

USPA Virginia State Championships May 13, 2022 Sterling, VA

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
60kg Jr 20-23																	
1	Sydney White	MD	60kg	58	22	100	112.5	117.5	42.5	47.5	<del>57.5</del>	110	117.5	127.5	292.5	331.347	
67.5kg Jr 18-19																	
1	Sarah Tredinnick	VA	67.5kg	65.7	19	95	100	105	<del>35</del>	40	45	100	<del>110</del>	<del>110</del>	250	262.201	
75kg Jr 20-23																	
1	Alexis Provenzano	MD	75kg	72.8	22	130	145	155	65	70	75	140	152.5	167.5	397.5	393.375	
90kg Jr 18-19																	
1	Haley Graham	MD	90kg	87.2	19	75	80	82.5	47.5	50	52.5	107.5	115	120	255	230.588	
Women Raw Powerlifting		Open															
60kg Open																	
1	Tiffanie Lindsey	VA	60kg	59.7	32	107.5	115	<del>120</del>	62.5	<del>67.5</del>	<del>67.5</del>	135	147.5	<del>152.5</del>	325	361.421	
2	Sydney White	MD	60kg	58	22	100	112.5	117.5	42.5	47.5	<del>57.5</del>	110	117.5	127.5	292.5	331.347	
67.5kg Open																	
1	Emily Miller	DC	67.5kg	65.6	30	85	100	120	60	72.5	<del>75</del>	110	122.5	137.5	330	346.417	
75kg Open																	
1	Alexis Provenzano	MD	75kg	72.8	22	130	145	155	65	70	75	140	152.5	167.5	397.5	393.375	
90kg Open																	
1	Brittany West	MD	90kg	89.9	33	107.5	115	<del>120</del>	57.5	<del>62.5</del>	62.5	147.5	157.5	165	342.5	305.496	
2	Haley Graham	MD	90kg	87.2	19	75	80	82.5	47.5	50	52.5	107.5	115	120	255	230.588	
Women Raw Powerlifting		Master															
75kg Master 45-49																	
1	Morgen Trevino	VA	75kg	70.9	49	65	75	77.5	<del>70</del>	70	<del>72.5</del>	120	127.5	<del>140</del>	275	276.122	307.323
Men Raw Powerlifting		Junior															
56kg Jr 13-15																	
1	Deklan Schnupp	VA	56kg	55.3	15	145	157.5	<del>165</del>	77.5	80	82.5	167.5	177.5	185	425	384.664	
67.5kg Jr 16-17																	
1	Ryan Ta	VA	67.5kg	66.3	17	140	155	165	97.5	102.5	<del>107.5</del>	165	175	190	457.5	357.264	

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75kg Jr 16-17																	
1	Miller Palmer	VA	75kg	73.3	17	170	185	<del>-190</del>	<del>95</del>	95	<del>-100</del>	200	217.5	<del>-232.5</del>	497.5	362.259	
2	Nicholas Bailey	VA	75kg	70.9	16	160	<del>-170</del>	<del>-170</del>	<del>95</del>	95	<del>-102.5</del>	175	<del>-190</del>	<del>-200</del>	430	320.17	
82.5kg Jr 18-19																	
1	Jordan Johnson	VA	82.5kg	79.3	19	117.5	132.5	150	90	100	<del>-102.5</del>	160	<del>-170</del>	182.5	432.5	299.787	
82.5kg Jr 20-23																	
1	Paolo Sainz	VA	82.5kg	80.1	23	145	155	160	97.5	107.5	<del>-115</del>	185	195	<del>-205</del>	462.5	318.681	
90kg Jr 16-17																	
1	Kevin Farrell	VA	90kg	88.6	17	157.5	172.5	182.5	107.5	<del>-115</del>	<del>-125</del>	212.5	225	235	525	342.185	
125kg Jr 20-23																	
1	Paljor Namseling	VA	125kg	123.2	21	235	255	265	140	152.5	162.5	225	245	265	692.5	394.297	
Men Raw Powerlifting			Submaster														
67.5kg Submaster																	
1	Ryan Ta	VA	67.5kg	66.3	17	140	155	165	97.5	102.5	<del>-107.5</del>	165	175	190	457.5	357.264	
Women Raw Bench Only			Junior														
75kg Jr 20-23																	
1	Alexis Provenzano	MD	75kg	72.8	22				65	70	75				75	74.222	
Women Raw Bench Only			Open														
75kg Open																	
1	Alexis Provenzano	MD	75kg	72.8	22				65	70	75				75	74.222	
Women Raw Deadlift Only			Junior														
67.5kg Jr 18-19																	
1	Sarah Tredinnick	VA	67.5kg	65.7	19							100	<del>-110</del>	<del>-110</del>	100	104.88	
Women Raw Push-Pull			Master														
75kg Master 45-49																	
1	Morgen Trevino	VA	75kg	70.9	49				<del>70</del>	70	<del>-72.5</del>	120	127.5	<del>-140</del>	197.5	198.306	142.486
Men Raw Powerlifting			Open														
67.5kg Open																	
1	William Ho	VA	67.5kg	67.5	31	175	187.5	197.5	130	<del>-137.5</del>	<del>-137.5</del>	202.5	215	220	547.5	421.984	

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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 Open																	
1	Kelly Coats	VA	75kg	70	39	197.5	207.5	-215	127.5	-135	-135	237.5	242.5	-247.5	577.5	433.792	
2	George Sangiolo	DC	75kg	72.2	26	140	147.5	155	100	110	-117.5	190	200	210	475	349.359	
82.5kg Open																	
1	Jake Fries	VA	82.5kg	82.4	25	222.5	232.5	-237.5	170	-177.5	-177.5	247.5	265	-272.5	667.5	452.471	
2	Joseph Midiri	PA	82.5kg	79	25	215	227.5	240	135	140	145	252.5	265	-275	650	451.568	
3	Jason Sciacca	VA	82.5kg	82.0	24	192.5	200	-205	145	152.5	-157.5	237.5	250	257.5	610	414.64	
90kg Open																	
1	Kevin Farrell	VA	90kg	88.6	17	157.5	172.5	182.5	107.5	-115	-125	212.5	225	235	525	342.185	
DQ	Alex Dowd	MD	90kg	90	33	187.5	192.5	195	-130.0	-130	-130	-----	-----	-----	0	0	
100kg Open																	
1	Travis Macvittie	VA	100kg	98.4	30	222.5	237.5	-245	182.5	192.5	-195	250	265	272.5	702.5	435.466	
2	Evan Davis	DC	100kg	98.7	26	220	232.5	-240	152.5	160	170	270	282.5	295	697.5	431.785	
3	Michael Kolacki	VA	100kg	96.1	26	190	202.5	207.5	125	132.5	137.5	-290	310	320	665	416.641	
DQ	Christopher Dietz	VA	100kg	98.9	30	-----	-----	-----	-----	-----	-----	-----	-----	-----	0	0	
125kg Open																	
1	Justin Crockett Crockett	VA	125kg	121.2	36	265	280	295	192.5	205	212.5	270	290	300	807.5	462.228	
2	Jake Skeens	VA	125kg	123.7	24	240	265	282.5	152.5	172.5	182.5	275	300	-317.5	765	435.012	
3	John Brandmaier	VA	125kg	124.1	30	222.5	235	240	165	172.5	177.5	282.5	300	310	727.5	413.261	
4	Jesse Law	VA	125kg	114.9	29	245	-260	-260	140	147.5	155	252.5	272.5	287.5	687.5	400.761	
5	Nate Gonzales	VA	125kg	118.8	47	225	247.5	-265	180	185	-195	-235	235	245	677.5	390.405	422.419
Men Raw Powerlifting			Submaster														
75kg Submaster																	
1	Kelly Coats	VA	75kg	70	39	197.5	207.5	-215	127.5	-135	-135	237.5	242.5	-247.5	577.5	433.792	
110kg Submaster																	
1	Brandon Byrd	TX	110kg	109.3	36	160	172.5	185	115	125	130	205	220	230	545	323.566	
Men Raw Powerlifting			Master														
90kg Master 40-44																	
1	Zak Sahraie	VA	90kg	88.6	41	205	217.5	227.5	-135	135	-140	237.5	250	-260	612.5	399.216	403.208
125kg Master 45-49																	
1	Nate Gonzales	VA	125kg	118.8	47	225	247.5	-265	180	185	-195	-235	235	245	677.5	390.405	422.419

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	125kg Master 55-59																
1	Charles Lambert	VA	125kg	123.8	56	160	172.5	185	130	137.5	142.5	150	170	185	512.5	291.354	363.027
<b>Men Raw Bench Only</b>				Master													
	90kg Master 60-64																
1	Gerard Oswald	VA	90kg	84.7	61				100	<del>-110</del>	<del>-110</del>				100	66.754	91.186
	125kg Master 55-59																
1	Ed Upchurch	VA	125kg	121.5	59				172.5	185	<del>-190</del>				185	105.812	139.142
<b>Men Raw Deadlift Only</b>				Master													
	125kg Master 55-59																
1	Ed Upchurch	VA	125kg	121.5	59							172.5	192.5	205	205	117.251	154.185
<b>Men Raw Push-Pull</b>				Master													
	125kg Master 55-59																
1	Ed Upchurch	VA	125kg	121.5	59				172.5	185	<del>-190</del>	172.5	192.5	205	390	223.063	154.185
<b>Best Lifters</b>																	
	Name	Equip	Events	Comp	Sex							<b>Record Color Codes</b>					
	Justin Crockett Crockett	Raw	PL	Open	Men							<b>State</b>					
	Paljor Namseling	Raw	PL	Jr	Men							<b>National</b>					
	Alexis Provenzano	Raw	PL	Open	Women												
	Meet Director:	Ken Stewart															
	Referees:																
	National:	Ethan Dew, John James, Ken Stewart															
	State:	Kendra Brooks, Brittany Wilson, Edward Moore															
	Spotter/Loaders:	Mate Constantinescu, German Contreras, Josh Dungo, James Junloy, Mahiteme Tigabu															