

IPL Tested 2024 North American Championships November 8-10 North Charleston, South Carolina

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
48kg Jr 16-17																	
1	Lorelei Redner	FL	48kg	46.9	16	<del>52.5</del>	52.5	62.5	35	40	42.5	75	82.5	92.5	197.5	259.244	
60kg Jr 16-17																	
1	Zoe Zenhye	SC	60kg	56.3	17	92.5	<del>100</del>	<del>100</del>	52.5	55	57.5	<del>112.5</del>	115	120	270	311.859	
60kg Jr 20-23																	
1	Emily Moyer	PA	60kg	58.2	21	112.5	120	125	77.5	82.5	<del>85</del>	125	132.5	<del>142.5</del>	340	384.301	
67.5kg Jr 13-15																	
1	Zoey Redner	FL	67.5kg	65.3	14	72.5	80	<del>92.5</del>	50	<del>55</del>	55	92.5	102.5	<del>107.5</del>	237.5	249.992	
67.5kg Jr 20-23																	
1	Lily Young	SC	67.5kg	66.3	21	127.5	137.5	142.5	90	98	103	140	155	167.5	413	430.848	
75kg Jr 20-23																	
1	Celia Lemieux	MA	75kg	73.7	20	122.5	<del>130</del>	<del>132.5</del>	80	<del>85</del>	85	132.5	145	155	362.5	356.369	
Women Raw Powerlifting			Open														
48kg Open																	
1	Sheryl Cohen	GA	48kg	47.8	50	<del>93</del>	<del>93</del>	93	32.5	35	37.5	70	<del>---</del>	<del>---</del>	200.5	259.526	293.264
56kg Open																	
1	Andrea Shirinzadeh	NC	56kg	54.6	33	77.5	92.5	<del>95</del>	<del>52.5</del>	52.5	55	110	125	<del>127.5</del>	272.5	321.245	
2	Meagan Gould	SC	56kg	55.4	26	<del>92.5</del>	92.5	<del>95</del>	60	<del>62.5</del>	<del>65</del>	115	117.5	120	272.5	318.129	
3	Jamielynn Crist	NC	56kg	55.5	47	<del>72.5</del>	72.5	82.5	50	52.5	55	80	92.5	<del>95</del>	230	268.19	290.182
60kg Open																	
1	Roxy Cowick	NC	60kg	57.2	31	<del>105</del>	170	<del>175</del>	70	<del>77.5</del>	<del>77.5</del>	190	200	207.5	447.5	511.527	
2	Zoe Zenhye	SC	60kg	56.3	17	92.5	<del>100</del>	<del>100</del>	52.5	55	57.5	<del>112.5</del>	115	120	270	311.859	
67.5kg Open																	
1	Lily Young	SC	67.5kg	66.3	21	127.5	137.5	142.5	90	98	103	140	155	167.5	413	430.848	
2	Sophia Sullivan	MA	67.5kg	66.5	25	140	152.5	155	72.5	77.5	<del>80</del>	142.5	152.5	157.5	390	406.138	
3	Heather Duke	KY	67.5kg	64.7	29	140	145	<del>147.5</del>	62.5	67.5	70	152.5	<del>162.5</del>	<del>162.5</del>	367.5	388.958	
4	Anddora Martinez	VA	67.5kg	66.9	28	127.5	<del>137.5</del>	137.5	<del>75</del>	<del>75</del>	75	140	<del>147.5</del>	<del>150</del>	352.5	365.806	
5	Yesenia Sanderson	NC	67.5kg	61.9	30	<del>132.5</del>	132.5	<del>162.5</del>	55	<del>60</del>	<del>60</del>	145	155	<del>165</del>	342.5	372.362	
6	Chelsea Johnson	FL	67.5kg	62.3	29	90	100	<del>105</del>	57.5	60	<del>62.5</del>	100	115	<del>130</del>	275	297.794	

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75kg Open																	
1	Katelyn Flora	TN	75kg	74.1	28	157.5	<del>162.5</del>	162.5	80	85	87.5	190	<del>197.5</del>	200	450	441.109	
2	Denise Flores	SC	75kg	74.4	30	145	152.5	<del>157.5</del>	62.5	67.5	72.5	155	162.5	167.5	392.5	383.918	
3	Betzabel Castradiaz	NC	75kg	71.9	33	142.5	150	<del>172.5</del>	70	<del>75</del>	<del>75</del>	127.5	142.5	<del>155</del>	362.5	361.179	
Women Raw Powerlifting				Master													
48kg Master 50-54																	
1	Sheryl Cohen	GA	48kg	47.8	50	<del>93</del>	<del>93</del>	93	32.5	35	37.5	70	<del>-----</del>	<del>-----</del>	200.5	259.526	293.264
56kg Master 40-44																	
1	Hollie Metrick	FL	56kg	55.1	40	97.5	105	107.5	45	50	<del>52.5</del>	112.5	<del>120</del>	<del>120</del>	270	316.356	316.356
56kg Master 45-49																	
1	Jamielynn Crist	NC	56kg	55.5	47	<del>72.5</del>	72.5	82.5	50	52.5	55	80	92.5	<del>95</del>	230	268.19	290.182
67.5kg Master 40-44																	
1	Andrea Riviezzo	CO	67.5kg	64.1	41	90	95	97.5	47.5	<del>50</del>	50	142.5	<del>152.5</del>	152.5	300	319.294	322.486
67.5kg Master 55-59																	
1	Amy Helwig Dunlap	NC	67.5kg	63.9	56	70	80	<del>85</del>	40	<del>45</del>	<del>45</del>	100	110	112.5	232.5	247.918	308.906
75kg Master 40-44																	
1	Michelle Dixon	GA	75kg	71.7	41	115	<del>120</del>	<del>120</del>	70	75	<del>77.5</del>	<del>145</del>	145	147.5	337.5	336.785	340.152
75kg Master 45-49																	
1	Jalia Dennis	GA	75kg	74.4	45	112.5	<del>117.5</del>	117.5	67.5	70	75	140	142.5	145	337.5	330.12	348.277
Men Raw Powerlifting				Junior													
52kg Jr 20-23																	
1	Dawson McIntosh	SC	52kg	49.4	20	125	<del>130</del>	<del>133</del>	70	<del>75</del>	75	140	151	<del>155</del>	351	353.369	
56kg Jr 16-17																	
1	Deklan Schnupp	VA	56kg	55.5	17	<del>182.5</del>	187.5	192.5	87.5	90	<del>92.5</del>	192.5	202.5	207.5	490	442.071	
67.5kg Jr 18-19								(195)									
1	Joseph Berry	TX	67.5kg	66.5	18	160	170	<del>175</del>	87.5	<del>92.5</del>	<del>92.5</del>	157.5	165	175	432.5	336.993	
75kg Jr 16-17																	
1	Adrian Fraire	SC	75kg	71.0	16	190	210	215	132.5	140	145	175	182.5	<del>187.5</del>	542.5	403.546	
2	Brandon Stuck	VA	75kg	72.4	17	165	170	172.5	87.5	92.5	95	175	182.5	187.5	455	334.031	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Jr 18-19																
1	Joseph Aiello	AL	75kg	74.9	19	202.5	220	<del>-227.5</del>	125	130	<del>-137.5</del>	285	<del>-305</del>	305	655	470.313	
2	Cayel Holmgren	SD	75kg	74.5	18	210	220	<del>-225</del>	92.5	97.5	100	210	217.5	227.5	547.5	394.478	
3	Alex Saenz	KS	75kg	75.0	18	140	147.5	155	92.5	97.5	<del>-102.5</del>	165	172.5	<del>-187.5</del>	425	304.904	
	<b>Men Raw Powerlifting</b>			<b>Open</b>													
	52kg Open																
1	Dawson Mcintosh	SC	52kg	49.4	20	125	<del>-130</del>	<del>-133</del>	70	<del>-75</del>	75	140	151	<del>-155</del>	351	353.369	
	67.5kg Open																
1	Scott Desinor	FL	67.5kg	66.5	33	177.5	195	202.5	97.5	105	<del>-112.5</del>	215	235	245	552.5	430.495	
	75kg Open																
1	Kofi Mensah	GA	75kg	74.8	29	210	222.5	227.5	142.5	<del>-150</del>	150	270	292.5	302.5	680	488.681	
2	Elijah Burr	SC	75kg	73.9	32	215	230	235	150	<del>-155</del>	<del>-155</del>	260	272.5	<del>-277.5</del>	657.5	476.219	
3	Joseph Aiello	AL	75kg	74.9	19	202.5	220	<del>-227.5</del>	125	130	<del>-137.5</del>	285	<del>-305</del>	305	655	470.313	
4	Adrian Fraire	SC	75kg	71.0	16	190	210	215	132.5	140	145	175	182.5	<del>-187.5</del>	542.5	403.546	
5	Conner Whelan	SC	75kg	74.0	27	180	<del>-187.5</del>	190	110	<del>-117.5</del>	<del>-120</del>	205	215	<del>-227.5</del>	515	372.681	
6	Thomas Koty	SC	75kg	73.8	24	155	162.5	167.5	100	107.5	<del>-110</del>	177.5	195	205	480	347.965	
	<b>Men Raw Powerlifting</b>			<b>Master</b>													
	60kg Master 75-79																
1	Louis Magiera	RI	60kg	59.5	79	<del>-90</del>	<del>-90</del>	90	<del>-40</del>	<del>-40</del>	40	<del>-130</del>	130	<del>-135</del>	260	220.97	443.045
	67.5kg Master 55-59																
1	Bryan Fogot	LA	67.5kg	66.8	56	155	172.5	177.5	80	90	92.5	170	185	<del>-195</del>	455	353.357	440.283
	75kg Master 40-44																
1	Derrick Cooper	NC	75kg	74.7	42	200	210	220	115	<del>-135</del>	135	250	270	280	635	456.734	465.869
	75kg Master 50-54																
1	Don McClure	NC	75kg	74.5	51	127.5	132.5	<del>-135</del>	92.5	97.5	102.5	177.5	185	192.5	427.5	308.017	353.295
	75kg Master 55-59																
1	Stanley Click	TN	75kg	74.3	59	97.5	105	107.5	87.5	<del>-102.5</del>	<del>-102.5</del>	<del>-147.5</del>	147.5	<del>-150</del>	342.5	247.202	325.071
	<b>Women Classic Raw Powerlifting</b>			<b>Junior</b>													
	67.5kg Jr 20-23																
1	Joanie Tripi-Vitale	FL	67.5kg	66.6	20	117.5	130	<del>-140</del>	65	70	<del>-72.5</del>	112.5	125	137.5	337.5	351.158	

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	Women Classic Raw Powerlifting			Master													
	67.5kg Master 55-59																
1	Monica Gillespie	MO	67.5kg	62.4	57	92.5	97.5	<del>-102.5</del>	45	47.5	<del>50</del>	102.5	110	117.5	262.5	283.978	360.085
														(122.5)			
	Men Classic Raw Powerlifting			Junior													
	60kg Jr 20-23																
1	Andrew Gilkey	TX	60kg	60.0	20	180	<del>-195</del>	<del>-195</del>	115	117.5	<del>-120</del>	227.5	<del>-235</del>	<del>-235</del>	525	443.122	
	75kg Jr 16-17																
1	Bennett Carnathan	TN	75kg	74.6	17	150	155	165	95	100	<del>-105</del>	195	<del>-200</del>	200	465	334.747	
	Men Classic Raw Powerlifting			Open													
	60kg Open																
1	Andrew Gilkey	TX	60kg	60.0	20	180	<del>-195</del>	<del>-195</del>	115	117.5	<del>-120</del>	227.5	<del>-235</del>	<del>-235</del>	525	443.122	
	Men Classic Raw Powerlifting			Master													
	67.5kg Master 55-59																
1	James Leblanc	GA	67.5kg	66.5	56	170	177.5	182.5	95	97.5	101	195	200	203	486.5	379.069	472.32
	75kg Master 70-74																
1	John Wash	FL	75kg	70.9	70	95	<del>-97.5</del>	97.5	57.5	<del>60</del>	60	140	145	147.5	305	227.097	373.575
	Women Raw Bench Only			Junior													
	60kg Jr 16-17																
1	Zoe Zenhye	SC	60kg	56.3	17				52.5	55	57.5				57.5	66.414	
	Women Raw Bench Only			Open													
	56kg Open																
1	Andrea Shirinzadeh	NC	56kg	54.6	33				<del>52.5</del>	52.5	55				55	64.839	
2	Jamielynn Crist	NC	56kg	55.5	47				50	52.5	55				55	64.132	69.391
	60kg Open																
1	Zoe Zenhye	SC	60kg	56.3	17				52.5	55	57.5				57.5	66.414	
	Women Raw Bench Only			Master													
	56kg Master 45-49																
1	Jamielynn Crist	NC	56kg	55.5	47				50	52.5	55				55	64.132	69.391

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Men Raw Bench Only				Master													
67.5kg Master 55-59																	
1	James Leblanc	GA	67.5kg	66.5	56				95	97.5	101				101	78.697	98.056
75kg Master 80+																	
1	Gerald Lindas	WI	75kg	68.9	88				57.5	67.5	70				70	53.167	129.727
Women Raw Deadlift Only				Junior													
60kg Jr 16-17																	
1	Zoe Zenhye	SC	60kg	56.3	17							<del>112.5</del>	115	120	120	138.604	
Women Raw Deadlift Only				Open													
56kg Open																	
1	Andrea Shirinzadeh	NC	56kg	54.6	33							110	125	<del>127.5</del>	125	147.36	
2	Jamielynn Crist	NC	56kg	55.5	47							80	92.5	<del>95</del>	92.5	107.859	116.703
60kg Open																	
1	Roxy Cowick	NC	60kg	57.2	31							190	200	207.5	207.5	237.188	
2	Zoe Zenhye	SC	60kg	56.3	17							<del>112.5</del>	115	120	120	138.604	
67.5kg Open																	
1	Yesenia Sanderson	NC	67.5kg	61.9	30							145	155	<del>165</del>	155	168.514	
75kg Open																	
1	Denise Flores	SC	75kg	74.4	30							155	162.5	167.5	167.5	163.837	
Women Raw Deadlift Only				Master													
56kg Master 45-49																	
1	Jamielynn Crist	NC	56kg	55.5	47							80	92.5	<del>95</del>	92.5	107.859	116.703
67.5kg Master 40-44																	
1	Andrea Riviezzo	CO	67.5kg	64.1	41							142.5	<del>152.5</del>	152.5	152.5	162.308	163.931
Men Raw Deadlift Only				Master													
67.5kg Master 55-59																	
1	James Leblanc	GA	67.5kg	66.5	56							195	200	203	203	158.173	197.083
2	Bryan Fogot	LA	67.5kg	66.8	56							170	185	<del>195</del>	185	143.673	179.016

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Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Lily Young		Raw	PL	Jr	Women							National					
Joseph Aiello		Raw	PL	Jr	Men							World					
Roxy Cowick		Raw	PL	Open	Women												
Kofi Mensah		Raw	PL	Open	Men												
Jalia Dennis		Raw	PL	Master	Women												
Derrick Cooper		Raw	PL	Master	Men												
Roxy Cowick		Raw	DLO	Open	Women												
Meet Director:		Tricia Emrich															
Referees																	
International:		Gary Emrich, Tricia Emrich, Karl Davenport, Valerie Smith															
National:		Carina Mone, Jonathan Russell, Brandie Godsey															
State:		Hannah Cocktrell, John Rowland, Jillian Leazer, Jon Gasperson, Brittney Gasperson															
Spotter/Loaders:		Cait Emonds, Heather Henson, Tomas Hill, David Sanchez															
Tested Lifters:		Roxy Cowick, Katelyn Flora, Lily Young, Bryan Fogot, Dawson McIntosh															