

USPA Show Me Strong April 16, 2022 Springville, MO

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
Women Raw Powerlifting		Junior															
52kg Jr 20-23																	
1	Trinity Lynn	MO	52kg	51.3	22	95	100	107.5	50	52.5	-57.5	115	120	125.	285	350.689	
75kg Jr 13-15																	
1	Zoi North	MO	75kg	69.9	14	97.5	105	110	42.5	45	-50	100	107.5	115	270	273.258	
110+ Jr 20-23																	
1	Dru Beverly	MO	110+	146.6	23	112.5	120	130	50	55	-60	100	115	120	305	235.413	
Women Raw Powerlifting		Open															
75kg Open																	
1	Tabetha Held	MO	75kg	74.3	52	145	152.5	160	92.5	97.5	-102.5	145	152.5	-167.5	410	401.322	467.54
2	Brianna Heyward	MO	75kg	70	31	87.5	95	102.5	55	60	65	120	127.5	135	302.5	305.905	
3	Lydia Needy	MO	75kg	69.7	25	-95	100	110	57.5	60	-62.5	125	-137.5	-137.5	295	299.041	
4	Emily Mahoney	MO	75kg	68.7	31	85	92.5	-97.5	50	55	57.5	122.5	130.0	140	290	296.385	
5	Stephanie Ball	MO	75kg	73.7	34	85.0	-87.5	-87.5	57.5	-60	-60	122.5	127.5	135.	277.5	272.807	
6	Zoi North	MO	75kg	69.9	14	97.5	105	110	42.5	45	-50	100	107.5	115	270	273.258	
82.5kg Open																	
1	Megan Thompson	MO	82.5kg	78	27	150	160	165	100	-105	105	185	195	205	475	453.315	
110+ Open																	
1	Allison Ruengert	NV	110+	134.6	32	105	110	120	-75	80	85	147	157.5	170	375	292.822	
Women Raw Powerlifting		Submaster															
67.5kg Submaster																	
1	Meryl Binder	IL	67.5kg	66.7	35	87.5	95.0	97.5	52.5	57.5	-62.5	140	147.5	-155	302.5	314.466	
75kg Submaster																	
1	Stephanie Valdivia	MO	75kg	73.8	35	107.5	112.5	-117.5	65	-70	-70	120	127.5	-135	305	299.624	
Women Raw Powerlifting		Master															
67.5kg Master 45-49																	
1	Ann Hines	MO	67.5kg	65.1	49	62.5	70	77.5	47.5	52.5	-57.5	97.5	105	-110	235	247.811	275.813
75kg Master 50-54																	
1	Tabetha Held	MO	75kg	74.3	52	145	152.5	160	92.5	97.5	-102.5	145	152.5	-167.5	410	401.322	467.54

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Master 40-44																
1	Griselda Gomez	MO	90kg	85.1	41	120	125.5	127.5	67.5	70.5	72.5	130	140.5	142.5	342.5	313.225	316.357
											(73)						
	100kg Master 45-49																
1	Dyanna Vitale	IL	100kg	98.9	49	85	92.5	97.5	57.5	62.5	-67.5	120	130	137.5	297.5	254.972	283.784
	110kg Master 50-54																
1	Christine Arbeiter	IL	110kg	106	50	120	127.5	-140	65	67.5	70	165	172.5	177.5	375	313.118	353.824
	110+ Master 40-44																
1	Kristy Mccaskil	MO	110+	133.1	40	137.5	-157.5	-157.5	70	87.5	90	125	142.5	-150	370	289.537	289.537
	Men Raw Powerlifting			Junior													
	67.5kg Jr 13-15																
1	Carter James	MO	67.5kg	65.4	14	107.5	112.5	122.5	65	70	75	140	145	152.5	350	276.106	
								(125)									
2	Lane White	MO	67.5kg	64.4	15	-77.5	77.5	92.5	45	-50	-55	120	-132.5	-140	257.5	205.512	
	75kg Jr 16-17																
1	Wyatt Shephard	MO	75kg	72.7	16	142.5	157.5	160	67.5	72.5	77.5	155	162.5	172.5	410	300.169	
2	Jonathan Schukai	KS	75kg	73.6	17	95	105	115	55	65	75	192.5	200	-202.5	390	283.223	
	75kg Jr 20-23																
1	Bryce Dixon	MO	75kg	70.5	22	170	175	177.5	117.5	120	122.5	212.5	220	227.5	527.5	394.292	
2	Mark Vongprachanh	IL	75kg	71.1	20	120	127.5	140	75	85	87.5	140	147.5	152.5	380	282.397	
	82.5kg Jr 20-23																
1	Justin Lopez	MO	82.5kg	81.2	21	175	185	192.5	107.5	112.5	-117.5	205	227.5	237.5	542.5	370.841	
	90kg Jr 16-17																
1	Nick Collado	IL	90kg	86.5	16	75	82.5	92.5	62.5	70	75	140	147.5	155	322.5	212.854	
	90kg Jr 20-23																
1	Alex Komarek	MO	90kg	88.4	21	185	-192.5	-195	-130	132.5	137.5	190	205	-215	527.5	344.215	
	100kg Jr 18-19																
1	Sean O'Connor	MO	100kg	94.8	19	217.5	240	252.5	127.5	140	147.5	227.5	247.5	-260	647.5	408.244	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	140kg Jr 20-23																
1	Hudson Gulley	KS	140kg	135.5	20	215	230	237.5	167.5	182.5	-----	265	282.5	300	720	398.26	
	Men Raw Powerlifting			Open													
	56kg Open																
1	Austin Samreth	MO	56kg	54.2	24	120	127.5	-142.5	65	67.5	70	165	180	182.5	380	350.217	
	75kg Open																
1	Andrew Peel	MO	75kg	73.4	28	170	180	187.5	-116	117.5	122.5	227.5	237.5	-245	547.5	398.31	
2	Bryce Dixon	MO	75kg	70.5	22	170	175	177.5	117.5	120	122.5	212.5	220	227.5	527.5	394.292	
3	Merlin Dennis	MO	75kg	74	47	147.5	157.5	162.5	107.5	112.5	-117.5	202.5	215	-----	490	354.589	383.666
	90kg Open																
1	Dalton Abert	IL	90kg	88.4	25	195	200	205	132.5	-140	140	222.5	232.5	237.5	582.5	380.105	
	100kg Open																
1	John Clapper	MO	100kg	100	26	230	245	260	205	-215	-220	285	300	-305	765	470.87	
2	Henry Johnson	MN	100kg	99.5	26	225	237.5	-245	155	165	170	225	245	-250	652.5	402.5	
3	Justin Friend	MO	100kg	96.3	45	225	-242.5	-242.5	145	152.5	-160	237.5	252.5	262.5	640	400.596	422.628
4	Payton Mccartney	AR	100kg	94.3	24	157.5	162.5	170	95	100	-102.5	175	180	185	455	287.587	
	110kg Open																
1	Terry Held	MO	110kg	106.8	51	230	250	260	190	200	-205	265	285	-292.5	745	446.278	511.881
	140kg Open																
1	Jordan Capeder	MO	140kg	131.6	28	230	237.5	245	170	177.5	180	292.5	315	-320	740	412.841	
2	Hudson Gulley	KS	140kg	135.5	20	215	230	237.5	167.5	182.5	-----	265	282.5	300	720	398.26	
	140+ Open																
1	Steve Adkisson	IL	140+	176.1	26	285	295	-322.5	215	-225	-225	285	300	-317.5	810	417.735	
	Men Raw Powerlifting			Master													
	75kg Master 40-44																
1	Robert Ball	MO	75kg	68	41	150	155	-162.5	125	-135	-135	177.5	185	195	475	364.165	367.807
	75kg Master 45-49																
1	Merlin Dennis	MO	75kg	74	47	147.5	157.5	162.5	107.5	112.5	-117.5	202.5	215	-----	490	354.589	383.666

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	100kg Master 45-49																
1	Justin Friend	MO	100kg	96.3	45	225	-242.5	-242.5	145	152.5	-160	237.5	252.5	262.5	640	400.596	422.628
	100kg Master 50-54																
1	Michael Smith	MO	100kg	98.4	51	140	-150	160	140	147.5	-160	182.5	190	205	512.5	317.689	364.389
	110kg Master 40-44																
1	Nick Woods	MO	110kg	106	42	120	130	135	102.5	-107.5	-107.5	167.5	177.5	182.5	420	252.342	257.388
	110kg Master 50-54																
1	Terry Held	MO	110kg	106.8	51	230	250	260	190	200	-205	265	285	-292.5	745	446.278	511.881
2	Kevin Conaway	MO	110kg	106.9	50	210	227.5	-232.5	150	155	160	220	237.5	-255	625	374.257	422.91
	Women Classic Raw Powerlifting		Submaster														
	82.5kg Submaster																
1	Maria Duncan	MO	82.5kg	80	38	117.5	125.5	130	87.5	-90.5	90.5	130	133	140	360.5	339.681	
							(135)				(92.5)						
	Men Classic Raw Powerlifting		Open														
	75kg Open																
1	Ryan Fleming	MO	75kg	71.8	29	-200	-200	200	-130	130	-132.5	182.5	192.5	200	530	391.266	
	90kg Open																
1	Beau Lunn	AR	90kg	88.6	37	237.5	-250	-250	147.5	-160	-160	272.5	287.5	-292.5	672.5	438.323	
	110kg Open																
1	Kenneth Coleman	AR	110kg	109.7	45	-350	350	370	212.5	-227.5	-227.5	-320	-320	320	902.5	535.072	564.501
2	Calvin Halfacre Jr	AR	110kg	107.4	26	-332.5	337.5	352.5	195	-207.5	-207.5	322.5	-342.5	-342.5	870	520.015	
	Men Classic Raw Powerlifting		Submaster														
	90kg Submaster																
1	Beau Lunn	AR	90kg	88.6	37	237.5	-250	-250	147.5	-160	-160	272.5	287.5	-292.5	672.5	438.323	
	125kg Submaster																
1	Scott Baquet	IL	125kg	123.3	37	227.5	240	250	137.5	142.5	147.5	277.5	290	-295	687.5	391.348	
	Men Classic Raw Powerlifting		Master														
	110kg Master 45-49																
1	Kenneth Coleman	AR	110kg	109.7	45	-350	350	370	212.5	-227.5	-227.5	-320	-320	320	902.5	535.072	564.501

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Master 55-59																
1	Richard Jimerson	MO	110kg	109.6	57	175	175	185	130	132.5	142.5	160	170	182.5	500	296.54	376.013
	140kg Master 55-59																
1	Greg Jirak	KS	140kg	136.6	57	140	142.5	142.5	135	137.5	140	135	137.5	145	417.5	230.4	292.147
	Men Single Ply Powerlifting				Junior												
	100kg Jr 18-19																
1	Jacob Van Camp	MO	100kg	97	19	192.5	205	205	115	127.5	137.5	180	195	200	530	330.652	
	Women Raw Bench Only				Open												
	75kg Open																
1	Tabetha Held	MO	75kg	74.3	52				92.5	97.5	102.5				97.5	95.436	111.183
	Women Raw Bench Only				Master												
	75kg Master 50-54																
1	Tabetha Held	MO	75kg	74.3	52				92.5	97.5	102.5				97.5	95.436	111.183
	Men Raw Bench Only				Open												
	110kg Open																
1	Terry Held	MO	110kg	106.8	51				190	200	205				200	119.806	137.418
	Men Raw Bench Only				Master												
	110kg Master 50-54																
1	Terry Held	MO	110kg	106.8	51				190	200	205				200	119.806	137.418
	Men Single Ply Bench Only				Open												
	125kg Open																
DQ	Luke Mccoskey	MO	125kg	124.2	31				175	175	175				0	0	
	Men Raw Deadlift Only				Junior												
	75kg Jr 16-17																
1	Jonathan Schukai	KS	75kg	73.6	17							192.5	200	202.5	200	145.242	
	82.5kg Jr 20-23																
1	Justin Lopez	MO	82.5kg	81.2	21							205	227.5	237.5	237.5	162.35	

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Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Push-Pull			Junior													
75kg Jr 13-15																
1	Zoi North	MO	75kg	69.9	14			42.5	45	50	100	107.5	115	160	161.931	
Women Raw Push-Pull			Open													
75kg Open																
1	Zoi North	MO	75kg	69.9	14			42.5	45	50	100	107.5	115	160	161.931	
Women Raw Push-Pull			Submaster													
100kg Submaster																
1	Amy Forbeck	IL	100kg	98.4	36			55	60	60	147.5	155	165	215	184.636	
Women Raw Push-Pull			Master													
75kg Master 55-59																
1	Abby Volmer	MO	75kg	72.4	58			40	42.5	45	80	82.5	85	127.5	126.555	108.922
110+ Master 40-44																
1	Kristy Mccaskil	MO	110+	133.1	40			70	87.5	90	125	142.5	150	232.5	181.939	111.511

Best Lifters																	
Name		Equip	Events	Comp	Sex											Record Color Codes	
Sean O'Connor		Raw	PL	Jr	Men											State	
Megan Thompson		Raw	PL	Open	Women											National	
John Clapper		Raw	PL	Open	Men												
Tabetha Held		Raw	PL	Master	Women												
Terry Held		Raw	PL	Master	Men												
Meet Director:		Frankie Murrieta and Sheena Hodges															
Referees																	
International:		Linda Ray, Jim Bell															
National:		Frankie Murrieta, Sheena Hodges, Ed Finnell, Phyllis Finnel															
State:		Nicole Stone, Darion Kelly, Chanel Wade, Becky Hammon															
Spotter/Loaders:		Brian Newsome, Aaron Householder, Ashley Thomas, Dustin Thomas, Robert Elliot, Jonathan Berry, Logan Berry, Jaden Just															