

USPA Liz Freel Classic April 13, 2019 Long Beach, CA

	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														
	52kg Jr 20-23														
1	Marilyn Zapata	CA	52kg	50.5	21	105	55	142.5	302.5	385.688		231.5	121.3	314.2	666.9
	56kg Jr 20-23														
1	Cristy Martinez	CA	56kg	55.8	22	100	45	135	280	330.372		220.5	99.2	297.6	617.3
2	Katrina Arguello	CA	56kg	54.7	21	85	62.5	112.5	260	311.61		187.4	137.8	248	573.2
	52kg Open														
1	Marilyn Zapata	CA	52kg	50.5	21	105	55	142.5	302.5	385.688		231.5	121.3	314.2	666.9
DQ	Rosanna Lam	CA	52kg	49.3	26	90	0	135	0	0		198.4	0	297.6	0
	56kg Open														
1	Jessica Okimura	HI	56kg	52.8	27	135	77.5	165	377.5	465.08		297.6	170.9	363.8	832.2
2	Jennifer Tran	CA	56kg	54.9	29	107.5	55	130	292.5	349.538		237	121.3	286.6	644.8
3	Starrisha Godfrey-Canada	CA	56kg	53.4	29	87.5	50	137.5	275	335.83		192.9	110.2	303.1	606.3
4	Katrina Arguello	CA	56kg	54.7	21	85	62.5	112.5	260	311.61		187.4	137.8	248	573.2
5	Valarie Chavez	CA	56kg	55	32	70	40	120	230	274.459		154.3	88.2	264.6	507.1
	60kg Open														
1	Rebecca Ortiz	CA	60kg	58.8	34	110	55	117.5	282.5	319.931		242.5	121.3	259	622.8
	67.5kg Open														
1	Daisy Uy Kimpang	CA	67.5kg	65.3	48	60	35	100	195	203.873	223.648	132.3	77.2	220.5	429.9
	82.5kg Open														
1	Annie Paladino	WA	82.5kg	81.3	32	135	55	147.5	337.5	306.113		297.6	121.3	325.2	744.1
2	Jackee Bell	CA	82.5kg	80.7	49	90	50	97.5	237.5	216.268	240.706	198.4	110.2	214.9	523.6
	60kg Master 60-64														
1	Cynthia Lamotte	CA	60kg	60	62	52.5	37.5	90	180	200.682	279.55	115.7	82.7	198.4	396.8
	67.5kg Master 45-49														
1	Daisy Uy Kimpang	CA	67.5kg	65.3	48	60	35	100	195	203.873	223.648	132.3	77.2	220.5	429.9
	82.5kg Master 45-49														
1	Jackee Bell	CA	82.5kg	80.7	49	90	50	97.5	237.5	216.268	240.706	198.4	110.2	214.9	523.6
	Men Raw Powerlifting														
	90kg Jr 20-23														
DQ	Gabriel Robles	CA	90kg	87.7	23	0	137.5	262.5	0	0		0	303.1	578.7	0
	100kg Jr 20-23														
1	Carlos Nunez	CA	100kg	98.3	20	245	160	282.5	687.5	421.369		540.1	352.7	622.8	1515.7

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	67.5kg Open														
1	Michael Nguyen	CA	67.5kg	64.9	27	150	97.5	172.5	420	334.404		330.7	214.9	380.3	925.9
	75kg Open														
1	Andrew Torrico	CA	75kg	74.7	24	192.5	107.5	242.5	542.5	387.671		424.4	237	534.6	1196
2	Fabio Goldfarb	Argentina	75kg	74.1	33	190	135	210	535	384.451		418.9	297.6	463	1179.5
3	Joseph Vega	CA	75kg	74.6	26	190	127.5	205	522.5	373.692		418.9	281.1	451.9	1151.9
4	Neil Santos	CA	75kg	72.6	25	162.5	102.5	190	455	331.832		358.2	226	418.9	1003.1
	82.5kg Open														
1	Thomas Lum	CA	82.5kg	78.3	24	227.5	132.5	260	620	429.164		501.5	292.1	573.2	1366.9
2	Kevin Ta	CA	82.5kg	80.1	25	177.5	112.5	215	505	344.511		391.3	248	474	1113.3
	90kg Open														
1	Stephen Paranal	CA	90kg	88.8	35	217.5	145	210	572.5	368.003		479.5	319.7	463	1262.1
2	Eric Lamotte	WA	90kg	87.7	32	207.5	115	227.5	550	355.905		457.5	253.5	501.5	1212.5
3	Alexander Minnis	CA	90kg	83.7	24	170	115	250	535	355.347		374.8	253.5	551.2	1179.5
DQ	Gabriel Robles	CA	90kg	87.7	23	0	137.5	262.5	0	0		0	303.1	578.7	0
	100kg Open														
1	Carlos Nunez	CA	100kg	98.3	20	245	160	282.5	687.5	421.369		540.1	352.7	622.8	1515.7
	110kg Open														
1	Jermaine Gutierrez	CA	110kg	105.1	25	192.5	137.5	227.5	557.5	333.051		424.4	303.1	501.5	1229.1
	90kg Submaster														
1	Stephen Paranal	CA	90kg	88.8	35	217.5	145	210	572.5	368.003		479.5	319.7	463	1262.1
	125kg Master 65-69														
1	Frank Paladino	CA	125kg	113.5	66	102.5	92.5	147.5	342.5	199.712	301.764	226	203.9	325.2	755.1
	Men Classic Raw Powerlifting														
	140kg Open														
1	Daniel Lopez	CA	140kg	139.3	29	335	207.5	307.5	850	475.32		738.5	457.5	677.9	1873.9
	Women Multi Ply Powerlifting														
	75kg Open														
1	Elizabeth Freel	CA	75kg	72.6	44	242.5	150	227.5	620	601.834		534.6	330.7	501.5	1366.9
	Women Raw Bench Only														
	52kg Master 50-54														
1	Angela Tronske	CA	52kg	49.7	53		45		45	58.073	68.758		99.2		99.2
	75kg Master 55-59														
1	Tanya Reed	CA	75kg	73.4	55		105		105	101.199	123.969		231.5		231.5

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Men Raw Bench Only															
	110kg Open														
1	Charlie Garcia	CA	110kg	100.4	33		130		130	78.988			286.6		286.6
	82.5kg Master 65-69														
1	Placido Gomez	NM	82.5kg	81.9	67		117.5		117.5	79.066	121.999		259		259
	125kg Master 60-64														
1	Gerry Torres	CA	125kg	120.9	61		167.5		167.5	96.128	131.311		369.3		369.3
Women Raw Deadlift Only															
	48kg Master 80+														
1	Norma Imoto	CA	48kg	48	80			70	70	92.708	190.051			154.3	154.3
	75kg Master 40-44														
1	Valerie Muller	CA	75kg	74.5	44			172.5	172.5	164.686	171.767			380.3	380.3
Men Raw Deadlift Only															
	100kg Master 40-44														
DQ	Davon Brazil	CA	100kg	99.2	44			0	0	0	0			0	0
Best Lifters:															
Open Raw Women: Jessica Okimura															
Open Raw Men: Thomas Lum															
Meet Director: Steve Denison															
Thank you to our referees:															
International: Steve Denison, Mike Tronske and Leonetta Richardson															
National: Tanya Reed															
State: Ceasar Amado, Rekee Bower, Anne Escobedo, Chuquese Huffman, Karl Davenport and Julia Tomacheski.															
Apprentice: Valerie Muller and Angela Tronske															
Host Gym: Metorflex Long Beach															
Thank you to all our spotters and loaders for keeping the lifters safe.															
All net proceeds were donated to the Cancer Research Institute which is Liz Freels charity of choice. Thank you to everyone for supporting this meet.															