

## USPA Maui Powerlifting Championships 3 August 31, 2019 Kahului, HI

	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
<b>Women Raw Powerlifting</b>															
	52kg Jr 18-19														
1	Katrina Ceria	HI	52kg	51.2	19	127.5	65	152.5	345	435.252		281.1	143.3	336.2	760.6
	56kg Jr 20-23														
1	Nicole Jane Tagalicud	HI	56kg	56	21	82.5	40	95	217.5	255.911		181.9	88.2	209.4	479.5
	75kg Jr 20-23														
1	Amber Oho-Watt	HI	75kg	68.3	23	112.5	62.5	117.5	292.5	296.039		248	137.8	259	644.8
	90kg Jr 20-23														
1	Porsche Santiago	HI	90kg	88.7	23	140	65	140	345	299.943		308.6	143.3	308.6	760.6
	52kg Open														
1	Katrina Ceria	HI	52kg	51.2	19	127.5	65	152.5	345	435.252		281.1	143.3	336.2	760.6
	56kg Open														
1	Elena Dias	HI	56kg	56	37	80	62.5	117.5	260	305.916		176.4	137.8	259	573.2
	67.5kg Open														
1	Haleigh Romero	HI	67.5kg	65.2	25	120	72.5	155	347.5	363.728		264.6	159.8	341.7	766.1
2	Paola Rodelas	HI	67.5kg	67.4	32	127.5	70	150	347.5	355.041		281.1	154.3	330.7	766.1
	75kg Open														
1	Asinate Flores	HI	75kg	71.8	26	147.5	77.5	172.5	397.5	388.715		325.2	170.9	380.3	876.3
2	Amber Carranco	HI	75kg	69	26	130	85	150	365	366.752		286.6	187.4	330.7	804.7
3	Joy Duenas	HI	75kg	74	28	125	75	137.5	337.5	323.561		275.6	165.3	303.1	744.1
4	Evelyn Rubi	HI	75kg	74.3	28	117.5	70	127.5	315	301.235		259	154.3	281.1	694.4
5	Maribeth Seveses	HI	75kg	72.6	28	100	57.5	137.5	295	286.357		220.5	126.8	303.1	650.4
6	Amber Oho-Watt	HI	75kg	68.3	23	112.5	62.5	117.5	292.5	296.039		248	137.8	259	644.8
	82.5kg Open														
1	Noelle Tsutsui	HI	82.5kg	80.6	24	127.5	77.5	137.5	342.5	312.086		281.1	170.9	303.1	755.1
2	Naomi-Lynn Sonnier	AR	82.5kg	81.8	25	117.5	57.5	147.5	322.5	291.54		259	126.8	325.2	711
DQ	Elisa Aki	HI	82.5kg	80.5	28	117.5	0	122.5	0	0		259	0	270.1	0
	90kg Open														
1	Donnie Rogers	HI	90kg	89.7	48	170	85	167.5	422.5	365.589	401.051	374.8	187.4	369.3	931.4
2	Mahina Komeiji	HI	90kg	88.6	29	137.5	80	150	367.5	319.652		303.1	176.4	330.7	810.2
	SHW Open														
1	Gel Horner	CA	SHW	105.3	34	142.5	100	160	402.5	330.533		314.2	220.5	352.7	887.4
	56kg Submaster														
1	Elena Dias	HI	56kg	56	37	80	62.5	117.5	260	305.916		176.4	137.8	259	573.2
	60kg Master 50-54														
1	Pamela Kalehuawehe	HI	60kg	58.2	54	117.5	70	170	357.5	408.122	491.379	259	154.3	374.8	788.1

USPA Maui Powerlifting Championships 3 August 31, 2019 Kahului, HI

	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
	90kg Master 45-49														
1	Donnie Rogers	HI	90kg	89.7	48	170	85	167.5	422.5	365.589	401.051	374.8	187.4	369.3	931.4
<b>Men Raw Powerlifting</b>															
	56kg Jr 20-23														
1	Mark Anzalone	HI	56kg	55.9	20	152.5	112.5	195	460	419.474		336.2	248	429.9	1014.1
	82.5kg Jr 20-23														
1	Karlo Que	HI	82.5kg	77.5	22	197.5	125	227.5	550	383.295		435.4	275.6	501.5	1212.5
2	Ryan Ancheta	HI	82.5kg	80.3	21	192.5	110	197.5	500	340.55		424.4	242.5	435.4	1102.3
	125kg Jr 20-23														
1	Kainalu Mortel	HI	125kg	112.4	23	190	142.5	227.5	560	327.432		418.9	314.2	501.5	1234.6
	67.5kg Open														
1	Emerson Pascua	HI	67.5kg	67.2	29	165	120	207.5	492.5	381.097		363.8	264.6	457.5	1085.8
2	Marc Ben Quinsaas	HI	67.5kg	66.4	25	152.5	110	192.5	455	355.492		336.2	242.5	424.4	1003.1
3	Isaiah Sedino	HI	67.5kg	63.2	18	70	77.5	115	262.5	213.78		154.3	170.9	253.5	578.7
	75kg Open														
1	Marc-Anthony Ho	HI	75kg	75	31	215	150	265	630	448.938		474	330.7	584.2	1388.9
2	Troy Heisman	HI	75kg	73.8	29	187.5	140	217.5	545	392.782		413.4	308.6	479.5	1201.5
	82.5kg Open														
1	Ryan Ancheta	HI	82.5kg	80.3	21	192.5	110	197.5	500	340.55		424.4	242.5	435.4	1102.3
2	Lucas Kotaka	HI	82.5kg	80.6	26	157.5	112.5	207.5	477.5	324.461		347.2	248	457.5	1052.7
3	Theo-Den Boncales	HI	82.5kg	80.4	24	157.5	102.5	185	445	302.867		347.2	226	407.9	981
	90kg Open														
1	Dusty Flores	HI	90kg	88.5	23	205	167.5	232.5	605	389.62		451.9	369.3	512.6	1333.8
2	Reilly Pasion	HI	90kg	89.2	24	210	142.5	250	602.5	386.383		463	314.2	551.2	1328.3
3	Kyle Nakamura	HI	90kg	88.7	31	192.5	132.5	245	570	366.624		424.4	292.1	540.1	1256.6
4	Benjamin Chung	HI	90kg	88.9	27	160	117.5	220	497.5	319.594		352.7	259	485	1096.8
5	Brandon Navarro	HI	90kg	84.2	24	142.5	107.5	185	435	287.927		314.2	237	407.9	959
DQ	Ryan Glasgow	HI	90kg	82.9	29	0	0	0	0	0		0	0	0	0
	100kg Open														
1	Darrell Gunter	HI	100kg	99.1	25	260	185	275	720	439.776		573.2	407.9	606.3	1587.3
2	Jacob Morris	HI	100kg	97.9	25	255	160	265	680	417.452		562.2	352.7	584.2	1499.1
3	Conlan Casal	HI	100kg	99	25	215	150	272.5	637.5	389.576		474	330.7	600.8	1405.4
4	Sam Winders	HI	100kg	97.2	26	227.5	122.5	240	590	363.322		501.5	270.1	529.1	1300.7
5	Nigel Eharis	HI	100kg	99	31	217.5	125	242.5	585	357.494		479.5	275.6	534.6	1289.7
6	Jesus Madrigal	HI	100kg	95.2	27	225	122.5	230	577.5	358.88		496	270.1	507.1	1273.2
7	Brent Macadangdang	HI	100kg	99.6	28	215	132.5	220	567.5	345.948		474	292.1	485	1251.1
8	Tyson Tarumoto	HI	100kg	95	26	175	135	217.5	527.5	328.105		385.8	297.6	479.5	1162.9
9	Chester Alapai	HI	100kg	94.2	25	150	97.5	182.5	430	268.492		330.7	214.9	402.3	948
DQ	Colson Fernandez	HI	100kg	98.4	28	247.5	182.5	0	0	0		545.6	402.3	0	0

USPA Maui Powerlifting Championships 3 August 31, 2019 Kahului, HI

	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
	110kg Open														
1	Devin Kinney	HI	110kg	108.2	28	272.5	147.5	255	675	399.33		600.8	325.2	562.2	1488.1
2	Kerel Carter	HI	110kg	106.7	36	260	137.5	237.5	635	377.381		573.2	303.1	523.6	1399.9
	125kg Open														
1	Keith Flores Jr	HI	125kg	121.7	28	325	182.5	282.5	790	452.749		716.5	402.3	622.8	1741.6
2	Scott Roland	HI	125kg	122.3	33	240	200	330	770	440.825		529.1	440.9	727.5	1697.5
3	Arlen Cabrinha III	HI	125kg	114.9	25	170	107.5	165	442.5	257.181		374.8	237	363.8	975.5
4	Christopher Alapai	HI	125kg	121	19	155	100	182.5	437.5	251.038		341.7	220.5	402.3	964.5
	SHW Open														
1	Colten Brittain-Keponi	HI	SHW	154.4	24	235	125	227.5	587.5	323.713		518.1	275.6	501.5	1295.2
	56kg Submaster														
1	Nowel Aningat	HI	56kg	53.8	34	95	65	147.5	307.5	291.326		209.4	143.3	325.2	677.9
	67.5kg Submaster														
1	Joshua Dapitan	HI	67.5kg	66.7	37	170	110	185	465	362.003		374.8	242.5	407.9	1025.1
								4th: 192.5							
	110kg Submaster														
1	Kerel Carter	HI	110kg	106.7	36	260	137.5	237.5	635	377.381		573.2	303.1	523.6	1399.9
Best Lifters:															
Open Women PL: Katrina Ceria															
Open Men PL: Keith Flores Jr.															
Thank you to our referees:															
International: Darren Matsumoto and Leonetta Richardson															
National: Susan Salazar and Ren Yamashita															
State: Jodie Sajor, Mike Wong, Mahealani Strong, Mike Kimura, Nicole Daoang and Luvi Agpaoa															
Meet Directors: Darren Matsumoto and Leonetta Richardson															
Thank you to our spotters and loaders:															
Justin Sajor, Uilani Seki, Gilbert Shibao, Junior Shibao, Kimo Cabajar, Tyler Ordonez, and Jequille Lyles.															
Special thank you to Ho'omana Barbell for graciously hosting this meet and making it a huge success.															