

USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Women Raw Powerlifting</b>																	
	48kg Jr 20-23																
1	Lean Teodoro	HI	48kg	47.4	23	77.5	82.5	<del>87.5</del>	42.5	45	47.5	110	117.5	125	255	340.859	
	52kg Jr 16-17																
1	Kara Ann Aoki	HI	52kg	48.8	17	67.5	75	<del>82.5</del>	32.5	37.5	<del>40</del>	107.5	112.5	117.5	230	300.909	
	52kg Jr 20-23																
1	Chanelle Ramos	HI	52kg	51.4	21	92.5	97.5	<del>102.5</del>	37.5	42.5	<del>45</del>	122.5	127.5	132.5	272.5	342.751	
	60kg Jr 20-23																
1	Aina Iglesias	HI	60kg	59.2	23	<del>102.5</del>	102.5	<del>107.5</del>	40	45	<del>47.5</del>	115	127.5	<del>137.5</del>	275	309.815	
	67.5kg Jr 16-17																
1	Audry Beamer	HI	67.5kg	65.6	16	62.5	67.5	75	47.5	50	<del>55</del>	105	110	<del>112.5</del>	235	244.87	
	67.5kg Jr 20-23																
1	Pamela Toh	HI	67.5kg	65.8	23	120	<del>127.5</del>	<del>127.5</del>	55	60	<del>62.5</del>	147.5	155	160	340	353.498	
2	Charissa Vallesteros	HI	67.5kg	66	23	<del>105</del>	110	115	57.5	60	<del>62.5</del>	140	147.5	<del>155</del>	322.5	334.562	
3	Rachel Tom	HI	67.5kg	66.4	23	105	<del>115</del>	117.5	50	55	<del>60</del>	132.5	147.5	<del>150</del>	320	330.496	
	52kg Open																
1	Lindsey Okumoto	HI	52kg	50.8	32	115	120	<del>125</del>	62.5	65	<del>67.5</del>	152.5	<del>157.5</del>	162.5	347.5	441.047	
2	Anika Mejia	HI	52kg	50.0	25	110	115	120	47.5	<del>50</del>	<del>---</del>	135	145	<del>157.5</del>	312.5	401.438	
3	Rachel Ishida	HI	52kg	49.4	28	102.5	107.5	<del>115</del>	45	<del>55</del>	<del>55</del>	107.5	110	115	267.5	346.787	
	56kg Open																
1	Darriane Salazar	HI	56kg	54.8	26	105	110	112.5	57.5	60	62.5	117.5	125	130	305	364.994	
2	Julie Eustaquio	HI	56kg	53.6	24	75	82.5	<del>87.5</del>	42.5	47.5	<del>52.5</del>	112.5	117.5	122.5	252.5	307.444	
	60kg Open																
1	Marisa Testino	HI	60kg	58	26	105	115	120	60	65	<del>70</del>	140	152.5	160	345	394.922	
	67.5kg Open																
1	Haleigh Romero	HI	67.5kg	64.4	25	112.5	120	122.5	65	<del>72.5</del>	72.5	142.5	157.5	<del>162.5</del>	352.5	372.381	
2	Gloryann Justo	HI	67.5kg	67.4	29	105	115	122.5	50	57.5	62.5	115	127.5	137.5	322.5	329.498	
3	Rachel Tom	HI	67.5kg	66.4	23	105	<del>115</del>	117.5	50	55	<del>60</del>	132.5	147.5	<del>150</del>	320	330.496	
4	Makaloa Yim	HI	67.5kg	66.8	28	57.5	<del>65</del>	<del>75</del>	47.5	<del>52.5</del>	<del>52.5</del>	105	115	125	230	236.509	
	75kg Open																
1	Jodie Sajor	HI	75kg	74.2	49	187.5	197.5	<del>207.5</del>	<del>127.5</del>	<del>132.5</del>	132.5	185	197.5	<del>205</del>	527.5	504.87	561.921
2	Lisa Pham	HI	75kg	72.6	26	135	142.5	147.5	62.5	65	70	137.5	140	<del>145</del>	357.5	347.025	
3	Evelyn Rubi	HI	75kg	74.2	29	<del>110</del>	<del>115</del>	115	65	70	<del>77.5</del>	120	130	<del>137.5</del>	315	301.487	

USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	82.5kg Open																
1	Carly Klohs	HI	82.5kg	79.2	24	130	135	142.5	72.5	77.5	<del>80</del>	150	157.5	162.5	382.5	351.977	
2	Andrea Lagpacan	HI	82.5kg	76.2	24	122.5	<del>130</del>	<del>130</del>	52.5	<del>57.5</del>	57.5	142.5	155	<del>162.5</del>	335	315.369	
3	Elisa Aki	HI	82.5kg	81.6	28	<del>115</del>	115	<del>117.5</del>	52.5	55	<del>60</del>	<del>115</del>	122.5	<del>137.5</del>	292.5	264.771	
	90kg Open																
1	U'ilani Miles	HI	90kg	89.4	33	170	<del>180</del>	180	<del>85</del>	92.5	100	170	180	190	470	407.255	
2	Porsche Santiago	HI	90kg	88.8	23	137.5	145	150	57.5	62.5	<del>65</del>	137.5	145	<del>150</del>	357.5	310.668	
3	Vanessa Freitas-Gueco	HI	90kg	84.2	39	102.5	115	127.5	47.5	57.5	<del>62.5</del>	120	130	<del>145</del>	315	280.571	
	67.5kg Submaster																
1	Lianne Misaki	HI	67.5kg	64.2	36	100	107.5	<del>117.5</del>	52.5	57.5	<del>62.5</del>	125	142.5	<del>150</del>	307.5	325.581	
	90kg Submaster																
1	Vanessa Freitas-Gueco	HI	90kg	84.2	39	102.5	115	127.5	47.5	57.5	<del>62.5</del>	120	130	<del>145</del>	315	280.571	
	SHW Submaster																
1	Meliame Kawaa	HI	SHW	121.8	35	165	167.5	<del>182.5</del>	80	87.5	<del>92.5</del>	182.5	<del>185</del>	<del>187.5</del>	437.5	348.906	
	60kg Master 45-49																
1	Kristen Vicente-Santiago	HI	60kg	60	45	62.5	67.5	70	40	42.5	45	85	90	95	210	234.129	247.006
	75kg Master 45-49																
1	Jodie Sajor	HI	75kg	74.2	49	187.5	197.5	<del>207.5</del>	<del>127.5</del>	<del>132.5</del>	132.5	185	197.5	<del>205</del>	527.5	504.87	561.921
	SHW Master 40-44																
DQ	Mahealani Strong	HI	SHW	100.6	42	120	127.5	137.5	<del>92.5</del>	<del>102.5</del>	<del>102.5</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	0
	SHW Master 45-49																
1	Tiffany Yoro	HI	SHW	99.8	48	105	112.5	120	55	60	65	120	132.5	137.5	322.5	268.675	294.736
	SHW Master 50-54																
1	Rowena Bagayas	HI	SHW	102.2	51	155.0	<del>160</del>	<del>---</del>	92.5	95	97.5	115	<del>---</del>	<del>---</del>	367.5	304.106	348.81
	<b>Men Raw Powerlifting</b>																
	67.5kg Jr 13-15																
1	Allen Mahoe III	HI	67.5kg	63.0	15	125	132.5	142.5	75	80	85	165	180	193	420.5	343.38	
	67.5kg Jr 16-17																
1	Harry Soria	HI	67.5kg	64.2	17	132.5	140	145	60	65	72.5	162.5	170	182.5	400	321.4	
	67.5kg Jr 18-19																
1	Kenley Laquihon	HI	67.5kg	65.4	18	150	162.5	175	97.5	105	<del>110</del>	190	200	215	495	391.595	
2	Ryan Kawabata	HI	67.5kg	62.0	19	140	<del>145</del>	145	112.5	117.5	120	<del>180</del>	185	195	460	380.926	

## USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	75kg Jr 18-19																
1	Aiden Martin	HI	75kg	74	18	152.5	157.5	160	92.5	100	<del>-102.5</del>	<del>-205</del>	205	210	470	338.071	
	75kg Jr 20-23																
1	Justine Ancheta	HI	75kg	74.4	21	187.5	<del>-200</del>	<del>-200</del>	105	112.5	115	235	245	255	557.5	399.505	
	82.5kg Jr 20-23																
1	Christopher Yoshikawa	HI	82.5kg	79.0	23	230	240	250	127.5	<del>135</del>	<del>-140</del>	275	287.5	<del>-305</del>	665	457.653	
2	Charvis Paia	HI	82.5kg	82.0	20	<del>-215.0</del>	230	<del>-235</del>	157.5	162.5	<del>-172.5</del>	250	272.5	<del>-280</del>	665	447.146	
3	Tyler Yoshikawa	HI	82.5kg	81.2	22	190	<del>-205</del>	210	122.5	132.5	140	250	267.5	<del>-280</del>	617.5	417.677	
4	Caramon Ramos	HI	82.5kg	80.6	20	190	197.5	<del>-202.5</del>	110	115	<del>-117.5</del>	222.5	235	237.5	550	373.725	
5	Sterling Kahumoku	HI	82.5kg	80.6	21	<del>-182.5</del>	192.5	<del>-200</del>	110	117.5	<del>-120</del>	210	217.5	<del>-222.5</del>	527.5	358.436	
6	Ransen Lat	HI	82.5kg	80.6	23	170	175	<del>-182.5</del>	92.5	97.5	100	<del>-180</del>	180	190	465	315.968	
	90kg Jr 18-19																
1	Kurt Villa	HI	90kg	88.6	19	215	227.5	<del>-232.5</del>	125	137.5	<del>-140</del>	227.5	<del>-247.5</del>	247.5	612.5	394.205	
	90kg Jr 20-23																
1	Nielsen Mariano	HI	90kg	89.6	22	215	227.5	<del>-232.5</del>	120	127.5	130	237.5	247.5	<del>-262.5</del>	605	387.079	
2	Blaise Banquel	HI	90kg	87.0	20	190	200	205	102.5	112.5	<del>-122.5</del>	205	217.5	<del>-230</del>	535	347.697	
	100kg Jr 18-19																
1	Gio Benedick Abad	HI	100kg	98.6	19	185	192.5	200	105	115	117.5	210	220	<del>-227.5</del>	537.5	329.004	
	100kg Jr 20-23																
1	Christopher Jermaine Pascua	Guam	100kg	98.4	22	<del>-185</del>	185	190	107.5	115	<del>-122.5</del>	227.5	237.5	<del>-242.5</del>	542.5	332.336	
	60kg Open																
1	Dustin Bachiller	HI	60kg	57.0	29	105	<del>-112.5</del>	112.5	65	67.5	<del>-75</del>	125	130	140	320	286.368	
	67.5kg Open																
1	Evan Murakami	HI	67.5kg	65	28	165	175	<del>-182.5</del>	127.5	<del>-132.5</del>	<del>-137.5</del>	205	<del>-217.5</del>	217.5	520	413.504	
	75kg Open																
1	Marc-Anthony Ho	HI	75kg	74	31	207.5	227.5	<del>-233</del>	145	155	<del>-161</del>	257.5	<del>-262.5</del>	<del>-275</del>	640	460.352	
2	Justine Ancheta	HI	75kg	74.4	21	187.5	<del>-200</del>	<del>-200</del>	105	112.5	115	235	245	255	557.5	399.505	
3	Joemhar Mateo	HI	75kg	70.2	27	150	165	<del>-175</del>	110	125	<del>-135</del>	230	240	250	540	403.812	
4	Manny Batinga	HI	75kg	72.6	22	165	175	<del>-185</del>	122.5	132.5	<del>-137.5</del>	215	220	<del>-227.5</del>	527.5	384.706	
5	Mikel Nicolas	Guam	75kg	73	30	145	160	167.5	115	125	137.5	192.5	207.5	220	525	381.36	
6	Joshua Dapitan	HI	75kg	73.4	38	172.5	182.5	<del>-185</del>	117.5	122.5	<del>-128</del>	190	195	197.5	502.5	363.559	
7	Harold Ulep	HI	75kg	74.0	26	147.5	157.5	<del>-167.5</del>	125	132.5	140	<del>-200</del>	200	205	502.5	361.448	
DQ	John Martin	HI	75kg	74.4	27	160	<del>-170</del>	<del>-170</del>	<del>-137.5</del>	<del>-137.5</del>	<del>-137.5</del>	200	227.5	240	0	0	

USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total	
	82.5kg Open																	
1	Christopher Yoshikawa	HI	82.5kg	79.0	23	230	240	250	127.5	<del>-135</del>	<del>-140</del>	275	287.5	<del>-305</del>	665	457.653		
2	Kaulana Duldulao	HI	82.5kg	82.0	40	190	202.5	215	152.5	165	<del>-170</del>	250	260	265	645	433.698	433.698	
3	Quintin Rapozo	HI	82.5kg	81.0	25	210	222.5	<del>-235</del>	120	127.5	135	247.5	260	265	622.5	421.682		
4	Ted Westmoreland	HI	82.5kg	80.6	27	192.5	<del>-207.5</del>	210	120	<del>-132.5</del>	<del>-132.5</del>	205	215	<del>-227.5</del>	545	370.328		
5	Sung Wan Park	HI	82.5kg	80.6	24	155	162.5	170	115	125	130	207.5	217.5	227.5	527.5	358.436		
6	Lawrence Laus	HI	82.5kg	75.6	27	140	160	175	110	120	<del>-137.5</del>	160	175	190	485	343.671		
7	Alexander Tabar	HI	82.5kg	81.2	25	165	<del>-172.5</del>	172.5	107.5	115	<del>-120</del>	165	<del>-175</del>	<del>-175</del>	452.5	306.071		
8	Michael Kimura	HI	82.5kg	82.4	51	185.0	192.5	<del>-205</del>	100	150	<del>-170</del>	60	<del>----</del>	<del>----</del>	402.5	269.836	309.502	
	90kg Open																	
1	Nielsen Mariano	HI	90kg	89.6	22	215	227.5	<del>-232.5</del>	120	127.5	130	237.5	247.5	<del>-262.5</del>	605	387.079		
2	Kalei Saffery	HI	90kg	89.4	33	<del>-177.5</del>	185	<del>-207.5</del>	175	<del>-185</del>	<del>-185</del>	212.5	232.5	<del>-242.5</del>	592.5	379.556		
3	Michael Wong	HI	90kg	89.6	25	190.0	200	<del>-205</del>	145	152.5	<del>----</del>	207.5	220	<del>-227.5</del>	572.5	366.286		
4	Tyler Timko	HI	90kg	85.4	24	167.5	180	190	115	122.5	<del>-130</del>	230	240	<del>-255</del>	552.5	362.772		
5	Clark Cagle	HI	90kg	86.2	28	180	190	197.5	105	<del>-115</del>	<del>-115</del>	227.5	<del>-240</del>	<del>-240</del>	530	346.196		
6	Brian McMaster	HI	90kg	84.6	31	142.5	155	<del>-165</del>	95	100	107.5	185	197.5	205	467.5	308.597		
7	Daniel Antolin	HI	90kg	85.6	26	<del>-130</del>	130	<del>-145</del>	75	<del>-85</del>	<del>-85</del>	120	127.5	132.5	337.5	221.299		
DQ	Robin Sajor	HI	90kg	87.5	50	185.0	192.5	195	<del>-155</del>	<del>-155</del>	<del>-155</del>	<del>----</del>	<del>----</del>	<del>----</del>	0	0	0	
	100kg Open																	
1	Joshua Jagers	HI	100kg	97.0	30	250	272.5	285	180	195	200	295	317.5	332.5	817.5	503.825		
2	Jequille Lyles	HI	100kg	98.4	29	<del>-227.5</del>	<del>-227.5</del>	227.5	145	150	<del>-155</del>	275	292.5	297.5	675	413.505		
3	Leighton Asuncion	HI	100kg	94.8	39	217.5	237.5	<del>-242.5</del>	135	<del>-142.5</del>	<del>-142.5</del>	215	235	242.5	615	382.899		
4	Aaron Gaugler	HI	100kg	98.0	25	<del>-210</del>	<del>-210</del>	210	<del>-137.5</del>	142.5	<del>-147.5</del>	240	250	<del>-260</del>	602.5	369.694		
5	Samuel Birns	HI	100kg	99.4	24	225	<del>-235</del>	<del>-235</del>	130	<del>-135</del>	140	232.5	237.5	<del>----</del>	602.5	367.585		
6	James Land	HI	100kg	98.8	27	<del>-205</del>	<del>-207.5</del>	207.5	117.5	125	132.5	247.5	257.5	<del>-265</del>	597.5	365.431		
7	Christopher Jermaine Pascua	Guam	100kg	98.4	22	<del>-185</del>	185	190	107.5	115	<del>-122.5</del>	227.5	237.5	<del>-242.5</del>	542.5	332.336		
8	Danny Tran	HI	100kg	97.2	26	147.5	160	172.5	87.5	97.5	<del>-112.5</del>	180	192.5	202.5	472.5	290.966		
	110kg Open																	
1	Jordon Apilando	HI	110kg	106.8	32	<del>-245</del>	247.5	250	205	220	227.5	295	<del>-317.5</del>	<del>-325</del>	772.5	458.942		
2	Kekoa Marshall	HI	110kg	109.6	25	255	275	<del>-280</del>	185	195	<del>-200</del>	240	255	260	730	430.116		
3	Schylar Arakaki	HI	110kg	107.4	29	<del>-262.5</del>	262.5	<del>-270</del>	155	160	<del>-165</del>	290	295	297.5	720	426.96		
4	Dominic Roos	HI	110kg	107.0	28	225.0	235	<del>-240</del>	150	157.5	160	235	250	<del>-265</del>	645	382.937		
5	Kainalu Mortel	HI	110kg	109.4	23	182.5	190	<del>-195</del>	142.5	150	<del>-157.5</del>	217.5	227.5	<del>-235</del>	567.5	334.541		
6	Ronnel Tangonan	HI	110kg	105.8	34	170	<del>-182.5</del>	<del>-182.5</del>	127.5	135	<del>-140</del>	210	220	<del>-227.5</del>	525	312.9		
	140kg Open																	
1	Anthony Salas	Guam	140kg	137.0	29	292.5	305	317.5	200	215	222.5	287.5	307.5	<del>-322.5</del>	847.5	475.193		
	75kg Submaster																	
1	Joshua Dapitan	HI	75kg	73.4	38	172.5	182.5	<del>-185</del>	117.5	122.5	<del>-128</del>	190	195	197.5	502.5	363.559		
	100kg Submaster																	
1	Leighton Asuncion	HI	100kg	94.8	39	217.5	237.5	<del>-242.5</del>	135	<del>-142.5</del>	<del>-142.5</del>	215	235	242.5	615	382.899		

USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	75kg Master 45-49																
1	Carlton Yuen	HI	75kg	73.4	45	117.5	122.5	127.5	77.5	82.5	87.5	160	170	178	393	284.336	299.974
	75kg Master 55-59																
1	Sterling Nakamura	HI	75kg	71.2	57	60	65	67.5	<del>55</del>	55	57.5	95	102.5	107.5	232.5	172.004	218.1
	82.5kg Master 40-44																
1	Kaulana Duldulao	HI	82.5kg	82.0	40	190	202.5	215	152.5	165	<del>170</del>	250	260	265	645	433.698	433.698
	82.5kg Master 50-54																
1	Michael Kimura	HI	82.5kg	82.4	51	185.0	192.5	<del>205</del>	100	150	<del>170</del>	60	<del>---</del>	<del>---</del>	402.5	269.836	309.502
	90kg Master 50-54																
1	Nestor Bagayas	HI	90kg	86.0	54	105	115	<del>120</del>	85	95	<del>100</del>	115	<del>---</del>	<del>---</del>	325	212.55	255.91
DQ	Robin Sajor	HI	90kg	87.5	50	185.0	192.5	195	<del>155</del>	<del>155</del>	<del>155</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	0
	100kg Master 50-54																
1	Valentine Patao III	HI	100kg	100.0	51	210.0	215	226	107.5	110	<del>---</del>	240	250	<del>255</del>	586	356.64	409.066
2	Gilbert Ikehara	HI	100kg	98.6	53	195	<del>205</del>	205	145	162.5	165	182.5	197.5	205	575	351.958	416.718
	100kg Master 70-74																
1	Stefano Magaddino	HI	100kg	98.2	70	165	170	<del>172.5</del>	125	<del>127.5</del>	127.5	182.5	187.5	192.5	490	300.419	494.189
<b>Men Single Ply Powerlifting</b>																	
	140kg Open																
1	Kamuela Wassman	HI	140kg	136.4	31	320	332.5	340	242.5	250	260	312.5	325	<del>332.5</del>	925	518.925	
<b>Women Raw Bench Only</b>																	
	SHW Open																
1	U'ilani Ha	HI	SHW	125.6	40				75.5	87.5	<del>92.5</del>				87.5	69.405	69.405
	SHW Master 40-44																
1	U'ilani Ha	HI	SHW	125.6	40				75.5	87.5	<del>92.5</del>				87.5	69.405	69.405
<b>Men Raw Bench Only</b>																	
	140kg Open																
1	Anthony Salas	Guam	140kg	137.0	29				200	215	222.5				222.5	124.756	

USPA Alaka'i Real Steel Lift Off 4 December 14-15, 2019 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total				
	Best Lifters:																				
	Pamela Toh	Raw Jr Women PL														<b>Record Color Codes:</b>					
	Christopher Yoshikawa	Raw Jr Men PL																	<b>State</b>		
	Jodie Sajor	Raw Open Women PL																	<b>National</b>		
	Joshua Jagers	Raw Open Men PL																			
	Stefano Magaddino	Raw Master Men PL																			
	Meet Directors: Darren Matsumoto and Leonetta Richardson																				
	Thank you to our officials:																				
	International: Darren Matsumoto and Leonetta Richardson																				
	National: Ren Yamashita																				
	State: Randi Lee, Donnie Rogers, Mike Wong, Allen Mahoe, David Georges, Luvi Agpaoa and Nicole Daoang																				
	Staff Official: Kim Inoshita																				
	Practical: Natxielii Aguilar																				
	Spotter/Loaders: MANA pups!																				
	Sponsors: Anderson Powerlifting, Double Vision Supplements and MANA Barbell																				
	Gym Host: Alaka'i Crossfit (owner Ikaika Pascua) and Allen Mahoe and his family for everything they did to make this meet special.																				