

USPA Southern Strength Showcase 3 November 17, 2018 Metairie, LA

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	Women Raw Powerlifting														
	48kg Jr														
GL	Lola Cadman	LA	48kg	46	10	47.5	32.5	60	140	191.198		104.7	71.6	132.3	308.6
	67.5kg Jr 20-23														
1	April Sutton	LA	67.5kg	63.7	21	105	42.5	115	262.5	279.563		231.5	93.7	253.5	578.7
	60kg Open														
1	Kelley Christopher	TN	60kg	59.2	41	125	70	152.5	347.5	391.494	395.408	275.6	154.3	336.2	766.1
	67.5kg Open														
1	Andrea White	PA	67.5kg	67.1	40	175	137.5	222.5	535	548.375	548.375	385.8	303.1	490.5	1179.5
2	Emily Kulakowski	CO	67.5kg	65.4	27	137.5	55	142.5	335	349.874		303.1	121.3	314.2	738.5
3	Christina Apostolidis	LA	67.5kg	67.5	35	95	60	140	295	301.077		209.4	132.3	308.6	650.4
	75kg Open														
DQ	Jessica Vallejos	LA	75kg	74.1	30	0	72.5	137.5	0	0		0	159.8	303.1	0
	90kg Open														
1	Stephanie Valladares	LA	90kg	85.7	28	162.5	105	187.5	455	401.811		358.2	231.5	413.4	1003.1
	SHW Open														
1	Melanie Quillens	LA	SHW	116.2	40	142.5	85	175	402.5	323.731		314.2	187.4	385.8	887.4
								4th: 182.5							
	90kg Submaster														
1	Denise Caballero	LA	90kg	85.4	39	115	77.5	132.5	325	287.495		253.5	170.9	292.1	716.5
	60kg Master 40-44														
1	Kelley Christopher	TN	60kg	59.2	41	125	70	152.5	347.5	391.494	395.408	275.6	154.3	336.2	766.1
	60kg Master 50-54														
1	Wendy Heaslip	LA	60kg	58.4	51	140	91	143.5	374.5	426.406	489.087	308.6	200.6	316.4	825.6
								4th: 153.5							
	67.5kg Master 40-44														
1	Andrea White	PA	67.5kg	67.1	40	175	137.5	222.5	535	548.375	548.375	385.8	303.1	490.5	1179.5
	Men Raw Powerlifting														
	52kg Jr 13-15														
1	Zac Rambeau	LA	52kg	50.1	14	112.5	57.5	102.5	272.5	278.223		248	126.8	226	600.8

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	125kg Open														
1	Jeremy Thibodeaux	LA	125kg	119.1	38	310	222.5	317.5	850	489.515		683.4	490.5	700	1873.9
2	Philip Maranto	LA	125kg	120.7	36	320	210	315	845	485.199		705.5	463	694.4	1862.9
3	Zachary Mullins	TX	125kg	122.4	36	280	185	300	765	437.886		617.3	407.9	661.4	1686.5
4	Anthony Lamarca	LA	125kg	120	33	272.5	175	305	752.5	432.612		600.8	385.8	672.4	1659
	SHW Open														
1	Tre Morris	TX	SHW	181.4	46	250.5	220	255	725.5	389.956	416.473	552.3	485	562.2	1599.4
	90kg Submaster														
1	Mark Monson	LA	90kg	83.8	37	237.5	182.5	260	680	451.316		523.6	402.3	573.2	1499.1
	125kg Submaster														
1	Jeremy Thibodeaux	LA	125kg	119.1	38	310	222.5	317.5	850	489.515		683.4	490.5	700	1873.9
2	Zachary Mullins	TX	125kg	122.4	36	280	185	300	765	437.886		617.3	407.9	661.4	1686.5
	110kg Master 40-44														
1	Rick Smith	TN	110kg	105.2	44	185	100	205	490	292.628	305.211	407.9	220.5	451.9	1080.3
	SHW Master 45-49														
1	Tre Morris	TX	SHW	181.4	46	250.5	220	255	725.5	389.956	416.473	552.3	485	562.2	1599.4
	Men Classic Raw Powerlifting														
	75kg Open														
1	Avery Vodanovich	LA	75kg	73.9	24	230	152.5	205	587.5	423		507.1	336.2	451.9	1295.2
	100kg Open														
1	Adam Hughes	LA	100kg	94.8	29	310	177.5	287.5	775	482.515		683.4	391.3	633.8	1708.6
	110kg Open														
1	Gary Krail	LA	110kg	108.4	31	300	205	300	805	475.916		661.4	451.9	661.4	1774.7
	140kg Open														
1	Stephen Ballard	AL	140kg	127.4	32	307.5	170	320	797.5	452.741		677.9	374.8	705.5	1758.2
	SHW Open														
1	Brad Crawford	MS	SHW	149.3	38	372.5	240	410	1022.5	566.158		821.2	529.1	903.9	2254.2
2	Michael Posseno	LA	SHW	145.8	31	322.5	207.5	285	815	452.733		711	457.5	628.3	1796.7

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	Meet Director: Kimmy Brooks														
	Best Lifters:														
	Open Men Full Power Raw-Jeremy Thibodeaux														
	Open Men Full Power Classic Raw-Brad Crawford														
	Open Women Full Power Raw-Andrea White														
	Submaster Men Full Power Raw-Jeremy Thibodeaux														
	Master Women Full Power Raw-Andrea White														
	Juniors Men Full Power Raw-Christopher Redden														
	Open Men Deadlift Only-Gustabo Munoz														
	Thank you to our Referees:														
	National-John Micka and Kimmy Brooks														
	State-Vicky Fox, Roger Fox, Bridget Smith, Abigal Wade and Chris Summa														
	Thank you to our MC: Joe Keith														
	Thanks you to our Spotters and Loaders:														
	Tyler Brooks, Eric Adams, Travis Smith, Steve McGee, Ethan Ott, Joe Piwko, Nick Palermo, Trey Trentifeld and Dawson Millet														