

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
60kg Open																	
1	Roxy Cowick	NC	60kg	59.7	31	150	165	-175	65	72.5	-75	190	200	205 (207.5)	442.5	492.088	
2	Adrien Whitmore	NC	60kg	59.6	30	125	140	-145	72.5	77.5	82.5	147.5	162.5	175	397.5	442.515	
67.5kg Open																	
1	Micalah Robins	MO	67.5kg	65	24	75	87.5	100	40	42.5	-52.5	102.5	117.5	-137.5	260	274.424	
82.5kg Open																	
1	Jada Roberts	NC	82.5kg	77.7	23	-115	122.5	-127.5	50	55	60	122.5	132.5	142.5	325	310.774	
Women Raw Powerlifting		Master															
52kg Master 45-49																	
1	Jessica Medford	NC	52kg	52.0	45	85	90	-95	45	52.5	-55	95	105	110	252.5	307.773	324.7
67.5kg Master 45-49																	
1	Diedre Henry	NC	67.5kg	64.8	49	-90	90	100	65	72.5	-82.5	120	-135	140	312.5	330.442	367.782
82.5kg Master 45-49																	
1	Jennifer Carter	NC	82.5kg	80.1	49	120	130	-137.5	70	80	87.5	140	150	157.5 (166)	375	353.124	393.027
Men Raw Powerlifting		Junior															
75kg Jr 18-19																	
1	William Quinlan	NC	75kg	69.8	18	130	137.5	-140	87.5	92.5	95	175	182.5	185	417.5	314.231	
82.5kg Jr 16-17																	
1	Evan Mcguire	WV	82.5kg	81.1	17	140	-150	150	92.5	-107.5	-115	175	185	-200	427.5	292.438	
90kg Jr 16-17																	
1	Tyson Adkins	WV	90kg	89.6	16	155	170	185	120	130	-140	-190	200	-217.5	515	333.749	
2	Noah Fanberg	NC	90kg	89.3	17	-147.5	-150	150	107.5	115	-122.5	180	192.5	-200	457.5	296.992	
90kg Jr 20-23																	
1	Alphonso Jackson	NC	90kg	87.8	23	215	227.5	-237.5	142.5	-150	-152.5	237.5	250	-262.5	620	406.007	
2	Christian Sims	NC	90kg	88.4	22	190	202.5	-212.5	115	120	125	-230	245	-255	572.5	373.58	
100kg Jr 16-17																	
DQ	Kaleb Rinnix	NC	100kg	97.6	16	-165	-165	-167.5	92.5	97.5	-102.5	172.5	177.5	-182.5	0	0	

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	100kg Jr 20-23																
1	Heath Mace	NC	100kg	94.7	20	172.5	182.5	190	117.5	122.5	---	190	202.5	215	527.5	332.749	
2	Gavin Wood	VA	100kg	99.0	20	142.5	152.5	170	97.5	117.5	130	150	152.5	200	500	309.11	
3	Zack Brinson	NC	100kg	96.4	23	175	185	187.5	152.5	167.5	167.5	70	---	---	410	256.51	
	110kg Jr 16-17																
1	Jonah Pugh	WV	110kg	101.0	17	122.5	135	140	92.5	110	120	177.5	192.5	197.5	442.5	271.203	
	110kg Jr 20-23																
1	Joseph Gilbert	NC	110kg	107.2	23	205	225	237.5	155	162.5	162.5	260	280	290	672.5	402.258	
	140kg Jr 20-23																
DQ	Cody Anderson	SC	140kg	137.8	21	280	290	290	170	170	170	270	---	---	0	0	
	Men Raw Powerlifting																
	75kg Open																
1	Thomas Knight	SC	75kg	74.2	38	220	235.5	237.5	125	132.5	137.5	215	235	245	618	446.435	
2	Rondell Gulley	NC	75kg	75.0	32	220	232.5	242.5	130	142.5	152.5	220	235	245	617.5	443.008	
3	Maricus Hunt	NC	75kg	73.3	24	185	190	197.5	112.5	117.5	117.5	192.5	207.5	212.5	520	378.642	
4	Joshua Gropper	NC	75kg	73.1	35	155	165	175	105	112.5	117.5	197.5	210	220	497.5	362.91	
	90kg Open																
1	Keegan Bereis	NC	90kg	84.5	20	187.5	197.5	207.5	122.5	132.5	137.5	250	260	262.5	605	404.386	
	100kg Open																
1	Rex Anderson	NC	100kg	98.8	33	265	277.5	287.5	167.5	175	182.5	302.5	317.5	332.5	787.5	487.281	
2	Harrison Stockwell	NC	100kg	91.6	25	230	242.5	252.5	160	167.5	172.5	285	305	317.5	705	451.876	
3	Johnathan Preciado	GA	100kg	90.3	29	230	245	257.5	145	160	167.5	275	280	280	692.5	447.023	
	110kg Open																
1	Brendan Beaulieu	NC	110kg	108.2	32	235	245	262.5	150	160	172.5	265	287.5	300	735	438.061	
2	Nick Bagnardi		110kg	104.8	43	227.5	237.5	251	170	185	185	272.5	285	296	717	432.753	446.168
	125kg Open																
1	Matthew Miller	NC	125kg	120.6	32	220	230	237.5	170	182.5	187.5	247.5	260	272.5	685	392.749	
	140kg Open																
1	John Miles	NC	140kg	138.0	29	305	317.5	---	217.5	227.5	237.5	317.5	340	352.5	907.5	499.352	

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	140+ Open																
1	John Roberts	NC	140+	140.4	32	255	267.5	282.5	165	172.5	182.5	305	322.5	337.5	792.5	433.959	
	Men Raw Powerlifting		Submaster														
	75kg Submaster																
1	Thomas Knight	SC	75kg	74.2	38	220	235.5	237.5	125	132.5	137.5	215	235	245	618	446.435	
	110kg Submaster																
1	Robert Caines	NC	110kg	109.4	37	197.5	210	230	175	185	190	257.5	265	275	695	412.477	
	Men Raw Powerlifting		Master														
	100kg Master 50-54																
1	Donald Simmons	NC	100kg	99.5	54	175	190	202.5	142.5	152.5	168	192.5	205	215	570	351.609	423.337
	110kg Master 40-44																
1	Nick Bagnardi		110kg	104.8	43	227.5	237.5	251	170	185	185	272.5	285	296	717	432.753	446.168
	140kg Master 40-44																
1	William Rinnix	NC	140kg	131.2	41	247.5	260	272.5	172.5	185	195	302.5	320	332.5	777.5	434.156	438.497
	Women Classic Raw Powerlifting		Open														
	90kg Open																
1	Tara Hutsell	SC	90kg	89.0	44	152.5	162.5	162.5	70	75	82.5	182.5	190	190	417.5	374.062	390.147
	Women Classic Raw Powerlifting		Submaster														
	82.5kg Submaster																
1	Chelsea Santiago	NC	82.5kg	79.6	37	95	105	115	55	60	65	125	137.5	145	325	306.998	
	Women Classic Raw Powerlifting		Master														
	90kg Master 40-44																
1	Tara Hutsell	SC	90kg	89.0	44	152.5	162.5	162.5	70	75	82.5	182.5	190	190	417.5	374.062	390.147
	Men Classic Raw Powerlifting		Junior														
	125kg Jr 20-23																
1	Steven Armstrong	NC	125kg	120.6	23	270	280	287.5	182.5	192.5	198	270	292.5	302.5	772.5	442.918	
	Men Classic Raw Powerlifting		Open														
	100kg Open																
DQ	Dylan Foster	NC	100kg	96.8	26	265	272.5	272.5	155	165	172.5	262.5	272.5	280	0	0	

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Men Classic Raw Powerlifting			Master													
	100kg Master 45-49																
1	Steven Dunn	NC	100kg	92.2	49	180	180	187.5	157.5	167.5	172.5	192.5	205	217.5	572.5	365.779	407.112
	110kg Master 45-49																
1	Steve Jackson	NC	110kg	103.2	46	205	230	230	115	125	132.5	205	230	235	590	358.347	382.715
	Men Raw Bench Only			Junior													
	140kg Jr 20-23																
1	Joshua West	NC	140kg	137.4	22				155	162.5	175				162.5	89.527	
	Men Raw Bench Only			Open													
	110kg Open																
1	Scott Erb	VA	110kg	108.3	53				175	185	192.5				192.5	114.689	
	125kg Open																
1	John Wilkerson	NC	125kg	120.6	45				257.5	262.5	262.5				257.5	147.639	155.759
2	Matthew Miller	NC	125kg	120.6	32				170	182.5	187.5				187.5	107.504	
	140kg Open																
1	John Miles	NC	140kg	138.0	29				217.5	227.5	237.5				237.5	130.684	
2	Richard Woods	WV	140kg	127.8	54				165	182.5	187.5				187.5	105.536	127.065
	Men Raw Bench Only			Submaster													
	100kg Submaster																
1	Peter Lennon	NC	100kg	91.6	35				132.5	140.0	147.5				140	89.734	
	110kg Submaster																
1	Robert Caines	NC	110kg	109.4	37				175	185	190				190	112.764	
	Men Raw Bench Only			Master													
	75kg Master 45-49																
1	Jason Heady	NC	75kg	72.4	47				125	130	135				130	95.438	103.263
	125kg Master 45-49																
1	John Wilkerson	NC	125kg	120.6	45				257.5	262.5	262.5				257.5	147.639	155.759
	140kg Master 50-54																
1	Richard Woods	WV	140kg	127.8	54				165	182.5	187.5				187.5	105.536	127.065

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Women Raw Deadlift Only			Junior													
	75kg Jr 16-17																
1	Hailey Burgess	SC	75kg	69.8	17							92.5	-107.5	-125	92.5	93.691	
	Men Raw Deadlift Only			Submaster													
	110kg Submaster																
1	Robert Gaines	NC	110kg	109.4	37							257.5	265	275	275	163.21	
	Women Raw Push-Pull			Junior													
	60kg Jr 16-17																
1	Sarah Okes	WV	60kg	56.6	17				32.5	37.5	-42.5	55	62.5	70	107.5	123.732	
	90kg Jr 13-15																
1	Natasha Naik	WV	90kg	83.9	14				35	-42.5	47.5	100	107.5	117.5	165	151.911	
	110+ Jr 18-19																
1	Anastasia Winters	WV	110+	114.6	18				47.5	52.5	-57.5	112.5	122.5	130	182.5	148.45	
	Men Raw Push-Pull			Junior													
	82.5kg Jr 16-17																
1	Marshall Mann	WV	82.5kg	76.2	16				57.5	62.5	70	137.5	145	152.5	222.5	158.031	
	90kg Jr 16-17																
1	Tyson Adkins	WV	90kg	89.6	16				120	130	-140	-190	200	-217.5	330	213.859	
	100kg Jr 13-15																
1	Clayton Berry	WV	100kg	96.1	14				87.5	102.5	-120	175	192.5	197.5	300	187.958	
	100kg Jr 16-17																
1	Kaleb Rinnix	NC	100kg	97.6	16				92.5	97.5	-102.5	172.5	177.5	-192.5	275	171.089	
	110kg Jr 16-17																
1	Jonah Pugh	WV	110kg	101.0	17				92.5	110	-120	177.5	192.5	-197.5	302.5	185.399	
	Men Raw Push-Pull			Open													
	75kg Open																
1	Thomas Knight	SC	75kg	74.2	38				125	132.5	137.5	215	235	245	382.5	276.313	

USPA Shamrock Showdown 5 March 23, 2024 Monroe, North Carolina

															Dots	McC
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total
Men Raw Push-Pull																
75kg Submaster																
1	Thomas Knight	SC	75kg	74.2	38			125	132.5	137.5	215	235	245	382.5	276.313	
Best Lifters											Record Color Codes					
Name		Equip	Events	Comp	Sex							State				
Alphonso Jackson		Raw	PL	Jr	Men							National				
John Miles		Raw	PL	Open	Men											
John Wilkerson		Raw	BPO	Open	Men											
Tyson Adkins		Raw	PP	Jr	Men											
Meet Director:		Tricia Emrich														
Referees																
International:		Rob Engleman, Tricia Emrich, Gary Emrich, Karl Davenport														
National:		Carina Mone, Barry England														
State:		Barbara VanVliet, Katie Seaton, Will Seat														
Staff:		Brittney Gasperson														
Spotter/Loaders:		Lauren Baker, LiLi Gasperson, Jon Gasperson Kevin, Jenn, Jonathan														