

USPA Sonoma County Open Nov. 3-4, 2018 Cotati, 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															
	56kg Jr 20-23														
1	Tarah Shively	CA	56kg	54.35	21	85	35	92.5	212.5	255.956		187.4	77.2	203.9	468.5
	75kg Jr 13-15														
1	Sofia Henderson	CA	75kg	72.75	13	87.5	40	105	232.5	225.386		192.9	88.2	231.5	512.6
	75kg Jr 18-19														
1	Tiffany Yang	CA	75kg	72.65	19	120	75	132.5	327.5	317.773		264.6	165.3	292.1	722
	75kg Jr 20-23														
1	Jaycie Dunshie	CA	75kg	73.35	23	127.5	95	160	382.5	368.807		281.1	209.4	352.7	843.3
	SHW Jr 20-23														
1	Krystal Cadwallader	CA	SHW	94.45	20	87.5	50	105	242.5	205.664		192.9	110.2	231.5	534.6
	52kg Open														
1	Annie Zaks	CA	52kg	51	33	97.5	47.5	130	275	347.985		214.9	104.7	286.6	606.3
	56kg Open														
1	Carolyn Bruno	CA	56kg	54.7	25	102.5	40	122.5	265	317.603		226	88.2	270.1	584.2
	60kg Open														
1	Cinthya Garcia	CA	60kg	58.5	24	115	67.5	122.5	305	346.816		253.5	148.8	270.1	672.4
2	Karren Bartolome	CA	60kg	59.55	36	102.5	52.5	107.5	262.5	294.368		226	115.7	237	578.7
3	Angela Young	CA	60kg	59.25	42	92.5	47.5	115	255	287.079		203.9	104.7	253.5	562.2
	67.5kg Open														
1	Shelby Bandula	CA	67.5kg	67.5	26	105	70	150	325	331.695		231.5	154.3	330.7	716.5
2	Danielle Schneider	CA	67.5kg	66	22	92.5	67.5	102.5	262.5	272.318		203.9	148.8	226	578.7
	75kg Open														
1	Jaycie Dunshie	CA	75kg	73.35	23	127.5	95	160	382.5	368.807		281.1	209.4	352.7	843.3
2	Tiffany Yang	CA	75kg	72.65	19	120	75	132.5	327.5	317.773		264.6	165.3	292.1	722
3	Kathy Sivongxay	CA	75kg	69.8	31	102.5	42.5	130	275	274.12		226	93.7	286.6	606.3
4	Sarah Sobczak	CA	75kg	68.15	27	100	57.5	105	262.5	266.096		220.5	126.8	231.5	578.7
	82.5kg Open														
1	Brittney Gates	CA	82.5kg	77.9	29	145	67.5	165	377.5	350.698		319.7	148.8	363.8	832.2
2	Jessica Jordan	CA	82.5kg	82.45	32	95	62.5	137.5	295	265.589		209.4	137.8	303.1	650.4
3	Tamara Lindgren	CA	82.5kg	81.25	27	102.5	50	127.5	280	254.044		226	110.2	281.1	617.3
4	Gigi Cappelletty	CA	82.5kg	79.6	63	62.5	50	95	207.5	190.402	270.561	137.8	110.2	209.4	457.5
DQ	Debbie Huang	CA	82.5kg	80.2	26	145	62.5	0	0	0		319.7	137.8	0	0

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	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 Open														
1	Tenaya Tuteur	CA	90kg	86.5	28	170	100	202.5	472.5	415.422		374.8	220.5	446.4	1041.7
2	Jenny Nguyen	CA	90kg	89.55	28	135	52.5	137.5	325	281.418		297.6	115.7	303.1	716.5
	SHW Open														
1	Taylor Maldonado	CA	SHW	93	27	132.5	55	155	342.5	292.153		292.1	121.3	341.7	755.1
2	Shravya Guda	CA	SHW	115.35	24	115	57.5	142.5	315	253.701		253.5	126.8	314.2	694.4
3	Stephanie Strange	CA	SHW	96.9	32	107.5	50	110	267.5	224.887		237	110.2	242.5	589.7
DQ	Michelle Huntley	CA	SHW	135.6	52	0	75	147.5	0	0	0	0	165.3	325.2	0
	52kg Submaster														
1	Marissa Mossberg	CA	52kg	50.7	35	87.5	45	122.5	255	324.131		192.9	99.2	270.1	562.2
	60kg Submaster														
1	Karren Bartolome	CA	60kg	59.55	36	102.5	52.5	107.5	262.5	294.368		226	115.7	237	578.7
	67.5kg Submaster														
1	Tiffany Montalbano	CA	67.5kg	62.7	39	97.5	55	105	257.5	277.559		214.9	121.3	231.5	567.7
	52kg Master 70-74														
1	Carly Mikita	CA	52kg	51.95	74	41	40.5	72.5	154	192.13	344.874	90.4	89.3	159.8	339.5
						4th: 42.5									
	67.5kg Master 50-54														
1	Natalie Young	CA	67.5kg	62	52	67.5	37.5	92.5	197.5	214.702	250.128	148.8	82.7	203.9	435.4
	75kg Master 65-69														
1	Elizabeth Ritchie	CA	75kg	71.05	65	82.5	47.5	115	245	241.276	357.088	181.9	104.7	253.5	540.1
	82.5kg Master 60-64														
1	Gigi Cappelletty	CA	82.5kg	79.6	63	62.5	50	95	207.5	190.402	270.561	137.8	110.2	209.4	457.5
	90kg Master 45-49														
1	Gina Henderson	CA	90kg	84.6	47	107.5	67.5	122.5	297.5	264.359	286.036	237	148.8	270.1	655.9
	90kg Master 50-54														
1	Laura Krieg	CA	90kg	88.25	51	100	50	125	275	239.608	274.83	220.5	110.2	275.6	606.3
	SHW Master 50-54														
DQ	Michelle Huntley	CA	SHW	135.6	52	0	75	147.5	0	0	0	0	165.3	325.2	0

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	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
	SHW Master 55-59														
1	Barbara Thorsen	CA	SHW	128.95	56	82.5	50	117.5	250	197.375	245.929	181.9	110.2	259	551.2
Men Raw Powerlifting															
	67.5kg Jr 18-19														
1	Brandon Martinez	CA	67.5kg	65	19	150	102.5	185	437.5	347.9		330.7	226	407.9	964.5
	67.5kg Jr 20-23														
1	Isaac Kim	CA	67.5kg	65.8	20	160	102.5	200	462.5	364.08		352.7	226	440.9	1019.6
2	Ivann Falcon	CA	67.5kg	66.05	22	155	90	190	435	341.345		341.7	198.4	418.9	959
	75kg Jr 18-19														
1	Joseph Coogan	CA	75kg	74.8	18	175	105	205	485	346.242		385.8	231.5	451.9	1069.2
2	Juan Gonzalez	CA	75kg	74.75	19	132.5	117.5	207.5	457.5	326.747		292.1	259	457.5	1008.6
	75kg Jr 20-23														
1	Jeremy Lagrisola	CA	75kg	74.4	22	150	90	205	445	318.887		330.7	198.4	451.9	981
2	Edmundo Lopez	CA	75kg	74.25	20	150	112.5	175	437.5	313.95		330.7	248	385.8	964.5
	82.5kg Jr 20-23														
1	Oscar Alvarado	CA	82.5kg	77.9	22	200	117.5	200	517.5	359.404		440.9	259	440.9	1140.9
	90kg Jr 16-17														
1	Nolan Henderson	CA	90kg	85.7	16	160	115	182.5	457.5	299.8		352.7	253.5	402.3	1008.6
	90kg Jr 20-23														
1	Edward Geeslin	CA	90kg	88.6	23	175	115	200	490	315.364		385.8	253.5	440.9	1080.3
	110kg Jr 20-23														
1	Melik Helmy	CA	110kg	109.8	23	205	160	270	635	373.888		451.9	352.7	595.2	1399.9
	67.5kg Open														
1	Ephraim Sison	CA	67.5kg	65.3	33	182.5	120	227.5	530	419.866		402.3	264.6	501.5	1168.4
	75kg Open														
1	Jeremiah Mahan	CA	75kg	74.9	29	197.5	135	235	567.5	404.741		435.4	297.6	518.1	1251.1
2	Anthony Ramirez	CA	75kg	75	22	150	95	230	475	338.485		330.7	209.4	507.1	1047.2
3	Eric Huynh	CA	75kg	73.5	29	142.5	102.5	185	430	310.804		314.2	226	407.9	948

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	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
	82.5kg Open														
1	Zachary Cox	CA	82.5kg	81.15	24	195	117.5	240	552.5	373.877		429.9	259	529.1	1218
2	Cesar Alca	CA	82.5kg	79.9	28	185	125	215	525	358.68		407.9	275.6	474	1157.4
3	Timothy Wu	CA	82.5kg	80.95	33	157.5	105	227.5	490	332.073		347.2	231.5	501.5	1080.3
4	Jonathan Sanchez	CA	82.5kg	79.85	26	165	122.5	195	482.5	329.789		363.8	270.1	429.9	1063.7
	90kg Open														
1	Alex Schutz	CA	90kg	88.9	26	190	130	240	560	359.744		418.9	286.6	529.1	1234.6
2	Steven Ortega	CA	90kg	88.95	29	197.5	117.5	235	550	353.265		435.4	259	518.1	1212.5
3	Edward Geeslin	CA	90kg	88.6	23	175	115	200	490	315.364		385.8	253.5	440.9	1080.3
4	Robert Lichau	CA	90kg	89.95	31	140	100	190	430	274.598		308.6	220.5	418.9	948
	100kg Open														
1	Randy Ruppert	CA	100kg	99.3	29	242.5	160	280	682.5	416.53		534.6	352.7	617.3	1504.6
2	Aldo Caro	CA	100kg	96.25	26	227.5	150	255	632.5	391.138		501.5	330.7	562.2	1394.4
3	Michael Davenport	CA	100kg	98.9	33	202.5	152.5	265	620	379.006		446.4	336.2	584.2	1366.9
4	Nate Coogan	CA	100kg	98.65	41	200	142.5	275	617.5	377.91	381.689	440.9	314.2	606.3	1361.3
5	Michael Bond	CA	100kg	99.4	28	220	137.5	245	602.5	367.585		485	303.1	540.1	1328.3
6	Joseph Lamariana	CA	100kg	99.7	29	197.5	150	235	582.5	354.917		435.4	330.7	518.1	1284.2
7	Chris Gonzales	CA	100kg	96.95	30	197.5	142.5	227.5	567.5	349.864		435.4	314.2	501.5	1251.1
8	Matthew Hashimoto	CA	100kg	90.4	34	200	120	220	540	343.98		440.9	264.6	485	1190.5
9	Rene Maldonado	CA	100kg	99.1	27	172.5	105	200	477.5	291.657		380.3	231.5	440.9	1052.7
10	Joseph Echeverria	CA	100kg	97.8	36	160	92.5	215	467.5	287.139		352.7	203.9	474	1030.7
	110kg Open														
1	John Davis	CA	110kg	108.6	41	267.5	192.5	295	755	446.13	450.591	589.7	424.4	650.4	1664.5
2	Melik Helmy	CA	110kg	109.8	23	205	160	270	635	373.888		451.9	352.7	595.2	1399.9
3	Doug Carroll	CA	110kg	108.6	57	212.5	127.5	277.5	617.5	364.881		468.5	281.1	611.8	1361.3
4	Jonathan Humphrey	CA	110kg	108.15	25	205	147.5	250	602.5	356.439		451.9	325.2	551.2	1328.3
5	Khalid Helmy	CA	110kg	109.1	25	205	150	247.5	602.5	355.475		451.9	330.7	545.6	1328.3
6	Darrell Valdez	CA	110kg	109.55	34	207.5	175	215	597.5	352.047		457.5	385.8	474	1317.2
7	Michael Snow	CA	110kg	109.7	29	197.5	135	242.5	575	338.675		435.4	297.6	534.6	1267.6
8	Wilmer Zavala	Ca	110kg	103.45	27	202.5	127.5	207.5	537.5	322.876		446.4	281.1	457.5	1185
9	Drew Dorsey	CA	110kg	102.5	33	115	80	170	365	220.022		253.5	176.4	374.8	804.7
	140kg Open														
1	Blake Gonzales	CA	140kg	133.35	25	272.5	195	295	762.5	429.364		600.8	429.9	650.4	1681
	SHW Open														
1	Kevin Jamieson	CA	SHW	143.2	40	242.5	145	252.5	640	356.48	356.48	534.6	319.7	556.7	1410.9

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	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
	100kg Submaster														
1	Antonio Machuca	CA	100kg	99.6	38	265	170	310	745	454.152		584.2	374.8	683.4	1642.4
						4th: 278									
2	Joseph Echeverria	CA	100kg	97.8	36	160	92.5	215	467.5	287.139		352.7	203.9	474	1030.7
	140kg Submaster														
1	Christophe Fondacci	CA	140kg	136.65	39	272.5	162.5	252.5	687.5	385.619		600.8	358.2	556.7	1515.7
	75kg Master 50-54														
1	Oscar Garcia	CA	75kg	73.8	52	182.5	105	187.5	475	342.333	398.817	402.3	231.5	413.4	1047.2
	100kg Master 40-44														
1	Nate Coogan	CA	100kg	98.65	41	200	142.5	275	617.5	377.91	381.689	440.9	314.2	606.3	1361.3
2	Joshua Reiten	CA	100kg	91.55	41	205	130	250	585	370.305	374.008	451.9	286.6	551.2	1289.7
	100kg Master 55-59														
1	Bruce Perilloux	CA	100kg	99.602	57	155	120	190	465	283.464	359.432	341.7	264.6	418.9	1025.1
	100kg Master 60-64														
1	Donald Contaxis	CA	100kg	97.7	60	180	85	185	450	276.48	370.483	396.8	187.4	407.9	992.1
	110kg Master 40-44														
1	John Davis	CA	110kg	108.6	41	267.5	192.5	295	755	446.13	450.591	589.7	424.4	650.4	1664.5
	140kg Master 45-49														
1	Bob Vecchiarello	CA	140kg	139.55	48	297.5	215	257.5	770	430.507	472.266	655.9	474	567.7	1697.5
	SHW Master 40-44														
1	Kevin Jamieson	CA	SHW	143.2	40	242.5	145	252.5	640	356.48	356.48	534.6	319.7	556.7	1410.9
Women Classic Raw Powerlifting															
	56kg Open														
DQ	Marybeth Baluyot	CA	56kg	53.15	24	0	0	0	0	0		0	0	0	0
	67.5kg Open														
1	Cassy Krause	CA	67.5kg	63.65	63	70	45	110	225	239.783	340.731	154.3	99.2	242.5	496
	67.5kg Master 60-64														
1	Cassy Krause	CA	67.5kg	63.65	63	70	45	110	225	239.783	340.731	154.3	99.2	242.5	496
Men Classic Raw Powerlifting															
	75kg Open														
1	Richard Navarra	CA	75kg	73.6	27	257.5	157.5	257.5	672.5	485.612		567.7	347.2	567.7	1482.6

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	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 Open														
1	Chris Cessna	CA	90kg	88.1	32	232.5	145	257.5	635	409.893		512.6	319.7	567.7	1399.9
DQ	Hubbel Richmond	CA	90kg	88.55	30	0	0	0	0	0		0	0	0	0
	SHW Open														
DQ	Joshua Battersby	CA	SHW	142.3	24	272.5	50	0	0	0		600.8	110.2	0	0
	100kg Submaster														
1	Aaron Sheiman	CA	100kg	92.1	35	182.5	140	230	552.5	348.683		402.3	308.6	507.1	1218
Women Single Ply Powerlifting															
	75kg Open														
1	Sylvia Nix	CA	75kg	73.55	49	137.5	95	150	382.5	368.156	409.758	303.1	209.4	330.7	843.3
	90kg Open														
1	Ashley Simpson	CA	90kg	88.85	39	107.5	75	147.5	330	286.704		237	165.3	325.2	727.5
	56kg Master 55-59														
1	Kim Maslana	CA	56kg	54.05	56	102.5	75	115	292.5	353.837	440.881	226	165.3	253.5	644.8
						4th: 107.5		4th: 117.5							
	67.5kg Master 55-59														
1	Gia Blackwell	CA	67.5kg	66.85	58	148	77.5	145	370.5	380.8	491.613	326.3	170.9	319.7	816.8
	75kg Master 45-49														
1	Sylvia Nix	CA	75kg	73.55	49	137.5	95	150	382.5	368.156	409.758	303.1	209.4	330.7	843.3
Women Raw Bench Only															
	60kg Open														
1	Rachel Hassall	CA	60kg	59.45	32		87.5		87.5	98.254			192.9		192.9
	56kg Submaster														
1	Renee Clair	CA	56kg	54.05	35		45		45	54.437			99.2		99.2
Men Raw Bench Only															
	82.5kg Jr 16-17														
1	Derek Han	CA	82.5kg	80.75	17		127.5		127.5	86.534			281.1		281.1
	140kg Open														
1	Blake Gonzales	CA	140kg	133.35	25		195		195	109.805			429.9		429.9

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	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 80+														
1	James Roberts	CA	90kg	84.2	89		50		50	33.095	82.539		110.2		110.2
	100kg Master 65-69														
1	Steven Obrien	CA	100kg	94.45	69		140		140	87.318	140.582		308.6		308.6
							4th: 142.5								
	Women Single Ply Bench Only														
	75kg Open														
1	Sylvia Nix	CA	75kg	73.55	49		95		95	91.438	101.77		209.4		209.4
	75kg Master 45-49														
1	Sylvia Nix	CA	75kg	73.55	49		95		95	91.438	101.77		209.4		209.4
	Women Raw Deadlift Only														
	56kg Submaster														
1	Renee Clair	CA	56kg	54.05	35			90	90	108.873				198.4	198.4
	Men Raw Deadlift Only														
	110kg Jr 20-23														
1	Melik Helmy	CA	110kg	109.8	23			270	270	158.976				595.2	595.2
	100kg Open														
1	Joseph Echeverria	CA	100kg	97.8	36			215	215	132.053				474	474
	110kg Open														
1	Melik Helmy	CA	110kg	109.8	23			270	270	158.976				595.2	595.2
2	Michael Snow	CA	110kg	109.7	29			242.5	242.5	142.833				534.6	534.6
	100kg Submaster														
1	Joseph Echeverria	CA	100kg	97.8	36			215	215	132.053				474	474
	90kg Master 80+														
1	James Roberts	CA	90kg	84.2	89			55	55	36.405	90.794			121.3	121.3
	Women Single Ply Deadlift Only														
	75kg Open														
1	Sylvia Nix	CA	75kg	73.55	49			150	150	144.375	160.689			330.7	330.7
	75kg Master 45-49														
1	Sylvia Nix	CA	75kg	73.55	49			150	150	144.375	160.689			330.7	330.7

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Men Single Ply Deadlift Only															
	82.5kg Open														
1	Matthew Vizcarra	CA	82.5kg	81.75	33			257.5	257.5	173.452				567.7	567.7
	Thank you to our referees:														
	National - Eric Cranage														
	National - Darren Monahan														
	National - Chandra Jenkins														
	National - Molly O'Rourke														
	State - Rae Stewart														
	State - Daniel Melgoza														
	State - Alexandra Edlin														
	Practical- Tenaya Tuteur														