

USPA Tested Jack Kings Gym Powerlifting Championship November 16, 2024 Winston-Salem, North Carolina

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 20-23																			
1	Kendra Delgado	NC	56kg	54	22	87.5	95	100	47.5	57.5	<del>60</del>	87.5	97.5	105	262.5	311.776			
								(105)											
Women Raw Powerlifting			Open																
56kg Open																			
1	Kendra Delgado	NC	56kg	54	22	87.5	95	100	47.5	57.5	<del>60</del>	87.5	97.5	105	262.5	311.776			
								(105)											
67.5kg Open																			
1	Tania Alyna Mendez	NC	67.5kg	64.30	30	122.5	130	<del>140</del>	50	52.5	57.5	122.5	132.5	140	327.5	347.911			
2	Sabrina Frijia		67.5kg	60.25	32	117.5	122.5	130	50	55	60	107.5	115	122.5	312.5	345.514			
3	Alisha Korba	NC	67.5kg	63.60	27	80	85	<del>87.5</del>	37.5	42.5	<del>45</del>	115	122.5	127.5	255	272.684			
75kg Open																			
1	Kelsey Rookstool	NC	75kg	72	29	92.5	100	<del>105</del>	47.5	<del>55</del>	<del>---</del>	112.5	117.5	122.5	270	268.812			
DQ	Alicia Money	NC	75kg	73.6	28	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0			
82.5kg Open																			
1	Erin Brewer	NC	82.5kg	76.15	28	80	90	95	47.5	55	<del>60</del>	100	112.5	<del>120</del>	262.5	253.636			
90kg Open																			
1	Carina Mone	NC	90kg	88.35	42	110	120	127.5	75	80	<del>85</del>	120	135	145	352.5	316.865	323.203		
2	Shea Gallagher	NC	90kg	88.85	27	<del>95</del>	95	100	52.5	57.5	<del>65</del>	117.5	127.5	140	297.5	266.749			
100kg Open																			
1	Miracle Collier	NC	100kg	96.5	28	125	137.5	150	77.5	87.5	92.5	147.5	155	165	407.5	352.703			
2	Tristyn Mobley	NC	100kg	98.9	25	125	132.5	137.5	80	<del>87.5</del>	<del>87.5</del>	145	152.5	<del>160</del>	370	317.109			
Women Raw Powerlifting			Submaster																
100kg Submaster																			
1	Mary Burton	NC	100kg	94.2	35	102.5	115	125	70	77.5	<del>82.5</del>	130	140	145	347.5	303.783			
Women Raw Powerlifting			Master																
90kg Master 40-44																			
1	Carina Mone	NC	90kg	88.35	42	110	120	127.5	75	80	<del>85</del>	120	135	145	352.5	316.865	323.203		
110+ Master 45-49																			
1	Kara Duncan	NC	110+	122.10	46	102.5	110	117.5	55	60	<del>65</del>	130	142.5	147.5	325	259.526	277.174		

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Men Raw Powerlifting				Junior													
67.5kg Jr 20-23																	
1	Aaron Urrea	NC	67.5kg	66.8	23	197.5	200	202.5 (207.5)	132.5	142.5	<del>150</del>	215	227.5	240 (245)	585	454.316	
82.5kg Jr 16-17																	
1	Naziah Rice	NC	82.5kg	80.9	17	197.5	205	<del>207.5</del>	110	<del>117.5</del>	<del>120</del>	197.5	<del>205</del>	205	520	356.224	
2	Ethan Richardson	NC	82.5kg	76	17	122.5	132.5	<del>145</del>	75	85	95	155	170	182.5	410	291.684	
90kg Jr 18-19																	
1	James Este	NC	90kg	88.5	18	<del>150</del>	165	182.5	105	117.5	122.5	180	200	227.5	532.5	347.276	
90kg Jr 20-23																	
1	Devin Avakian		90kg	89.7	21	160	175	185	115	120	<del>127.5</del>	205	215	<del>230</del>	520	336.799	
100kg Jr 20-23																	
1	John Norris	NC	100kg	92.3	20	212.5	222.5	<del>232.5</del>	160	<del>165</del>	167.5	210	225	235	625	399.112	
Men Raw Powerlifting				Open													
67.5kg Open																	
1	Aaron Urrea	NC	67.5kg	66.8	23	197.5	200	202.5 (207.5)	132.5	142.5	<del>150</del>	215	227.5	240 (245)	585	454.316	
75kg Open																	
1	Michael Joyner	NC	75kg	74.9	25	210	217.5	225 (230)	137.5	147.5	152.5	230	242.5	<del>252.5</del>	620	445.181	
90kg Open																	
1	Andres Palma	CA	90kg	89.8	24	225	235	<del>265</del>	155	165	<del>170</del>	222.5	237.5	250	650	420.762	
2	Michael Hutson	NC	90kg	89.1	28	175	187.5	195	125	135	<del>145</del>	205	217.5	227.5	557.5	362.322	
100kg Open																	
1	Wesley Wright	NC	100kg	98.9	32	227.5	240	250	150	160	167.5	227.5	240	252.5	670	414.391	
2	John Norris	NC	100kg	92.3	20	212.5	222.5	<del>232.5</del>	160	<del>165</del>	167.5	210	225	235	625	399.112	
3	Ryan Sizemore	SC	100kg	97.5	32	172.5	185	<del>195</del>	130	142.5	145	212.5	230	<del>235</del>	560	348.559	
110kg Open																	
1	Michael Russell	NC	110kg	100.1	25	270	282.5	292.5	177.5	187.5	<del>192.5</del>	295	312.5	320	800	492.2	
DQ	Scott Dennard	NC	110kg	108.5	28	182.5	187.5	200	<del>115</del>	<del>115</del>	<del>115</del>	215	<del>227.5</del>	<del>235</del>	0	0	
125kg Open																	
1	Jarvis Taylor	NC	125kg	122.3	30	232.5	<del>237.5</del>	<del>237.5</del>	170	<del>177.5</del>	<del>177.5</del>	215	230	<del>232.5</del>	632.5	360.988	

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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 Open																
1	Nathan Gronewoller	NC	140kg	133.9	33	<del>260</del>	260	282.5	160	<del>175</del>	<del>175</del>	265	275	285	727.5	403.8	
	Men Raw Powerlifting		Submaster														
	100kg Submaster																
1	Brian Mcnew	SC	100kg	98.4	39	150	160	165	100	<del>107.5</del>	<del>---</del>	175	187.5	197.5	462.5	286.695	
	Women Raw Bench Only		Junior														
	56kg Jr 20-23																
1	Kendra Delgado	NC	56kg	54	22				47.5	57.5	<del>60</del>				57.5	68.294	
	Women Raw Bench Only		Open														
	56kg Open																
1	Kendra Delgado	NC	56kg	54	22				47.5	57.5	<del>60</del>				57.5	68.294	
	90kg Open																
1	Carina Mone	NC	90kg	88.35	42				75	80	<del>85</del>				80	71.913	73.351
	Women Raw Bench Only		Master														
	90kg Master 40-44																
1	Carina Mone	NC	90kg	88.35	42				75	80	<del>85</del>				80	71.913	73.351
	Men Raw Bench Only		Junior														
	67.5kg Jr 20-23																
1	Aaron Urrea	NC	67.5kg	66.8	23				132.5	142.5	<del>150</del>				142.5	110.667	
	125kg Jr 18-19																
DQ	Tyler Anton		125kg	118.2	18				<del>175</del>	<del>175</del>	<del>175</del>				0	0	
	Men Raw Bench Only		Open														
	67.5kg Open																
1	Aaron Urrea	NC	67.5kg	66.8	23				132.5	142.5	<del>150</del>				142.5	110.667	
	75kg Open																
1	Michael Joyner	NC	75kg	74.9	25				137.5	147.5	152.5				152.5	109.5	
	90kg Open																
1	Andres Palma	CA	90kg	89.8	24				155	165	<del>170</del>				165	106.809	

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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				Junior													
1	Kendra Delgado	NC	56kg	54	22							87.5	97.5	105	105	124.71	
Women Raw Deadlift Only				Open													
1	Kendra Delgado	NC	56kg	54	22							87.5	97.5	105	105	124.71	
Men Raw Deadlift Only				Junior													
1	Aaron Urrea	NC	67.5kg	66.8	23							215	227.5	240 (245)	240	186.386	
Men Raw Deadlift Only				Open													
1	Aaron Urrea	NC	67.5kg	66.8	23							215	227.5	240 (245)	240	186.386	
1	Scott Dennard	NC	110kg	108.5	28							215	<del>-227.5</del>	<del>-</del>	215	128.004	
Men Raw Push-Pull				Junior													
1	Christopher Rosillo		90kg	88.2	22				115	122.5	<del>-135</del>	167.5	185	<del>-192.5</del>	307.5	200.892	
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Aaron Urrea		Raw	PL	Jr	Men							National					
Miracle Collier		Raw	PL	Open	Women												
Michael Russell		Raw	PL	Open	Men												
Meet Director:		Brandie Godsey and Karl Davenport															
Referees																	
International:		Karl Davenport															
National:		Barry England, Brandie Godsey															
State:		Jillian Leazer, Brittany Gasperson, Jon Gasperson															
Spotter/Loaders:		David Edwards, Nathan Myers, Jacob Crocker, Allen Tran, Cait Emond															
Tested Lifters:		Aaron Urrea, Kara Duncan, Michael Russel															