

USPA Minnesota State Championship March 12, 2023 Woodbury, Minnesota

| Name | | State | Class | Weight | Age | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | DL1 | DL2 | DL3 | Total Kg | Dots Total | McC Total |
|------------------------|----------------------|-----------|--------|--------|-----|-------|----------------|------------------|----------------|----------------|------------------|-------|------------------|------------------|----------|------------|-----------|
| Women Raw Powerlifting | | Open | | | | | | | | | | | | | | | |
| 75kg Open | | | | | | | | | | | | | | | | | |
| 1 | Randee Murphy | MN | 75kg | 68.9 | 39 | 112.5 | 117.5 | 122.5 | 57.5 | 65 | 72.5 | 120 | 132.5 | 142.5 | 330 | 336.709 | |
| 2 | Mara Mukai | MN | 75kg | 73.4 | 26 | 112.5 | 120 | 122.5 | 55 | 62.5 | 67.5 | 115 | 127.5 | 137.5 | 315 | 310.352 | |
| Women Raw Powerlifting | | Submaster | | | | | | | | | | | | | | | |
| 75kg Submaster | | | | | | | | | | | | | | | | | |
| 1 | Randee Murphy | MN | 75kg | 68.9 | 39 | 112.5 | 117.5 | 122.5 | 57.5 | 65 | 72.5 | 120 | 132.5 | 142.5 | 330 | 336.709 | |
| Men Raw Powerlifting | | Junior | | | | | | | | | | | | | | | |
| 67.5kg Jr 13-15 | | | | | | | | | | | | | | | | | |
| 1 | Timothy Peterson | MN | 67.5kg | 66.8 | 15 | 145 | 155 | 157.5 | 80 | 85 | 90 | 150 | 157.5 | 162.5 | 397.5 | 308.702 | |
| 67.5kg Jr 20-23 | | | | | | | | | | | | | | | | | |
| 1 | Jaxon Tate | IA | 67.5kg | 67.4 | 20 | 175 | 182.5 | 187.5 | 115 | 120 | 120 | 210 | 222.5 | 227.5 | 520 | 401.218 | |
| 75kg Jr 18-19 | | | | | | | | | | | | | | | | | |
| 1 | Tripp Shatek | MN | 75kg | 71.5 | 18 | 152.5 | 167.5 | 180 | 90 | 97.5 | 100 | 197.5 | 210 | 220 | 490 | 362.76 | |
| Men Raw Powerlifting | | Open | | | | | | | | | | | | | | | |
| 90kg Open | | | | | | | | | | | | | | | | | |
| 1 | Steven Heintz | MN | 90kg | 87.3 | 39 | 212.5 | 227.5 | 245 | 115 | 125 | 137.5 | 200 | 217.5 | 230 | 587.5 | 385.875 | |
| 2 | Luke Manthe | MN | 90kg | 88.6 | 34 | 180 | 192.5 | 200 | 122.5 | 132.5 | 140 | 192.5 | 207.5 | 210 | 540 | 351.962 | |
| 100kg Open | | | | | | | | | | | | | | | | | |
| 1 | Caleb Levar | MN | 100kg | 98.7 | 35 | 215 | 225 | 232.5 | 175 | 182.5 | 187.5 | 272.5 | 287.5 | 290 | 707.5 | 437.975 | |
| 2 | Andrew Peschel | MN | 100kg | 95.2 | 28 | 195 | 205 | 212.5 | 140 | 147.5 | 152.5 | 235 | 252.5 | 257.5 | 622.5 | 391.712 | |
| 110kg Open | | | | | | | | | | | | | | | | | |
| 1 | David Croonquist | MN | 110kg | 106.5 | 33 | 195 | 205 | 215 | 155 | 162.5 | 172.5 | 265 | 277.5 | 285 | 672.5 | 403.295 | |
| 2 | Max Mckenzie | AR | 110kg | 109 | 27 | 225 | 237.5 | 245 | 132.5 | 142.5 | 147.5 | 245 | 255 | 267.5 | 655 | 389.28 | |
| 3 | Joe Enabnit | IA | 110kg | 108.7 | 32 | 210 | 220 | 227.5 | 125 | 132.5 | 137.5 | 250 | 265 | 272.5 | 630 | 374.816 | |
| 125kg Open | | | | | | | | | | | | | | | | | |
| 1 | Gabriel Vega | MN | 125kg | 123.5 | 27 | 335 | 350 | 360 | 212.5 | 220 | 225 | 330 | 345 | 345 | 910 | 517.733 | |
| 2 | Thomas Herrera | MN | 125kg | 120.7 | 30 | 217.5 | 227.5 | 232.5 | 150 | 165 | 170 | 230 | 232.5 | 232.5 | 635 | 363.982 | |
| 3 | Erick Meszaros-Jones | MN | 125kg | 119.3 | 31 | 185 | 200 | 200 | 115 | 120 | 120 | 230 | 240 | 250 | 540 | 310.732 | |
| 140kg Open | | | | | | | | | | | | | | | | | |
| 1 | Matt Mages | MN | 140kg | 133.8 | 46 | 175 | 185 | 197.5 | 105 | 112.5 | 120 | 220 | 230 | 247.5 | 545 | 302.569 | 323.144 |

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|---|------------------------------|-------|-----------|--------|-----|-------|----------------|------------------|------------------|------------------|------------------|-------|------------------|----------------|----------|------------|-----------|
| | 140+ Open | | | | | | | | | | | | | | | | |
| 1 | Swin Sinthavang | mn | 140+ | 140.3 | 26 | 272.5 | 282.5 | 290 | 165 | 175 | 185 | 275 | 282.5 | 287.5 | 745 | 408.03 | |
| 2 | Nathaniel Mundelar | MN | 140+ | 141.7 | 31 | 165 | 175 | 180 | 137.5 | 145 | 152.5 | 165 | 182.5 | 200 | 532.5 | 290.839 | |
| | Men Raw Powerlifting | | Submaster | | | | | | | | | | | | | | |
| | 90kg Submaster | | | | | | | | | | | | | | | | |
| 1 | Steven Heintz | MN | 90kg | 87.3 | 39 | 212.5 | 227.5 | 245 | 115 | 125 | 137.5 | 200 | 217.5 | 230 | 587.5 | 385.875 | |
| | 100kg Submaster | | | | | | | | | | | | | | | | |
| 1 | Caleb Levar | MN | 100kg | 98.7 | 35 | 215 | 225 | 232.5 | 175 | 182.5 | 187.5 | 272.5 | 287.5 | 290 | 707.5 | 437.975 | |
| | 110kg Submaster | | | | | | | | | | | | | | | | |
| 1 | Tim Cooley | IA | 110kg | 105.9 | 36 | 215 | 225 | 235 | 135 | 147.5 | 157.5 | 260 | 275 | 282.5 | 675 | 405.701 | |
| | Men Raw Powerlifting | | Master | | | | | | | | | | | | | | |
| | 110kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Dean Turner | WI | 110kg | 108.2 | 47 | 157.5 | 167.5 | 172.5 | 137.5 | 137.5 | 137.5 | 180 | 190 | 205 | 515 | 306.941 | 332.11 |
| | 110kg Master 70-74 | | | | | | | | | | | | | | | | |
| 1 | D. L. Diltz | MN | 110kg | 102 | 74 | 127.5 | 137.5 | 140 | 115 | 130 | 135 | 170 | 180 | 190 | 457.5 | 279.229 | 501.216 |
| | 140kg Master 45-49 | | | | | | | | | | | | | | | | |
| 1 | Matt Mages | MN | 140kg | 133.8 | 46 | 175 | 185 | 197.5 | 105 | 112.5 | 120 | 220 | 230 | 247.5 | 545 | 302.569 | 323.144 |
| | Men Classic Raw Powerlifting | | Junior | | | | | | | | | | | | | | |
| | 140kg Jr 18-19 | | | | | | | | | | | | | | | | |
| 1 | Jimmy Philipsen | IA | 140kg | 126.8 | 19 | 290 | 305 | 305 | 175 | 182.5 | 187.5 | 287.5 | 300.5 | 306 | 793 | 447.431 | |
| | Men Classic Raw Powerlifting | | Open | | | | | | | | | | | | | | |
| | 90kg Open | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | 165 | 175 | 180 | 102.5 | 105 | 110 | 200 | 210 | 220 | 510 | 341.109 | 484.716 |
| | Men Classic Raw Powerlifting | | Master | | | | | | | | | | | | | | |
| | 90kg Master 60-64 | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | 165 | 175 | 180 | 102.5 | 105 | 110 | 200 | 210 | 220 | 510 | 341.109 | 484.716 |
| | Women Raw Bench Only | | Open | | | | | | | | | | | | | | |
| | 82.5kg Open | | | | | | | | | | | | | | | | |
| 1 | Katie Hakes | MN | 82.5kg | 79.7 | 32 | | | | 82.5 | 92.5 | 100 | | | | 92.5 | 87.322 | |

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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 Bench Only | | | | Open | | | | | | | | | | | | | |
| 90kg Open | | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | | | | 102.5 | 105 | 110 | | | | 110 | 73.572 | 104.546 |
| 125kg Open | | | | | | | | | | | | | | | | | |
| 1 | Thomas Herrera | MN | 125kg | 120.7 | 30 | | | | 150 | 165 | 170 | | | | 170 | 97.444 | |
| Men Raw Bench Only | | | | Submaster | | | | | | | | | | | | | |
| 110kg Submaster | | | | | | | | | | | | | | | | | |
| 1 | Derrick Casey | MN | 110kg | 107.3 | 35 | | | | 145 | 152.5 | 157.5 | | | | 152.5 | 91.185 | |
| Men Raw Bench Only | | | | Master | | | | | | | | | | | | | |
| 90kg Master 60-64 | | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | | | | 102.5 | 105 | 110 | | | | 110 | 73.572 | 104.546 |
| 125kg Master 60-64 | | | | | | | | | | | | | | | | | |
| 1 | Chuck Hurry | MN | 125kg | 123.8 | 63 | | | | 130 | 132.5 | 135 (137.5) | | | | 135 | 76.747 | 109.057 |
| 140kg Master 45-49 | | | | | | | | | | | | | | | | | |
| 1 | Todd Hale | MN | 140kg | 127.9 | 48 | | | | 185 | 192.5 | 200 (205) | | | | 200 | 112.545 | 123.461 |
| Men Raw Deadlift Only | | | | Open | | | | | | | | | | | | | |
| 90kg Open | | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | | | | | | | 200 | 210 | 220 | 220 | 147.145 | 209.093 |
| 125kg Open | | | | | | | | | | | | | | | | | |
| 1 | Thomas Herrera | MN | 125kg | 120.7 | 30 | | | | | | | 230 | 232.5 | 232.5 | 232.5 | 133.269 | |
| 140kg Open | | | | | | | | | | | | | | | | | |
| 1 | Matt Mages | MN | 140kg | 133.8 | 46 | | | | | | | 220 | 230 | 247.5 | 247.5 | 137.405 | 146.749 |
| Men Raw Deadlift Only | | | | Master | | | | | | | | | | | | | |
| 90kg Master 60-64 | | | | | | | | | | | | | | | | | |
| 1 | Joe Hays | MN | 90kg | 84.4 | 63 | | | | | | | 200 | 210 | 220 | 220 | 147.145 | 209.093 |
| 140kg Master 45-49 | | | | | | | | | | | | | | | | | |
| 1 | Matt Mages | MN | 140kg | 133.8 | 46 | | | | | | | 220 | 230 | 247.5 | 247.5 | 137.405 | 146.749 |

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| | | | | | | | | | | | | | | | Dots | McC | | |
|---------------------|----------------|---|--------|-------|-----|-----|-----|-----|-----|------|---------------------------|-----------------|------------------|----------|-------|---------|---------|--|
| Name | State | Class | Weight | Age | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | DL1 | DL2 | DL3 | Total Kg | Total | Total | | |
| Women Raw Push-Pull | | | Open | | | | | | | | | | | | | | | |
| 100kg Open | | | | | | | | | | | | | | | | | | |
| 1 | Melanie Combs | MN | 100kg | 93.1 | 45 | | | | 60 | 67.5 | 72.5 | 90 | 115 | 130 | 202.5 | 177.904 | 120.492 | |
| Women Raw Push-Pull | | | Master | | | | | | | | | | | | | | | |
| 100kg Master 45-49 | | | | | | | | | | | | | | | | | | |
| 1 | Melanie Combs | MN | 100kg | 93.1 | 45 | | | | 60 | 67.5 | 72.5 | 90 | 115 | 130 | 202.5 | 177.904 | 120.492 | |
| Men Raw Push-Pull | | | Open | | | | | | | | | | | | | | | |
| 125kg Open | | | | | | | | | | | | | | | | | | |
| 1 | Thomas Herrera | MN | 125kg | 120.7 | 30 | | | | 150 | 165 | 170 | 230 | 232.5 | 232.5 | 402.5 | 230.713 | | |
| Best Lifters | | | | | | | | | | | Record Color Codes | | | | | | | |
| Name | | Equip | Events | Comp | Sex | | | | | | | State | | | | | | |
| Gabriel Vega | | Raw | PL | Open | Men | | | | | | | National | | | | | | |
| Meet Director: | | Doug Staley | | | | | | | | | | | | | | | | |
| Referees | | | | | | | | | | | | | | | | | | |
| National: | | Doug Staley, Fred Calry, Jake Hartman | | | | | | | | | | | | | | | | |
| State: | | Tatya Emmick, Megan Schwalbe, Kathy Johnson, Megan Fahy, Jess Toney | | | | | | | | | | | | | | | | |
| Staff: | | Jody Ferris | | | | | | | | | | | | | | | | |
| Spotter/Loaders: | | Mario Rebollar, Noah Bearth, Chris Kujawa, Cam Lemke, Harrison Lerner, Tim Wendrtoh | | | | | | | | | | | | | | | | |