

USPA Drug Tested Winter Classic Powerlifting Meet January 18, 2020 Dallas, GA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	56kg Open																
1	Katelyn Synoground	GA	56kg	55.4	25	92.5	97.5	97.5	52.5	57.5	60	102.5	107.5	115	262.5	311.483	
	60kg Open																
DQ	Amanda Epps	GA	60kg	60	34	102.5	102.5	102.5	67.5	72.5	77.5	110	115	122.5	0	0	
	75kg Open																
1	Cherrelle Moser	GA	75kg	73.4	34	132.5	140	145	67.5	70	72.5	172.5	182.5	190	407.5	392.749	
2	Alondra Castillo	GA	75kg	70.4	24	122.5	132.5	142.5	57.5	62.5	67.5	145	150	152.5	352.5	349.328	
3	Kandice Spivey	GA	75kg	68	33	70	80	92.5	55	60	65	117.5	125	132.5	277.5	281.746	
	82.5kg Open																
1	Karina Espinosa	GA	82.5kg	82.10	45	100	105	110	50	52.5	55	120	127.5	127.5	285	257.156	271.299
	90kg Open																
1	Conswella Bennett	GA	90kg	88.4	46	137.5	145	147.5	72.5	77.5	82.5	150	165	165	370	322.159	344.066
2	Saedika Chambers	GA	90kg	84.3	30	97.5	105	110	55	57.5	60	117.5	127.5	137.5	302.5	269.286	
	SHW Open																
1	Shannon Ponthier	LA	SHW	113.80	40	95	97.5	105	92.5	97.5	100	102.5	110	120	322.5	260.419	260.419
	82.5kg Master 45-49																
1	Karina Espinosa	GA	82.5kg	82.10	45	100	105	110	50	52.5	55	120	127.5	127.5	285	257.156	271.299
	90kg Master 45-49																
1	Conswella Bennett	GA	90kg	88.4	46	137.5	145	147.5	72.5	77.5	82.5	150	165	165	370	322.159	344.066
	SHW Master 40-44																
1	Carmin Nowlin	GA	SHW	101.10	40	125	130	137.5	85	90	92.5	132.5	140	145	375	311.25	311.25
2	Shannon Ponthier	LA	SHW	113.80	40	95	97.5	105	92.5	97.5	100	102.5	110	120	322.5	260.419	260.419
Men Raw Powerlifting																	
	75kg Jr 16-17																
1	Zack Dow	GA	75kg	70.90	17	122.5	130	137.5	77.5	82.5	82.5	157.5	170	182.5	390	289.458	
	82.5kg Jr 20-23																
1	Mason Deshazo	GA	82.5kg	80.8	23	185	205	215	142.5	150	155	185	200	215	585	396.923	
	110kg Jr 20-23																
1	Connor Phillips	GA	110kg	103.60	22	142.5	155	167.5	115	120	120	190	200	215	502.5	301.701	
	125kg Jr 20-23																
1	Derick lem	GA	125kg	113.8	23	255	265	272.5	165	170	175	265	275	285	717.5	418.087	

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	67.5kg Open																
1	Cody Dotson	GA	67.5kg	65.40	26	135	147.5	157.5	97.5	102.5	105	165	182.5	190	452.5	357.973	
	75kg Open																
1	Freddy Valentindiaz	GA	75kg	75	23	177.5	185	-192.5	102.5	-107.5	-107.5	200	215	222.5	510	363.426	
	82.5kg Open																
DQ	Brian Plows	GA	82.5kg	75.5	25	-125	137.5	-147.5	-115	-120	-120	170	185	192.5	0	0	
	90kg Open																
1	Edward Acevedo	GA	90kg	89.20	28	220	-225	-225	150	155	157.5	280	-285	285	662.5	424.861	
	100kg Open																
1	Tracy Curry	TN	100kg	99.8	29	255	267.5	277.5	190	195	200	297.5	317.5	327.5	805	490.326	
2	Ryan Todd	GA	100kg	96.4	26	237.5	245	255	-157.5	157.5	-162.5	257.5	267.5	-275	680	420.24	
	110kg Open																
1	Zebulon Bare	GA	110kg	110	32	187.5	202.5	215	150	157.5	167.5	185	207.5	-999	590	347.215	
2	Connor Phillips	GA	110kg	103.60	22	142.5	155	167.5	115	-120	120	190	200	215	502.5	301.701	
	125kg Open																
1	Darryl Richey	GA	125kg	123.7	29	275	280	285	175	185	187.5	295	-315	-315	767.5	438.319	
2	Elmer Herrera	GA	125kg	117	31	220	227.5	-240	142.5	150	-157.5	227.5	247.5	-260	625	361.563	
	110kg Master 65-69																
1	Peter Pauline	GA	110kg	110	65	150	175	-190	-95	97.5	102.5	-195	200	215	492.5	289.836	428.958
Women Classic Raw Powerlifting																	
	SHW Open																
1	Milena Schaefer	GA	SHW	119.2	29	175	190	210	95	105	107.5	175	185	200	517.5	414.311	
Men Classic Raw Powerlifting																	
	75kg Open																
1	Brian Starke	FL	75kg	73.20	29	130	142.5	150	90	100	-105	170	182.5	190.5	440.5	319.318	
	82.5kg Open																
1	Jordan Synoground	GA	82.5kg	81.60	28	182.5	-197.5	-197.5	102.5	-107.5	-112.5	182.5	187.5	192.5	477.5	322.026	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Single Ply Powerlifting																	
	75kg Open																
1	Joseph Hwang	GA	75kg	74.10	30	220	237.5	250	135	147.5	158	227.5	252.5	265	650	467.09	
	110kg Master 55-59																
1	William Wenk	NC	110kg	107.6	58	180	180	200	120	99.9	99.9	210	225	232.5	552.5	327.412	422.688
Women Raw Bench Only																	
	SHW Open																
1	Shannon Ponthier	LA	SHW	113.80	40				92.5	97.5	100				97.5	78.731	78.731
	SHW Master 40-44																
1	Shannon Ponthier	LA	SHW	113.80	40				92.5	97.5	100				97.5	78.731	78.731
Men Raw Bench Only																	
	82.5kg Open																
DQ	Brian Plows	GA	82.5kg	75.5	25				115	120	120				0	0	
	90kg Open																
1	Edward Acevedo	GA	90kg	89.20	28				150	155	157.5				157.5	101.005	
	82.5kg Master 45-49																
1	John Campbell	GA	82.5kg	80.20	47				85	97.5	102.5				97.5	66.456	71.905
Men Raw Deadlift Only																	
	90kg Open																
1	Edward Acevedo	GA	90kg	89.20	28							280	285	285	285	182.771	
	100kg Master 55-59																
1	Robert Gorham	GA	100kg	94.2	56							247.5	275	282.5	275	171.71	213.951
	110kg Master 65-69																
1	Peter Pauline	GA	110kg	110	65							195	200	215	215	126.528	187.261
Men Single Ply Deadlift Only																	
	75kg Open																
1	Joseph Hwang	GA	75kg	74.10	30							227.5	252.5	265	265	190.429	
Men Raw Push-Pull																	
	90kg Open																
1	Edward Acevedo	GA	90kg	89.20	28				150	155	157.5	280	285	285	442.5	283.775	

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	Best Lifters:																
	Cherrelle Moser	Raw Open Women PL													Record Color Codes:		
	Tracy Curry	Raw Open Men PL													State		
															National		
	Meet Director:	Steve Goggins															
	Thank you to our officials:																
	International:	Andrew Yerrakadu and Steve Goggins															
	National:	Molly Yerrakadu															
	State:	Monique Hayes, Valerie Smith, Melissa Avanesian and Reginald Jiles															
	Support Staff:	Minerva Islas and Chelsea Nicole															
	Spotter/Loaders:	Ronnell Leftwich, Ryan Epperson, Rodrigo Pulgarin and Alex Rennie															