

USPA 2024 Miami Throwdown November 23, 2024 Homestead, Florida

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 20-23																	
1	Emily Conti	FL	56kg	55.2	23	85	-92.5	92.5	42.5	50	-55	107.5	112.5	117.5	260	304.27	
Women Raw Powerlifting			Open														
56kg Open																	
1	Alisha Renfrew	FL	56kg	56	36	90	100	102.5	50	52.5	-55	100	105	110	265	307.167	
75kg Open																	
1	Kendall Norwood	FL	75kg	73.5	26	130	135	-140	80	-82.5	-82.5	170	175	177.5	392.5	386.425	
2	Cynthia Rubio	TN	75kg	68.3	32	120	-127.5	130	62.5	67.5	72.5	142.5	155	160	362.5	371.718	
3	Haley Rowley	FL	75kg	70.6	30	80	97.5	107.5	40	57.5	65	100	115	127.5	300	301.934	
82.5kg Open																	
1	Isabela Feris	FL	82.5kg	79.5	27	72.5	-80	-85	40	45	-47.5	92.5	102.5	112.5	230	217.397	
90kg Open																	
1	Andrea Vallejo	FL	90kg	88.6	27	110	115	125	60	62.5	67.5	-130	135	-145	327.5	294.019	
Women Raw Powerlifting			Submaster														
56kg Submaster																	
1	Alisha Renfrew	FL	56kg	56	36	90	100	102.5	50	52.5	-55	100	105	110	265	307.167	
67.5kg Submaster																	
1	Estefania Soto	FL	67.5kg	65.5	35	97.5	105	115	50	62.5	-65	110	122.5	-130	300	315.208	
75kg Submaster																	
1	Danielle Llopiz	FL	75kg	74.7	38	115	122.5	130	80	85	-87.5	135	142.5	150	365	356.257	
Men Raw Powerlifting			Junior														
56kg Jr 13-15																	
1	Pedro Carvalho Da Matta	FL	56kg	54.9	15	72.5	77.5	90	60	65	70	97.5	105	112.5	272.5	248.245	
60kg Jr 16-17																	
1	Owen Rafaloff	FL	60kg	58.9	17	105	112.5	-120	75	80	-82.5	160	-172.5	-----	352.5	302.122	
67.5kg Jr 20-23																	
1	Alex Triana	FL	67.5kg	66.1	21	167.5	172.5	177.5	102.5	-110	-110	187.5	192.5	200	480	375.672	

USPA 2024 Miami Throwdown November 23, 2024 Homestead, Florida

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Jr 16-17																
DQ	Joaquin Bello	FL	75kg	71.1	17	182.5	187.5	192.5	125	130	-135	-230	-230	-230	0	0	
	75kg Jr 20-23																
1	Alexander Demarco	FL	75kg	72.5	20	130	150	-175	82.5	87.5	95	142.5	165	-177.5	410	300.719	
	82.5kg Jr 20-23																
1	Toshi Nandan Reddy Chir	FL	82.5kg	78.9	22	175	190	197.5	90	100	110	185	205	220	527.5	366.743	
	90kg Jr 18-19																
1	Gianni Restrepo	FL	90kg	85.2	19	145	155	165	95	105	-115	180	200	-217.5	470	312.74	
	100kg Jr 20-23																
1	Robert Steffy	NY	100kg	98.0	23	175	192.5	205	130	140	-147.5	212.5	230	242.5	587.5	364.84	
2	Donte Hernandez	FL	100kg	98.8	20	130	142.5	155	87.5	102.5	-105	170	182.5	192.5	450	278.446	
	Men Raw Powerlifting			Open													
	60kg Open																
1	Owen Rafaloff	FL	60kg	58.9	17	105	112.5	-120	75	80	-82.5	160	-172.5	-----	352.5	302.122	
	82.5kg Open																
1	Juan Medrano	FL	82.5kg	78.9	33	170	185	192.5	120	127.5	-137.5	220	230	242.5	562.5	391.077	
2	Josh Heilman		82.5kg	81.2	46	160	167.5	175	117.5	132.5	147.5	200	215	230	552.5	377.677	403.359
3	Spencer Perez	FL	82.5kg	79.4	32	-142.5	152.5	160	130	137.5	142.5	207.5	217.5	227.5	530	367.093	
	90kg Open																
1	Steve Renfrew	FL	90kg	87.2	36	215	220	227.5	167.5	172.5	175	240	-250	-250	642.5	422.254	
2	Jason O'Donohoe	FL	90kg	90.0	37	145	160	-182.5	-95	100	107.5	205	220	-237.5	487.5	315.218	
	100kg Open																
1	Jonathan Feil	FL	100kg	95.8	37	235	255	260	175	190	-200	275	-295	-----	725	454.886	
2	Diego Maceda	FL	100kg	99.3	28	220	237.5	247.5	140	152.5	-162.5	235	265	295	695	429.093	
3	Robert Steffy	NY	100kg	98.0	23	175	192.5	205	130	140	-147.5	212.5	230	242.5	587.5	364.84	
	125kg Open																
1	Brandon Battles	FL	125kg	116.2	30	330	357.5	-363	207.5	215	220	300	317.5	330	907.5	526.922	
2	Ryan Oneill	FL	125kg	116.6	34	262.5	272.5	285	172.5	182.5	187.5	275	292.5	302.5	775	449.452	
3	Jonathan DeSouza	FL	125kg	115.6	29	-255	260	270	180	185	192.5	275	280	-285	742.5	431.898	
4	Esteban Christodoulides	FL	125kg	115.7	28	205	220	237.5	170	182.5	192.5	250	267.5	285	715	415.776	
5	Oscar Benitez		125kg	116.2	25	215	-237.5	247.5	165	182.5	-190	230	250	272.5	702.5	407.893	

USPA 2024 Miami Throwdown November 23, 2024 Homestead, Florida

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	140kg Open																
1	Luis Barreto	FL	140kg	132.8	34	155	-165	170	92.5	97.5	102.5	167.5	177.5	185	457.5	254.551	
	Men Raw Powerlifting		Submaster														
	90kg Submaster																
1	Steve Renfrew	FL	90kg	87.2	36	215	220	227.5	167.5	172.5	175	240	-250	-250	642.5	422.254	
2	Theodoro Perez Gerdel	FL	90kg	87.8	38	205	-220	-220	135	-140	140	210	220	-230	565	369.99	
3	Jason O'Donohoe	FL	90kg	90.0	37	145	160	-182.5	-95	100	107.5	205	220	-237.5	487.5	315.218	
	110kg Submaster																
1	Luis Lopez	FL	110kg	107.8	39	275	292.5	305	180	190	-200	252.5	267.5	280	775	462.563	
	125kg Submaster																
1	Juan Vasco	FL	125kg	111.5	37	-230	237.5	247.5	110	117.5	-122.5	220	232.5	245	610	359.464	
	Men Raw Powerlifting		Master														
	82.5kg Master 45-49																
1	Josh Heilman	FL	82.5kg	81.2	46	160	167.5	175	117.5	132.5	147.5	200	215	230	552.5	377.677	403.359
	110kg Master 45-49																
1	Frank Rodriguez	FL	110kg	105.4	45	167.5	175	182.5	110	117.5	120	185	192.5	202.5	505	304.099	320.824
	125kg Master 50-54																
1	David E. Bialski	FL	125kg	115.7	50	220	-235	-235	120	130	140	260	280	305	665	386.701	436.972
	Women Classic Raw Powerlifting		Open														
	67.5kg Open																
1	Lilith Ghazan	FL	67.5kg	64.6	35	80	90	97.5	57.5	62.5	67.5	100	112.5	120	285	301.92	
2	Dyan Donofrio	FL	67.5kg	62.9	41	-80	-80	80	52.5	57.5	-62.5	75	80	85	222.5	239.534	241.929
	Women Classic Raw Powerlifting		Master														
	67.5kg Master 40-44																
1	Dyan Donofrio	FL	67.5kg	62.9	41	-80	-80	80	52.5	57.5	-62.5	75	80	85	222.5	239.534	241.929
	90kg Master 55-59																
1	Renee Harden	FL	90kg	88.0	59	82.5	87.5	92.5	55	60	62.5	110	120	125	280	252.146	331.572

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Classic Raw Powerlifting				Master													
82.5kg Master 55-59																	
1	Tim Obrien	FL	82.5kg	79.2	58	185	202.5	-220	122.5	135	-142.5	187.5	210	-222.5	547.5	379.784	490.302
Women Raw Bench Only				Open													
75kg Open																	
1	Haley Rowley	FL	75kg	70.6	30				40	57.5	65				65	65.419	
Women Raw Push-Pull				Master													
75kg Master 45-49																	
1	Juliana Carvalho	FL	75kg	74.5	47				95	97.5	-----	152.5	162.5	-----	260	254.133	171.858
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex											State	
Alex Triana		Raw	PL	Jr	Men											National	
Kendall Norwood		Raw	PL	Open	Women												
Brandon Battles		Raw	PL	Open	Men												
Luis Lopez		Raw	PL	Submaste	Men												
Meet Director:		Dustin Piatkowski															
Referees																	
International:		Andrew Yerakadu, Scott Simonson															
National:		Dustin Piatkowski, Mike Walker, Vanessa Fernandez, Ray Ortiz, Molly Yerakadu, Ivy Knight, Victoria Millier															
State:		Maria Toledo, Tina Phillips															
Meet Assistants:		Kyle Miller, Shaila Ahktar, Erica Ortiz															
Spotter/Loaders:		Felipe Montoya, Alex Castalonos, Mike Palaez, Mike Lopez, Esteban Cruz, Val Kazibiekov, Brandon Vouang, Joe Hernandez, Elan Ordonez, Nate Lopez															