

USPA Washington State Championships May 4, 2019 Kirkland, WA

	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															
	60kg Jr 20-23														
1	Elizabeth West	WA	60kg	58.1	23	148	77.5	172.5	398	454.994		326.3	170.9	380.3	877.4
	67.5kg Jr 20-23														
1	Jamie Estrella	WA	67.5kg	60.7	23	115	60	155	330	364.617		253.5	132.3	341.7	727.5
	82.5kg Jr 20-23														
1	Ariel Dohm	WA	82.5kg	79.3	23	135	62.5	175	372.5	342.514		297.6	137.8	385.8	821.2
	52kg Open														
1	Elizabeth Hughes	WA	52kg	51.1	27	60	35	75	170	214.795		132.3	77.2	165.3	374.8
	56kg Open														
1	Sarah Moorman	WA	56kg	55.6	29	107.5	90	137.5	335	396.372		237	198.4	303.1	738.5
	60kg Open														
1	Elizabeth West	WA	60kg	58.1	23	148	77.5	172.5	398	454.994		326.3	170.9	380.3	877.4
2	Becca Harris	WA	60kg	56.5	43	80	45	105	230	268.732	277.063	176.4	99.2	231.5	507.1
	67.5kg Open														
1	Ciara Vickers	WA	67.5kg	65.6	31	92.5	62.5	122.5	277.5	289.155		203.9	137.8	270.1	611.8
	75kg Open														
1	Melissa King	WA	75kg	72.2	22	157.5	92.5	190	440	428.648		347.2	203.9	418.9	970
DQ	Michelle Robbins	WA	75kg	70.2	21	0	0	0	0	0		0	0	0	0
	82.5kg Open														
1	Ariel Dohm	WA	82.5kg	79.3	23	135	62.5	175	372.5	342.514		297.6	137.8	385.8	821.2
2	Lauren Elkin	WA	82.5kg	78.2	27	105	67.5	182.5	355	329.05		231.5	148.8	402.3	782.6
								4th: 185							
	90kg Open														
1	Meghan Cooke	WA	90kg	88.7	24	112.5	60	142.5	315	273.861		248	132.3	314.2	694.4
DQ	Kathryn Agnew	WA	90kg	83.5	34	102.5	0	122.5	0	0		226	0	270.1	0
	52kg Master 40-44														
1	Maureen Wells	WA	52kg	51.1	41	72.5	45	100	217.5	274.811	277.559	159.8	99.2	220.5	479.5
								4th: 107.5							
	60kg Master 40-44														
1	Becca Harris	WA	60kg	56.5	43	80	45	105	230	268.732	277.063	176.4	99.2	231.5	507.1
	67.5kg Master 45-49														
DQ	Crystal Hanson	WA	67.5kg	63.9	48	80	0	100	0	0	0	176.4	0	220.5	0

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	82.5kg Master 60-64														
DQ	Karen Meriwether	WA	82.5kg	82	61	95	50	0	0	0	0	209.4	110.2	0	0
	SHW Master 45-49														
1	Nelie Dedrick	WA	SHW	97.8	45	127.5	75	162.5	365	305.943	322.77	281.1	165.3	358.2	804.7
Men Raw Powerlifting															
	67.5kg Jr 20-23														
1	Eric Lao	WA	67.5kg	66.7	21	197.5	117.5	250	565	439.853		435.4	259	551.2	1245.6
						4th: 202.5	4th: 122.5								
	75kg Jr 20-23														
1	Daniel Jang	WA	75kg	74.7	23	195	140	222.5	557.5	398.39		429.9	308.6	490.5	1229.1
							4th: 145								
	82.5kg Jr 20-23														
1	Matt Hamilton	WA	82.5kg	81.6	22	192.5	132.5	227.5	552.5	372.606		424.4	292.1	501.5	1218
2	Justin Blanchard	WA	82.5kg	80.3	22	182.5	120	205	507.5	345.658		402.3	264.6	451.9	1118.8
	90kg Jr 18-19														
1	Ted Howard	WA	90kg	88.1	18	175	92.5	210	477.5	308.226		385.8	203.9	463	1052.7
	140kg Jr 18-19														
1	Skyler Murray	WA	140kg	137.9	19	277.5	160	250	687.5	385.069		611.8	352.7	551.2	1515.7
						4th: 285		4th: 255							
	75kg Open														
1	Matthias Mertz	WA	75kg	73.3	30	135	87.5	175	397.5	287.87		297.6	192.9	385.8	876.3
	82.5kg Open														
1	Paul Hanson	WA	82.5kg	80.9	28	167.5	110	235	512.5	347.424		369.3	242.5	518.1	1129.9
2	Justin Blanchard	WA	82.5kg	80.3	22	182.5	120	205	507.5	345.658		402.3	264.6	451.9	1118.8
	90kg Open														
1	Ryan Bond	WA	90kg	88.7	31	217.5	150	260	627.5	403.608		479.5	330.7	573.2	1383.4
2	Sean O'Kelley	WA	90kg	89.1	29	215	142.5	240	597.5	383.416		474	314.2	529.1	1317.2
3	Scott Stratford	WA	90kg	88.6	24	182.5	97.5	210	490	315.364		402.3	214.9	463	1080.3
4	Ted Howard	WA	90kg	88.1	18	175	92.5	210	477.5	308.226		385.8	203.9	463	1052.7
5	Dmytro Gayvoronskyy	WA	90kg	87.5	38	160	105	182.5	447.5	289.935		352.7	231.5	402.3	986.6
	100kg Open														
1	Peter Anderson	WA	100kg	99.4	27	260	205	327.5	792.5	483.504		573.2	451.9	722	1747.1
2	Stephen Bougher	WA	100kg	99.1	28	230	175	280	685	418.398		507.1	385.8	617.3	1510.2
3	Isidro Solis	WA	100kg	95	36	230	150	250	630	391.86		507.1	330.7	551.2	1388.9
4	Steve Marlar	WA	100kg	96.9	40	217.5	152.5	250	620	382.292	382.292	479.5	336.2	551.2	1366.9
5	Andrew Thacker	WA	100kg	96.3	34	185	110	215	510	315.333		407.9	242.5	474	1124.3

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	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
	110kg Open														
1	Sam Dean	WA	110kg	106.3	26	310	220	320	850	505.75		683.4	485	705.5	1873.9
	125kg Open														
1	James Wells	WA	125kg	112.7	42	217.5	127.5	225	570	333.051	339.712	479.5	281.1	496	1256.6
	SHW Open														
1	Joseph Rue	WA	SHW	161.4	35	262.5	212.5	275	750	410.625		578.7	468.5	606.3	1653.5
	82.5kg Submaster														
1	Chris Warner	WA	82.5kg	79.3	35	125	100	170	395	271.168		275.6	220.5	374.8	870.8
	90kg Submaster														
1	Dmytro Gayvoronskyy	WA	90kg	87.5	38	160	105	182.5	447.5	289.935		352.7	231.5	402.3	986.6
	100kg Submaster														
1	Isidro Solis	WA	100kg	95	36	230	150	250	630	391.86		507.1	330.7	551.2	1388.9
	SHW Submaster														
1	Joseph Rue	WA	SHW	161.4	35	262.5	212.5	275	750	410.625		578.7	468.5	606.3	1653.5
	100kg Master 40-44														
1	Steve Marlar	WA	100kg	96.9	40	217.5	152.5	250	620	382.292	382.292	479.5	336.2	551.2	1366.9
	110kg Master 40-44														
1	Dave Moore	WA	110kg	100.9	44	182.5	137.5	230	550	333.52	347.861	402.3	303.1	507.1	1212.5
2	Ian Mcconnell	WA	110kg	106.9	43	187.5	130	192.5	510	302.889	312.279	413.4	286.6	424.4	1124.3
	110kg Master 45-49														
1	Kevin Daniel	WA	110kg	105.6	46	192.5	130	235	557.5	332.493	355.103	424.4	286.6	518.1	1229.1
	125kg Master 40-44														
1	James Wells	WA	125kg	112.7	42	217.5	127.5	225	570	333.051	339.712	479.5	281.1	496	1256.6
	Men Classic Raw Powerlifting														
	90kg Jr 16-17														
1	Alex Martin	WA	90kg	87.5	17	150	117.5	152.5	420	272.118		330.7	259	336.2	925.9
	90kg Open														
1	Mike Giannini	WA	90kg	89.9	45	250	172.5	290	712.5	455.145	480.178	551.2	380.3	639.3	1570.8
2	Alex Martin	WA	90kg	87.5	17	150	117.5	152.5	420	272.118		330.7	259	336.2	925.9
	100kg Open														
1	Dan Stephenson	WA	100kg	96.4	30	280	177.5	280	737.5	455.775		617.3	391.3	617.3	1625.9
	SHW Open														
1	Josh Wireman	WA	SHW	157.7	25	275	227.5	255	757.5	416.171		606.3	501.5	562.2	1670

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	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
	75kg Submaster														
1	Dwayne Sigh	WA	75kg	75	39	175	122.5	240	537.5	383.023		385.8	270.1	529.1	1185
	90kg Master 45-49														
1	Mike Giannini	WA	90kg	89.9	45	250	172.5	290	712.5	455.145	480.178	551.2	380.3	639.3	1570.8
Women Raw Bench Only															
	44kg Open														
1	Christine Moorman	WA	44kg	43.6	55		50		50	70.83	86.767		110.2		110.2
	44kg Master 55-59														
1	Christine Moorman	WA	44kg	43.6	55		50		50	70.83	86.767		110.2		110.2
Men Raw Bench Only															
	100kg Open														
1	Justin Raymond	WA	100kg	97.9	37		177.5		177.5	108.967			391.3		391.3
	100kg Submaster														
1	Justin Raymond	WA	100kg	97.9	37		177.5		177.5	108.967			391.3		391.3
	100kg Master 80+														
1	Raymond Halling	WA	100kg	98.7	81		85		85	52.003	108.998		187.4		187.4
Women Raw Deadlift Only															
	82.5kg Open														
1	Lauren Elkin	WA	82.5kg	78.2	27			182.5	182.5	169.159				402.3	402.3
								4th: 185							
Men Raw Push-Pull															
	75kg Open														
1	Kiran Taj	WA	75kg	74.5	24		122.5	215	337.5	241.616			270.1	474	744.1
	110kg Master 50-54														
1	Mark Webber	WA	110kg	104.1	52		145	230	375	224.775	261.863		319.7	507.1	826.7

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	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
	Best Lifters:														
	Women- Elizabeth West														
	Men- Sam Dean														
	Meet Director: Michael Estrella														
	Thank you to our referees:														
	National- Josh Spaeth and Marcus Wild														
	State- Stephen Do, Peter Nguyen, Darleen Tippie, Michael Estrella, Zach Miller and Lee Dougherty III														
	Thank you to all the lifters, volunteers, spotters, loaders and staff who participated at the Washington State Championships. Thank you to Lee with EGO Strength and Performance and Mikey and Zach at DOP Strength Gym for hosting the event.														