

USPA Female Feats of Strength May 2, 2021 Columbus, OH

| | 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 16-17 | | | | | | | | | | | | | | | | |
| 1 | Sophia Ostrander | MI | 56kg | 54.5 | 17 | 80 | 80 | 82.5 | 55 | 57.5 | 57.5 | 100 | 105 | 107.5 | 237.5 | 280.33 | |
| | 75kg Jr 20-23 | | | | | | | | | | | | | | | | |
| 1 | Carley Ladu | OH | 75kg | 71.9 | 22 | 115 | 122.5 | 127.5 | 62.5 | 67.5 | 70 | 132.5 | 140 | 147.5 | 345 | 343.743 | |
| DQ | Kaitlyn Zell | OH | 75kg | 73.2 | 21 | 92.5 | 100 | 107.5 | 55 | 60 | 62.5 | 102.5 | 112.5 | 135 | 0 | 0 | |
| | Women Raw Powerlifting | | | Open | | | | | | | | | | | | | |
| | 48kg Open | | | | | | | | | | | | | | | | |
| 1 | Kendra Newhart | IN | 48kg | 47.0 | 31 | 37.5 | 50 | 57.5 | 30 | 35 | 37.5 | 67.5 | 75 | 80 | 167.5 | 219.519 | |
| 2 | Dawn Barngrover | IN | 48kg | 45.9 | 42 | 30 | 35 | 40 | 30 | 35 | 35 | 65 | 70 | 70 | 145 | 193.412 | |
| | 52kg Open | | | | | | | | | | | | | | | | |
| 1 | Shannon Castiglione | OH | 52kg | 51.0 | 43 | 82.5 | 82.5 | 87.5 | 47.5 | 47.5 | 50 | 105 | 105 | 120 | 255 | 315.069 | 324.837 |
| | 56kg Open | | | | | | | | | | | | | | | | |
| 1 | Magnolia Centeno | HI | 56kg | 55.1 | 46 | 95 | 102.5 | 105 | 60 | 62.5 | 65 | 147.5 | 155 | 155 | 315 | 369.082 | 394.18 |
| 2 | Sophia Ostrander | MI | 56kg | 54.5 | 17 | 80 | 80 | 82.5 | 55 | 57.5 | 57.5 | 100 | 105 | 107.5 | 237.5 | 280.33 | |
| | 60kg Open | | | | | | | | | | | | | | | | |
| 1 | Emily Grant | OH | 60kg | 59.8 | 31 | 110 | 115 | 120 | 75 | 80 | 80 | 147.5 | 155 | 162.5 | 357.5 | 397.142 | |
| 2 | Jillian Bendt | OH | 60kg | 58.9 | 27 | 85 | 95 | 102.5 | 57.5 | 62.5 | 65 | 132.5 | 142.5 | 147.5 | 297.5 | 333.692 | |
| | 67.5kg Open | | | | | | | | | | | | | | | | |
| 1 | Somer Brown | OH | 67.5kg | 64.4 | 19 | 112.5 | 122.5 | 127.5 | 62.5 | 67.5 | 70 | 117.5 | 130 | 137.5 | 327.5 | 347.587 | |
| 2 | Maria Mata Tovar | OH | 67.5kg | 66.0 | 31 | 90 | 95 | 102.5 | 42.5 | 42.5 | 42.5 | 92.5 | 102.5 | 112.5 | 247.5 | 258.884 | |
| 3 | Kelly Vandame | IN | 67.5kg | 67.3 | 31 | 85 | 90 | 90 | 40 | 47.5 | 47.5 | 97.5 | 105 | 112.5 | 230 | 237.858 | |
| | 75kg Open | | | | | | | | | | | | | | | | |
| 1 | Kristen Wilbanks | OH | 75kg | 72.9 | 25 | 132.5 | 142.5 | 147.5 | 75 | 82.5 | 90.0 | 145 | 155 | 160 | 397.5 | 393.083 | |
| 2 | Sarah Maple | OH | 75kg | 72.3 | 31 | 117.5 | 130 | 137.5 | 60 | 67.5 | 72.5 | 125 | 137.5 | 150 | 352.5 | 350.152 | |
| 3 | Kirsten Coleman | OH | 75kg | 73.5 | 26 | 102.5 | 102.5 | 102.5 | 62.5 | 70.0 | 72.5 | 120 | 127.5 | 137.5 | 312.5 | 307.663 | |
| 4 | Taylor Trimble | OH | 75kg | 71.9 | 28 | 102.5 | 107.5 | 112.5 | 52.5 | 55 | 60 | 120 | 132.5 | 140 | 300 | 298.907 | |
| 5 | Shannon Szelog | OH | 75kg | 72.5 | 35 | 75 | 80 | 85 | 42.5 | 50 | 55 | 105 | 117.5 | 125 | 260 | 257.88 | |
| 6 | Emilie Kennedy | IN | 75kg | 74.7 | 43 | 75 | 82.5 | 82.5 | 45 | 50.0 | 55.0 | 90 | 97.5 | 107.5 | 222.5 | 217.17 | |
| DQ | Noelani Lopez | OH | 75kg | 69.3 | 24 | 87.5 | 87.5 | 92.5 | 42.5 | 50 | 55 | 105 | 115 | 122.5 | 0 | 0 | |
| DQ | Rhobie Bentley | IN | 75kg | 73.9 | 34 | 80 | 85 | 85 | 55 | 60 | 67.5 | --- | --- | --- | 0 | 0 | |

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| | Name | State | Class | Weight | Age | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | DL1 | DL2 | DL3 | Total Kg | Dots Total | McC Total |
|----|------------------------|-------|--------|--------|-----|------------------|----------------|------------------|-----------------|-----------------|-----------------|----------------|------------------|------------------|----------|------------|-----------|
| | 82.5kg Open | | | | | | | | | | | | | | | | |
| 1 | Fayelyn Kamiko | HI | 82.5kg | 79.8 | 44 | 130 | 137.5 | 145 | 62.5 | 67.5 | 72.5 | 162.5 | 175 | 182.5 | 400 | 377.371 | 393.598 |
| 2 | Donna Weidow | MT | 82.5kg | 81.2 | 47 | 130 | 140 | 142.5 | 72.5 | 75.0 | 80.0 | 140 | 152.5 | 160 | 375 | 350.752 | 379.514 |
| | | | | | | | | | | | | | | (162.5) | | | |
| 3 | Sarah Williamson | PA | 82.5kg | 75.1 | 34 | 115 | 127.5 | 137.5 | 60 | 65.0 | 70.0 | 142.5 | 150 | 157.5 | 350 | 340.652 | |
| 4 | Amy Faeth | OH | 82.5kg | 82.5 | 31 | 120 | 122.5 | 127.5 | 60 | 62.5 | 67.5 | 120 | 130 | 137.5 | 332.5 | 308.603 | |
| 5 | Calypso Moore | PA | 82.5kg | 78.2 | 27 | 105 | 110 | 112.5 | 60 | 60.0 | 62.5 | 137.5 | 140 | 142.5 | 315 | 300.228 | |
| 6 | Jacquelyn Schaefer | OH | 82.5kg | 80.8 | 37 | 92.5 | 100 | 100 | 55 | 60.0 | 65.0 | 122.5 | 135 | 142.5 | 300 | 281.284 | |
| | 90kg Open | | | | | | | | | | | | | | | | |
| 1 | Cara Boss | OH | 90kg | 88.8 | 28 | 177.5 | 190 | 197.5 | 97.5 | 105 | 110 | 190 | 210 | 227.5 | 517.5 | 464.125 | |
| 2 | Donnie Rogers | HI | 90kg | 89.5 | 49 | 150 | 160 | 167.5 | 72.5 | 85 | 92.5 | 145 | 157.5 | 172.5 | 432.5 | 386.535 | 430.214 |
| 3 | Christina Ullman | OH | 90kg | 85.6 | 50 | 127.5 | 127.5 | 135 | 70 | 75 | 77.5 | 150 | 157.5 | 161 | 363.5 | 331.521 | 374.619 |
| 4 | Kimberly Daly | IN | 90kg | 85.4 | 50 | 57.5 | 65 | 72.5 | 37.5 | 45 | 45 | 75 | 85 | 97.5 | 200 | 182.604 | |
| | SHW Open | | | | | | | | | | | | | | | | |
| 1 | Deann Mason | OH | SHW | 127 | 46 | 165 | 180 | 190 | 75 | 92.5 | --- | 165 | 180 | 190 | 462.5 | 365.648 | 390.512 |
| 2 | Ana Wallace | IN | SHW | 164.1 | 30 | 135 | 147.5 | 155 | 67.5 | 75 | 77.5 | 130 | 140 | 145 | 375 | 290.273 | |
| 3 | Virginia Green | OH | SHW | 130.9 | 37 | 105 | 115 | 122.5 | 77.5 | 87.5 | 87.5 | 147.5 | 160 | 170 | 370 | 290.527 | |
| 4 | Jess White | OH | SHW | 95.4 | 30 | 120 | 127.5 | 137.5 | 65 | 72.5 | 77.5 | 132.5 | 142.5 | 142.5 | 357.5 | 310.884 | |
| 5 | Tiffany Yoro | HI | SHW | 100.1 | 49 | 120 | 130 | 132.5 | 62.5 | 70 | 75 | 137.5 | 147.5 | 152.5 | 355 | 302.82 | 337.039 |
| 6 | Bre Blankenship | OH | SHW | 111.5 | 24 | 127.5 | 140 | 145 | 55 | 60 | 65 | 135 | 142.5 | 157.5 | 345 | 283.108 | |
| 7 | Evan Schultz | OH | SHW | 98.5 | 25 | 102.5 | 110 | 117.5 | 57.5 | 65 | 70 | 135 | 145 | 152.5 | 327.5 | 281.134 | |
| 8 | Christine Benintend | OH | SHW | 106.0 | 52 | 70 | 75 | 75 | 40 | 42.5 | 47.5 | 85 | 90 | 97.5 | 215 | 179.521 | 209.142 |
| 9 | Jessica Veach | IN | SHW | 95.1 | 34 | 45 | 57.5 | 67.5 | 42.5 | 50 | 57.5 | 65 | 80 | 87.5 | 212.5 | 185.032 | |
| 10 | Brittany Hall | IN | SHW | 110.8 | 31 | 55 | 62.5 | 70 | 47.5 | 50 | 50 | 75 | 80 | 87.5 | 207.5 | 170.63 | |
| DQ | Teresa Johnson | OH | SHW | 111.9 | 47 | 160 | --- | --- | --- | --- | --- | --- | --- | --- | 0 | 0 | 0 |
| | Women Raw Powerlifting | | | | | | | | | | | | | | | | |
| | Submaster | | | | | | | | | | | | | | | | |
| | 67.5kg Submaster | | | | | | | | | | | | | | | | |
| 1 | Rachael Schreiber | OH | 67.5kg | 66.6 | 37 | 117.5 | 127.5 | 137.5 | 67.5 | 70 | 72.5 | 130 | 140 | 145 | 342.5 | 356.36 | |
| | 82.5kg Submaster | | | | | | | | | | | | | | | | |
| 1 | Jacquelyn Schaefer | OH | 82.5kg | 80.8 | 37 | 92.5 | 100 | 100 | 55 | 60.0 | 65.0 | 122.5 | 135 | 142.5 | 300 | 281.284 | |
| | SHW Submaster | | | | | | | | | | | | | | | | |
| 1 | Meliame Kawaa | HI | SHW | 121.9 | 37 | 160 | 160 | 172.5 | 67.5 | 82.5 | 87.5 | 167.5 | 182.5 | 190 | 425 | 339.531 | |
| 2 | Virginia Green | OH | SHW | 130.9 | 37 | 105 | 115 | 122.5 | 77.5 | 87.5 | 87.5 | 147.5 | 160 | 170 | 370 | 290.527 | |

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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 Powerlifting | | | Master | | | | | | | | | | | | | |
| | 52kg Master 40-44 | | | | | | | | | | | | | | | | |
| 1 | Shannon Castiglione | OH | 52kg | 51.0 | 43 | 82.5 | 82.5 | 87.5 | 47.5 | 47.5 | 50 | 105 | 105 | 120 | 255 | 315.069 | 324.837 |
| | 56kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Magnolia Centeno | HI | 56kg | 55.1 | 46 | 95 | 102.5 | 105 | 60 | 62.5 | 65 | 147.5 | 155 | 155 | 315 | 369.082 | 394.18 |
| | 60kg Master 40-44 | | | | | | | | | | | | | | | | |
| 1 | Jamie Wlodyka | OH | 60kg | 59.1 | 40 | 67.5 | 75 | 80 | 37.5 | 42.5 | 45 | 82.5 | 92.5 | 97.5 | 217.5 | 243.432 | 243.432 |
| | 82.5kg Master 40-44 | | | | | | | | | | | | | | | | |
| 1 | Fayelyn Kamiko | HI | 82.5kg | 79.8 | 44 | 130 | 137.5 | 145 | 62.5 | 67.5 | 72.5 | 162.5 | 175 | 182.5 | 400 | 377.371 | 393.598 |
| | 82.5kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Donna Weidow | MT | 82.5kg | 81.2 | 47 | 130 | 140 | 142.5 | 72.5 | 75.0 | 80.0 | 140 | 152.5 | 160 (162.5) | 375 | 350.752 | 379.514 |
| | 90kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Donnie Rogers | HI | 90kg | 89.5 | 49 | 150 | 160 | 167.5 | 72.5 | 85 | 92.5 | 145 | 157.5 | 172.5 | 432.5 | 386.535 | 430.214 |
| | 90kg Master 50-54 | | | | | | | | | | | | | | | | |
| 1 | Christina Ullman | OH | 90kg | 85.6 | 50 | 127.5 | 127.5 | 135 | 70 | 75 | 77.5 | 150 | 157.5 | 161 | 363.5 | 331.521 | 374.619 |
| | SHW Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Deann Mason | OH | SHW | 127 | 46 | 165 | 180 | 190 | 75 | 92.5 | --- | 165 | 180 | 190 | 462.5 | 365.648 | 390.512 |
| 2 | Tiffany Yoro | HI | SHW | 100.1 | 49 | 120 | 130 | 132.5 | 62.5 | 70 | 75 | 137.5 | 147.5 | 152.5 | 355 | 302.82 | 337.039 |
| DQ | Teresa Johnson | OH | SHW | 111.9 | 47 | 160 | --- | --- | --- | --- | --- | --- | --- | --- | 0 | 0 | 0 |
| | SHW Master 50-54 | | | | | | | | | | | | | | | | |
| 1 | Christine Benintend | OH | SHW | 106.0 | 52 | 70 | 75 | 75 | 40 | 42.5 | 47.5 | 85 | 90 | 97.5 | 215 | 179.521 | 209.142 |
| | Women Classic Raw Powerlifting | | | Open | | | | | | | | | | | | | |
| | 67.5kg Open | | | | | | | | | | | | | | | | |
| 1 | Brittany Turpchinoff | IN | 67.5kg | 63.1 | 32 | 117.5 | 127.5 | 127.5 | 55 | 60 | 62.5 | 125 | 137.5 | 142.5 | 320 | 343.833 | |
| | 90kg Open | | | | | | | | | | | | | | | | |
| 1 | Tiffany Wolfe | OH | 90kg | 88.7 | 29 | 142.5 | 142.5 | 152.5 | 82.5 | 90.0 | 92.5 | 145 | 157.5 | 167.5 | 412.5 | 370.142 | |

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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 Bench Only | | | Open | | | | | | | | | | | | | |
| | 75kg Open | | | | | | | | | | | | | | | | |
| 1 | Amanda Trout | OH | 75kg | 73.0 | 29 | | | | 67.5 | 72.5 | 75.0 | | | | 75 | 74.112 | |
| | 90kg Open | | | | | | | | | | | | | | | | |
| 1 | Donnie Rogers | HI | 90kg | 89.5 | 49 | | | | 72.5 | 85 | 92.5 | | | | 92.5 | 82.669 | 92.011 |
| 2 | Christina Ullman | OH | 90kg | 85.6 | 50 | | | | 70 | 75 | 77.5 | | | | 75 | 68.402 | 77.294 |
| | SHW Open | | | | | | | | | | | | | | | | |
| 1 | Virginia Green | OH | SHW | 130.9 | 37 | | | | 77.5 | 87.5 | 87.5 | | | | 77.5 | 60.854 | |
| | Women Raw Bench Only | | | Submaster | | | | | | | | | | | | | |
| | SHW Submaster | | | | | | | | | | | | | | | | |
| 1 | Virginia Green | OH | SHW | 130.9 | 37 | | | | 77.5 | 87.5 | 87.5 | | | | 77.5 | 60.854 | |
| | Women Raw Bench Only | | | Master | | | | | | | | | | | | | |
| | 90kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Donnie Rogers | HI | 90kg | 89.5 | 49 | | | | 72.5 | 85 | 92.5 | | | | 92.5 | 82.669 | 92.011 |
| | 90kg Master 50-54 | | | | | | | | | | | | | | | | |
| 1 | Christina Ullman | OH | 90kg | 85.6 | 50 | | | | 70 | 75 | 77.5 | | | | 75 | 68.402 | 77.294 |
| | Women Raw Deadlift Only | | | Open | | | | | | | | | | | | | |
| | 75kg Open | | | | | | | | | | | | | | | | |
| 1 | Amanda Trout | OH | 75kg | 73.0 | 29 | | | | | | | 130 | 137.5 | 145 | 145 | 143.282 | |
| | 90kg Open | | | | | | | | | | | | | | | | |
| 1 | Donnie Rogers | HI | 90kg | 89.5 | 49 | | | | | | | 145 | 157.5 | 172.5 | 172.5 | 154.167 | 171.588 |
| 2 | Christina Ullman | OH | 90kg | 85.6 | 50 | | | | | | | 150 | 157.5 | 161 | 161 | 146.836 | 165.925 |
| | SHW Open | | | | | | | | | | | | | | | | |
| 1 | Virginia Green | OH | SHW | 130.9 | 37 | | | | | | | 147.5 | 160 | 170 | 170 | 133.485 | |
| | Women Raw Deadlift Only | | | Submaster | | | | | | | | | | | | | |
| | SHW Submaster | | | | | | | | | | | | | | | | |
| 1 | Virginia Green | OH | SHW | 130.9 | 37 | | | | | | | 147.5 | 160 | 170 | 170 | 133.485 | |

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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 Deadlift Only | | | Master | | | | | | | | | | | | | |
| | 90kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Donnie Rogers | HI | 90kg | 89.5 | 49 | | | | | | | 145 | 157.5 | 172.5 | 172.5 | 154.167 | 171.588 |
| | 90kg Master 50-54 | | | | | | | | | | | | | | | | |
| 1 | Christina Ullman | OH | 90kg | 85.6 | 50 | | | | | | | 150 | 157.5 | 161 | 161 | 146.836 | 165.925 |
| | Best Lifters | | | | | | | | | | | | | Record Color Codes | | | |
| | Cara Boss | Raw | PL | Open | Women | | | | | | | | | | | State | |
| | Donnie Rogers | Raw | PL | Master | Women | | | | | | | | | | | National | |
| | Meet Director: Chico Cloyne | | | | | | | | | | | | | | | | |
| | Referees | | | | | | | | | | | | | | | | |
| | International: Chico Cloyne | | | | | | | | | | | | | | | | |
| | National: Al Alvarado, Kylee Craig, Marty Klies, Sara Kelley, Donny Tudahl | | | | | | | | | | | | | | | | |
| | State: Becca Soto | | | | | | | | | | | | | | | | |
| | Spotter/Loaders: The Ohio University Powerlifting Team | | | | | | | | | | | | | | | | |