

USPA NorCal Summer Throw Down June 22, 2019 Elk Grove, CA

	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
Women Raw Powerlifting															
	48kg Jr 16-17														
1	Faiza Ali	CA	48kg	45.05	17	97.5	47.5	107.5	252.5	349.889		214.9	104.7	237	556.7
								4th: 110							
	56kg Jr 20-23														
1	Tarah Shively	CA	56kg	55.05	21	92.5	40	107.5	240	286.2		203.9	88.2	237	529.1
	60kg Jr 20-23														
1	Jessica Nguyen	CA	60kg	59.25	21	95	42.5	120	257.5	289.894		209.4	93.7	264.6	567.7
2	Ashley Wong	CA	60kg	59.75	20	85	40	105	230	257.255		187.4	88.2	231.5	507.1
	75kg Jr 18-19														
1	Christine Chau	CA	75kg	72.65	19	85	35	92.5	212.5	206.189		187.4	77.2	203.9	468.5
	75kg Jr 20-23														
1	Dianna Chhay	CA	75kg	74.25	23	145	47.5	147.5	340	325.278		319.7	104.7	325.2	749.6
	90kg Jr 20-23														
1	Mindy Wong	CA	90kg	87.4	21	160	67.5	167.5	395	345.665		352.7	148.8	369.3	870.8
	67.5kg Open														
1	Tsukiko Fredette	CA	67.5kg	65.25	21	167.5	82.5	175	425	444.593		369.3	181.9	385.8	937
2	Patrice Atalig	CA	67.5kg	64.75	28	127.5	72.5	142.5	342.5	360.344		281.1	159.8	314.2	755.1
3	Ying (Jenny) Kot	CA	67.5kg	65.05	25	115	67.5	115	297.5	311.929		253.5	148.8	253.5	655.9
4	Mikenna Kossow	CA	67.5kg	62.85	26	105	62.5	125	292.5	314.701		231.5	137.8	275.6	644.8
	75kg Open														
1	Raylene Williams	CA	75kg	71.65	42	120	85	157.5	362.5	354.96	362.059	264.6	187.4	347.2	799.2
2	Adrienne Shea	CA	75kg	74	27	122.5	75	160	357.5	342.735		270.1	165.3	352.7	788.1
3	Danielle Braun	CA	75kg	73.25	33	95	60	122.5	277.5	267.815		209.4	132.3	270.1	611.8
	82.5kg Open														
1	Kelly Ponath	CA	82.5kg	79.95	29	130	60	160	350	320.355		286.6	132.3	352.7	771.6
2	Jessica Watson	CA	82.5kg	77.55	28	97.5	55	127.5	280	260.82		214.9	121.3	281.1	617.3
3	Marissa Cerda	CA	82.5kg	80.15	27	90	57.5	115	262.5	239.951		198.4	126.8	253.5	578.7
	90kg Open														
1	Mindy Wong	CA	90kg	87.4	21	160	67.5	167.5	395	345.665		352.7	148.8	369.3	870.8
2	Angela Mceachron	CA	90kg	88.4	35	135	80	152.5	367.5	319.982		297.6	176.4	336.2	810.2
3	Sharmaine Ragadio	CA	90kg	83.9	41	85	72.5	145	302.5	269.921	272.62	187.4	159.8	319.7	666.9
	48kg Master 40-44														
1	Miriam Beltran	CA	48kg	47.15	41	105	62.5	127.5	295	395.831	399.789	231.5	137.8	281.1	650.4
	75kg Master 40-44														
1	Raylene Williams	CA	75kg	71.65	42	120	85	157.5	362.5	354.96	362.059	264.6	187.4	347.2	799.2

USPA NorCal Summer Throw Down June 22, 2019 Elk Grove, CA

	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 40-44														
1	Sharmaine Ragadio	CA	90kg	83.9	41	85	72.5	145	302.5	269.921	272.62	187.4	159.8	319.7	666.9
Men Raw Powerlifting															
	67.5kg Jr 16-17														
1	John Sabio	CA	67.5kg	65.8	17	167.5	102.5	200	470	369.984		369.3	226	440.9	1036.2
	75kg Jr 16-17														
1	Jason Dhami	CA	75kg	74.9	17	175	112.5	190	477.5	340.553		385.8	248	418.9	1052.7
	75kg Jr 20-23														
1	Osman Gonzales	CA	75kg	73.3	21	175	120	172.5	467.5	338.564		385.8	264.6	380.3	1030.7
2	Jose Gonzalez	CA	75kg	72.95	23	150	102.5	210	462.5	336.099		330.7	226	463	1019.6
	82.5kg Jr 20-23														
1	Cameron Chin	CA	82.5kg	78.5	23	167.5	115	210	492.5	340.318		369.3	253.5	463	1085.8
2	Israel Guzman	CA	82.5kg	78.2	22	165	107.5	185	457.5	316.91		363.8	237	407.9	1008.6
	100kg Jr 16-17														
1	Matthew Nickerson	CA	100kg	94.7	17	227.5	137.5	230	595	370.626		501.5	303.1	507.1	1311.7
	100kg Jr 20-23														
1	Julio Medina	CA	100kg	99.5	22	272.5	177.5	323	773	471.375		600.8	391.3	712.1	1704.2
2	Juan Hernandez	CA	100kg	98	21	215	142.5	245	602.5	369.694		474	314.2	540.1	1328.3
3	Arsander Esteban	CA	100kg	98.45	21	217.5	132.5	227.5	577.5	353.719		479.5	292.1	501.5	1273.2
	110kg Jr 20-23														
1	Kyle Alexander	CA	110kg	109.45	23	330	172.5	347.5	850	500.99		727.5	380.3	766.1	1873.9
								4th: 355							
2	Charles Van Felden	CA	110kg	104.55	20	225	182.5	265	672.5	402.491		496	402.3	584.2	1482.6
	SHW Jr 16-17														
1	Thomas Medellin	CA	SHW	153.3	17	240	160	272.5	672.5	370.951		529.1	352.7	600.8	1482.6
								4th: 280							
	67.5kg Open														
1	Karl Kangleon	CA	67.5kg	66.3	27	200	130	240	570	445.911		440.9	286.6	529.1	1256.6
	75kg Open														
1	Osman Gonzales	CA	75kg	73.3	21	175	120	172.5	467.5	338.564		385.8	264.6	380.3	1030.7
	82.5kg Open														
1	Jack Hong	CA	82.5kg	82.15	28	195	152.5	247.5	595	399.602		429.9	336.2	545.6	1311.7

USPA NorCal Summer Throw Down June 22, 2019 Elk Grove, CA

	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
Men Raw Bench Only															
	110kg Open														
1	Aaron Dixon	CA	110kg	108.85	27		137.5		137.5	81.18			303.1		303.1
	90kg Master 45-49														
1	Kevin Canant	CA	90kg	83.05	46		175		175	116.778	124.719		385.8		385.8
Men Single Ply Bench Only															
	60kg Master 70-74														
1	Bryan Yager	CA	60kg	59.75	73		113		113	96.739	169.874		249.1		249.1
Men Raw Deadlift Only															
	110kg Open														
1	Aaron Dixon	CA	110kg	108.85	27			227.5	227.5	134.316				501.5	501.5
Best Lifters:															
Women Raw Junior - Faiza Ali															
Women Raw Open - Tsukiko Fredette															
Men Raw Junior - Kyle Alexander															
Men Raw Open - Kyle Alexander															
Referees:															
National - Eric Cranage, Darren Monahan, Chandra Jenkins, Dani Shamblin and Larry Shamblin															
State - Tenya Teteur, Daniel Melgoza, Jaycie Dunshie and Shawneen Felix															
Practical - George Davis and Ashleigh Campbell															