

## USPA Iron Maidens Women's Open June 8, 2019 Ontario, CA

|                               | 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 |
|-------------------------------|---------------------|-------|----------|--------|-----|-------|-------|-------|----------|-------------|-----------|--------|--------|--------|-----------|
| <b>Women Raw Powerlifting</b> |                     |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
|                               | 60kg Jr 20-23       |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Linda Gallegos      | CA    | 60kg     | 59.7   | 22  | 100   | 47.5  | 92.5  | 240      | 268.608     |           | 220.5  | 104.7  | 203.9  | 529.1     |
|                               | 56kg Open           |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Samantha Valenzuela | CA    | 56kg     | 55     | 28  | 65    | 42.5  | 85    | 192.5    | 229.71      |           | 143.3  | 93.7   | 187.4  | 424.4     |
|                               | 60kg Open           |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Denise Portillo     | CA    | 60kg     | 59.8   | 26  | 90    | 47.5  | 120   | 257.5    | 287.834     |           | 198.4  | 104.7  | 264.6  | 567.7     |
| 2                             | Cassie Terrones     | CA    | 60kg     | 58.3   | 28  | 102.5 | 40    | 102.5 | 245      | 279.325     |           | 226    | 88.2   | 226    | 540.1     |
|                               | 67.5kg Open         |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Bianca Barrios      | CA    | 67.5kg   | 65.8   | 25  | 160   | 80    | 187.5 | 427.5    | 444.472     |           | 352.7  | 176.4  | 413.4  | 942.5     |
| 2                             | Nicole Daoang       | HI    | 67.5kg   | 66     | 24  | 142.5 | 97.5  | 185   | 425      | 440.895     |           | 314.2  | 214.9  | 407.9  | 937       |
| 3                             | Syndi Rosales       | CA    | 67.5kg   | 65.8   | 29  | 110   | 62.5  | 120   | 292.5    | 304.112     |           | 242.5  | 137.8  | 264.6  | 644.8     |
|                               | 75kg Open           |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Kaitlin Adams       | NV    | 75kg     | 74.1   | 29  | 105   | 62.5  | 122.5 | 290      | 277.791     |           | 231.5  | 137.8  | 270.1  | 639.3     |
| DQ                            | Judy Castro         | CA    | 75kg     | 73.3   | 45  | 90    | 0     | 120   | 0        | 0           | 0         | 198.4  | 0      | 264.6  | 0         |
| DQ                            | Holly Nikodym       | CA    | 75kg     | 73.6   | 45  | 0     | 50    | 110   | 0        | 0           | 0         | 0      | 110.2  | 242.5  | 0         |
|                               | 82.5kg Open         |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Ciarra Hutton       | CA    | 82.5kg   | 81.9   | 24  | 175   | 92.5  | 210   | 477.5    | 431.374     |           | 385.8  | 203.9  | 463    | 1052.7    |
| 2                             | Katherine Liang     | CA    | 82.5kg   | 77.1   | 26  | 127.5 | 52.5  | 137.5 | 317.5    | 296.767     |           | 281.1  | 115.7  | 303.1  | 700       |
| 3                             | Christine Morgan    | CA    | 82.5kg   | 81.9   | 28  | 120   | 52.5  | 125   | 297.5    | 268.762     |           | 264.6  | 115.7  | 275.6  | 655.9     |
|                               | 90kg Open           |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Marisela Avena      | CA    | 90kg     | 85.1   | 31  | 145   | 62.5  | 175   | 382.5    | 338.933     |           | 319.7  | 137.8  | 385.8  | 843.3     |
| 2                             | Sara Beller         | CA    | 90kg     | 84.2   | 25  | 137.5 | 65    | 170   | 372.5    | 331.786     |           | 303.1  | 143.3  | 374.8  | 821.2     |
| 3                             | Brenda Duarte       | CA    | 90kg     | 88     | 25  | 130   | 80    | 150   | 360      | 314.064     |           | 286.6  | 176.4  | 330.7  | 793.7     |
|                               | SHW Open            |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Rosio Marquez       | CA    | SHW      | 109.4  | 33  | 142.5 | 80    | 170   | 392.5    | 319.495     |           | 314.2  | 176.4  | 374.8  | 865.3     |
| 2                             | Veronica Plaza      | CA    | SHW      | 92.5   | 36  | 122.5 | 67.5  | 137.5 | 327.5    | 279.914     |           | 270.1  | 148.8  | 303.1  | 722       |
| 3                             | Lanisha Adams       | CA    | SHW      | 124.3  | 28  | 112.5 | 52.5  | 135   | 300      | 238.41      |           | 248    | 115.7  | 297.6  | 661.4     |
|                               | SHW Submaster       |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Veronica Plaza      | CA    | SHW      | 92.5   | 36  | 122.5 | 67.5  | 137.5 | 327.5    | 279.914     |           | 270.1  | 148.8  | 303.1  | 722       |
|                               | 52kg Master 60-64   |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Gale Hutton         | CA    | 52kg     | 51.7   | 62  | 82.5  | 67.5  | 87.5  | 237.5    | 297.398     | 414.275   | 181.9  | 148.8  | 192.9  | 523.6     |
|                               | 67.5kg Master 40-44 |       |          |        |     |       |       |       |          |             |           |        |        |        |           |
| 1                             | Rosa Lee            | CA    | 67.5kg   | 66     | 43  | 90    | 45    | 112.5 | 247.5    | 256.757     | 264.716   | 198.4  | 99.2   | 248    | 545.6     |

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|---------------------------------------|-------------------|-------|----------|--------|-----|-------|-------|----------|----------|-------------|-----------|--------|--------|--------|-----------|
|                                       | 75kg Master 45-49 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Brooke Verrill    | CA    | 75kg     | 73     | 47  | 110   | 60    | 137.5    | 307.5    | 297.414     | 321.802   | 242.5  | 132.3  | 303.1  | 677.9     |
| DQ                                    | Judy Castro       | CA    | 75kg     | 73.3   | 45  | 90    | 0     | 120      | 0        | 0           | 0         | 198.4  | 0      | 264.6  | 0         |
| DQ                                    | Holly Nikodym     | CA    | 75kg     | 73.6   | 45  | 0     | 50    | 110      | 0        | 0           | 0         | 0      | 110.2  | 242.5  | 0         |
|                                       | 75kg Master 50-54 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Leigh Estrada     | NV    | 75kg     | 70.6   | 50  | 105   | 62.5  | 145      | 312.5    | 309.063     | 349.241   | 231.5  | 137.8  | 319.7  | 688.9     |
| <b>Women Classic Raw Powerlifting</b> |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|                                       | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Dana Narez        | CA    | 75kg     | 73.7   | 25  | 180   | 107.5 | 192.5    | 480      | 461.424     |           | 396.8  | 237    | 424.4  | 1058.2    |
| <b>Women Single Ply Powerlifting</b>  |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|                                       | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Brandi Flores     | CA    | 75kg     | 74.5   | 48  | 160   | 100   | 185      | 445      | 424.842     | 466.051   | 352.7  | 220.5  | 407.9  | 981       |
|                                       |                   |       |          |        |     |       |       | 4th: 190 |          |             |           |        |        |        |           |
|                                       | 75kg Master 45-49 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Brandi Flores     | CA    | 75kg     | 74.5   | 48  | 160   | 100   | 185      | 445      | 424.842     | 466.051   | 352.7  | 220.5  | 407.9  | 981       |
|                                       |                   |       |          |        |     |       |       | 4th: 190 |          |             |           |        |        |        |           |
| <b>Women Multi Ply Powerlifting</b>   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|                                       | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Elizabeth Freel   | CA    | 75kg     | 73.8   | 44  | 227.5 | 137.5 | 232.5    | 597.5    | 573.839     |           | 501.5  | 303.1  | 512.6  | 1317.2    |
| <b>Women Raw Bench Only</b>           |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|                                       | 44kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Misty Diaz        | CA    | 44kg     | 39.7   | 33  |       | 47.5  |          | 47.5     | 71.245      |           |        | 104.7  |        | 104.7     |
|                                       | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Dana Narez        | CA    | 75kg     | 73.7   | 25  |       | 107.5 |          | 107.5    | 103.34      |           |        | 237    |        | 237       |
| <b>Women Single Ply Bench Only</b>    |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|                                       | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Brandi Flores     | CA    | 75kg     | 74.5   | 48  |       | 100   |          | 100      | 95.47       | 104.731   |        | 220.5  |        | 220.5     |
|                                       | 75kg Master 45-49 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1                                     | Brandi Flores     | CA    | 75kg     | 74.5   | 48  |       | 100   |          | 100      | 95.47       | 104.731   |        | 220.5  |        | 220.5     |

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|---|-------------------|-------|----------|--------|-----|-------|-------|----------|----------|-------------|-----------|--------|--------|--------|-----------|
| <b>Women Single Ply Deadlift Only</b>   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|   | 75kg Open         |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1   | Brandi Flores     | CA    | 75kg     | 74.5   | 48  |       |       | 185      | 185      | 176.62      | 193.752   |        |        | 407.9  | 407.9     |
|   |                   |       |          |        |     |       |       | 4th: 190 |          |             |           |        |        |        |           |
|   | 75kg Master 45-49 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1   | Brandi Flores     | CA    | 75kg     | 74.5   | 48  |       |       | 185      | 185      | 176.62      | 193.752   |        |        | 407.9  | 407.9     |
|   |                   |       |          |        |     |       |       | 4th: 190 |          |             |           |        |        |        |           |
| <b>Women Raw Push-Pull</b>  |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
|   | 75kg Master 50-54 |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| 1   | Leigh Estrada     | NV    | 75kg     | 70.6   | 50  |       | 62.5  | 145      | 207.5    | 205.218     | 231.896   |        | 137.8  | 319.7  | 457.5     |
|   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Best Lifters:   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Open Women Raw: Bianca Barrios  |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Master Women Raw: Gale Hutton   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Meet Director: Chris Flores   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Thank you to our referees:  |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| International: Leonetta Richardson and Tom Miller   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| State: Ceasar Amado, Anne Escobedo, James Grinstead and James Seifert   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Thank you to our host gym: Threshold Headquarters   |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
| Thank you to our sponsors:  |                   |       |          |        |     |       |       |          |          |             |           |        |        |        |           |
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