

USPA America's Strongest Veteran August 3, 2019 Tysons Corner, VA

	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>															
	82.5kg Open														
1	Mona Espinosa	VA	82.5kg	76.8	38	87.5	75.5	116.5	279.5	261.864		192.9	166.4	256.8	616.2
	82.5kg Submaster														
1	Mona Espinosa	VA	82.5kg	76.8	38	87.5	75.5	116.5	279.5	261.864		192.9	166.4	256.8	616.2
<b>Men Raw Powerlifting</b>															
	75kg Jr 18-19														
1	Ben Marks	MD	75kg	73.8	19	167.5	105	200	472.5	340.531		369.3	231.5	440.9	1041.7
	90kg Jr 20-23														
DQ	Kaleb Crane	VA	90kg	87.3	23	230	0	270	0	0		507.1	0	595.2	0
	90kg Open														
1	John Huderson	NC	90kg	88.8	25	247.5	150	292.5	690	443.532		545.6	330.7	644.8	1521.2
2	Misha Vessali	MD	90kg	87.8	24	170	122.5	210	502.5	324.967		374.8	270.1	463	1107.8
DQ	Kaleb Crane	VA	90kg	87.3	23	230	0	270	0	0		507.1	0	595.2	0
	100kg Submaster														
1	Eric Stephens	IA	100kg	99.4	36	240	150	270	660	402.666		529.1	330.7	595.2	1455
<b>Women Classic Raw Powerlifting</b>															
	75kg Open														
1	Marie Ramos	MD	75kg	71.1	34	80	70	117.5	267.5	263.3		176.4	154.3	259	589.7
<b>Men Classic Raw Powerlifting</b>															
	90kg Open														
1	Julian Garcia	VA	90kg	88.6	37	227.5	142.5	240	610	392.596		501.5	314.2	529.1	1344.8
	100kg Open														
1	Adam Banotai	PA	100kg	98.3	36	247.5	170	255	672.5	412.175		545.6	374.8	562.2	1482.6
2	Nathanael Calloway	VA	100kg	99.5	24	230	170	225	625	381.125		507.1	374.8	496	1377.9
3	Layne Watson	VA	100kg	98.4	26	215	150	230	595	364.497		474	330.7	507.1	1311.7
	125kg Open														
1	Broc Townsend	DE	125kg	111.8	32	225	182.5	280	687.5	402.6		496	402.3	617.3	1515.7
	90kg Submaster														
1	Julian Garcia	VA	90kg	88.6	37	227.5	142.5	240	610	392.596		501.5	314.2	529.1	1344.8

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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
<b>Women Raw Bench Only</b>															
	75kg Open														
1	Marie Ramos	MD	75kg	71.1	34		70		70	68.901			154.3		154.3
	82.5kg Open														
1	Mona Espinosa	VA	82.5kg	76.8	38		75.5		75.5	70.736			166.4		166.4
<b>Women Raw Bench Only</b>															
	82.5kg Submaster														
1	Mona Espinosa	VA	82.5kg	76.8	38		75.5		75.5	70.736			166.4		166.4
<b>Men Raw Bench Only</b>															
	90kg Open														
1	Don Burris	CO	90kg	86.5	49		120		120	78.228	87.068		264.6		264.6
	100kg Open														
1	Nathanael Calloway	VA	100kg	99.5	24		170		170	103.666			374.8		374.8
	125kg Open														
1	Sean Dewey	VA	125kg	122	40		230		230	131.744	131.744		507.1		507.1
	90kg Master 45-49														
1	Don Burris	CO	90kg	86.5	49		120		120	78.228	87.068		264.6		264.6
	125kg Master 40-44														
1	Sean Dewey	VA	125kg	122	40		230		230	131.744	131.744		507.1		507.1
	140kg Master 50-54														
1	Hakim Shakir	VA	140kg	128.9	54		177.5		177.5	100.554	121.067		391.3		391.3
<b>Women Raw Deadlift Only</b>															
	82.5kg Open														
1	Mona Espinosa	VA	82.5kg	76.8	38			116.5	116.5	109.149				256.8	256.8
	82.5kg Submaster														
1	Mona Espinosa	VA	82.5kg	76.8	38			116.5	116.5	109.149				256.8	256.8

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	Best Lifters:														
	Open Men Classic Raw: Adam Bonata														
	Meet Director: Ken Stewart														
	Thank you to our referees:														
	National: Ethan Dew, Christopher Neville and Gary Perlow														
	State: Luke Selover														
	Thank you to our spotters and loaders:														
	Dustin Payne, Andrew Tran, David Nguyen and Brian Johnson														