

USPA Forever Strong Summer Showdown August 17, 2019 Springfield, OR

	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														
	75kg Jr 13-15														
1	Grace Osborne	OR	75kg	68.65	15	85	47.5	112.5	245	247.058		187.4	104.7	248	540.1
	56kg Open														
1	Amber Ortiz	OR	56kg	54.4	26	107.5	65	132.5	305	367.098		237	143.3	292.1	672.4
	60kg Open														
1	Lynndzee Hemphill	OR	60kg	58.25	31	80	47.5	110	237.5	270.964		176.4	104.7	242.5	523.6
	67.5kg Open														
1	Sarah Post	CA	67.5kg	66.1	45	117.5	60	150	327.5	339.356	358.02	259	132.3	330.7	722
2	Misty Nikula	OR	67.5kg	67.5	50	90	57.5	135	282.5	288.32	325.801	198.4	126.8	297.6	622.8
DQ	Melissa Mccart	OR	67.5kg	65.3	43	115	0	130	0	0		253.5	0	286.6	0
	75kg Open														
1	Lacey Hunter	OR	75kg	73.15	37	122.5	75	162.5	360	347.724		270.1	165.3	358.2	793.7
2	Angeline Zufelt	CA	75kg	73.75	43	102.5	47.5	127.5	277.5	266.622	274.887	226	104.7	281.1	611.8
	82.5kg Open														
1	Emily Coulter	CA	82.5kg	81.3	40	115	57.5	140	312.5	283.438	283.438	253.5	126.8	308.6	688.9
	75kg Submaster														
1	Lacey Hunter	OR	75kg	73.15	37	122.5	75	162.5	360	347.724		270.1	165.3	358.2	793.7
	SHW Submaster														
1	Jessica Gulovsen	OR	SHW	125.6	38	120	75	150	345	273.654		264.6	165.3	330.7	760.6
	67.5kg Master 45-49														
1	Sarah Post	CA	67.5kg	66.1	45	117.5	60	150	327.5	339.356	358.02	259	132.3	330.7	722
	67.5kg Master 50-54														
1	Misty Nikula	OR	67.5kg	67.5	50	90	57.5	135	282.5	288.32	325.801	198.4	126.8	297.6	622.8
	75kg Master 40-44														
1	Brandy Ray	OR	75kg	72.65	41	107.5	57.5	132.5	297.5	288.664	291.551	237	126.8	292.1	655.9
2	Angeline Zufelt	CA	75kg	73.75	43	102.5	47.5	127.5	277.5	266.622	274.887	226	104.7	281.1	611.8
	82.5kg Master 40-44														
1	Emily Coulter	CA	82.5kg	81.3	40	115	57.5	140	312.5	283.438	283.438	253.5	126.8	308.6	688.9
	SHW Master 45-49														
1	Tracy Richardson	OR	SHW	109.65	46	117.5	65	145	327.5	266.454	284.573	259	143.3	319.7	722

USPA Forever Strong Summer Showdown August 17, 2019 Springfield, OR

	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 Powerlifting														
	75kg Jr 13-15														
1	Troy Osborne	OR	75kg	69.4	13	95	62.5	125	282.5	213.118		209.4	137.8	275.6	622.8
								4th: 137.5							
	75kg Jr 20-23														
1	Kordell Cole	OR	75kg	73	23	182.5	105	237.5	525	381.36		402.3	231.5	523.6	1157.4
	82.5kg Jr 13-15														
1	Mason Sheard	OR	82.5kg	76.2	13	120	75	140	335	236.108		264.6	165.3	308.6	738.5
								4th: 147.5							
2	Jovani Montes	OR	82.5kg	75.3	15	112.5	70	120	302.5	214.957		248	154.3	264.6	666.9
	82.5kg Jr 18-19														
1	Albert Lehman	OR	82.5kg	81.4	19	185	117.5	190	492.5	332.635		407.9	259	418.9	1085.8
	82.5kg Jr 20-23														
1	Anthony Stidhem	OR	82.5kg	76.1	23	145	102.5	182.5	430	303.365		319.7	226	402.3	948
	90kg Jr 20-23														
1	Ryan Goss	OR	90kg	89.9	20	233	145	232.5	610.5	389.987		513.7	319.7	512.6	1345.9
DQ	Ryan Pollard		90kg	89	21	0	0	252.5	0	0		0	0	556.7	0
	100kg Jr 18-19														
1	Tanner Hughes	OR	100kg	91.2	19	155	117.5	152.5	425	269.535		341.7	259	336.2	937
	60kg Open														
1	Reid Liesinger	OR	60kg	59.7	24	130	67.5	167.5	365	312.732		286.6	148.8	369.3	804.7
	67.5kg Open														
1	Kenny Pointer	OR	67.5kg	67	46	105	90	120	315	244.314	260.927	231.5	198.4	264.6	694.4
	75kg Open														
1	Andrew Keyes	CA	75kg	73.6	28	182.5	147.5	235	565	407.987		402.3	325.2	518.1	1245.6
2	Kordell Cole	OR	75kg	73	23	182.5	105	237.5	525	381.36		402.3	231.5	523.6	1157.4
3	Timothy Makin	OR	75kg	74.4	28	185	120	217.5	522.5	374.424		407.9	264.6	479.5	1151.9
	82.5kg Open														
1	Trevor Ryan	OR	82.5kg	76.7	28	197.5	147.5	272.5	617.5	433.3		435.4	325.2	600.8	1361.3
	90kg Open														
1	Ryan Goss	OR	90kg	89.9	20	233	145	232.5	610.5	389.987		513.7	319.7	512.6	1345.9
2	Kyle Brown	OR	90kg	82.7	38	182.5	122.5	225	530	354.517		402.3	270.1	496	1168.4
3	Sepehr Laal	OR	90kg	89.75	28	137.5	97.5	170	405	258.917		303.1	214.9	374.8	892.9
	100kg Open														
1	Rush Boorey	OR	100kg	91.7	26	190	137.5	250	577.5	365.269		418.9	303.1	551.2	1273.2

USPA Forever Strong Summer Showdown August 17, 2019 Springfield, OR

	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 Bench Only															
	90kg Open														
1	Shayla Aceti	OR	90kg	86.1	28		97.5		97.5	85.907			214.9		214.9
	SHW Open														
1	Michelle Price	OR	SHW	99.45	45		92.5		92.5	77.136	81.378		203.9		203.9
	SHW Master 45-49														
1	Michelle Price	OR	SHW	99.45	45		92.5		92.5	77.136	81.378		203.9		203.9
Men Single Ply Bench Only															
	125kg Master 70-74														
1	Robert Wass	OR	125kg	117.4	73		127.5		127.5	73.695	129.408		281.1		281.1
Women Raw Deadlift Only															
	67.5kg Open														
1	Misty Nikula	OR	67.5kg	67.5	50			135	135	137.781	155.693			297.6	297.6
2	Kalya Bond	OR	67.5kg	65.8	29			117.5	117.5	122.165				259	259
	67.5kg Master 50-54														
1	Misty Nikula	OR	67.5kg	67.5	50			135	135	137.781	155.693			297.6	297.6
Men Raw Deadlift Only															
	125kg Open														
1	Patricio Ramirez	OR	125kg	119	42			292.5	292.5	168.509	171.879			644.8	644.8
	110kg Master 45-49														
1	Justin Tomlinson	OR	110kg	105.5	45			137.5	137.5	82.033	86.545			303.1	303.1
	125kg Master 40-44														
1	Patricio Ramirez	OR	125kg	119	42			292.5	292.5	168.509	171.879			644.8	644.8
	SHW Master 60-64														
1	Alfred Bond	OR	SHW	144.7	61			237.5	237.5	132.074	180.413			523.6	523.6
Men Single Ply Deadlift Only															
	125kg Master 70-74														
DQ	Robert Wass	OR	125kg	117.4	73			0	0	0	0			0	0
Men Raw Push-Pull															
	110kg Open														
1	Kyle Singh	OR	110kg	103.7	26		105	265	370	222.074			231.5	584.2	815.7

USPA Forever Strong Summer Showdown August 17, 2019 Springfield, OR

	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
	Best Lifters:														
	Jr Raw Men: Ryan Goss														
	Open Raw Men: Trevor Ryan														
	Open Raw Women: Amber Ortiz														
	Master Raw Men: Jacob "Jake" Ray														
	Master Raw Women: Sarah Post														
	Meet Director: Alex Stanley														
	Thank you to referees:														
	International: Sam Pecktol														
	National: Dani Shamblin, Larry Shamblin, Danielle LoGiudice-Stanley and Alex Stanley														
	State: Nate Boley														
	Practical: Imam Elahi														
	Spotter and Loaders:														
	Arturo Diaz, Viko Filipe, Gus Burrell, Easton Miller, Ryan Slacker, Joey Peterson, Robert Collins and Christen Valezquz														