

USPA Riddle of Steel 3 August 3, 2019 Nikiski, AK

	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
<b>Women Raw Powerlifting</b>															
	60kg Jr 16-17														
1	Rachael Vassar	AK	60kg	59	16	112.5	67.5	120	300	338.85		248	148.8	264.6	661.4
	67.5kg Open														
1	Jasmine Feltman	AK	67.5kg	65.4	36	87.5	67.5	107.5	262.5	274.155		192.9	148.8	237	578.7
								4th: 112.5							
2	Cassidy Rosas	AK	67.5kg	67.5	25	72.5	37.5	85	195	199.017		159.8	82.7	187.4	429.9
	75kg Open														
1	Miranda Ervin	AK	75kg	72.6	25	132.5	60	165	357.5	347.025		292.1	132.3	363.8	788.1
								4th: 167.5							
2	Angelica Nolden	AK	75kg	73.55	24	125	67.5	137.5	330	317.625		275.6	148.8	303.1	727.5
	SHW Open														
1	Morgan Ashcraft	AK	SHW	111	37	165	95.5	190	450.5	365.581		363.8	210.5	418.9	993.2
2	Elizabeth Clark	AK	SHW	107.5	34	117.5	72.5	112.5	302.5	247.203		259	159.8	248	666.9
	67.5kg Submaster														
1	Jasmine Feltman	AK	67.5kg	65.4	36	87.5	67.5	107.5	262.5	274.155		192.9	148.8	237	578.7
								4th: 112.5							
	SHW Submaster														
1	Morgan Ashcraft	AK	SHW	111	37	165	95.5	190	450.5	365.581		363.8	210.5	418.9	993.2
<b>Men Raw Powerlifting</b>															
	75kg Jr 20-23														
1	Jose Belizario	AK	75kg	74.2	23	205	120	250	575	412.793		451.9	264.6	551.2	1267.6
								4th: 122.5							
	82.5kg Jr 18-19														
1	Trenton Robinson	AK	82.5kg	82	19	162.5	100	227.5	490	329.476		358.2	220.5	501.5	1080.3
	75kg Open														
1	Jose Belizario	AK	75kg	74.2	23	205	120	250	575	412.793		451.9	264.6	551.2	1267.6
								4th: 122.5							
2	Sean Miklas	AK	75kg	73.5	24	155	117.5	170	442.5	319.839		341.7	259	374.8	975.5
3	Kyle Moffat	AK	75kg	73	33	155	110	170	435	315.984		341.7	242.5	374.8	959
	82.5kg Open														
1	Trenton Robinson	AK	82.5kg	82	19	162.5	100	227.5	490	329.476		358.2	220.5	501.5	1080.3



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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
<b>Women Raw Bench Only</b>															
	67.5kg Open														
1	Jasmine Feltman	AK	67.5kg	65.4	36		67.5		67.5	70.497			148.8		148.8
	SHW Open														
1	Elizabeth Clark	AK	SHW	107.5	34		72.5		72.5	59.247			159.8		159.8
	67.5kg Submaster														
1	Jasmine Feltman	AK	67.5kg	65.4	36		67.5		67.5	70.497			148.8		148.8
<b>Men Raw Bench Only</b>															
	75kg Open														
1	Kyle Moffat	AK	75kg	73	33		110		110	79.904			242.5		242.5
	110kg Open														
1	Jeremy Zastrow	AK	110kg	105.5	35		145		145	86.507			319.7		319.7
	125kg Open														
1	Wesley Clark	AK	125kg	114.5	36		120		120	69.804			264.6		264.6
	110kg Submaster														
1	Jeremy Zastrow	AK	110kg	105.5	35		145		145	86.507			319.7		319.7
	125kg Submaster														
1	Wesley Clark	AK	125kg	114.5	36		120		120	69.804			264.6		264.6
<b>Women Raw Deadlift Only</b>															
	67.5kg Open														
1	Jasmine Feltman	AK	67.5kg	65.4	36			107.5	107.5	112.273				237	237
								4th: 112.5							
	75kg Open														
1	Miranda Ervin	AK	75kg	72.6	25			165	165	160.166				363.8	363.8
								4th: 167.5							
	SHW Open														
1	Morgan Ashcraft	AK	SHW	111	37			190	190	154.185				418.9	418.9
2	Elizabeth Clark	AK	SHW	107.5	34			112.5	112.5	91.935				248	248
	67.5kg Submaster														
1	Jasmine Feltman	AK	67.5kg	65.4	36			107.5	107.5	112.273				237	237
								4th: 112.5							

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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
	SHW Submaster														
1	Morgan Ashcraft	AK	SHW	111	37			190	190	154.185				418.9	418.9
	<b>Men Raw Deadlift Only</b>														
	75kg Open														
1	Kyle Moffat	AK	75kg	73	33			170	170	123.488				374.8	374.8
	110kg Open														
1	Jeremy Zastrow	AK	110kg	105.5	35			227.5	227.5	135.727				501.5	501.5
								4th: 230							
	125kg Open														
1	Wesley Clark	AK	125kg	114.5	36			200	200	116.34				440.9	440.9
	110kg Submaster														
1	Jeremy Zastrow	AK	110kg	105.5	35			227.5	227.5	135.727				501.5	501.5
								4th: 230							
	125kg Submaster														
1	Wesley Clark	AK	125kg	114.5	36			200	200	116.34				440.9	440.9
	Best Lifters:														
	Open Women Raw: Morgan Ashcraft														
	Open Men Raw: Jose Belizario														
	Meet Director: Jerem Feltman														
	Thank you to our referees:														
	National: Dani Shamblin and Larry Shamblin														
	State: Bryce Cross														