

USPA Drug Tested Metroflex Classic May 20-21 2023 Hawaiian Gardens, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
	44kg Jr 16-17																
1	Kianna Nakaoka	CA	44kg	43.9	16	62.5	65	65	45	47.5	47.5	85	90	95	202.5	279.401	
	52kg Jr 18-19																
DQ	Malia Requejo	CA	52kg	51.7	19	100	100	100	45	50	50	97.5	102.5	107.5	0	0	
	56kg Jr 18-19																
1	Sierra Cutting	CA	56kg	53.8	18	105	110	115	57.5	62.5	65	135	145	150	325	386.983	
	82.5kg Jr 18-19																
1	Sophie Koeppe	CO	82.5kg	78.9	19	125	132.5	137.5	62.5	65	67.5	140	147.5	152.5	355	336.828	
	82.5kg Jr 20-23																
1	Felisitha Touch	CA	82.5kg	80.0	22	105	112.5	122.5	45	52.5	57.5	120	130	142.5	322.5	303.876	
Women Raw Powerlifting			Open														
	44kg Open																
1	Kianna Nakaoka	CA	44kg	43.9	16	62.5	65	65	45	47.5	47.5	85	90	95	202.5	279.401	
	52kg Open																
DQ	Malia Requejo	CA	52kg	51.7	19	100	100	100	45	50	50	97.5	102.5	107.5	0	0	
	56kg Open																
1	Amanda So	CA	56kg	55.0	33	115	122.5	127.5	62.5	67.5	72.5	150	160	165	355	416.456	
2	Sierra Cutting	CA	56kg	53.8	18	105	110	115	57.5	62.5	65	135	145	150	325	386.983	
	60kg Open																
1	Tania Moreno Galvan	CA	60kg	59.4	28	112.5	122.5	127.5	57.5	62.5	65	135	142.5	150	332.5	370.945	
2	Toni Beckker	CA	60kg	59.2	33	107.5	107.5	107.5	52.5	60	62.5	140	147.5	160	327.5	366.152	
	67.5kg Open																
1	Ana Garcia	CA	67.5kg	67.4	40	140	150	150	62.5	67.5	72.5	150	160	165	377.5	390.063	390.063
2	Erica Vergara	CA	67.5kg	67.0	32	130	135	145	50	55	57.5	110	115	120	312.5	324.015	
	75kg Open																
1	Samantha Leaptrot	CA	75kg	73.4	26	82.5	87.5	95	52.5	57.5	60	112.5	120	127.5	280	275.868	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	82.5kg Open																
1	Paloma Castaneda	CA	82.5kg	80.8	24	137.5	140	142.5	77.5	80	82.5	175	180	187.5	412.5	386.766	
2	Samantha Havens	CA	82.5kg	78.3	33	110	115	122.5	77.5	82.5	87.5	150	155	160	370	352.42	
	90kg Open																
1	Sara Grond	CA	90kg	89.5	35	125	130	137.5	55	62.5	67.5	127.5	140	152.5	357.5	319.506	
	100kg Open																
1	Eris Shelby	CA	100kg	98.8	28	122.5	135	147.5	62.5	70	77.5	125	140	152.5	370	317.235	
	110kg Open																
1	Cidney Dimiceli	CA	110kg	102.2	27	87.5	92.5	105	45	45	52.5	92.5	97.5	105	255	215.797	
	110+ Open																
1	Candace Banks	NV	110+	129.4	33	147.5	157.5	165	77.5	85	92.5	165	175	185	425	334.551	
	Women Raw Powerlifting			Submaster													
	90kg Submaster																
1	Sara Grond	CA	90kg	89.5	35	125	130	137.5	55	62.5	67.5	127.5	140	152.5	357.5	319.506	
	Women Raw Powerlifting			Master													
	67.5kg Master 40-44																
1	Ana Garcia	CA	67.5kg	67.4	40	140	150	150	62.5	67.5	72.5	150	160	165	377.5	390.063	390.063
	82.5kg Master 45-49																
1	Bree Valla	CA	82.5kg	81.9	45	92.5	105	110	67.5	72.5	72.5	132.5	137.5	147.5	330	307.369	324.275
	110+ Master 40-44																
1	Jennifer Payne	CA	110+	115.3	43	125	137.5	142.5	72.5	80	80	137.5	142.5	152.5	375	304.458	313.896
	Men Raw Powerlifting			Junior													
	67.5kg Jr 16-17																
1	Xander Gervacio	CA	67.5kg	66.5	16	160	170	177.5	95	102.5	107.5	107.5	205	215	495	385.692	
	67.5kg Jr 18-19																
1	Angel Garin	CA	67.5kg	66.6	18	142.5	147.5	152.5	80	87.5	92.5	102.5	187.5	200	435	338.568	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Jr 16-17																
1	Joshua Dao	CA	75kg	74.3	17	-195	200	-210	120	130	-140	-205	215	227.5	557.5	402.38	
2	Marcos Marcial	CA	75kg	71.1	16	-150	157.5	-162.5	80	82.5	85	180	185	192.5	435	323.271	
3	Richard Yong	CA	75kg	72.8	17	120	-130	-140	72.5	-80	80	162.5	-177.5	-185	362.5	265.151	
	75kg Jr 20-23																
1	Albert Tambalo	CA	75kg	73.7	21	180	190	-195	105	110	117.5	-240	240	255	562.5	408.132	
2	Francisco Lopez	CA	75kg	71.4	22	-147.5	152.5	165	105	115	120	-165	170	185	470	348.284	
3	Bryan Cascante	GCI	75kg	73.5	20	-150	150	160	105	110	-115	177.5	182.5	197.5	467.5	339.806	
DQ	Trystan Marc Gotidoc	CA	75kg	69.4	21	-140	-140	-140	82.5	92.5	-97.5	182.5	195	207.5	0	0	
	82.5kg Jr 16-17																
1	Greg Strahl	CA	82.5kg	79.9	16	160	172.5	177.5	85	92.5	97.5	195	210	225	500	345.028	
2	Larry Deliguin	CA	82.5kg	81.6	17	160	170	-175	-95	95	100	182.5	197.5	205	475	323.781	
	82.5kg Jr 18-19																
1	Brian Salazar	CA	82.5kg	81.1	18	165	-175	175	112.5	-117.5	-117.5	155	170	177.5	465	318.091	
	90kg Jr 18-19																
1	Preston Moody	UT	90kg	84.0	19	-195	195	-200	130	140	147.5	235	255	-272.5	597.5	400.68	
2	Daniel Rom-Toribio	CA	90kg	87.9	19	210	220	-230	122.5	127.5	132.5	232.5	240	-245	592.5	387.769	
	90kg Jr 20-23																
1	Christopher Beltran	CA	90kg	84.7	22	165	175	185	90	95	97.5	237.5	250	260	542.5	362.141	
	100kg Jr 16-17																
DQ	Ace Wolfe	CA	100kg	99.9	17	142.5	160	165	-85	-85	-85	125	145	160	0	0	
	100kg Jr 20-23																
1	Christopher Galles	CA	100kg	99.5	23	210	222.5	235	132.5	140	147.5	290	312.5	322.5	705	434.885	
2	Scott Bay	CA	100kg	96.4	21	205	217.5	227.5	120	130	-132.5	227.5	250	-272.5	607.5	380.073	
	125kg Jr 20-23																
DQ	Jesse Morales	CA	125kg	124.5	20	-152.5	-162.5	-162.5	72.5	85	92.5	165	175	-185	0	0	
	140kg Jr 16-17																
1	Malachi Smith	CA	140kg	136.5	17	170	185	195	97.5	105	110	190	202.5	212.5	517.5	285.644	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
140kg Jr 20-23																	
1	Andre Daza	CA	140kg	128.8	20	210	220	230	115	122.5	-127.5	220	227.5	-235	570	320.065	
Men Raw Powerlifting																	
67.5kg Open																	
1	Xavier Gervacio	CA	67.5kg	65.4	28	170	180	187.5	102.5	110	-120	180	195	205	502.5	396.409	
2	Xander Gervacio	CA	67.5kg	66.5	16	160	170	177.5	95	102.5	-107.5	-197.5	205	215	495	385.692	
3	Ricky Nguyen	CA	67.5kg	65.4	33	140	145	155	100	105	110	175	182.5	192.5	457.5	360.91	
75kg Open																	
1	Gerardo Calderon	CA	75kg	73.8	31	187.5	197.5	212.5	-125	130	-135	207.5	220	230	572.5	415.021	
2	Aram Cariaga	CA	75kg	73.0	24	142.5	155	170	102.5	115	-120	200	220	227.5	512.5	374.19	
3	Adrian Salagubang	CA	75kg	74.4	32	170	182.5	190	117.5	125	-132.5	185	195	-210	510	367.777	
4	Francisco Lopez	CA	75kg	71.4	22	-147.5	152.5	165	105	115	120	-165	170	185	470	348.284	
5	Roben Ace Bernal	CA	75kg	71.4	30	152.5	160	165	-100	102.5	105	-192.5	192.5	-205	462.5	342.726	
6	Hy Hoang	CA	75kg	73.8	24	137.5	145	155	82.5	90	-92.5	150	165	172.5	417.5	302.657	
82.5kg Open																	
1	Samuel Onuohah	CA	82.5kg	80.4	25	200	-215	215	120	-125	125	225	247.5	265	605	415.955	
2	Noe Saavedra	CA	82.5kg	80.7	27	175	190	-200	130	135	-140	220	235	242.5	567.5	389.324	
3	Johnny Vargas	CA	82.5kg	82.0	26	192.5	200	-217.5	-107.5	107.5	112.5	237.5	250	255	567.5	385.752	
4	Lance Mcpherson	CA	82.5kg	78.9	32	150	165	-180	92.5	105	110	165	182.5	-197.5	457.5	318.076	
90kg Open																	
1	Ever Saucedo Jr	CA	90kg	89.4	30	185	195	-210	140	150	-157.5	190	205	220	565	366.568	
2	Christopher Labra	CA	90kg	89.2	35	185	192.5	202.5	105	115	122.5	192.5	205	212.5	537.5	349.124	
3	Dan Findley	UT	90kg	86.0	34	-165	165	-182.5	100	107.5	110	225	232.5	240	515	340.96	
100kg Open																	
1	Thomas Hawkes`	CA	100kg	98.8	32	220	240	-250	150	160	162.5	235	250	-260	652.5	403.747	
2	Ian Swift	CA	100kg	99.4	31	210	225	-235	150	157.5	160	245	260	-272.5	645	398.048	
3	Mario Cardenas	CA	100kg	98.8	26	210	220	227.5	142.5	147.5	152.5	237.5	247.5	255	635	392.919	
4	Enrique Coria	CA	100kg	93.5	14	175	185	190	-102.5	107.5	-110	192.5	202.5	215	512.5	325.242	
5	Josh Ibarra	CA	100kg	94.4	29	165	175	182.5	102.5	117.5	122.5	195	197.5	202.5	507.5	320.611	
6	Bryan Fuentes	CA	100kg	96.1	24	-145	145	155	65	75	-85	155	170	185	415	260.009	
125kg Open																	
1	Bub Elliot	CA	125kg	113.2	29	255	275	-290	165	185	-190	275	295	-317.5	755	442.459	
2	Nathan Phuong	CA	125kg	123.3	24	195	210	-220	130	135	142.5	-205	210	220	572.5	325.886	

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Men Raw Powerlifting			Submaster															
	90kg Submaster																	
1	Christopher Labra	CA	90kg	89.2	35	185	192.5	202.5	105	115	122.5	192.5	205	212.5	537.5	349.124		
	100kg Submaster																	
1	Ignacio Carlos	CA	100kg	97.5	35	170	172.5	182.5	155	157.5	162.5	212.5	217.5	225	570	354.783		
Men Raw Powerlifting			Master															
	90kg Master 40-44																	
1	Nohel Corral	CA	90kg	84.5	42	160	180	-185	150	-160	-160	170	195	-205	525	350.913	357.931	
DQ	Sonny Reyes	CA	90kg	87.1	43	-137.5	-137.5	-137.5	117.5	-122.5	122.5	165	177.5	-185	0	0	0	
	125kg Master 45-49																	
1	Seth Wolfe	CA	125kg	121.5	47	205	235	240	125	142.5	-147.5	205	220	227.5	610	348.893	377.502	
Men Classic Raw Powerlifting			Junior															
	110kg Jr 20-23																	
DQ	Kevin Sanchez	CA	110kg	108.3	21	-182.5	-182.5	-182.5	125	137.5	-150	182.5	200	227.5	0	0		
Men Classic Raw Powerlifting			Open															
	82.5kg Open																	
1	Niko Donahue	CA	82.5kg	81.0	23	145	147.5	152.5	92.5	95	-100	170	175	182.5	430	294.359		
Women Raw Bench Only			Junior															
	44kg Jr 16-17																	
1	Kianna Nakaoka	CA	44kg	43.9	16				45	-47.5	-47.5				45	62.089		
Women Raw Bench Only			Open															
	44kg Open																	
1	Kianna Nakaoka	CA	44kg	43.9	16				45	-47.5	-47.5				45	62.089		
	82.5kg Open																	
1	Samantha Havens	CA	82.5kg	78.3	33				77.5	82.5	87.5				87.5	83.342		
Men Raw Bench Only			Junior															
	140+ Jr 18-19																	
1	Gian Blount	CA	140+	152.8	19				157.5	172.5	-177.5				172.5	92.306		

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															Dots	McC		
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total		
Men Raw Bench Only			Master															
90kg Master 40-44																		
1	Sonny Reyes	CA	90kg	87.1	43						117.5	122.5	122.5					
Women Raw Deadlift Only			Junior															
44kg Jr 16-17																		
1	Kianna Nakaoka	CA	44kg	43.9	16								85	90	95	95	131.077	
82.5kg Jr 13-15																		
1	Brooke Stone	CA	82.5kg	81.1	13							82.5	82.5	87.5	87.5	81.892		
Women Raw Deadlift Only			Open															
44kg Open																		
1	Kianna Nakaoka	CA	44kg	43.9	16								85	90	95	95	131.077	
Men Raw Deadlift Only			Master															
90kg Master 40-44																		
1	Sonny Reyes	CA	90kg	87.1	43								165	177.5	185	177.5	116.724	120.343
Best Lifters											Record Color Codes							
Name											State							
Christopher Calles											National							
Amanda So																		
Bub Elliot																		
Meet Director:											Steve Denison							
Referees																		
International:											Steve Denison, Mike Tronske, Tracie Marquez, Tom Miller, Robert Speno, Ceasar Amado, Roy Taylor							
National:											Richard Castro, Tyler Van Loon							
Practical											Aaron DeSantiago							
Spotter/Loaders:											Gabe Sanchez, Ray Audelo, Derrick Thompson, Reis Willard							
Tested Lifters:											Amanda So, Ana Garcia, Gerardo Calderon, Francisco Lopez, Bub Elliot, Christopher Calles, Greg Strahl							
USPA Booth											Julya Mailman							
Photographer											Karl							