

USPA Tested The Leprechaun's Iron Showdown March 16, 2024 Ashland, Virginia

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
56kg Jr 13-15																	
1	Lydia Hayes	WV	56kg	54.4	14	65	70	75	47.5	50	55	80	92.5	105	230	271.815	
67.5kg Jr 16-17																	
1	Mikayla Dolina	VA	67.5kg	61.8	16	110	120	132.5	60	65.5	72.5	130	140.5	145	338.5	368.381	
2	Jenna Hagen	VA	67.5kg	62.9	16	87.5	87.5	100	65	70	75	95	105	115	285	306.819	
75kg Jr 18-19																	
1	Emma Barnes	VA	75kg	70.5	18	90	92.5	97.5	50	52.5	57.5	107.5	117.5	125	280	282.028	
Women Raw Powerlifting		Open															
52kg Open																	
1	Andrea Shirinzaeh	NC	52kg	49.8	32	72.5	82.5	82.5	42.5	50	50	90	95	100	215	192.342	
67.5kg Open																	
1	Mikayla Dolina	VA	67.5kg	61.8	16	110	120	132.5	60	65.5	72.5	130	140.5	145	338.5	368.381	
2	Jenna Hagen	VA	67.5kg	62.9	16	87.5	87.5	100	65	70	75	95	105	115	285	306.819	
75kg Open																	
1	Tabitha Streable	VA	75kg	73.5	38	102.5	107.5	115	62.5	65	67.5	132.5	142.5	142.5	305	300.279	
2	Layla Simerly	VA	75kg	73.5	31	85	92.5	100	50	55	55	122.5	130	140	277.5	273.205	
90kg Open																	
1	Sarah Gray-Henning	VA	90kg	87.7	34	130	140	140	52.5	57.5	60	132.5	145	152.5	335	302.142	
100kg Open																	
1	Christina Tupper	NC	100kg	99.6	36	165	177.5	183.5	87.5	92.5	96	162.5	172.5	177.5	447.5	382.469	
110kg Open																	
1	Erin Trogdon	NC	110kg	107.7	34	120	132.5	132.5	65	70	70	157.5	176.5	182.5	374	310.533	
110+ Open																	
1	Monisha Whitfield	NC	110+	173.8	34	112.5	125	137.5	75	92.5	102.5	125	137.5	151	355	278.705	
Women Raw Powerlifting		Submaster															
67.5kg Submaster																	
1	Hollis Smith	VA	67.5kg	64.6	35	75	82.5	87.5	47.5	52.5	52.5	92.5	100	105	245	259.545	

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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 Submaster																
1	Tabitha Streable	VA	75kg	73.5	38	102.5	107.5	115	62.5	65	67.5	132.5	142.5	142.5	305	300.279	
	100kg Submaster																
1	Christina Tupper	NC	100kg	99.6	36	165	177.5	183.5	87.5	92.5	96	162.5	172.5	177.5	447.5	382.469	
Women Raw Powerlifting				Master													
	67.5kg Master 45-49																
1	Jaylyn Hiapo	VA	67.5kg	65.0	45	95	105	112.5	62.5	65	70	125	135	145 (147.5)	322.5	340.392	359.113
Men Raw Powerlifting				Junior													
	67.5kg Jr 16-17																
1	Oliver Hayden	VA	67.5kg	65.8	17	162.5	162.5	165	90	90	90	135	137.5	142.5	395	310.191	
	75kg Jr 13-15																
1	Brayden Vazquez	VA	75kg	70.3	15	115	120	125	85	92.5	92.5	135	140	145	350	262.128	
	75kg Jr 16-17																
1	Connor Haas	VA	75kg	73.5	17	145	155	180	90	97.5	105	177.5	197.5	217.5	482.5	350.709	
2	Heath Devaux	VA	75kg	70.8	17	130	132.5	135	80	85	87.5	170	175	180	395	294.393	
	75kg Jr 20-23																
1	Evan Wilkerson	VA	75kg	74.8	21	147.5	147.5	160	107.5	115	115	157.5	170	172.5	427.5	307.222	
	82.5kg Jr 20-23																
1	Russell Carver	VA	82.5kg	82.0	22	130	142.5	155	95	115	120	155	165	175	450	305.882	
	90kg Jr 16-17																
DQ	Dickson Aleyao	VA	90kg	89.1	17	185	207.5	227.5	125	132.5	142.5	250	275	275	0	0	
	90kg Jr 18-19																
1	Casey Inge	VA	90kg	87.2	19	190	200	210	122.5	127.5	132.5	230	247.5	266	590	387.751	
	90kg Jr 20-23																
1	Nick Marsicano	NC	90kg	87.3	23	175	187.5	195	112.5	122.5	132.5	222.5	237.5	250	570	374.381	
DQ	Justin Grizzard	VA	90kg	87.7	21	185	192.5	205	102.5	110	120	235	240	240	0	0	
	100kg Jr 18-19																
1	Levi Nugent	VA	100kg	95.6	18	182.5	202.5	230	90	95	100	210	227.5	240	530	332.858	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Jr 16-17																
1	Aj Keck	VA	110kg	104.8	16	170	185	185	92.5	100	115	210	227.5	242.5	527.5	318.378	
Men Raw Powerlifting			Open														
	75kg Open																
1	Dave DelaCruz	VA	75kg	73.2	40	192.5	197.5	202.5	120	130	132.5	192.5	202.5	220	552.5	402.668	402.668
	90kg Open																
1	Travis Barrett	VA	90kg	89.3	39	197.5	205	---	150	157.5	157.5	275	282.5	287.5	630	408.972	
2	Nick Marsicano	NC	90kg	87.3	23	175	187.5	195	112.5	122.5	132.5	222.5	237.5	250	570	374.381	
	100kg Open																
1	Samuel Crawford	VA	100kg	91.1	29	182.5	187.5	200	117.5	127.5	130	215	225	225	542.5	348.66	
	110kg Open																
1	Dustin Bryant	VA	110kg	108.1	35	215	235	245	162.5	172.5	185	230	247.5	265	662.5	394.992	
	125kg Open																
1	Chris Blankenship	VA	125kg	118.2	40	242.5	257.5	272.5	162.5	172.5	177.5	255	267.5	277.5	727.5	419.937	419.937
											(182.5)						
2	John Rigolizzo	VA	125kg	122.7	25	230	240	240	172.5	177.5	177.5	277.5	290	300	717.5	409.068	
Men Raw Powerlifting			Submaster														
	90kg Submaster																
1	Travis Barrett	VA	90kg	89.3	39	197.5	205	---	150	157.5	157.5	275	282.5	287.5	630	408.972	
2	Michael Paul	VA	90kg	89.5	38	220	220	230	137.5	142.5	145	245	255	262.5	627.5	406.886	
	110kg Submaster																
1	Dustin Bryant	VA	110kg	108.1	35	215	235	245	162.5	172.5	185	230	247.5	265	662.5	394.992	
Men Raw Powerlifting			Master														
	75kg Master 40-44																
1	Dave DelaCruz	VA	75kg	73.2	40	192.5	197.5	202.5	120	130	132.5	192.5	202.5	220	552.5	402.668	402.668
	125kg Master 40-44																
1	Chris Blankenship	VA	125kg	118.2	40	242.5	257.5	272.5	162.5	172.5	177.5	255	267.5	277.5	727.5	419.937	419.937
											(182.5)						

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	125kg Master 60-64																
1	Floyd Nesbit	VA	125kg	112.1	61	145	160	182.5	145	150	150	200	210	217.5	520	305.824	417.756
	Women Classic Raw Powerlifting			Junior													
	52kg Jr 13-15																
1	Leah Gibbs	VA	52kg	49.9	15	70	75	75	37.5	42.5	45	82.5	92.5	97.5	215	269.782	
	Women Classic Raw Powerlifting			Open													
	100kg Open																
1	Janet Langham	VA	100kg	96.5	41	70	75	75	47.5	52.5	55	95	105	110	232.5	201.235	203.248
	Women Classic Raw Powerlifting			Master													
	100kg Master 40-44																
1	Janet Langham	VA	100kg	96.5	41	70	75	75	47.5	52.5	55	95	105	110	232.5	201.235	203.248
	Men Classic Raw Powerlifting			Junior													
	90kg Jr 20-23																
1	Ezra Hercyk	VA	90kg	83.4	22	210	222.5	230	117.5	130	137.5	225	242.5	252.5	612.5	412.379	
	Men Classic Raw Powerlifting			Open													
	90kg Open																
1	Mikael Middleton	NC	90kg	88.7	33	240	257.5	267.5	175	182.5	190	287.5	302.5	317.5	742.5	483.667	
	Men Classic Raw Powerlifting			Submaster													
	100kg Submaster																
1	Nicholas Preusch	VA	100kg	97.9	39	85	85	85	87.5	90	97.5	152.5	172.5	185	347.5	215.897	
	Men Classic Raw Powerlifting			Master													
	125kg Master 40-44																
1	Kevin Feldt	MD	125kg	117.2	44	180	185	190	120	120	122.5	190	195	200	510	295.245	307.941
	Women Raw Bench Only			Open													
	52kg Open																
1	Andrea Shirinzaeh	NC	52kg	49.8	32				42.5	50	50				42.5	38.021	
	100kg Open																
1	Janet Langham	VA	100kg	96.5	41				47.5	52.5	55				52.5	45.44	45.895

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110+ Open																
1	Monisha Whitfield	NC	110+	173.8	34				75	92.5	-102.5				92.5	72.62	
	Women Raw Bench Only			Master													
	100kg Master 40-44																
1	Janet Langham	VA	100kg	96.5	41				47.5	52.5	-55				52.5	45.44	45.895
	Men Raw Bench Only			Junior													
	110kg Jr 16-17																
1	Aj Keck	VA	110kg	104.8	16				92.5	100	115				115	69.409	
	Men Raw Bench Only			Open													
	75kg Open																
1	Dave DelaCruz	VA	75kg	73.2	40				120	130	-132.5				130	94.746	94.746
	90kg Open																
1	Travis Barrett	VA	90kg	89.3	39				150	-157.5	-157.5				150	97.374	
	100kg Open																
1	John Jenkins	VA	100kg	94.1	66				145	150	156				156	98.7	149.136
	125kg Open																
1	Chris Blankenship	VA	125kg	118.2	40				162.5	172.5	177.5				177.5	102.459	102.459
	Men Raw Bench Only			Submaster							(182.5)						
	90kg Submaster																
1	Travis Barrett	VA	90kg	89.3	39				150	-157.5	-157.5				150	97.374	
	Men Raw Bench Only			Master													
	75kg Master 40-44																
1	Dave DelaCruz	VA	75kg	73.2	40				120	130	-132.5				130	94.746	94.746
	100kg Master 65-69																
1	John Jenkins	VA	100kg	94.1	66				145	150	156				156	98.7	149.136
	125kg Master 40-44																
1	Chris Blankenship	VA	125kg	118.2	40				162.5	172.5	177.5				177.5	102.459	102.459
											(182.5)						

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Deadlift Only				Open													
	52kg Open																
1	Andrea Shirinzaeh	NC	52kg	49.8	32							90	95	100	100	89.461	
	100kg Open																
1	Janet Langham	VA	100kg	96.5	41							95	105	110	110	95.208	96.16
	110kg Open																
1	Erin Trogdon	NC	110kg	107.7	34							157.5	176.5	182.5	176.5	146.548	
	110+ Open																
1	Monisha Whitfield	NC	110+	173.8	34							125	137.5	151	125	98.136	
Women Raw Deadlift Only				Master													
	100kg Master 40-44																
1	Janet Langham	VA	100kg	96.5	41							95	105	110	110	95.208	96.16
Men Raw Deadlift Only				Junior													
	67.5kg Jr 13-15																
1	Brendan Colfax	VA	67.5kg	64.8	15							167.5	180	185	180	142.985	
	90kg Jr 20-23																
1	Nick Marsicano	NC	90kg	87.3	23							222.5	237.5	250	250	164.202	
	100kg Jr 18-19																
1	Levi Nugent	VA	100kg	95.6	18							210	227.5	240	227.5	142.878	
	110kg Jr 16-17																
1	Aj Keck	VA	110kg	104.8	16							210	227.5	242.5	227.5	137.31	
Men Raw Deadlift Only				Open													
	75kg Open																
1	Dave DelaCruz	VA	75kg	73.2	40							192.5	202.5	220	220	160.339	160.339
	90kg Open																
1	Travis Barrett	VA	90kg	89.3	39							275	282.5	287.5	282.5	183.388	
2	Nick Marsicano	NC	90kg	87.3	23							222.5	237.5	250	250	164.202	
	125kg Open																
1	Chris Blankenship	VA	125kg	118.2	40							255	267.5	277.5	277.5	160.182	160.182

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Men Raw Deadlift Only			Submaster													
	90kg Submaster																
1	Travis Barrett	VA	90kg	89.3	39							275	282.5	287.5	282.5	183.388	
2	Michael Paul	VA	90kg	89.5	38							245	255	262.5	255	165.348	
	Men Raw Deadlift Only			Master													
	75kg Master 40-44																
1	Dave Delacruz	VA	75kg	73.2	40							192.5	202.5	220	220	160.339	160.339
	82.5kg Master 50-54																
1	Brian Lacy	VA	82.5kg	81.3	50							200	220	222.5	220	150.28	169.817
	125kg Master 40-44																
1	Chris Blankenship	VA	125kg	118.2	40							255	267.5	277.5	277.5	160.182	160.182
	Women Raw Push-Pull			Open													
	75kg Open																
1	Tabitha Streable	VA	75kg	73.5	38				62.5	65	67.5	132.5	142.5	142.5	197.5	194.443	
	100kg Open																
1	Janet Langham	VA	100kg	96.5	41				47.5	52.5	55	95	105	110	162.5	140.648	96.16
	Women Raw Push-Pull			Submaster													
	75kg Submaster																
1	Tabitha Streable	VA	75kg	73.5	38				62.5	65	67.5	132.5	142.5	142.5	197.5	194.443	
	Women Raw Push-Pull			Master													
	100kg Master 40-44																
1	Janet Langham	VA	100kg	96.5	41				47.5	52.5	55	95	105	110	162.5	140.648	96.16
	Men Raw Push-Pull			Open													
	125kg Open																
1	Chris Blankenship	VA	125kg	118.2	40				162.5	172.5	177.5 (182.5)	255	267.5	277.5	455	262.641	160.182
	Men Raw Push-Pull			Submaster													
	100kg Submaster																
1	Nicholas Preusch	VA	100kg	97.9	39				87.5	90	97.5	152.5	172.5	185	262.5	163.088	

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															Dots	McC
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total
Men Raw Push-Pull			Master													
125kg Master 40-44																
1	Chris Blankenship	VA	125kg	118.2	40			162.5	172.5	177.5	255	267.5	277.5	455	262.641	160.182
										(182.5)						
Best Lifters											Record Color Codes					
Name		Equip	Events	Comp	Sex							State				
Casey Inge		Raw	PL	Jr	Men							National				
Christina Tupper		Raw	PL	Open	Women											
Chris Blankenship		Raw	PL	Open	Men											
Meet Director:		Tricia Emrich														
Referees																
International:		Gary Emrich, Tricia Emrich														
National:		Carina Mone														
State:		Katie Seaton, William Seaton, Cassie Richards														
Spotter/Loaders:		Daniel Frailey, Tobarrus Hollingsworth, Chuck Miller														
Tested Lifters:		Christopher Blankenship, Ezra Hercyk, Mikael Middleton, Emma Barnes														