

USPA North Dakota Spring Power Fest March 23rd, 2019 Williston, North Dakota

	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														
	56kg Jr 20-23														
1	Kassidy Williams	ND	56kg	54.7	23	107.5	72.5	147.5	327.5	392.509		237	159.8	325.2	722
	67.5kg Jr 20-23														
1	Valerie Valentino	ND	67.5kg	65.2	23	132.5	65	132.5	330	345.411		292.1	143.3	292.1	727.5
								4th: 137.5							
	82.5kg Jr 20-23														
DQ	Kelsey Craig	ND	82.5kg	82.2	21	0	60	152.5	0	0		0	132.3	336.2	0
	SHW Jr 20-23														
1	Tea Holland	ND	SHW	95	21	100	62.5	130	292.5	247.572		220.5	137.8	286.6	644.8
	56kg Open														
1	Kassidy Williams	ND	56kg	54.7	23	107.5	72.5	147.5	327.5	392.509		237	159.8	325.2	722
2	Gwendolyn Kamowski	MT	56kg	55.4	33	75	40	112.5	227.5	269.952		165.3	88.2	248	501.5
3	Brandy Penn	ND	56kg	54.7	34	67.5	47.5	110	225	269.663		148.8	104.7	242.5	496
	67.5kg Open														
1	Valerie Valentino	ND	67.5kg	65.2	23	132.5	65	132.5	330	345.411		292.1	143.3	292.1	727.5
								4th: 137.5							
	75kg Open														
1	Drakeanne Holland	ND	75kg	69.1	24	110	60	125	295	296.121		242.5	132.3	275.6	650.4
	82.5kg Open														
DQ	Kelsey Craig	ND	82.5kg	82.2	21	0	60	152.5	0	0		0	132.3	336.2	0
	90kg Open														
1	Jennifer Joe	ND	90kg	85.7	29	132.5	67.5	120	320	282.592		292.1	148.8	264.6	705.5
2	Meagan Gantzler	ND	90kg	87.8	35	102.5	52.5	115	270	235.791		226	115.7	253.5	595.2
	SHW Open														
1	Kathryn Hammontree	ND	SHW	107.2	38	97.5	60	122.5	280	228.956		214.9	132.3	270.1	617.3
	SHW Submaster														
1	Kathryn Hammontree	ND	SHW	107.2	38	97.5	60	122.5	280	228.956		214.9	132.3	270.1	617.3
	Men Raw Powerlifting														
	52kg Jr 16-17														
1	Chris Peralta	ND	52kg	51.75	17	110	90	120	320	315.616		242.5	198.4	264.6	705.5
								4th: 125							

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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
	75kg Jr 20-23														
1	Shane Williams Jr	ND	75kg	72.05	21	160	120	175	455	333.652		352.7	264.6	385.8	1003.1
	82.5kg Jr 20-23														
1	Josh Smith	ND	82.5kg	80.85	22	237.5	152.5	265	655	444.221		523.6	336.2	584.2	1444
2	Peyton Tofte	MT	82.5kg	75.05	21	180	140	227.5	547.5	389.93		396.8	308.6	501.5	1207
3	Josh Harper	ND	82.5kg	79.15	21	170	112.5	190	472.5	324.797		374.8	248	418.9	1041.7
	90kg Jr 20-23														
1	Dylan Nowling	ND	90kg	86.8	21	207.5	142.5	235	585	380.66		457.5	314.2	518.1	1289.7
	100kg Jr 20-23														
1	Gracin Clem	ND	100kg	98.15	20	227.5	142.5	242.5	612.5	375.646		501.5	314.2	534.6	1350.3
							4th: 147.5	4th: 245							
	110kg Jr 18-19														
1	Wyatt Willenbring	ND	110kg	108.6	19	212.5	157.5	247.5	617.5	364.881		468.5	347.2	545.6	1361.3
	110kg Jr 20-23														
1	Alexander Bast	ND	110kg	100.05	22	175	112.5	227.5	515	313.378		385.8	248	501.5	1135.4
	125kg Jr 20-23														
1	Karter Davis	ND	125kg	122.9	20	222.5	142.5	202.5	567.5	324.553		490.5	314.2	446.4	1251.1
	82.5kg Open														
1	Josh Smith	ND	82.5kg	80.85	22	237.5	152.5	265	655	444.221		523.6	336.2	584.2	1444
2	Josh Harper	ND	82.5kg	79.15	21	170	112.5	190	472.5	324.797		374.8	248	418.9	1041.7
	90kg Open														
DQ	Joseph Luplow	ND	90kg	89.25	34	0	150	232.5	0	0		0	330.7	512.6	0
	100kg Open														
1	Gracin Clem	ND	100kg	98.15	20	227.5	142.5	242.5	612.5	375.646		501.5	314.2	534.6	1350.3
							4th: 147.5	4th: 245							
2	Ethan Berkshire	ND	100kg	99.8	25	185	132.5	245	562.5	342.619		407.9	292.1	540.1	1240.1
3	Ryan Stockie	ND	100kg	93.95	32	160	102.5	162.5	425	265.71		352.7	226	358.2	937
	110kg Open														
1	Marvin (Alex) McIntyre	ND	110kg	110	33	237.5	215	310	762.5	448.731		523.6	474	683.4	1681
2	Tyler Costa	MT	110kg	107.3	29	205	150	222.5	577.5	342.573		451.9	330.7	490.5	1273.2
3	Alexander Bast	ND	110kg	100.05	22	175	112.5	227.5	515	313.378		385.8	248	501.5	1135.4

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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
	125kg Open														
1	Shawn Crandall	ND	125kg	118.8	29	250	167.5	330	747.5	430.784		551.2	369.3	727.5	1647.9
2	Kevin Bostian	ND	125kg	116.55	28	245	170	265	680	393.72		540.1	374.8	584.2	1499.1
3	Jaime Moreno Jr	ND	125kg	121.3	27	227.5	152.5	235	615	352.703		501.5	336.2	518.1	1355.8
4	Nate Miller	ND	125kg	114.85	36	207.5	127.5	237.5	572.5	332.794		457.5	281.1	523.6	1262.1
5	Coty Johnson	ND	125kg	110.35	33	190	140	240	570	335.103		418.9	308.6	529.1	1256.6
6	Karter Davis	ND	125kg	122.9	20	222.5	142.5	202.5	567.5	324.553		490.5	314.2	446.4	1251.1
DQ	Zach Winkler	ND	125kg	122.6	25	275	160	0	435	248.907		606.3	352.7	0	959
	140kg Open														
1	Sean Beaubien	ND	140kg	130.15	28	240	212.5	295	747.5	422.711		529.1	468.5	650.4	1647.9
2	Matthew Klemmer	ND	140kg	127.6	28	250	190	227.5	667.5	378.806		551.2	418.9	501.5	1471.6
3	Aaron Tillman	IL	140kg	125.55	32	175	125	230	530	301.729		385.8	275.6	507.1	1168.4
DQ	Michael (Mike) Acton	ND	140kg	131.9	34	167.5	0	182.5	0	0		369.3	0	402.3	0
	SHW Open														
1	Brock Charette	AL	SHW	182.2	29	295	167.5	305	767.5	412.224		650.4	369.3	672.4	1692
	Women Classic Raw Powerlifting														
	52kg Jr 20-23														
1	Callie Smith	ND	52kg	51.4	22	72.5	47.5	90	210	264.138		159.8	104.7	198.4	463
	52kg Open														
1	Denise Minard	ND	52kg	51.6	25	117.5	75	160	352.5	442.07		259	165.3	352.7	777.1
2	Callie Smith	ND	52kg	51.4	22	72.5	47.5	90	210	264.138		159.8	104.7	198.4	463
	75kg Open														
1	Alyssa Dirkes	MN	75kg	73.5	27	125	57.5	132.5	315	303.314		275.6	126.8	292.1	694.4
	Men Classic Raw Powerlifting														
	125kg Jr 20-23														
1	Gunnar Kollman	ND	125kg	122.7	22	260	182.5	277.5	720	411.912		573.2	402.3	611.8	1587.3
	60kg Open														
DQ	Jerome Kadlec	ND	60kg	57.8	33	137.5	0		0	0		303.1	0		0
	67.5kg Open														
DQ	Paul Kadlec	ND	67.5kg	67.1	44	162.5	100	0	262.5	203.359	212.103	358.2	220.5	0	578.7
	75kg Open														
1	Ian Connors	ND	75kg	73.35	32	135	90	157.5	382.5	276.892		297.6	198.4	347.2	843.3
	100kg Open														
1	Brock Anderson	ND	100kg	98.2	29	167.5	115	172.5	455	278.961		369.3	253.5	380.3	1003.1

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	110kg Open														
1	David Clem	ND	110kg	109.75	47	297.5	162.5	260	720	424.008	458.777	655.9	358.2	573.2	1587.3
2	David Stensland	ND	110kg	104.6	34	272.5	165	272.5	710	424.864		600.8	363.8	600.8	1565.3
3	Kyle Nottingham	ND	110kg	100.05	27	262.5	160	255	677.5	412.259		578.7	352.7	562.2	1493.6
DQ	Brandon Pierce	ND	110kg	107.7	28	232.5	130	0	0	0		512.6	286.6	0	0
	125kg Open														
1	Gunnar Kollman	ND	125kg	122.7	22	260	182.5	277.5	720	411.912		573.2	402.3	611.8	1587.3
	67.5kg Master 40-44														
DQ	Paul Kadlec	ND	67.5kg	67.1	44	162.5	100	0	262.5	203.359	212.103	358.2	220.5	0	578.7
	110kg Master 45-49														
1	David Clem	ND	110kg	109.75	47	297.5	162.5	260	720	424.008	458.777	655.9	358.2	573.2	1587.3
	Men Single Ply Powerlifting														
	140kg Open														
1	Marshall Johnson	ND	140kg	136.85	35	365	275	287.5	927.5	520.142		804.7	606.3	633.8	2044.8
	Women Raw Bench Only														
	56kg Open														
1	Brandy Penn	ND	56kg	54.7	34		47.5		47.5	56.929			104.7		104.7
	67.5kg Open														
DQ	Tonya Shaffer	MT	67.5kg	61	46		0		0	0	0		0		0
	67.5kg Master 45-49														
DQ	Tonya Shaffer	MT	67.5kg	61	46		0		0	0	0		0		0
	Men Raw Bench Only														
	82.5kg Jr 20-23														
1	Josh Harper	ND	82.5kg	79.15	21		112.5		112.5	77.333			248		248
	82.5kg Open														
1	Josh Harper	ND	82.5kg	79.15	21		112.5		112.5	77.333			248		248
	90kg Open														
1	Joseph Luplow	ND	90kg	89.25	34		150		150	96.165			330.7		330.7
	110kg Open														
1	Marvin (Alex) McIntyre	ND	110kg	110	33		215		215	126.528			474		474

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	110kg Open														
1	Marvin (Alex) Mcintyre	ND	110kg	110	33		215	310	525	308.963			474	683.4	1157.4
	125kg Open														
1	Shawn Laque	AL	125kg	121.85	31		195	275	470	269.263			429.9	606.3	1036.2
2	Jaime Moreno Jr	ND	125kg	121.3	27		152.5	235	387.5	222.231			336.2	518.1	854.3
3	Coty Johnson	ND	125kg	110.35	33		140	240	380	223.402			308.6	529.1	837.7
	90kg Master 75-79														
1	Paul Stensland	ND	90kg	88.85	76		40	77.5	117.5	75.506	141.649		88.2	170.9	259
	Best Lifters														
	Male Raw- Marvin Mcintire														
	Male Classic Raw - David Clem														
	Female Raw- Cassidy Williams														
	Male Push/Pull- Marvin Mcintire														
	Male Bench Only- Marvin Mcintire														
	Male Deadlift Only- Shawn Crandall														
	Thank you to our referees:														
	National: Andy Gentry and Missy Gentry														
	State: Doug Staley and Joy Gockenbach														
	Practical: Kelsey Horton and Damien Pezzuti														