

USPA Drug Tested Washington State Championships May 11, 2019 Kennewick, WA

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
Women Raw Powerlifting															
	52kg Jr 20-23														
1	Sierra Marlow	WA	52kg	50.3	21	92.5	42.5	107.5	242.5	310.109		203.9	93.7	237	534.6
	60kg Jr 20-23														
1	Adrienne Alino	WA	60kg	58.3	20	135	65	165	365	416.137		297.6	143.3	363.8	804.7
2	Chung Won Kim	WA	60kg	59.2	22	122.5	50	140	312.5	352.063		270.1	110.2	308.6	688.9
	75kg Jr 20-23														
1	Alena Janssen	WA	75kg	73.9	23	145	60	160	365	350.254		319.7	132.3	352.7	804.7
	60kg Open														
1	Adrienne Alino	WA	60kg	58.3	20	135	65	165	365	416.137		297.6	143.3	363.8	804.7
2	Chung Won Kim	WA	60kg	59.2	22	122.5	50	140	312.5	352.063		270.1	110.2	308.6	688.9
3	Connie Yau	WA	60kg	59.1	31	105	57.5	147.5	310	349.711		231.5	126.8	325.2	683.4
	67.5kg Open														
1	Lacey Hunter	OR	67.5kg	66.4	36	107.5	62.5	147.5	317.5	327.914		237	137.8	325.2	700
	75kg Open														
1	Alena Janssen	WA	75kg	73.9	23	145	60	160	365	350.254		319.7	132.3	352.7	804.7
2	Sarah Young	WA	75kg	72	24	130	67.5	150	347.5	339.16		286.6	148.8	330.7	766.1
	82.5kg Open														
1	Khrystel Pigeon	Candada	82.5kg	82.5	34	102.5	70	135	307.5	276.75		226	154.3	297.6	677.9
	90kg Open														
1	Kirsten Shockman	WA	90kg	88.8	26	157.5	82.5	170	410	356.29		347.2	181.9	374.8	903.9
						4th: 160									
2	Harlie Briskey	WA	90kg	88.6	25	150	85	150	385	334.873		330.7	187.4	330.7	848.8
3	Elvira (Vera) Demers	WA	90kg	84.5	53	120	67.5	157.5	345	306.74	363.18	264.6	148.8	347.2	760.6
	SHW Open														
1	Jaymee Mansanas	WA	SHW	97.5	26	172.5	85	170	427.5	358.715		380.3	187.4	374.8	942.5
2	Anna Birdseye	WA	SHW	105	39	105	87.5	137.5	330	271.161		231.5	192.9	303.1	727.5
	67.5kg Submaster														
1	Lacey Hunter	OR	67.5kg	66.4	36	107.5	62.5	147.5	317.5	327.914		237	137.8	325.2	700
	SHW Submaster														
1	Anna Birdseye	WA	SHW	105	39	105	87.5	137.5	330	271.161		231.5	192.9	303.1	727.5
	56kg Master 70-74														
1	Abbey Moon	WA	56kg	54.4	74	40	50	70	160	192.576	345.674	88.2	110.2	154.3	352.7
								4th: 72.5							

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	60kg Master 45-49														
1	Molly Lawson	WA	60kg	60	47	82.5	52.5	112.5	247.5	275.938	298.565	181.9	115.7	248	545.6
						4th: 85									
	75kg Master 50-54														
1	Debbie Nelson	WA	75kg	73.4	53	92.5	45	145	282.5	272.274	322.372	203.9	99.2	319.7	622.8
2	KT Niehoff	WA	75kg	69.9	50	102.5	52.5	125	280	278.824	315.071	226	115.7	275.6	617.3
	90kg Master 50-54														
1	Elvira (Vera) Demers	WA	90kg	84.5	53	120	67.5	157.5	345	306.74	363.18	264.6	148.8	347.2	760.6
2	Heidi Meeley	WA	90kg	88	52	117.5	65	132.5	315	274.806	320.149	259	143.3	292.1	694.4
	Men Raw Powerlifting														
	67.5kg Jr 13-15														
1	Quentin Foster	ID	67.5kg	66	15	145	105	152.5	402.5	316.043		319.7	231.5	336.2	887.4
						4th: 147.5									
	67.5kg Jr 16-17														
1	Kendall Foster	ID	67.5kg	65.1	17	177.5	115	182.5	475	377.245		391.3	253.5	402.3	1047.2
	75kg Jr 18-19														
1	Jacob Glenn	ID	75kg	72.2	18	187.5	110	202.5	500	366.1		413.4	242.5	446.4	1102.3
	82.5kg Jr 13-15														
1	Jackson Forsyth	WA	82.5kg	79.6	13	137.5	87.5	132.5	357.5	244.852		303.1	192.9	292.1	788.1
							4th: 90								
	82.5kg Jr 18-19														
1	Tyler Simpson	CA	82.5kg	79.6	18	25	132.5	212.5	370	253.413		55.1	292.1	468.5	815.7
							4th: 137.5								
	90kg Jr 18-19														
1	Kyle Larsen	ID	90kg	89.2	18	187.5	105	227.5	520	333.476		413.4	231.5	501.5	1146.4
	82.5kg Open														
1	Kyle Vilayvanh	WA	82.5kg	82.4	31	202.5	130	232.5	565	378.776		446.4	286.6	512.6	1245.6
	100kg Open														
1	Kevin Nguyen	WA	100kg	98.5	31	205	160	240	605	370.442		451.9	352.7	529.1	1333.8
2	Brandon Blinn	WA	100kg	98.4	27	210	132.5	250	592.5	362.966		463	292.1	551.2	1306.2
	100kg Submaster														
1	Jeffrey Forsythe	WA	100kg	93.3	38	185	165	265	615	385.728		407.9	363.8	584.2	1355.8
	75kg Master 45-49														
1	David St.Clair	WA	75kg	73.5	45	142.5	82.5	175	400	289.12	305.022	314.2	181.9	385.8	881.8

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	82.5kg Master 75-79														
1	Bill Cecil	WA	82.5kg	76.3	75	60	60	93	213	149.995	275.24	132.3	132.3	205	469.6
Women Classic Raw Powerlifting															
	67.5kg Jr 20-23														
1	Roshni Anderson	WA	67.5kg	64.6	20	117.5	57.5	115	290	305.631		259	126.8	253.5	639.3
	67.5kg Open														
1	Roshni Anderson	WA	67.5kg	64.6	20	117.5	57.5	115	290	305.631		259	126.8	253.5	639.3
	90kg Open														
1	Elizabeth Contreras	WA	90kg	89.6	31	187.5	80.5	170	438	379.177		413.4	177.5	374.8	965.6
Men Classic Raw Powerlifting															
	110kg Submaster														
1	Jaime Contreras	WA	110kg	100.2	35	240	137.5	210	587.5	357.259		529.1	303.1	463	1295.2
Women Single Ply Powerlifting															
	75kg Master 45-49														
1	CJ Mcewen	OR	75kg	75	48	125	90	160	375	356.475	391.053	275.6	198.4	352.7	826.7
						4th: 132.5									
Men Single Ply Powerlifting															
	125kg Jr 20-23														
1	Robert Cooper	OR	125kg	121.6	20	230	142.5	250	622.5	356.817		507.1	314.2	551.2	1372.4
							4th: 152.5								
Women Raw Bench Only															
	67.5kg Open														
1	Jordan Holesworth	WA	67.5kg	67	26		62.5		62.5	64.131			137.8		137.8
	82.5kg Open														
1	Cindy Shockman	OR	82.5kg	77.5	52		112.5		112.5	104.828	122.125		248		248
	82.5kg Master 50-54														
1	Cindy Shockman	OR	82.5kg	77.5	52		112.5		112.5	104.828	122.125		248		248
Men Raw Bench Only															
	100kg Open														
1	Kevin Nguyen	WA	100kg	98.5	31		160		160	97.968			352.7		352.7
	125kg Open														
1	Matt Saegesser	WA	125kg	118.7	32		187.5		187.5	108.075			413.4		413.4
2	Chris Ulrich	WA	125kg	122.6	32		137.5		137.5	78.678			303.1		303.1
	90kg Master 55-59														
1	Mitch Crowe	WA	90kg	89.2	57		155		155	99.402	126.042		341.7		341.7

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Women Single Ply Bench Only															
	75kg Master 45-49														
1	CJ Mcewen	OR	75kg	75	48		90		90	85.554	93.853		198.4		198.4
Men Single Ply Bench Only															
	125kg Jr 20-23														
1	Robert Cooper	OR	125kg	121.6	20		142.5		142.5	81.681			314.2		314.2
							4th: 152.5								
Women Raw Deadlift Only															
	90kg Open														
1	Elvira (Vera) Demers	WA	90kg	84.5	53			157.5	157.5	140.033	165.799			347.2	347.2
	90kg Master 50-54														
1	Elvira (Vera) Demers	WA	90kg	84.5	53			157.5	157.5	140.033	165.799			347.2	347.2
Men Raw Deadlift Only															
	125kg Open														
1	Matt Saegesser	WA	125kg	118.7	32			247.5	247.5	142.659				545.6	545.6
2	Chris Ulrich	WA	125kg	122.6	32			200	200	114.44				440.9	440.9
Women Single Ply Deadlift Only															
	75kg Master 45-49														
1	CJ Mcewen	OR	75kg	75	48			160	160	152.096	166.849			352.7	352.7
Men Single Ply Deadlift Only															
	125kg Jr 20-23														
1	Robert Cooper	OR	125kg	121.6	20			250	250	143.3				551.2	551.2
Best Lifters:															
Jr. Men: Kendall Foster															
Jr. Women: Adrienne Alino															
Open Men: Kyle Vilayvanh															
Open Women: Adrienne Alino															
Meet Director: Valentino Robles															
Thank you to our referees:															
National: Cody Hyatt and Daniel Hollibaugh															
State: Valentino Robles, Ross Lanes and Abey Pruner															