

USPA Drug Tested Santa Cruz Strength Strong Girl Summer August 6, 2022 Santa Cruz, CA

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
Women Raw Powerlifting			Junior														
44kg Jr 13-15																	
1	Kianna Nakaoka	CA	44kg	43.6	15	45.0	50.0	52.5	40	45.0	47.5	75	80.0	85.0	177.5	246.204	
56kg Jr 20-23																	
1	Cece Lowe	CA	56kg	53.9	20	92.5	97.5	102.5	42.5	50.0	55.0	92.5	100.0	105.0	257.5	306.223	
60kg Jr 20-23																	
1	Danielle Amaral	CA	60kg	58.1	21	35.0	37.5	40.0	27.5	32.5	37.5	60	70.0	75.0	152.5	172.562	
75kg Jr 20-23																	
1	Natalie Mitchell	CA	75kg	72.2	20	100.0	110.0	120.0	62.5	70.0	77.5	147.5	157.5	167.5	347.5	345.446	
100kg Jr 20-23																	
1	Leonor Rios	CA	100kg	95.6	23	115.0	125.0	137.5	55	60.0	62.5	115	130.0	140.0	337.5	293.238	
Women Raw Powerlifting			Open														
44kg Open																	
1	Kianna Nakaoka	CA	44kg	43.6	15	45.0	50.0	52.5	40	45.0	47.5	75	80.0	85.0	177.5	246.204	
DQ	Victoria Medina	CA	44kg	42.1	27	45.0	52.5	57.5	25	27.5	30.0	85	85.0	85.0	0	0	
56kg Open																	
1	Helen Ponce	CA	56kg	54.9	43	110.0	117.5	127.5	62.5	67.5	72.5	157.5	170.0	182.5	367.5	431.646	445.027
60kg Open																	
1	Shay Calderon	CA	60kg	58.50	28	92.5	102.5	112.5	37.5	47.5	57.5	122.5	142.5	155.0	315	354.867	
2	Jennifer Cordeiro	CA	60kg	58.1	29	90.0	95.0	97.5	42.5	45.0	47.5	105	110.0	117.5	260	294.203	
67.5kg Open																	
1	Mariah Qura Sumang	CA	67.5kg	66.3	24	115.0	120.0	127.5	55	60.0	67.5	135	140.0	145.0	332.5	346.87	
2	Pawandeep Aujla	CA	67.5kg	65.50	31	97.5	112.5	120.0	57.5	65.0	70.0	117.5	132.5	147.5	330	346.729	
3	Ana Contreras	CA	67.5kg	66.7	27	110.0	120.0	132.5	50	57.5	60.0	110	120.0	130.0	320	332.658	
4	Kate Vinton	CA	67.5kg	62.7	31	85.0	90.0	95.0	52.5	55.0	57.5	127.5	135.0	142.5	292.5	315.505	
5	Van Tran	CA	67.5kg	60.8	28	85.0	92.5	102.5	40	47.5	50.0	87.5	102.5	122.5	275	302.325	
6	Kiley Burnett	CA	67.5kg	63.4	33	90.0	100.0	107.5	50	55.0	60.0	87.5	92.5	102.5	262.5	281.239	
7	Audrey Dufourt	CA	67.5kg	62.5	25	70.0	75.0	80.0	50	52.5	52.5	117.5	120.0	127.5	257.5	278.296	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Open																
1	Raquel Barraza	TX	75kg	71.6	29	130.0	140.0	142.5	82.5	87.5	90.0	145	160.0	-167.5	392.5	391.969	
2	Natalie Mitchell	CA	75kg	72.2	20	100.0	110.0	120.0	62.5	70.0	-77.5	147.5	157.5	-167.5	347.5	345.446	
	82.5kg Open																
1	Jo Ann Escobin	CA	82.5kg	82.2	34	110.0	115.0	117.5	42.5	45.0	47.5	112.5	117.5	125.0	290	269.633	
	90kg Open																
1	Alyssa Villanueva	CA	90kg	88.8	27	165.0	170.0	175.0	85	-87.5	87.5	170	175.0	182.5	445	399.103	
2	Caitlin Best	NV	90kg	89.1	32	110.0	117.5	-125.0	67.5	75.0	-80.0	160	170.0	-175.0	362.5	324.622	
3	Melanie Legro	CA	90kg	89.9	33	70.0	-75.0	75.0	-52.5	52.5	-57.5	120	125.0	130.0	257.5	229.68	
	100kg Open																
1	Kat Walsh	CA	100kg	98.3	39	125.0	137.5	142.5	70	75.0	82.5	142.5	157.5	165.0	390	335.056	
2	Lauren Burke	CA	100kg	92.2	28	117.5	122.5	-127.5	67.5	72.5	-75.0	152.5	162.5	-170.0	357.5	315.384	
3	Laura Krieg	CA	100kg	98.7	54	97.5	102.5	107.5	57.5	-60.0	60.0	120	122.5	127.5	295	253.032	304.651
4	Luz Sandoval Manjarez	CA	100kg	92.3	28	55.0	60.0	65.0	50	52.5	55.0	100	105.0	110.0	230	202.81	
	110+ Open																
1	Amanda Martinez	CA	110+	125.4	35	142.5	152.5	162.5	62.5	-70.0	-70.0	150	162.5	-175.0	387.5	307.303	
2	Valerie Mendez	CA	110+	113.3	33	92.5	100.0	105.0	42.5	-50.0	-50.0	107.5	-115.0	-115.0	255	208.171	
	Women Raw Powerlifting Submaster																
	52kg Submaster																
1	Carrie Barrieau	CA	52kg	51.10	39	52.5	57.5	62.5	40	42.5	-47.5	70	75.0	80.0	185	228.265	
	60kg Submaster																
1	Adriana Mesa	CA	60kg	59.2	37	92.5	100.0	110.0	52.5	55.0	-60.0	117.5	122.5	127.5	292.5	327.021	
	100kg Submaster																
1	Kat Walsh	CA	100kg	98.3	39	125.0	137.5	142.5	70	75.0	82.5	142.5	157.5	165.0	390	335.056	
	Women Raw Powerlifting Master																
	56kg Master 40-44																
1	Helen Ponce	CA	56kg	54.9	43	110.0	117.5	-127.5	62.5	67.5	-72.5	157.5	170.0	182.5	367.5	431.646	445.027
	60kg Master 40-44																
1	Tiffany Montalbano	CA	60kg	59.2	42	90.0	92.5	-97.5	45	47.5	-50.0	92.5	97.5	100.0	240	268.325	273.692

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	67.5kg Master 60-64																
1	Cindy Reeves	CA	67.5kg	65.8	62	55.0	57.5	62.5	40	42.5	45.0	95	100.0	105.0	210	220.052	306.532
2	Eyvette Johnson	CA	67.5kg	66.4	61	57.5	60.0	65.0	25	42.5	42.5	57.5	67.5	80.0	165	171.979	234.923
	90kg Master 50-54																
1	Tia Verches	CA	90kg	87.3	52	75.0	80.0	85.0	40	42.5	47.5	105	110.0	115.0	242.5	219.17	255.333
	100kg Master 50-54																
1	Laura Krieg	CA	100kg	98.7	54	97.5	102.5	107.5	57.5	60.0	60.0	120	122.5	127.5	295	253.032	304.651
	110+ Master 40-44																
1	Jenn Hambly	CA	110+	122.05	43	125.0	135.0	145.0	75	82.5	85.0	140	155.0	170.0	400	319.452	329.355
	Women Classic Raw Powerlifting			Junior													
	100kg Jr 13-15																
1	Avalon Villasenor	CA	100kg	96.3	15	65.0	70.0	85.0	40	47.5	47.5	75	82.5	92.5	217.5	188.412	
	Women Classic Raw Powerlifting			Open													
	67.5kg Open																
1	Michael Amaral	CA	67.5kg	60.8	24	77.5	85.0	90.0	52.5	55.0	57.5	95	100.0	110.0	240	263.847	
	100kg Open																
1	Avalon Villasenor	CA	100kg	96.3	15	65.0	70.0	85.0	40	47.5	47.5	75	82.5	92.5	217.5	188.412	
	Women Classic Raw Powerlifting			Submaster													
	82.5kg Submaster																
1	Lisa Cervantes	CA	82.5kg	81.5	39	92.5	97.5	105.0	57.5	62.5	67.5	115	120.0	125.0	292.5	273.093	
	Women Single Ply Powerlifting			Open													
	56kg Open																
1	Jocelyne Nevarez	CA	56kg	54.6	26	145.0	152.5	160.0	102.5	102.5	115.0	125	130.0	135.0	392.5	462.711	
	Women Raw Bench Only			Open													
	44kg Open																
1	Victoria Medina	CA	44kg	42.1	27				25	27.5	30.0				27.5	39.199	
	Women Raw Bench Only			Master													
	110+ Master 55-59																
1	Mary Amaral	CA	110+	118.8	57				35	42.5	47.5				47.5	38.222	48.465

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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		75kg Jr 20-23																		
1	CA	75kg	72.2	20							147.5	157.5	167.5	157.5	156.569					
Women Raw Deadlift Only			Open																	
DQ		44kg Open																		
	CA	44kg	42.1	27							85	85.0	85.0	0	0					
1		75kg Open																		
1	CA	75kg	72.2	20							147.5	157.5	167.5	157.5	156.569					
1		90kg Open																		
1	SD	90kg	89.90	31							125	140.0	142.5	140	124.874					
Best Lifters																				
Name											Equip			Events		Comp	Sex	Record Color Codes		
Natalie Mitchell											Raw		PL	Jr	Women	State				
Helen Ponce											Raw		PL	Open	Women	National				
Helen Ponce											Raw		PL	Master	Women					
Meet Director:		Ferdinand Luis and Keith Kanemoto																		
Referees																				
International:		Keith Kanemoto																		
National:		Ferdinand Luis, Rich Cohen																		
State:		Stacey Otlin, Mark Lazo, Anson Nguyen																		
Spotter/Loaders:		Richard Scholten, Teresa Locascio, Campbell Connor, Emma Spillner, Iesha Rodriguez, Lori Cartwright, Rohan Jhangiani Matthew Lopex, Dan Palmer																		
Tested Lifters:		Jocelyne Nevarez, Helen Ponce, Alyssa Villanueva, Raquel Barraza																		