

USPA 5th Annual Maryland State Championship November 2, 2019 Frederick, MD

	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	Ashley Micensky	MD	75kg	72.6	22	145	<del>150</del>	<del>157.5</del>	65	67.5	70	135	147.5	150	365	354.306	
	60kg Open																
1	Christina Kasmer	MD	60kg	57.8	24	102.5	110	<del>115</del>	57.5	<del>62.5</del>	<del>62.5</del>	122.5	130	137.5	305	350.079	
	67.5kg Open																
1	Zoe Ubaldo	MD	67.5kg	65.6	31	132.5	140	145	65	72.5	75	142.5	152.5	<del>162.5</del>	372.5	388.145	
2	Rebecca McPeak	MD	67.5kg	66.6	40	97.5	105	<del>112.5</del>	67.5	72.5	77.5	135	142.5	147.5	330	340.098	340.098
3	Siarah Beall	MD	67.5kg	65.8	25	90	100	107.5	50	57.5	65	<del>112.5</del>	122.5	127.5	300	311.91	
4	Christina Diegel	PA	67.5kg	65.5	34	90	<del>102.5</del>	<del>105</del>	42.5	47.5	50	92.5	110	112.5	252.5	263.408	
DQ	Britney Conner	WV	67.5kg	60.3	30	<del>80</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	0	0	
DQ	Madison Dellinger	VA	67.5kg	64.5	24	<del>77.5</del>	<del>77.5</del>	<del>77.5</del>	37.5	<del>45</del>	45	<del>82.5</del>	82.5	87.5	0	0	
	75kg Open																
1	Jessica Chandler	VA	75kg	71	26	<del>90</del>	92.5	95	42.5	<del>45</del>	<del>45</del>	112.5	115	117.5	255	251.226	
	82.5kg Open																
1	Melanie Merryman	PA	82.5kg	76.5	28	87.5	92.5	95	60	62.5	<del>65</del>	115	<del>120</del>	120	277.5	260.6	
2	Elaine Ostrander	MD	82.5kg	80.4	60	35	40	50	27.5	40	45	90	105	<del>115</del>	200	182.5	244.55
3	Maureen Spessard	MD	82.5kg	76.3	36	55	60	65	35	37.5	<del>42.5</del>	75	80	82.5	185	174.011	
	90kg Open																
1	Kelli Thomson	DE	90kg	87.6	29	200	<del>210</del>	<del>210</del>	115	120	125	210	220	227.5	552.5	482.996	
	SHW Open																
1	Morgan Luschenat	MD	SHW	135.2	32	165	172.5	180	90	95	97.5	175	182.5	195	472.5	369.826	
	56kg Submaster																
1	Lisa Marquette	MD	56kg	55.2	39	110	117.5	120	67.5	70	<del>72.5</del>	130	135	140	330	392.7	
	67.5kg Master 40-44																
1	Rebecca McPeak	MD	67.5kg	66.6	40	97.5	105	<del>112.5</del>	67.5	72.5	77.5	135	142.5	147.5	330	340.098	340.098
	75kg Master 40-44																
1	Melissa Kerzic	MD	75kg	72.4	42	97.5	102.5	<del>107.5</del>	62.5	<del>65</del>	65	125	130	137.5	305	296.613	302.545
	82.5kg Master 40-44																
1	Diana Apalategui	DC	82.5kg	80.7	42	100	110	115	45	50	<del>55</del>	147.5	157.5	<del>162.5</del>	322.5	293.669	299.542
	82.5kg Master 60-64																
1	Elaine Ostrander	MD	82.5kg	80.4	60	35	40	50	27.5	40	45	90	105	<del>115</del>	200	182.5	244.55

USPA 5th Annual Maryland State Championship November 2, 2019 Frederick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Men Raw Powerlifting</b>																	
	75kg Jr 20-23																
1	Dylan Jordan	MD	75kg	72.2	21	187.5	192.5	197.5	122.5	127.5	<del>132.5</del>	215	222.5	<del>227.5</del>	547.5	400.88	
2	Chris Lemley	MD	75kg	74.2	23	125	137.5	145	120	<del>131</del>	132.5	152.5	177.5	190	467.5	335.618	
	90kg Jr 20-23																
1	Aaron Brave	MD	90kg	87.4	21	215	225	232.5	125	142.5	145	227.5	247.5	257.5	635	411.671	
2	Mark Burgess	MD	90kg	86.2	20	180	190	<del>200</del>	117.5	122.5	<del>125</del>	<del>240</del>	247.5	255	567.5	370.691	
	100kg Jr 20-23																
1	Thomas Willey	MD	100kg	100	20	185	197.5	205	132.5	<del>137.5</del>	140	190	202.5	220	565	343.859	
	110kg Jr 18-19																
1	Austin Workman	MD	110kg	101.6	18	207.5	225	232.5	115	120	<del>125</del>	217.5	237.5	<del>272.5</del>	590	356.832	
	67.5kg Open																
1	Daniel Lewis	MD	67.5kg	64.4	27	130	142.5	155	77.5	85	90	150	165	182.5	427.5	342.599	
	75kg Open																
1	John Cabbab	WV	75kg	74.8	25	205	215	217.5	130	<del>140</del>	<del>145</del>	227.5	237.5	242.5	590	421.201	
2	Dylan Jordan	MD	75kg	72.2	21	187.5	192.5	197.5	122.5	127.5	<del>132.5</del>	215	222.5	<del>227.5</del>	547.5	400.88	
	82.5kg Open																
1	Pearson Newsome	MD	82.5kg	82.5	27	175	190	205	115	120	125	205	220	227.5	557.5	373.469	
2	Zach Campbell	MD	82.5kg	82.5	27	165	177.5	185	132.5	145	150	185	205	<del>217.5</del>	540	361.746	
3	Matthew Stone	VA	82.5kg	78.8	27	135	142.5	147.5	102.5	112.5	<del>117.5</del>	185	197.5	205	465	320.525	
4	Theodore Murphy	MD	82.5kg	80.6	24	<del>170</del>	170	<del>175</del>	<del>87.5</del>	87.5	97.5	170	180	<del>187.5</del>	447.5	304.076	
	90kg Open																
1	Johnny Do	MD	90kg	89.9	30	292.5	305	312.5	210	217.5	225	305	<del>325</del>	<del>325</del>	842.5	538.189	
2	Derrick Chesley	MD	90kg	89.9	29	180	190	205	107.5	117.5	122.5	220	232.5	242.5	570	364.116	
3	James Gangler	MD	90kg	89.7	30	172.5	185	195	122.5	132.5	<del>137.5</del>	210	220	230	557.5	356.521	
	100kg Open																
1	Shawn Zebley	DE	100kg	99.9	29	212.5	227.5	<del>232.5</del>	<del>152.5</del>	155	165	240	257.5	267.5	660	401.808	
2	Ed Smith	MD	100kg	99.6	47	180	190	200	142.5	150	<del>155</del>	210	222.5	230	580	353.568	382.561
3	Cody Figgatt	MD	100kg	99	25	165	172.5	182.5	125	132.5	<del>140</del>	215	225	230	545	333.05	
	125kg Open																
1	Bo Thompson	VA	125kg	121.6	38	250	265	275	152.5	170	<del>177.5</del>	240	260	275	720	412.704	
	82.5kg Submaster																
1	Jason Blough	MD	82.5kg	77.8	38	<del>165</del>	175	182.5	110	115	120	215	227.5	<del>245</del>	530	368.403	

USPA 5th Annual Maryland State Championship November 2, 2019 Frederick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	125kg Submaster																
1	Bo Thompson	VA	125kg	121.6	38	250	265	275	152.5	170	<del>-177.5</del>	240	260	275	720	412.704	
	90kg Master 50-54																
1	Paul Frese	GA	90kg	89.4	50	202.5	210	215	140	147.5	150	225	232.5	<del>-240</del>	597.5	382.759	432.517
	100kg Master 40-44																
1	Ed Tayter	MD	100kg	97.8	43	200	215	<del>-225</del>	110	120	<del>-127.5</del>	215	230	<del>-240</del>	565	347.023	357.781
2	Jack Johnson	MD	100kg	99	42	160	172.5	182.5	125	140	145	160	182.5	192.5	520	317.772	324.127
	100kg Master 45-49																
1	Ed Smith	MD	100kg	99.6	47	180	190	200	142.5	150	<del>-155</del>	210	222.5	230	580	353.568	382.561
	125kg Master 45-49																
1	Scott Haddaway	MD	125kg	117	45	220	230	237.5	147.5	160	<del>-165</del>	245	262.5	<del>-272.5</del>	660	381.81	402.81
DQ	Matt Klingman	MD	125kg	114.8	45	<del>-175</del>	<del>-175</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	0	0	0
<b>Women Classic Raw Powerlifting</b>																	
	67.5kg Master 50-54																
1	Mary Kelly	MD	67.5kg	64.3	52	<del>-72.5</del>	77.5	87.5	50	60	<del>-65</del>	112.5	120	132.5	280	296.128	344.989
<b>Men Classic Raw Powerlifting</b>																	
	67.5kg Jr 20-23																
1	Fardin Ahmed	VA	67.5kg	65.3	21	225	235	<del>-242.5</del>	125	132.5	137.5	230	240	<del>-250</del>	612.5	485.223	
	110kg Jr 20-23																
1	Jason Sizemore	MD	110kg	107.8	23	192.5	212.5	<del>-227.5</del>	135	147.5	152.5	227.5	252.5	272.5	637.5	377.591	
	67.5kg Open																
1	Fardin Ahmed	VA	67.5kg	65.3	21	225	235	<del>-242.5</del>	125	132.5	137.5	230	240	<del>-250</del>	612.5	485.223	
	100kg Open																
1	Antonio Carter	WV	100kg	96.6	30	287.5	302.5	310	197.5	207.5	212.5	307.5	325	<del>-----</del>	847.5	523.247	
2	Zane Esche	MD	100kg	99.6	36	237.5	252.5	262.5	165	180	<del>-185</del>	227.5	260	285	727.5	443.484	
	100kg Submaster																
1	Zane Esche	MD	100kg	99.6	36	237.5	252.5	262.5	165	180	<del>-185</del>	227.5	260	285	727.5	443.484	
	110kg Submaster																
1	David Marquette	MD	110kg	107.5	35	227.5	<del>-----</del>	<del>-----</del>	160	<del>-----</del>	<del>-----</del>	275	295	<del>-----</del>	682.5	404.586	
	125kg Submaster																
1	Christophe Mion	MD	125kg	121.2	38	175	195	217.5	<del>-115</del>	132.5	<del>-147.5</del>	187.5	210	237.5	587.5	336.99	

USPA 5th Annual Maryland State Championship November 2, 2019 Frederick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Men Raw Bench Only</b>																	
	125kg Open																
1	Mike Muskey	MD	125kg	110.9	51				177.5	<del>185</del>	<del>185</del>				177.5	104.193	119.509
	140kg Open																
1	Johnnie Harris	MD	140kg	130.5	31				272.5	297.5	<del>320</del>				297.5	168.147	
	125kg Master 50-54																
1	Mike Muskey	MD	125kg	110.9	51				177.5	<del>185</del>	<del>185</del>				177.5	104.193	119.509
	125kg Master 60-64																
1	Bill Parks	MD	125kg	123.1	62				100	110	<del>117.5</del>				110	62.887	87.602
<b>Men Raw Deadlift Only</b>																	
	100kg Open																
1	Rashad Tucker	MD	100kg	99.3	33							237.5	245	252.5	252.5	154.101	
<b>Men Raw Push-Pull</b>																	
	100kg Open																
1	Cody Tatom	IL	100kg	99	30				187.5	<del>192.5</del>	<del>192.5</del>	300	317.5	<del>317.5</del>	505	308.606	

**Best Lifters:**

Aaron Brave	Raw Jr Men PL	<b>Record Color Codes:</b> State National
Kelli Thomson	Raw Open Women PL	
Johnny Do	Raw Open Men PL	
Paul Frese	Raw Master Men PL	

**Thank you to our referess:**

International	Johnny Laye and Mindy Layne
National	John James
State	Jessica Rogers, Travis Rogers, Al Arvey and James Mingle

Announcers Johnny Layne, Mindy Layne and Travis Rogers

Spotters/Loaders Platform Manager: Dave May, Nicole Alvarez, Logan Nelson, Tim Spickler, Matt McGraw, Carlos Castillo and Angel Arias

Meet Director: Johnny Layne

Sponsors: Bench Blokz, Intense Attire, Platform Ready & Combined Insurance and Pioneer Leathercraft