

USPA Tested Shamrock Showdown 5 March 24, 2024 Monroe, 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															
60kg Jr 20-23																	
1	Anisten Yandle	NC	60kg	58.7	20	135	143.5	-145	65	70	-72.5	137.5	145	150	363.5	408.609	
2	Vanessa Pecora	NJ	60kg	59.6	20	112.5	120	-127.5	57.5	62.5	65	142.5	152.5	162.5	347.5	386.853	
Women Raw Powerlifting		Open															
52kg Open																	
1	Jennifer Carlson	NC	52kg	51.8	53	105	112.5	-116	45	-48.5	-48.5	92.5	95	98 (100)	255.5	312.266	369.722
56kg Open																	
1	Emily Gaiser	NC	56kg	55.0	24	120	125	-132.5	65	70	-77.5	150	-167.5	-167.5	345	404.725	
60kg Open																	
1	Vanessa Pecora	NJ	60kg	59.6	20	112.5	120	-127.5	57.5	62.5	65	142.5	152.5	162.5	347.5	386.853	
2	Megan Whitman	NC	60kg	56.3	26	77.5	80	80	52.5	55	55	142.5	155	155	287.5	332.072	
67.5kg Open																	
1	Heather Duke	KY	67.5kg	63.2	28	122.5	132.5	-137.5	62.5	62.5	65	147.5	165	168	363	389.66	
2	Katy Milton	NC	67.5kg	63.0	34	130	137.5	-142.5	67.5	67.5	70	145	155	160	362.5	389.874	
3	Nina Truong	NY	67.5kg	65.5	27	-122.5	132.5	-142.5	55	60	60	132.5	137.5	147.5	335	351.982	
4	Ashlee Autry	NC	67.5kg	66.6	25	97.5	105	115	62.5	70	75	120	137.5	142.5	322.5	335.551	
82.5kg Open																	
1	Bonnie Holmes	NC	82.5kg	80.8	54	80	80	80	72.5	77.5	77.5	147.5	155	162.5	312.5	293.005	352.778
2	Leann Najera	NC	82.5kg	81	27	62.5	62.5	67.5	37.5	42.5	42.5	62.5	102.5	117.5	222.5	208.365	
DQ	Hali Medina	NC	82.5kg	79.4	28	110	115	115	60	65	67.5	115	122.5	130	0	0	
90kg Open																	
1	Frances Meehan	FL	90kg	88.0	26	95	102.5	105	57.5	65	70	110	120	127.5	295	265.654	
100kg Open																	
1	Abriana Cantaffa	NC	100kg	97.5	28	132.5	137.5	142.5	60	65	70	142.5	145	160	372.5	321.068	
2	Kaitlin Robillard	NC	100kg	99.0	34	97.5	102.5	107.5	85	87.5	92.5	102.5	110	115	310	265.58	
3	Barbara Vanvliet	NC	100kg	95.8	47	80	92.5	105	42.5	47.5	47.5	105	112.5	122.5	265	230.049	248.913
110kg Open																	
1	Haylea Salamon	NC	110kg	104.7	27	142.5	160	165	85	92.5	97.5	172.5	190	200	452.5	379.516	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	<b>Women Raw Powerlifting</b>			<b>Submaster</b>													
	90kg Submaster																
1	Alison Chilton	NC	90kg	88.3	35	82.5	90	95	55	60	<del>---</del>	112.5	122.5	<del>132.5</del>	277.5	249.511	
	<b>Women Raw Powerlifting</b>			<b>Master</b>													
	52kg Master 50-54																
1	Jennifer Carlson	NC	52kg	51.8	53	105	112.5	<del>116</del>	45	<del>48.5</del>	<del>48.5</del>	92.5	95	98 (100)	255.5	312.266	369.722
	60kg Master 55-59																
1	Gina Jenkins	NC	60kg	57.7	56	92.5	<del>102.5</del>	<del>102.5</del>	57.5	<del>65</del>	<del>65</del>	117.5	127.5	<del>137.5</del>	277.5	315.412	393.004
	82.5kg Master 45-49																
1	April Broome	SC	82.5kg	81.2	46	85	93.5	95	57.5	61.5	<del>62.5</del>	120	130	130.5	287	268.442	286.696
	82.5kg Master 50-54																
1	Bonnie Holmes	NC	82.5kg	80.8	54	<del>80</del>	<del>80</del>	80	72.5	<del>77.5</del>	77.5	147.5	155	<del>162.5</del>	312.5	293.005	352.778
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	95.8	47	<del>80</del>	92.5	105	42.5	<del>47.5</del>	47.5	105	112.5	<del>122.5</del>	265	230.049	248.913
	<b>Men Raw Powerlifting</b>			<b>Junior</b>													
	67.5kg Jr 18-19																
1	Antony Carrillo	NC	67.5kg	67.0	19	<del>180</del>	<del>185</del>	185	120	<del>127.5</del>	127.5	180	190	205	517.5	401.019	
	75kg Jr 16-17																
1	Ethan Huebel	NC	75kg	69.8	17	162.5	<del>172.5</del>	175	<del>82.5</del>	87.5	92.5	<del>210</del>	225	<del>232.5</del>	492.5	370.68	
2	Giacomo Viola	NC	75kg	69.1	16	<del>127.5</del>	127.5	130	80	85	<del>87.5</del>	192.5	<del>200</del>	200	415	314.56	
	75kg Jr 18-19																
1	Ben Gretz	NC	75kg	73.9	18	175	185	<del>187.5</del>	107.5	112.5	<del>117.5</del>	205	210	<del>215</del>	507.5	367.576	
	75kg Jr 20-23																
1	Connor Wichnoski	NC	75kg	73.6	20	177.5	190	200	102.5	110	115	170	185	190	505	366.737	
2	Chris Breedlove	NC	75kg	72.8	22	<del>150</del>	160	<del>165</del>	100	<del>105</del>	<del>105</del>	207.5	212.5	<del>222.5</del>	472.5	345.611	
3	Dylan Good	NC	75kg	73.2	21	170	175	<del>180</del>	<del>95</del>	97.5	<del>102.5</del>	185	200	<del>210</del>	472.5	344.363	
	82.5kg Jr 16-17																
1	Alexander Salicco	NC	82.5kg	76.6	17	120	127.5	130	<del>110</del>	<del>113.5</del>	113.5 (117.5)	160	172.5	182.5	426	301.58	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
DQ	Aiden Wang	NC	82.5kg	76.9	17	185	187.5	<del>191</del>	<del>105</del>	<del>107.5</del>	<del>107.5</del>	<del>25</del>	25	27.5	0	0	
	82.5kg Jr 20-23																
1	Keland Barringer	NC	82.5kg	78.3	21	<del>192.5</del>	197.5	<del>205</del>	130	135	<del>140</del>	200	215	230	562.5	392.88	
2	Ethan Good	NC	82.5kg	79.3	21	180	<del>192.5</del>	195	102.5	<del>110</del>	110	185	200	<del>210</del>	505	350.04	
	90kg Jr 16-17																
1	Allen Beugnot	NC	90kg	85.0	16	160	170	177.5	95	102.5	<del>110</del>	210	220	227.5	507.5	338.124	
	90kg Jr 18-19																
1	Ryan Merritt	NC	90kg	88.8	19	147.5	165	172.5	92.5	102.5	107.5	160	180	200	480	312.493	
2	Tanner Johnson	NC	90kg	87.6	18	<del>167.5</del>	167.5	177.5	100	105	107.5	180	192.5	<del>200</del>	477.5	313.063	
	90kg Jr 20-23																
1	Wyatt Bricken	NC	90kg	89.3	20	<del>230</del>	<del>237.5</del>	245	<del>130</del>	137.5	<del>142.5</del>	257.5	280	290	672.5	436.561	
2	Carter Meadows	NC	90kg	88.2	20	202.5	<del>212.5</del>	<del>212.5</del>	117.5	<del>122.5</del>	<del>122.5</del>	230	240	250	570	372.384	
3	Quenton Cromartie	NC	90kg	87.2	20	<del>175</del>	175	187.5	122.5	128	<del>130</del>	227.5	<del>237.5</del>	<del>250</del>	543	356.862	
DQ	Hunter Hills	NC	90kg	87.3	20	160	170	<del>182.5</del>	<del>85</del>	<del>90</del>	<del>90</del>	<del>175</del>	180	<del>200</del>	0	0	
	100kg Jr 18-19																
1	Andrew Hurd	NC	100kg	95.0	19	170	182.5	<del>190</del>	100	110	<del>120</del>	182.5	195	205	497.5	313.361	
	100kg Jr 20-23																
DQ	Lane Brantley	NC	100kg	91.7	21	<del>185</del>	<del>185</del>	<del>185</del>	125	130	<del>135</del>	187.5	192.5	197.5	0	0	
	110kg Jr 20-23																
1	Jonathan Carter	SC	110kg	108.3	23	265	<del>280</del>	<del>280</del>	135	<del>142.5</del>	147.5	<del>282.5</del>	297.5	<del>311</del>	710	423.01	
2	Trevor Grant	NC	110kg	103.9	22	<del>240</del>	252.5	265	150	157.5	<del>165</del>	240	260	<del>272.5</del>	682.5	413.377	
	Men Raw Powerlifting			Open													
	67.5kg Open																
1	Joel Fleming	SC	67.5kg	66.4	24	155	<del>157.5</del>	165	90	95	<del>102.5</del>	157.5	167.5	<del>175</del>	427.5	333.466	
	75kg Open																
1	Elijah Burr	SC	75kg	72.6	32	227.5	237.5	<del>242.5</del>	<del>142.5</del>	142.5	<del>148</del>	250	260	266	646	473.381	
2	Roscoe Cherry	NC	75kg	69.1	38	137.5	160	175	115	125	<del>135</del>	227.5	<del>250</del>	250	550	416.887	
3	Conner Whelan	SC	75kg	72.9	26	175	185	<del>190</del>	102.5	110	<del>115</del>	215	<del>222.5</del>	<del>222.5</del>	510	372.702	
4	Ethan Huebel	NC	75kg	69.8	17	162.5	<del>172.5</del>	175	<del>82.5</del>	87.5	92.5	<del>210</del>	225	<del>232.5</del>	492.5	370.68	
5	Christopher Collum	NC	75kg	68.4	29	107.5	<del>125</del>	125	80	92.5	<del>95</del>	152.5	165	182.5	400	305.384	

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	90kg Open																
1	Grant Maner	NC	90kg	89.1	25	242.5	255	260	167.5	175	<del>-182.5</del>	275	<del>-285</del>	285	720	467.931	
2	Leonard Holmes	NC	90kg	89.2	31	187.5	207.5	220	150	<del>-160</del>	<del>-160</del>	265	272.5	<del>-275</del>	642.5	417.325	
3	Jonathan Shkavritko	NC	90kg	84.7	27	215	222.5	<del>-230</del>	135	<del>-137.5</del>	<del>-137.5</del>	240	260	272.5	630	420.551	
4	Aric Roberts	NC	90kg	85.7	26	170	185	192.5	115	125	127.5	180	195	215	535	354.866	
5	Devin Avakain	VA	90kg	88.7	21	162.5	172.5	<del>-182.5</del>	115	120	<del>-125</del>	210	220	227.5	520	338.73	
	100kg Open																
1	Aaron Sigmon	NC	100kg	98.3	31	262.5	275	<del>-287</del>	155	162.5	<del>-167.5</del>	250	260	272.5	710	440.314	
2	James Smith	NC	100kg	94.7	32	185	200	210	130	140	147.5	237.5	252.5	267.5	625	394.253	
3	Raul Najera	NC	100kg	96.9	27	<del>-182.5</del>	195	205	110	120	130	195	215	225	560	349.531	
4	Nicholas Rivers	NC	100kg	95.2	27	<del>-170</del>	175	185	<del>-150</del>	160	<del>-167.5</del>	200	212.5	<del>-222.5</del>	557.5	350.81	
5	Zachary Lavalley	NC	100kg	95.3	27	200	210	<del>-220</del>	102.5	107.5	110	<del>-215</del>	222.5	230	550	345.922	
	110kg Open																
1	Chris Rivera	NC	110kg	106.1	26	227.5	237.5	240	167.5	172.5	180	260	275	280	700	420.412	
2	Trevor Grant	NC	110kg	103.9	22	<del>-240</del>	252.5	265	150	157.5	<del>-165</del>	240	260	<del>-272.5</del>	682.5	413.377	
3	Gregory Hunt	NC	110kg	103.3	32	<del>-155</del>	<del>-155</del>	155	130	137.5	145	175	185	197.5	497.5	302.045	
	125kg Open																
1	Jarvis Taylor	NC	125kg	122.3	29	227.5	<del>-232.5</del>	<del>-237.5</del>	170	175	<del>-182.5</del>	<del>-225</del>	<del>-227.5</del>	227.5	630	359.562	
2	Chris Salley	NC	125kg	111.2	30	170	182.5	192.5	130	137.5	142.5	195	217.5	<del>-222.5</del>	552.5	325.904	
	Men Raw Powerlifting																
	75kg Submaster																
1	Roscoe Cherry	NC	75kg	69.1	38	137.5	160	175	115	125	<del>-135</del>	227.5	<del>-250</del>	250	550	416.887	
	100kg Submaster																
1	Lance Flowers	NC	100kg	98.0	36	<del>-170</del>	<del>-170</del>	175	135	140	<del>-150</del>	<del>-210</del>	215	222.5	537.5	333.79	
	Men Raw Powerlifting																
	100kg Master 40-44																
DQ	Mike Anslow	NC	100kg	97.7	40	165	<del>-175</del>	<del>-182.5</del>	<del>-130</del>	<del>-130</del>	<del>-130</del>	210	<del>-217.5</del>	220	0	0	0
	100kg Master 65-69																
1	Ernest Reitz	NC	100kg	94.8	69	<del>-80</del>	80	85	85	92.5	<del>-97.5</del>	125	137.5	142.5	320	201.758	324.83
	110kg Master 40-44																
1	George Spohrer	NC	110kg	108.1	43	160	172.5	190	115	122.5	132.5	215	227.5	240	562.5	335.37	345.767

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	110kg Master 45-49																
1	Ryan Kirby	NC	110kg	105.4	46	<del>142.5</del>	155	<del>160</del>	135	<del>145</del>	145	155	170	182.5	482.5	290.55	310.307
	125kg Master 45-49																
1	Dartagnan Wood	NC	125kg	120.8	46	245	255	265	187.5	<del>190</del>	<del>---</del>	235	240	247.5	700	401.13	428.407
	Men Classic Raw Powerlifting		Open														
	75kg Open																
DQ	Alexander Freyer	PA	75kg	73.0	39	230	<del>242.5</del>	242.5	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	<del>230</del>	235	245	0	0	
	110kg Open																
1	Michael Wilson	NC	110kg	108.4	34	197.5	205	220	110	<del>115</del>	<del>117.5</del>	205	220	230	560	333.523	
	140+ Open																
1	Landon Hudson	NC	140+	146.9	19	<del>225</del>	225	<del>255</del>	<del>137.5</del>	142.5	150	205	<del>---</del>	<del>245</del>	580	313.663	
	Men Classic Raw Powerlifting		Submaster														
	75kg Submaster																
DQ	Alexander Freyer	PA	75kg	73.0	39	230	<del>242.5</del>	242.5	<del>132.5</del>	<del>132.5</del>	<del>132.5</del>	<del>230</del>	235	245	0	0	
	Women Raw Bench Only		Open														
	56kg Open																
1	Jamielynn Crist	NC	56kg	55.2	46				42.5	<del>47.5</del>	47.5				47.5	55.588	59.368
	82.5kg Open																
1	Bonnie Holmes	NC	82.5kg	80.8	54				72.5	<del>77.5</del>	77.5				77.5	72.665	87.489
	90kg Open																
1	Kimberly Medlin	NC	90kg	88.3	29				75	77.5	80				80	71.931	
	100kg Open																
1	Barbara Vanvliet	NC	100kg	95.8	47				42.5	<del>47.5</del>	47.5				47.5	41.235	44.616
	Women Raw Bench Only		Master														
	56kg Master 45-49																
1	Jamielynn Crist	NC	56kg	55.2	46				42.5	<del>47.5</del>	47.5				47.5	55.588	59.368
	82.5kg Master 50-54																
1	Bonnie Holmes	NC	82.5kg	80.8	54				72.5	<del>77.5</del>	77.5				77.5	72.665	87.489

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	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	95.8	47				42.5	<del>47.5</del>	47.5				47.5	41.235	44.616
	<b>Men Raw Bench Only</b>			<b>Junior</b>													
	90kg Jr 20-23																
1	Quenton Cromartie	NC	90kg	87.2	20				122.5	128	<del>130</del>				128	84.122	
	<b>Men Raw Bench Only</b>			<b>Open</b>													
	75kg Open																
1	Roscoe Cherry	NC	75kg	69.1	38				115	125	<del>135</del>				125	94.747	
	90kg Open																
1	Grant Maner	NC	90kg	89.1	25				167.5	175	<del>182.5</del>				175	113.733	
2	Leonard Holmes	NC	90kg	89.2	31				150	<del>160</del>	<del>160</del>				150	97.43	
3	Ott Siebert	NC	90kg	88.7	55				145	<del>147.5</del>	<del>147.5</del>				145	94.454	115.706
	110kg Open																
1	Michael Wilson	NC	110kg	108.4	34				110	<del>115</del>	<del>117.5</del>				110	65.514	
	125kg Open																
1	Heath Gullede	SC	125kg	121.6	27				<del>175</del>	183	<del>190</del>				183	104.64	
2	Karl Davenport	NC	125kg	116.8	59				100	105	110				110	63.755	83.838
	<b>Men Raw Bench Only</b>			<b>Submaster</b>													
	75kg Submaster																
1	Roscoe Cherry	NC	75kg	69.1	38				115	125	<del>135</del>				125	94.747	
	<b>Men Raw Bench Only</b>			<b>Master</b>													
	90kg Master 55-59																
1	Ott Siebert	NC	90kg	88.7	55				145	<del>147.5</del>	<del>147.5</del>				145	94.454	115.706
	100kg Master 40-44																
1	Moshe Levi	NC	100kg	99.2	42				187.5	195	205				205	126.623	129.155
	110kg Master 40-44																
1	George Spohrer	NC	110kg	108.1	43				115	122.5	132.5				132.5	78.998	81.447
	125kg Master 50-54																
1	Thomas Crist	NC	125kg	121.9	51				145	<del>161</del>	161				161	91.986	105.508

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	125kg Master 55-59																
1	Karl Davenport	NC	125kg	116.8	59				100	105	110				110	63.755	83.838
<b>Women Raw Deadlift Only</b>				<b>Open</b>													
	60kg Open																
1	Megan Whitman	NC	60kg	56.3	26							142.5	<del>155</del>	155	155	179.03	
	82.5kg Open																
1	Bonnie Holmes	NC	82.5kg	80.8	54							147.5	155	<del>162.5</del>	155	145.33	174.978
	90kg Open																
DQ	Kimberly Medlin	NC	90kg	88.3	29							00.0	00.0	00.0	0	0	
	100kg Open																
1	Barbara Vanvliet	NC	100kg	95.8	47							105	112.5	<del>122.5</del>	112.5	97.662	105.67
<b>Women Raw Deadlift Only</b>				<b>Master</b>													
	82.5kg Master 50-54																
1	Bonnie Holmes	NC	82.5kg	80.8	54							147.5	155	<del>162.5</del>	155	145.33	174.978
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	95.8	47							105	112.5	<del>122.5</del>	112.5	97.662	105.67
	110kg Master 40-44																
1	Mindy Carpenter	NC	110kg	107.2	44							112.5	120	<del>127.5</del>	120	99.799	104.09
<b>Men Raw Deadlift Only</b>				<b>Junior</b>													
	75kg Jr 20-23																
1	Dylan Good	NC	75kg	73.2	21							185	200	<del>210</del>	200	145.762	
	90kg Jr 16-17																
1	Allen Beugnot	NC	90kg	85.0	16							210	220	227.5	227.5	151.573	
	90kg Jr 18-19																
DQ	Jabian Artis	NC	90kg	86.4	19							<del>215</del>	<del>235</del>	<del>250</del>	0	0	
	90kg Jr 20-23																
1	Hunter Hills	NC	90kg	87.3	20							<del>175</del>	180	<del>200</del>	180	118.226	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Deadlift Only				Open													
75kg Open																	
1	Roscoe Cherry	NC	75kg	69.1	38							227.5	<del>250</del>	250	250	189.494	
2	Alexander Freyer	PA	75kg	73.0	39							<del>230</del>	235	245	245	178.881	
90kg Open																	
1	Grant Maner	NC	90kg	89.1	25							275	<del>285</del>	285	285	185.223	
2	Leonard Holmes	NC	90kg	89.2	31							265	272.5	<del>275</del>	272.5	176.998	
110kg Open																	
1	Michael Wilson	NC	110kg	108.4	34							205	220	230	230	136.983	
125kg Open																	
1	Karl Davenport	NC	125kg	116.8	59							170	182.5	190	190	110.123	144.812
Men Raw Deadlift Only				Submaster													
75kg Submaster																	
1	Roscoe Cherry	NC	75kg	69.1	38							227.5	<del>250</del>	250	250	189.494	
2	Alexander Freyer	PA	75kg	73.0	39							<del>230</del>	235	245	245	178.881	
Men Raw Deadlift Only				Master													
75kg Master 50-54																	
1	Don McClure	NC	75kg	73.8	50							177.5	182.5	<del>190</del>	182.5	132.299	149.498
100kg Master 40-44																	
1	Mike Anslow	NC	100kg	97.7	40							210	<del>217.5</del>	220	220	136.808	136.808
110kg Master 40-44																	
1	George Spohrer	NC	110kg	108.1	43							215	227.5	240	240	143.091	147.527
125kg Master 55-59																	
1	Karl Davenport	NC	125kg	116.8	59							170	182.5	190	190	110.123	144.812
Women Raw Push-Pull				Open													
82.5kg Open																	
1	Hali Medina	NC	82.5kg	79.4	28				60	65	67.5	115	122.5	130	197.5	186.796	



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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Push-Pull				Junior													
1	90kg Jr 16-17 Allen Beugnot	NC	90kg	85.0	16				95	102.5	<del>110</del>	210	220	227.5	330	219.864	
Men Raw Push-Pull				Open													
1	125kg Open Jeremy Watts	SC	125kg	112.7	36				165	172.5	182.5	265	280	292.5	475	278.815	
Best Lifters												<b>Record Color Codes</b>					
Name		Equip	Events	Comp	Sex							<b>State</b>					
Wyatt Bricken		Raw	PL	Jr	Men							<b>National</b>					
Emily Gaiser		Raw	PL	Open	Women												
Elijah Burr		Raw	PL	Open	Men												
Gina Jenkins		Raw	PL	Master	Women												
Grant Maner		Raw	BPO	Open	Men												
Moshe Levi		Raw	BPO	Master	Men												
Roscoe Cherry		Raw	DLO	Open	Men												
Meet Director:		Tricia Emrich															
Referees																	
International:		Gary Emrich, Rob Engleman, Tricia Emrich															
National:		Carina Mone															
State:		Jillian Leazer, Will Seaton, Katie Seaton															
Staff:		Brittney Gasperson															
Spotter/Loaders:		Lili Gasperson, Jon Gasperson, Ian McKay, Christina Tupper, Kevin Ammos, Jacob Lowder, Lauren Brown, Donald McClure, Josh Jones															
Tested Lifters:		Anisten Yandle, April Broome, Jonathan Carter, Elijah Burr, Roscoe Cherry, Wyatt Bricken, Jeremy Maner, Ryan Merritt															