

USPA Oregon State Championships December 3,
2022 Newport, OR

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 18-19																
1 Kai Tavares-Carlos	OR	56kg	53.0	19	85.0	97.5	-107.5	55	-60.0	-62.5	110	120.0	130.0	282.5	339.838	
90kg Jr 20-23																
1 Kiara Ballard	OR	90kg	87.6	22	-130.0	135.0	-140.0	100	107.5	-112.5	132.5	140.0	145.0	387.5	349.674	
Women Raw Powerlifting			Open													
52kg Open																
1 Shalayn Allen	OR	52kg	50.8	46	82.5	85.0	87.5 (88.0)	47.5	50.0	52.5 (53.0)	100	102.5	-105.0	242.5	300.455	320.886
56kg Open																
1 Kai Tavares-Carlos	OR	56kg	53.0	19	85.0	97.5	-107.5	55	-60.0	-62.5	110	120.0	130.0	282.5	339.838	
75kg Open																
1 Nichole Mcdonald	OR	75kg	72.6	30	100.0	117.5	120.0	60	65.0	-70.0	145	162.5	172.5	357.5	354.319	
2 Pamela De Loa	OR	75kg	68.0	49	-52.5	57.5	-62.5	35	-37.5	-37.5	80	95.0	100.0	192.5	197.893	220.255
90kg Open																
1 Kiara Ballard	OR	90kg	87.6	22	-130.0	135.0	-140.0	100	107.5	-112.5	132.5	140.0	145.0	387.5	349.674	
110kg Open																
1 Emma Ranson	WA	110kg	108.8	27	-142.5	152.5	160.0	70	77.5	-82.5	157.5	172.5	182.5	420	347.503	
Women Raw Powerlifting			Master													
52kg Master 45-49																
1 Shalayn Allen	OR	52kg	50.8	46	82.5	85.0	87.5 (88.0)	47.5	50.0	52.5 (53.0)	100	102.5	-105.0	242.5	300.455	320.886
67.5kg Master 45-49																
1 Lisa Butler	OR	67.5kg	66.8	46	107.5	115.0	120.5	67.5	70.0	-72.5	117.5	132.5	-147.5	323	335.484	358.297
75kg Master 45-49																
1 Pamela De Loa	OR	75kg	68.0	49	-52.5	57.5	-62.5	35	-37.5	-37.5	80	95.0	100.0	192.5	197.893	220.255

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Men Raw Powerlifting				Junior													
75kg Jr 20-23																	
1	Makoa Nakamura	OR	75kg	74.8	23	172.5	182.5	190.0	127.5	132.5	137.5	235	245.0	252.5	580	416.816	
														(260.0)			
82.5kg Jr 20-23																	
1	Anthony Suryamiharja	OR	82.5kg	80.4	21	192.5	200.0	207.5	117.5	125.0	125.0	220	225	237.5	557.5	383.297	
90kg Jr 20-23																	
1	Leonardo Gutierrez	OR	90kg	89.8	23	175.0	187.5	187.5	120	125	127.5	207.5	217.5	225.0	525	339.846	
2	Joshua Mondragon	OR	90kg	88.8	22	175.0	185.0	190.0	102.5	107.5	110	182.5	192.5	202.5	485	315.748	
3	Isaiah Stilwater	OR	90kg	89.2	20	125.0	137.5	150.0	90	105.0	117.5	145	167.5	190	422.5	274.427	
100kg Jr 20-23																	
1	Chris Buck	WA	100kg	92.0	23	180.0	192.5	205.0	120	127.5	132.5	207.5	217.5	235.0	555	354.974	
125kg Jr 20-23																	
1	David Perry	WA	125kg	111.6	21	207.5	217.5	217.5	137.5	145	152.5	227.5	247.5	260.0	622.5	366.708	
Men Raw Powerlifting				Open													
67.5kg Open																	
1	Kolby Smith	ID	67.5kg	66.2	26	135.0	135.0	147.5	92.5	102.5	102.5	152.5	160.0	165.0	387.5	302.938	
75kg Open																	
1	Budd Hetrick	OR	75kg	74.8	41	205.0	210.0	210.0	132.5	138.0	140.0	207.5	---	---	550	395.257	399.21
82.5kg Open																	
1	Sean Healy	WA	82.5kg	80.6	32	185.0	197.5	212.5	135	142.5	145.0	242.5	257.5	257.5	615	422.216	
90kg Open																	
1	Sean Soliz	OR	90kg	87.6	30	185.0	197.5	205.0	135	147.5	152.5	210	225.0	240.0	592.5	388.461	
2	Brodie Barrick	OR	90kg	89.8	25	187.5	200.0	210.0	140	147.5	147.5	205.0	217.5	227.5	567.5	367.358	
3	Trey Lindekugel	OR	90kg	88.0	24	170.0	182.5	202.5	100	110	117.5	210	222.5	235.0	535	349.93	
100kg Open																	
1	Nathaniel Dahl	OR	100kg	99.4	30	282.5	282.5	282.5	175	182.5	192.5	287.5	307.5	317.5	782.5	482.903	
2	Jacob Limas	OR	100kg	97.6	28	230.0	245.0	262.5	145	150	157.5	272.5	285.0	302.5	705	438.609	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Open																
1	Connor Gill	WA	110kg	107.8	30	220.0	237.5	242.5	135	145	150	250	265.0	272.5	657.5	392.432	
2	Jerry Palinsky	OR	110kg	109.4	32	200.0	207.5	227.5	140	147.5	165	222.5	237.5	245.0	637.5	378.351	
	125kg Open																
1	Jamison Faith	WA	125kg	119.6	24	237.5	250.0	265.0	175	182.5	192.5	300	300.0	300.0	740	425.46	
2	Andrew Chichka	WA	125kg	125	30	205.0	227.5	242.5	180	187.5	195	250	262.5	272.5	702.5	398.146	
3	Justin Howells	OR	125kg	112.4	40	240.0	255.0	272.5	60	60	-----	250	272.5	287.5	602.5	353.998	353.998
DQ	Hayden Snow	OR	125kg	123.2	25	270.0	280.0	287.5	165	165	165	275	290.0	300.0	0	0	
	140kg Open																
1	James Andrew	OR	140kg	132.6	26	200.0	210.0	217.5	170	182.5	182.5	230	240.0	250.0	637.5	354.86	
	140+ Open																
1	Cody Osuna	OR	140+	185.5	31	280.0	287.5	295.0	182.5	182.5	190	275	290.0	305.0	782.5	398.335	
2	Alex Stanley	OR	140+	145.4	35	205.0	237.5	252.5	160	167.5	175	272.5	295.0	315.0	735	398.599	
	Men Raw Powerlifting																
	140+ Submaster																
1	Alex Stanley	OR	140+	145.4	35	205.0	237.5	252.5	160	167.5	175	272.5	295.0	315.0	735	398.599	
	Men Raw Powerlifting																
	75kg Master 40-44																
1	Budd Hetrick	OR	75kg	74.8	41	205.0	210.0	210.0	132.5	138.0	140.0	207.5	-----	-----	550	395.257	399.21
	82.5kg Master 45-49																
DQ	Scott Daniels	OR	82.5kg	82.4	46	152.5	160.0	162.5	125	125.0	125.0	170	180	185	0	0	0
	82.5kg Master 55-59																
1	Sean Roach	OR	82.5kg	75.4	57	172.5	185.0	197.5	122.5	122.5	128.0	182.5	207.5	207.5	495.5	354.28	449.228
	90kg Master 55-59																
DQ	Rick Gaupo	OR	90kg	89.2	55	142.5	142.5	150.0	102.5	112.5	112.5	170	182.5	195	0	0	0

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	100kg Master 40-44																
1	Minh Nguyen	OR	100kg	92.8	40	205.0	205.0	212.5	117.5	120	125	252.5	252.5	252.5	577.5	367.816	367.816
	100kg Master 45-49																
1	Andy Green	OR	100kg	100.0	47	145.0	155.0	165.0	107.5	117.5	122.5	195	205	210	492.5	303.142	327.999
	125kg Master 40-44																
1	Justin Howells	OR	125kg	112.4	40	240.0	255.0	272.5	60	60	---	250	272.5	287.5	602.5	353.998	353.998
	Men Classic Raw Powerlifting			Junior													
	90kg Jr 18-19																
1	Nolan Bensinger	OR	90kg	86.5	19	135.0	147.5	157.5	92.5	105.0	110.0	125	140	147.5	402.5	265.655	
	Men Classic Raw Powerlifting			Open													
	90kg Open																
1	John Fales	OR	90kg	85.2	41	205.0	217.5	217.5	115	115.0	135.0	282.5	302.5	305.0	635	422.531	426.756
	100kg Open																
1	Paul Downs	OR	100kg	99.8	49	192.5	205.0	217.5	112.5	122.5	132.5	207.5	220.0	220.0	545	335.747	373.687
	Men Classic Raw Powerlifting			Master													
	90kg Master 40-44																
1	John Fales	OR	90kg	85.2	41	205.0	217.5	217.5	115	115.0	135.0	282.5	302.5	305.0	635	422.531	426.756
	90kg Master 50-54																
1	William Sucik	OR	90kg	89.4	52	160.0	175.0	187.5	110	125.0	132.5	180	195	215	522.5	338.994	394.928
	100kg Master 45-49																
1	Paul Downs	OR	100kg	99.8	49	192.5	205.0	217.5	112.5	122.5	132.5	207.5	220.0	220.0	545	335.747	373.687
	100kg Master 70-74																
1	Rudy Kadlub	OR	100kg	98.4	73	182.5	197.5	207.5	110	122.5	130	215	222.5	233.0	570.5	353.642	620.995
	110kg Master 40-44																
1	Arik Brown	OR	110kg	106.4	43	215.0	230.0	240.0	192.5	195	200	227.5	252.5	252.5	662.5	397.445	409.766

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Men Raw Bench Only			Open													
100kg Open																
DQ	Aleksandr Rubanov	OR	100kg	98.4	31			-180	-180	---				0	0	
110kg Open																
1	Jerry Palinsky	OR	110kg	109.4	32			140	147.5	165				165	97.926	
140kg Open																
1	Brad Goodchild	OR	140kg	130.2	30			177.5	185	-190				185	103.541	
2	James Andrew	OR	140kg	132.6	26			170	-182.5	-182.5				170	94.629	
Men Raw Bench Only			Master													
82.5kg Master 65-69																
1	Carl Eckrode	OR	82.5kg	79.8	65			85	95.0	105.0				105	72.509	107.314
90kg Master 75-79																
1	Allen Phillips	OR	90kg	87.8	79			-85	85.0	92.5				92.5	60.574	121.45
110kg Master 60-64																
1	Doug Mulder	OR	110kg	102.0	62			120	130	135				135	82.395	114.777
Men Single Ply Bench Only			Junior													
67.5kg Jr 13-15																
1	Brayden Cooley	OR	67.5kg	66.2	13			67.5	-77.5	77.5				77.5	60.588	
Men Raw Deadlift Only			Junior													
75kg Jr 20-23																
1	Makoa Nakamura	OR	75kg	74.8	23						235	245.0	252.5 (260.0)	252.5	181.459	
Men Raw Deadlift Only			Open													
90kg Open																
1	John Fales	OR	90kg	85.2	41						-282.5	302.5	-305.0	302.5	201.285	203.297
140kg Open																
1	Brad Goodchild	OR	140kg	130.2	30						-300	300.0	-305.0	300	167.905	

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Men Raw Deadlift Only				Master												
90kg Master 40-44																
1	John Fales	OR	90kg	85.2	41						282.5	302.5	305.0	302.5	201.285	203.297
140+ Master 65-69																
DQ	Sam Pecktol	OR	140+	150.4	68						---	---	---	0	0	0
Men Single Ply Deadlift Only				Junior												
67.5kg Jr 13-15																
1	Brayden Cooley	OR	67.5kg	66.2	13						125	137.5	145.0	145	113.357	
												(150.0)				
Men Raw Push-Pull				Master												
140+ Master 65-69																
DQ	Sam Pecktol	OR	140+	150.4	68			147.5	160	---	---	---	---	0	0	0
Best Lifters																
Name		Equip	Events	Comp	Sex							Record Color Codes				
Makoa Nakamura		Raw	PL	Jr	Men							State				
Nichole Mcdonald		Raw	PL	Open	Women							National				
Nathaniel Dahl		Raw	PL	Open	Men											
Sean Roach		Raw	PL	Master	Men											
Rudy Kadlub		Clraw	PL	Master	Men											
Meet Director:		Peter Martin														
Referees																
International:		Peter Martin, Sam Pecktol, Albert Alvarado														
National:		Holly Alexia, Cenobia Gonzolaz, Monica Benavides, Manny Love, Kyle Young														
State:		Donna Weidow, Brad Webb, Kristine Reach														
Staff:		Jared Presler														
Announcer:		Tracie Marquez														
Spotter/Loaders:		Hudson Gould, Jesse Bass, Anthony Vestal, Cameron Caspine, Kyle Davis, Havi Ehrich, Christian														