

USPA 2023 Queens of The South Powerlifting Championship October 7, 2023 Mableton, Georgia

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
60kg Open																	
DQ	Amber Smith	GA	60kg	60	24	125	137.5	142.5	75	75	75	130	142.5	147.5	0	0	
75kg Open																	
1	Christina Bryant	GA	75kg	74.7	37	162.5	177.5	185	82.5	92.5	97.5	175	197.5	207.5	480	468.502	
2	Crystal Wirks	GA	75kg	73.4	41	142.5	152.5	157.5	82.5	87.5	92.5	165	175	182.5	432.5	426.118	430.379
82.5kg Open																	
1	Toni Johnson	GA	82.5kg	81.1	28	177.5	192.5	200	85	90	90	210	220	227.5	512.5	479.652	
2	Christianna Watkins	GA	82.5kg	78.8	34	167.5	175	180	110	115	117.5	195	200	210	505	479.457	
90kg Open																	
1	Lexie Thrasher	GA	90kg	87.3	25	102.5	110	120	52.5	55	55	115	125	135	310	280.176	
100kg Open																	
1	Lauren Calloway	GA	100kg	94.7	36	157.5	172.5	175	92.5	97.5	97.5	167.5	175	182.5	440	383.796	
110kg Open																	
1	Jewel Sawyer	GA	110kg	109.3	36	175	190	205	95.5	105	112.5	170	187.5	200	505	417.177	
2	Jasmine Castillo	GA	110kg	108.6	29	170	177.5	185	67.5	72.5	75	165	177.5	187.5	445	368.421	
110+ Open																	
1	Stacey-Ann Gordon	GA	110+	115.8	24	105	105	117.5	55	62.5	65	132.5	150	160	342.5	277.703	
2	Melissa Rubsam	GA	110+	140.2	31	110	120	120	55	60	62.5	105	115	122.5	295	228.823	
Women Raw Powerlifting		Submaster															
75kg Submaster																	
1	Christina Bryant	GA	75kg	74.7	37	162.5	177.5	185	82.5	92.5	97.5	175	197.5	207.5	480	468.502	
110kg Submaster																	
1	Jewel Sawyer	GA	110kg	109.3	36	175	190	205	95.5	105	112.5	170	187.5	200	505	417.177	
Women Raw Powerlifting		Master															
67.5kg Master 50-54																	
1	Beth Verlinde	FL	67.5kg	65.9	54	110	117.5	122.5	70	70	75	137.5	142.5	152.5	345	361.19	434.873
75kg Master 40-44																	
1	Crystal Wirks	GA	75kg	73.4	41	142.5	152.5	157.5	82.5	87.5	92.5	165	175	182.5	432.5	426.118	430.379

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	75kg Master 45-49																
1	Tracy Joyner	GA	75kg	73.2	47	62.5	77.5	87.5	62.5	72.5	72.5	102.5	117.5	137.5	287.5	283.675	306.936
	75kg Master 55-59																
1	Stefanie Richard	GA	75kg	73.8	57	87.5	95	100	60	65	70	117.5	127.5	138	297.5	292.256	370.58
	100kg Master 55-59																
1	Valeria Gary	GA	100kg	92.7	56	75	87.5	100	50	55	60	115	135	142.5	302.5	266.246	331.742
	Women Classic Raw Powerlifting			Open													
	110+ Open																
1	Angelique Eves	GA	110+	114	46	147.5	150	160	85	85	92.5	160	170	177.5	422.5	344.237	367.645
	Women Classic Raw Powerlifting			Master													
	110+ Master 45-49																
1	Angelique Eves	GA	110+	114	46	147.5	150	160	85	85	92.5	160	170	177.5	422.5	344.237	367.645
	Women Raw Bench Only			Open													
	67.5kg Open																
1	Gina Carnovale	GA	67.5kg	64.7	29				57.5	62.5	65				62.5	66.149	
	110+ Open																
1	Angelique Eves	GA	110+	114	46				85	85	92.5				85	69.255	73.964
	Women Raw Bench Only			Master													
	110+ Master 45-49																
1	Angelique Eves	GA	110+	114	46				85	85	92.5				85	69.255	73.964
	Women Raw Deadlift Only			Open													
	67.5kg Open																
1	Gina Carnovale	GA	67.5kg	64.7	29							160	170	177.5	170	179.926	
	110+ Open																
1	Angelique Eves	GA	110+	114	46							160	170	177.5	177.5	144.62	154.455
	Women Raw Deadlift Only			Master													
	110+ Master 45-49																
1	Angelique Eves	GA	110+	114	46							160	170	177.5	177.5	144.62	154.455

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Women Raw Push-Pull			Open													
	110+ Open																
1	Angelique Eves	GA	110+	114	46				85	85	92.5	160	170	177.5	262.5	213.875	154.455
	Women Raw Push-Pull			Master													
	100kg Master 55-59																
1	Valeria Gary	GA	100kg	92.7	56				50	55	60	115	135	142.5	202.5	178.231	156.275
	110+ Master 45-49																
1	Angelique Eves	GA	110+	114	46				85	85	92.5	160	170	177.5	262.5	213.875	154.455

Best Lifters													Record Color Codes				
Name		Equip	Events	Comp	Sex												State
Toni Johnson		Raw	PL	Open	Vomen												National
Beth Verlinde		Raw	PL	Master	Vomen												
Meet Director:		Barbara Lee															
Referees																	
International:		Anthony Calhoun															
National:		Barbara Lee, Cardell Oliver, Alicia Neblett,															
State:		Tiffany Martinez, John Rowland, April Brooks															
Spotter/Loaders:		John Mouton, Jason Villa, Dayne Fields, Penny Bridwell															