	<del>135</del>	227.5	240	<del>250</del>	542.5	341.205	
110kg Jr 20-23																	
1	Jason Diaz	CA	110kg	107.4	21	195	207.5	212.5	100	102.5	<del>107.5</del>	227.5	240	<del>250</del>	555	331.734	
2	Robert Oliver	CA	110kg	103.3	20	150	162.5	<del>172.5</del>	110	112.5	<del>122.5</del>	197.5	210	<del>220</del>	485	294.456	
Men Raw Powerlifting				Open													
67.5kg Open																	
1	Alvin Lam	CA	67.5kg	67.1	26	140	152.5	162.5	87.5	95	100	155	165	185	447.5	346.399	
2	Jerry Lam	CA	67.5kg	65.2	27	137.5	147.5	157.5	65	72.5	<del>82.5</del>	145	157.5	172.5	402.5	318.252	
3	Samuel Garcia	CA	67.5kg	64.0	32	125	130	<del>135</del>	75	80	<del>85</del>	135	142.5	<del>150</del>	352.5	282.673	
75kg Open																	
1	Johann Ku	CA	75kg	74.5	23	190	200	<del>212.5</del>	132.5	<del>140</del>	140	185	197.5	205	545	392.676	
2	Qi Xuan Huang	WA	75kg	73.3	29	152.5	<del>160</del>	<del>160</del>	102.5	107.5	<del>112.5</del>	147.5	157.5	167.5	427.5	311.287	
82.5kg Open																	
1	Joseph Gonzales	CA	82.5kg	80.7	31	<del>197.5</del>	197.5	<del>212.5</del>	112.5	120	<del>127.5</del>	205	220	<del>230</del>	537.5	368.743	
90kg Open																	
1	Reis Willard	CA	90kg	88.6	20	235	247.5	<del>252.5</del>	140	150	155	260	275	<del>285</del>	677.5	441.582	
2	Davien Garcia	CA	90kg	88.2	22	<del>215</del>	217.5	227.5	<del>130</del>	132.5	140	230	247.5	<del>260</del>	615	401.783	
3	Tucker Sherman	CA	90kg	87.4	26	195	200	205	112.5	120	<del>125</del>	250	<del>265</del>	<del>265</del>	575	377.438	
110kg Open																	
1	Mauricio Rosas	CA	110kg	104.9	26	220	240	250	170	180	185	277.5	295	305	740	446.463	
2	Henderson Huynh	CA	110kg	107.3	34	<del>185</del>	185	197.5	115	120	<del>125</del>	190	202.5	210	527.5	315.411	
3	Jesus Mejia	CA	110kg	102.2	34	<del>127.5</del>	127.5	152.5	97.5	107.5	<del>110</del>	190	202.5	215	475	289.672	

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	140kg Open																
1	Gabriel Ivy	CA	140kg	136.9	26	<del>200</del>	200	227.5	147.5	<del>155</del>	<del>155</del>	240	262.5	272.5	647.5	357.101	
	Men Raw Powerlifting		Submaster														
	75kg Submaster																
1	Kenneth Khou	CA	75kg	68.7	35	137.5	142.5	150	90	<del>100</del>	100	190	210	<del>225</del>	460	350.101	
	Women Classic Raw Powerlifting		Submaster														
	44kg Submaster																
DQ	Mayra Renteria	CA	44kg	44	36	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	00.0	0	0	
	Men Classic Raw Powerlifting		Open														
	82.5kg Open																
1	Sopheara Kou	CA	82.5kg	81.2	34	202.5	207.5	<del>210</del>	127.5	135	<del>137.5</del>	217.5	227.5	<del>232.5</del>	570	389.64	
	140+ Open																
1	Carron Prude	CA	140+	168.6	27	285	310	320	175	182.5	<del>187.5</del>	250	272.5	280	782.5	408.079	
	Men Classic Raw Powerlifting		Master														
	100kg Master 55-59																
1	Raul Lara	CA	100kg	95.8	57	220	227.5	232.5	150	160	<del>167.5</del>	240	250	255	647.5	406.26	515.138
	Women Raw Bench Only		Open														
	44kg Open																
DQ	Farah Sawyer	CA	44kg	44	33				00.0	00.0	00.0				0	0	
	75kg Open																
1	Meilyn Asuncion	CA	75kg	72.1	32				45	52.5	<del>57.5</del>				52.5	52.229	
	Women Raw Bench Only		Master														
	67.5kg Master 50-54																
1	Shannon Paulson	CA	67.5kg	67.5	53				62.5	67.5	<del>70</del>				67.5	69.687	82.509
	Men Raw Bench Only		Open														
	140+ Open																
1	Carron Prude	CA	140+	168.6	27				175	182.5	<del>187.5</del>				182.5	95.175	

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Deadlift Only				Master													
67.5kg Master 50-54																	
1	Shannon Paulson	CA	67.5kg	67.5	53							110	122.5	130	130	134.211	158.906
Men Raw Deadlift Only				Open													
110kg Open																	
1	Mauricio Rosas	CA	110kg	104.9	26							277.5	295	305	305	184.015	
140+ Open																	
1	Carron Prude	CA	140+	168.6	27							250	272.5	280	280	146.022	
Best Lifters												<b>Record Color Codes</b>					
Name		Equip	Events	Comp	Sex							<b>State</b>					
Reis Willard		Raw	PL	Jr	Men							<b>National</b>					
Mauricio Rosas		Raw	PL	Open	Men												
Meet Director:		Steve Denison															
Referees																	
International:		Robert Speno, Jose Hernandez, Anne Escobedo, Kat Colson, Kevin Meskew, Ceasar Amado, Roy Taylor, Tom Miller, Tracie Marquez															
National:		Melissa Avanesian, Donnie Rogers, Snow Baehr,															
State:		John Killin, Ollie Meadows, Michael Vo															
Spotter/Loaders:		Gabe Sanchez, Luis Miranda, Derrick Thompson, Enrique Cortes, Jonathan Corrales, Jesse Chavez															
Tested Lifters:		Alyssa So, Mauricio Rosas, Reis Willard, Jovanni Nava															