

## USPA Holiday Festival of Strength December 7-8, 2019 Ventura, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Women Raw Powerlifting</b>																	
	75kg Jr 20-23																
1	Jasmin Ramirez	CA	75kg	73.2	21	122.5	130	137.5	57.5	62.5	<del>67.5</del>	127.5	140	150	350	337.925	
	48kg Open																
1	Julie Andrasi	CA	48kg	46.4	26	50	55	60	25	27.5	30	70	77.5	85	175	237.528	
	60kg Open																
1	Cherilyn Yee	CA	60kg	59.2	26	125	132.5	<del>135</del>	57.5	62.5	<del>65</del>	140	145	150	345	388.677	
2	Nikki Nguyen	CA	60kg	59.6	24	<del>100</del>	100	107.5	62.5	65	<del>67.5</del>	130	137.5	142.5	315	353.021	
	67.5kg Open																
1	Denisse Arzola	CA	67.5kg	67.2	26	<del>105</del>	105	110	55	57.5	<del>62.5</del>	127.5	135	140	307.5	314.849	
2	Heather Sulaeman	CA	67.5kg	65.2	28	95	102.5	<del>110</del>	57.5	<del>62.5</del>	<del>62.5</del>	125	137.5	142.5	302.5	316.627	
3	Lyndsey Quintana Hernandez	AK	67.5kg	66.6	26	100	107.5	<del>115</del>	55	<del>62.5</del>	65	112.5	117.5	125	297.5	306.604	
4	Anna Carroll	CA	67.5kg	64.8	26	72.5	80	90	50	<del>55</del>	<del>55</del>	105	117.5	<del>132.5</del>	257.5	270.761	
	75kg Open																
1	Yessenia Cardoso	CA	75kg	70.4	28	127.5	132.5	<del>137.5</del>	67.5	72.5	<del>75</del>	142.5	152.5	<del>160</del>	357.5	354.283	
2	Elesia Jones	CA	75kg	71.4	27	102.5	107.5	112.5	60	65	<del>70</del>	150	160	<del>175</del>	337.5	331.256	
	SHW Open																
1	Deirdra Stella Bridgett	CA	SHW	96	29	<del>120</del>	120	<del>125</del>	52.5	57.5	<del>60</del>	165	172.5	<del>182.5</del>	350	295.19	
2	Alison Jernigan	CA	SHW	109.2	55	<del>60</del>	<del>60</del>	60	70	75	<del>77.5</del>	142.5	147.5	152.5	287.5	234.111	286.786
	SHW Master 55-59																
1	Alison Jernigan	CA	SHW	109.2	55	<del>60</del>	<del>60</del>	60	70	75	<del>77.5</del>	142.5	147.5	152.5	287.5	234.111	286.786
<b>Men Raw Powerlifting</b>																	
	67.5kg Jr 18-19																
1	Alberto Figueroa	CA	67.5kg	65.6	19	<del>100</del>	102.5	<del>117.5</del>	92.5	100	107.5	102.5	117.5	142.5	352.5	278.158	
	75kg Jr 13-15																
1	Roman Florez	CA	75kg	75	15	145	155	160	102.5	110	120	190	200	<del>210</del>	480	342.048	
	75kg Jr 18-19																
1	Sebhie Akesh	CA	75kg	72.8	18	110	127.5	<del>137.5</del>	90	<del>97.5</del>	<del>---</del>	110	<del>127.5</del>	137.5	355	258.369	
	75kg Jr 20-23																
1	Carl Amones	CA	75kg	74	23	197.5	217.5	227.5	100	110	<del>117.5</del>	220	240	262.5	600	431.58	
2	Peter Ngo	CA	75kg	73.6	22	160	<del>167.5</del>	<del>167.5</del>	115	120	<del>125</del>	210	217.5	<del>230</del>	497.5	359.245	
	82.5kg Jr 16-17																
1	Jack Stapholz	CA	82.5kg	78.8	17	145	152.5	160	110	117.5	<del>122.5</del>	142.5	155	160	437.5	301.569	
	82.5kg Jr 18-19																
1	Johnny Craggs	CA	82.5kg	79.6	18	185	195	200	122.5	130	135	220	235	<del>237.5</del>	570	390.393	

USPA Holiday Festival of Strength December 7-8, 2019 Ventura, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	90kg Jr 20-23																
1	Alex Olarte	CA	90kg	88.8	20	220	232.5	<del>237.5</del>	160	170	<del>182.5</del>	205	215	227.5	630	404.964	
2	Rafael Lepe	CA	90kg	89.6	20	200	207.5	<del>212.5</del>	105	112.5	117.5	227.5	235	240	565	361.487	
3	Jason To	CA	90kg	88.6	23	185	190	195	122.5	127.5	<del>140</del>	240	<del>260</del>	<del>262.5</del>	562.5	362.025	
DQ	Tristan Salle	CA	90kg	86	20	<del>172.5</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	
	100kg Jr 20-23																
1	Nathan Chandler	CA	100kg	93.2	21	180	190	197.5	135	145	<del>155</del>	220	247.5	<del>260</del>	590	370.284	
	110kg Jr 20-23																
1	Zachary Viano	CA	110kg	100.6	22	185	195	202.5	115	122.5	<del>132.5</del>	220	232.5	245	570	346.047	
	140kg Jr 18-19																
1	Wesley Root	UT	140kg	132.2	18	127.5	<del>140</del>	<del>142.5</del>	82.5	95	100	182.5	<del>190</del>	192.5	420	236.838	
	140kg Jr 20-23																
1	Antonio Marquez	CA	140kg	134.8	22	265	275	282.5	202.5	210	215.5	307.5	317.5	<del>322.5</del>	815.5	458.393	
<b>Men Raw Powerlifting</b>																	
	60kg Open																
1	Gino Asinas	CA	60kg	58.6	30	107.5	110	112.5	57.5	<del>62.5</del>	62.5	132.5	<del>137.5</del>	137.5	312.5	272.406	
	67.5kg Open																
1	Ezekiel Barrios	CA	67.5kg	62.2	24	127.5	135	140	87.5	97.5	107.5	145	155	162.5	410	338.578	
	75kg Open																
1	Carl Amones	CA	75kg	74	23	197.5	217.5	227.5	100	110	<del>117.5</del>	220	240	262.5	600	431.58	
2	Joe Ramirez Lemus	CA	75kg	74.2	22	162.5	175	185	107.5	120	<del>125</del>	230	237.5	242.5	547.5	393.05	
3	Justin Sarzaba	CA	75kg	73.6	32	<del>157.5</del>	157.5	<del>170</del>	<del>112.5</del>	112.5	<del>127.5</del>	<del>207.5</del>	207.5	<del>235</del>	477.5	344.803	
4	Sheldon Kamei	CA	75kg	72.8	24	150	160	165	112.5	117.5	<del>125</del>	175	185	<del>190</del>	467.5	340.247	
5	Neil Santos	CA	75kg	74.2	27	<del>162.5</del>	162.5	172.5	102.5	<del>105</del>	<del>105</del>	180	187.5	<del>195</del>	462.5	332.029	
6	Dennis Dang	CA	75kg	72.8	24	147.5	155	<del>160</del>	100	<del>105</del>	<del>107.5</del>	175	187.5	192.5	447.5	325.691	
	82.5kg Open																
1	Chris Welty	CA	82.5kg	81.2	42	232.5	245	<del>255</del>	177.5	187.5	<del>---</del>	247.5	260	<del>---</del>	692.5	468.407	477.775
2	Westley Colebank	CA	82.5kg	81	28	165	<del>175</del>	<del>175</del>	142.5	<del>150</del>	<del>150</del>	202.5	210	<del>220</del>	517.5	350.555	
3	Wyatt Mangel	CA	82.5kg	80.8	24	137.5	150	162.5	97.5	110	112.5	185	200	215	490	332.465	
4	Richard Gonzales	CA	82.5kg	77.2	22	170	175	<del>177.5</del>	90	95	100	192.5	202.5	210	485	338.87	
5	Thomas Poston	CA	82.5kg	80	27	155	165	172.5	92.5	97.5	102.5	185	195	205	480	327.696	
	90kg Open																
1	Nicholas Anderson	CA	90kg	86.8	29	172.5	187.5	195	105	112.5	120	200	212.5	<del>222.5</del>	527.5	343.244	
2	Mark Cervantes	CA	90kg	88.4	25	147.5	160	167.5	102.5	107.5	112.5	182.5	197.5	207.5	487.5	314.145	
3	Kurt Strengier	CA	90kg	86.6	26	150	157.5	<del>162.5</del>	100	107.5	<del>115</del>	160	165	<del>170</del>	430	280.145	

## USPA Holiday Festival of Strength December 7-8, 2019 Ventura, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	100kg Open																
1	Brendan Tietz	CA	100kg	97.6	28	265	275	282.5	175	<del>180</del>	185	307.5	322.5	<del>337.5</del>	790	485.613	
2	Angel Salas	CA	100kg	96.5	26	215	227.5	<del>---</del>	145	155	<del>162.5</del>	255	272.5	277.5	660	407.682	
3	James Tangherlini	CA	100kg	96.2	32	205	<del>215</del>	<del>215</del>	170	175	182.5	250	262.5	<del>272.5</del>	650	402.09	
4	Juan Mata	CA	100kg	95.8	36	192.5	212.5	<del>222.5</del>	125	137.5	<del>140</del>	200	217.5	230	580	359.426	
5	Octavio Lomeli	CA	100kg	100	32	170	<del>177.5</del>	177.5	90	97.5	102.5	205	212.5	222.5	502.5	305.822	
	110kg Open																
1	Tyler Sage	CA	110kg	110	26	242.5	260	<del>275</del>	152.5	172.5	185	215	245	<del>267.5</del>	690	406.065	
2	Bryan Martinez	CA	110kg	100.8	32	<del>247.5</del>	255	<del>267.5</del>	112.5	<del>125</del>	<del>---</del>	265	275	<del>285</del>	642.5	389.805	
	125kg Open																
1	Wesley Crews	CA	125kg	117.8	24	240	255	<del>260</del>	165	185	<del>190</del>	245	265	272.5	712.5	411.469	
	140kg Open																
1	Antonio Marquez	CA	140kg	134.8	22	265	275	282.5	202.5	210	215.5	307.5	317.5	<del>322.5</del>	815.5	458.393	
2	Caleb Offer	CA	140kg	128	37	202.5	217.5	225	152.5	162.5	167.5	255	275	290	682.5	387.114	
3	Eric Parkin	CA	140kg	126.6	25	227.5	250	<del>267.5</del>	142.5	152.5	<del>175</del>	247.5	265	275	677.5	385.091	
4	John Cuevas	CA	140kg	137.4	33	330	<del>---</del>	<del>---</del>	145	187.5	195	77.5	<del>---</del>	<del>---</del>	602.5	337.641	
	SHW Open																
1	Benito Moran	CA	SHW	156.6	25	237.5	270	305	185	207.5	220	230	275	<del>297.5</del>	800	439.92	
	100kg Submaster																
1	Juan Mata	CA	100kg	95.8	36	192.5	212.5	<del>222.5</del>	125	137.5	<del>140</del>	200	217.5	230	580	359.426	
	82.5kg Master 40-44																
1	Chris Welty	CA	82.5kg	81.2	42	232.5	245	<del>255</del>	177.5	187.5	<del>---</del>	247.5	260	<del>---</del>	692.5	468.407	477.775
	100kg Master 50-54																
DQ	Allan Taylor	CA	100kg	97.2	54	<del>205</del>	<del>222.5</del>	<del>230</del>	152.5	160	165	<del>205</del>	<del>---</del>	<del>---</del>	0	0	0
	<b>Women Classic Raw Powerlifting</b>																
	75kg Jr 20-23																
1	Taryn Chapman	CA	75kg	72.2	22	112.5	120	125	75	80	<del>82.5</del>	145	157.5	165	370	360.454	
	75kg Open																
1	Taryn Chapman	CA	75kg	72.2	22	112.5	120	125	75	80	<del>82.5</del>	145	157.5	165	370	360.454	
	<b>Men Classic Raw Powerlifting</b>																
	67.5kg Open																
1	Jesus Garcia	CA	67.5kg	65.8	32	142.5	155	160	112.5	115	<del>120</del>	200	<del>220</del>	<del>220</del>	475	373.92	
	100kg Open																
1	Christopher Clary	CA	100kg	97.8	30	192.5	207.5	<del>220</del>	147.5	162.5	<del>170</del>	<del>210</del>	227.5	250	620	380.804	
	110kg Open																
1	Fabian Cruz	CA	110kg	107.6	25	282.5	<del>302.5</del>	<del>302.5</del>	172.5	<del>182.5</del>	<del>182.5</del>	265	<del>277.5</del>	<del>277.5</del>	720	426.672	

USPA Holiday Festival of Strength December 7-8, 2019 Ventura, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	125kg Open																
1	Juan Vaquez	CA	125kg	124.2	34	267.5	275	<del>280</del>	185	<del>190</del>	<del>190</del>	277.5	280	282.5	742.5	423.671	
	125kg Master 40-44																
DQ	Amir Inbal	CA	125kg	121.4	44	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	0
<b>Women Raw Bench Only</b>																	
	75kg Jr 20-23																
1	Taryn Chapman	CA	75kg	72.2	22				75	80	<del>82.5</del>				80	77.936	
	75kg Open																
1	Taryn Chapman	CA	75kg	72.2	22				75	80	<del>82.5</del>				80	77.936	
<b>Men Raw Bench Only</b>																	
	82.5kg Open																
1	Westley Colebank	CA	82.5kg	81	28				142.5	<del>150</del>	<del>150</del>				142.5	96.53	
	100kg Open																
1	Stepan Artuni	CA	100kg	92	24				165	172.5	182.5				182.5	115.249	
	75kg Master 65-69																
1	Joe Domngues	CA	75kg	74	65				<del>110</del>	110	<del>112.5</del>				110	79.123	117.102
	100kg Master 50-54																
1	Allan Taylor	CA	100kg	97.2	54				152.5	160	165				165	101.607	122.335
	125kg Master 55-59																
1	Ben Sutton	CA	125kg	115	57				<del>115</del>	117.5	<del>---</del>				117.5	68.279	86.578
<b>Women Raw Deadlift Only</b>																	
	75kg Jr 20-23																
1	Taryn Chapman	CA	75kg	72.2	22							145	157.5	165	165	160.743	
	75kg Open																
1	Taryn Chapman	CA	75kg	72.2	22							145	157.5	165	165	160.743	
<b>Men Raw Deadlift Only</b>																	
	90kg Jr 20-23																
DQ	Tristan Salle	CA	90kg	86	20							<del>---</del>	<del>---</del>	<del>---</del>	0	0	
<b>Men Raw Push-Pull</b>																	
	125kg Submaster																
1	Vince Hernandez	CA	125kg	122.2	39				90	100	110	177.5	190	<del>197.5</del>	300	171.78	

USPA Holiday Festival of Strength December 7-8, 2019 Ventura, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Best Lifters:																	
Antonio Marquez		Raw Jr Men PL													<b>Record Color Codes:</b>		
Cherilyn Yee		Raw Open Women PL													State		
Brendan Tietz		Raw Open Men PL													National		
Meet Director: Larry Pollock																	
Thank you to our officials:																	
International: Ron Mooremiester, Tony Rodenburg and Steve Bloom																	
State: Michael Brown, David Douglas, Reginald Washington and Larry Pollock																	
Thank you to our spotter/loaders:																	
Roy Glenn, Eric Ruano, Victor Ruano, Jed Walz, Anthony McCulloch and Taryn Jones																	
Announcer: Chuck LaMantia																	