

USPA Tested 2024 Steel Mill Iron Showdown April 13, 2024 Fleming Island, Florida

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
	100kg Open																
1	Carina Mone	NC	100kg	96.3	41	132.5	142.5	-147.5	82.5	87.5	-90	130	137.5	-	367.5	318.351	321.534
	110kg Open																
1	Debbie Helms	FL	110kg	105.8	49	87.5	92.5	97.5	55	57.5	-60	107.5	115	122.5	277.5	231.864	258.065
Women Raw Powerlifting		Master															
	67.5kg Master 60-64																
1	Jean Duguay	FL	67.5kg	66.5	60	85	90	-92.5	45	47.5	-50	105	110	117.5	255	265.552	355.84
	100kg Master 40-44																
1	Carina Mone	NC	100kg	96.3	41	132.5	142.5	-147.5	82.5	87.5	-90	130	137.5	-	367.5	318.351	321.534
	110kg Master 45-49																
1	Debbie Helms	FL	110kg	105.8	49	87.5	92.5	97.5	55	57.5	-60	107.5	115	122.5	277.5	231.864	258.065
Men Raw Powerlifting		Junior															
	67.5kg Jr 16-17																
1	Kevin Ingoldsby	FL	67.5kg	67.4	17	147.5	155	-160	85	90	92.5	195	210	-222.5	457.5	352.995	
	90kg Jr 20-23																
1	Landan Basham	GA	90kg	90	23	175	180	187.5	112.5	117.5	-127.5	227.5	242.5	255	560	362.096	
Men Raw Powerlifting		Open															
	75kg Open																
1	Taylor Welsh	FL	75kg	74.8	33	170	175	182.5	-115	120	125	190	202.5	217.5	525	377.291	
2	Tristan Bollinger	GA	75kg	75.0	28	177.5	185	192.5	130	-137.5	-137.5	187.5	197.5	-210	520	373.059	
	90kg Open																
1	William Egan	GA	90kg	88.3	21	205	-212.5	217.5	-140	145	147.5	-235	-247.5	252.5	617.5	403.18	
2	Louis Bombardiere	NY	90kg	88.7	34	192.5	205	-210	137.5	145	-152.5	202.5	215	-227.5	565	368.043	
3	Landan Basham	GA	90kg	90	23	175	180	187.5	112.5	117.5	-127.5	227.5	242.5	255	560	362.096	
	110kg Open																
1	Anthony Sherman	FL	110kg	101.4	28	202.5	220	232.5	135	142.5	-150	237.5	255	272.5	647.5	396.179	
	125kg Open																
1	Alexandre Makonnen Rog	FL	125kg	116.7	36	-225	235	-240	157.5	170	-182.5	280	-297.5	-297.5	685	397.14	

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Men Raw Powerlifting			Submaster														
125kg Submaster																	
1	Alexandre Makonnen Rog	FL	125kg	116.7	36	225	235	240	157.5	170	182.5	280	297.5	297.5	685	397.14	
Men Raw Powerlifting			Master														
140+ Master 55-59																	
1	Samuel Helms	FL	140+	160.2	57	147.5	152.5	155	110	115	120	182.5	190	200	475	251.027	318.303
Women Classic Raw Powerlifting			Open														
90kg Open																	
DQ	Kelley Depetro	FL	90kg	84.1	35	90	90	97.5	67.5	75	85	135	142.5	145.5	0	0	
Women Classic Raw Powerlifting			Submaster														
90kg Submaster																	
DQ	Kelley Depetro	FL	90kg	84.1	35	90	90	97.5	67.5	75	85	135	142.5	145.5	0	0	
Men Classic Raw Powerlifting			Open														
140+ Open																	
1	Jeremy Cheeseborough	FL	140+	146.5	33	212.5	227.5	227.5	165	175	180	212.5	225	240	642.5	347.72	
Men Classic Raw Powerlifting			Master														
90kg Master 75-79																	
1	Bert Rowell	FL	90kg	87.9	76	125	125	127.5	77.5	80	80	142.5	145	147.5	352.5	230.698	432.789
110kg Master 55-59																	
1	Rick Samples	FL	110kg	108.9	56	175	192.5	205	130	140	152.5	175	195	212.5	557.5	331.449	412.986
Women Raw Bench Only			Open														
100kg Open																	
1	Carina Mone	NC	100kg	96.3	41				82.5	87.5	90				87.5	75.798	76.556
Women Raw Bench Only			Master														
100kg Master 40-44																	
1	Carina Mone	NC	100kg	96.3	41				82.5	87.5	90				87.5	75.798	76.556
Men Raw Bench Only			Open														
75kg Open																	
1	Tristan Bollinger	GA	75kg	75.0	28				130	137.5	137.5				130	93.265	

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	90kg Open																
1	William Egan	GA	90kg	88.3	21				-140	145	147.5				147.5	96.306	
Men Raw Bench Only				Master													
	90kg Master 60-64																
1	Ron Anselmo	FL	90kg	90.0	62				152.5	-158.5	-158.5				152.5	98.607	137.359
	110kg Master 55-59																
1	Rick Samples	FL	110kg	108.9	56				130	140	-152.5				140	83.234	103.71
Men Raw Deadlift Only				Open													
	90kg Open																
1	William Egan	GA	90kg	88.3	21							-235	-247.5	252.5	252.5	164.863	
Women Raw Push-Pull				Open													
	90kg Open																
1	Kelley Depetro	FL	90kg	84.1	35				67.5	75	-85	135	142.5	145.5 (152.5)	220.5	202.779	
Women Raw Push-Pull				Submaster													
	90kg Submaster																
1	Kelley Depetro	FL	90kg	84.1	35				67.5	75	-85	135	142.5	145.5 (152.5)	220.5	202.779	
Men Raw Push-Pull				Master													
	125kg Master 60-64																
1	Michael Smith	FL	125kg	118.3	64				92.5	100	-102.5	-137.5	137.5	142.5	242.5	139.939	119.237
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex											State	
William Egan		Raw	PL	Open	Men											National	
Meet Director:		Tricia Emrich															
Referees																	
International:		Tricia Emrich, Gary Emrich, Gary Brewer, Lauren Brewer															
State:		Trent Oudekerk															
Staff:		Mackenzie Nicodemus															
Spotter/Loaders:		Guadalupe Becerra, Tricia Emrich, Gary Emrich															
Tested Lifters:		Carina Mone, Jeremy Cheesborough															