

USPA Threshold Throwdown 3 December 21, 2019 Ontario, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	52kg Jr 20-23																
1	Constance Duster	CA	52kg	51.0	22	100	105	110	47.5	50	52.5	92.5	97.5	102.5	262.5	332.168	
	56kg Jr 20-23																
1	Jessica Santos	CA	56kg	55.1	22	97.5	100	105	45	47.5	50	110	120	127.5	267.5	318.753	
	SHW Jr 13-15																
1	Christina Sanchez	CA	SHW	94.8	15	112.5	115	127.5	55	57.5	62.5	117.5	127.5	137.5	327.5	277.393	
													4th: 142.5				
	52kg Open																
1	Sensze Yang	CA	52kg	51.8	25	107.5	107.5	115	57.5	62.5	65	135	142.5	150	320	400.128	
2	Grace Ramilo	CA	52kg	50.7	24	75	75	75	35	40	42.5	90	100	110	217.5	276.464	
	56kg Open																
1	Ivana Haros	CA	56kg	54.8	27	85	85	85	50	55	60	125	132.5	137.5	277.5	332.084	
2	Jessica Santos	CA	56kg	55.1	22	97.5	100	105	45	47.5	50	110	120	127.5	267.5	318.753	
3	Christalbel No	CA	56kg	56.0	25	92.5	95	102.5	37.5	40	42.5	100	110	120	257.5	302.975	
	67.5kg Open																
1	Susan Salazar	CA	67.5kg	66.4	43	167.5	177.5	187.5	85	92.5	97.5	205	220	230	515	531.892	548.381
DQ	Amy Drake	NC	67.5kg	66.0	31	130	147.5	147.5	87.5	87.5	87.5	202.5	217.5	227.5	0	0	
	75kg Open																
1	Monica V Benavides	CA	75kg	74.0	29	127.5	140	147.5	77.5	82.5	---	140	147.5	167.5	390	373.893	
2	Leigh Stein	CA	75kg	72.2	27	87.5	92.5	110	40	42.5	42.5	137.5	142.5	150	285	277.647	
	82.5kg Open																
1	Chyna Giacalone	CA	82.5kg	80.7	29	127.5	127.5	127.5	52.5	57.5	62.5	132.5	142.5	152.5	342.5	311.881	
2	Bethany Hele	CA	82.5kg	81.1	27	97.5	105	110	57.5	62.5	65	120	127.5	135	307.5	279.272	
3	Sarah Struble	CA	82.5kg	80.3	29	100	107.5	115	60	65	67.5	102.5	110	115	297.5	271.647	
	SHW Open																
1	Rubi Quinonez	CA	SHW	152.3	22	87.5	92.5	102.5	37.5	42.5	45	97.5	105	112.5	250	192.125	
	90kg Submaster																
1	Yanira Menjivar	CA	90kg	86.1	38	55	57.5	60	37.5	40	42.5	77.5	87.5	92.5	190	167.409	
	67.5kg Master 40-44																
1	Susan Salazar	CA	67.5kg	66.4	43	167.5	177.5	187.5	85	92.5	97.5	205	220	230	515	531.892	548.381
2	Rosa Lee	CA	67.5kg	66.2	43	82.5	87.5	87.5	37.5	42.5	45	100	107.5	115	240	248.424	256.125
	SHW Master 45-49																
1	Veronica Tapia	CA	SHW	101.9	47	132.5	142.5	155	72.5	80	85	132.5	147.5	160	400	331.28	358.445
											4th: 88.5						

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Raw Powerlifting																	
	60kg Jr 20-23																
1	Vincent Armendariz	CA	60kg	58.4	23	130	130	142.5	77.5	85	90	175	187.5	197.5	425	371.663	
	67.5kg Jr 20-23																
1	Joaquin Bynoe	CA	67.5kg	65.9	20	175	180	185	112.5	120	122.5	192.5	197.5	210	517.5	406.859	
2	Steven Ruvalcaba	CA	67.5kg	66.9	23	142.5	150	160	120	127.5	135	147.5	157.5	167.5	445	345.587	
	75kg Jr 20-23																
1	Jonathan Lee	CA	75kg	73.9	23	187.5	197.5	207.5	130	130	130	215	227.5	235	565	406.8	
2	Tyler Studer	CA	75kg	72.0	22	185	190	195	125	130	130	227.5	232.5	232.5	557.5	409.038	
3	Raul Garcia	CA	75kg	73.5	23	165	175	175	127.5	132.5	137.5	202.5	215	220	512.5	370.435	
4	Cesar Vargas	CA	75kg	74.4	23	152.5	160	167.5	105	112.5	112.5	195	202.5	210	482.5	345.76	
5	Valdemar Lara Jr	CA	75kg	74.7	23	152.5	160	165	115	125	132.5	157.5	165	172.5	462.5	330.503	
	90kg Jr 20-23																
1	Camden Miller	CA	90kg	87.9	21	145	155	165	105	112.5	115	200	215	227.5	495	319.919	
2	Cesar Medina	CA	90kg	87.2	23	142.5	145	152.5	100	105	107.5	182.5	192.5	200	457.5	296.963	
	100kg Jr 20-23																
1	Antonio Haros	CA	100kg	96.7	22	207.5	220	235	137.5	147.5	150	237.5	257.5	272.5	657.5	405.809	
2	Noah Cochrane	CA	100kg	99.8	21	167.5	177.5	177.5	92.5	100	105	157.5	165	165	437.5	266.481	
	125kg Jr 20-23																
1	Steven Lopez	CA	125kg	111	23	197.5	210	217.5	125	140	140	242.5	262.5	272.5	615	360.944	
2	PJ Ruiz	CA	125kg	116.5	21	245	257.5	260	150	155	165	185	195	215	615	356.147	
	67.5kg Open																
1	John Paul Arreglado	CA	67.5kg	66.2	30	177.5	185	192.5	127.5	135	142.5	215	225	232.5	567.5	444.466	
	75kg Open																
1	Jason Farias	CA	75kg	72.0	25	147.5	152.5	162.5	107.5	115	120	175	185	197.5	465	341.171	
	82.5kg Open																
1	Michael Barcenas	CA	82.5kg	80.8	27	170	180	187.5	110	120	130	210	225	235	552.5	374.871	
2	Brett Clevinger	VA	82.5kg	77.9	22	182.5	190	195	117.5	122.5	122.5	205	210	220	532.5	369.821	
3	Frank Chen	CA	82.5kg	79.9	32	165	172.5	180	112.5	117.5	120	212.5	222.5	230	520	355.264	
4	Kelly Tran	CA	82.5kg	80.5	26	160	172.5	185	97.5	102.5	107.5	167.5	180	202.5	482.5	328.1	
	90kg Open																
1	Emery Guzman	CA	90kg	89.9	39	140	150	160	142.5	150	155	207.5	215	220	515	328.982	
2	Cesar Medina	CA	90kg	87.2	23	142.5	145	152.5	100	105	107.5	182.5	192.5	200	457.5	296.963	
3	Ray Mendoza	NV	90kg	83.8	35	125	132.5	142.5	75	80	87.5	152.5	167.5	182.5	402.5	267.139	
DQ	John McKenzie	CA	90kg	89.3	21	155	160	165	132.5	135	135	222.5	232.5	245	0	0	

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	100kg Open																
1	Jacob Giambalvo	CA	100kg	94.0	30	230	230	255	182.5	197.5	197.5	272.5	285	290	697.5	435.938	
2	Michael Moran	CA	100kg	99.4	20	182.5	205	230	102.5	125	142.5	207.5	227.5	252.5	560	341.656	
3	Wilson Duong	CA	100kg	97.3	28	160	175	185	92.5	97.5	105	170	190	200	490	301.595	
4	Daniel Montellano	CA	100kg	98.7	24	157.5	177.5	177.5	97.5	105	142.5	180	195	207.5	490	299.782	
	110kg Open																
1	Derek Schaeffer	CA	110kg	108.7	26	212.5	222.5	230	157.5	165	170	267.5	287.5	300	700	413.49	
2	Michael Lopez	CA	110kg	108.1	27	225	237.5	250	157.5	170	177.5	225	237.5	245	652.5	386.084	
	140kg Open																
1	Justin Ruiz	CA	140kg	137.8	30	247.5	255	262.5	240	245	250	285	292.5	295	785	439.757	
	SHW Open																
1	Willie Thomas	CA	SHW	142.1	46	142.5	155	165	95	102.5	105	177.5	192.5	200	460	256.496	273.938
	90kg Submaster																
1	Emery Guzman	CA	90kg	89.9	39	140	150	160	142.5	150	155	207.5	215	220	515	328.982	
	82.5kg Master 40-44																
1	Victor Caruso	NV	82.5kg	82.5	41	142.5	150	157.5	120	125	130	190	200	210	497.5	333.275	336.608
	SHW Master 45-49																
1	Willie Thomas	CA	SHW	142.1	46	142.5	155	165	95	102.5	105	177.5	192.5	200	460	256.496	273.938
Men Classic Raw Powerlifting																	
	75kg Jr 18-19																
1	Julver Morales	CA	75kg	70.0	18	165	172.5	182.5	112.5	115	117.5	207.5	212.5	212.5	507.5	380.321	
	90kg Open																
1	Alan Macias	CA	90kg	90.0	25	192.5	192.5	210	125	132.5	140	230	237.5	247.5	562.5	359.1	
2	Josh Cruz	CA	90kg	89.7	30	182.5	182.5	187.5	130	137.5	137.5	227.5	235	240	557.5	356.521	
	110kg Open																
1	Fernando Aguirre	CA	110kg	108.5	24	250	260	267.5	170	182.5	187.5	250	265	272.5	727.5	429.953	
	125kg Open																
1	Treye Williams	CA	125kg	121.5	26	342.5	365	385	200	212.5	227.5	330	350	365	942.5	540.335	
	125kg Submaster																
1	Dan Simpson	CA	125kg	122.0	39	142.5	142.5	147.5	130	130	135	180	187.5	205	487.5	279.24	
Women Raw Bench Only																	
	SHW Open																
1	Ashley Dyce	CA	SHW	122.5	32				105	110	115				115	91.621	

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Men Raw Bench Only																	
	110kg Open																
1	Jonathan Adams	CA	110kg	110	34				170	175	177.5				177.5	104.459	
	140kg Open																
1	Justin Ruiz	CA	140kg	137.8	30				240	245	250				245	137.24	
	110kg Submaster																
1	Paul Archibeque	NM	110kg	100.6	37				S142.5	160	160				142.5	86.512	
Women Raw Deadlift Only																	
	67.5kg Master 40-44																
1	Rosa Lee	CA	67.5kg	66.2	43							100	107.5	115	115	119.037	122.727
Men Raw Push-Pull																	
	110kg Open																
1	Jonathan Adams	CA	110kg	110	34				170	175	177.5	232.5	240	245	417.5	245.699	
Best Lifters:																	
Tyler Studer		Raw Jr Men PL													Record Color Codes:		
Susan Salazar		Raw Open Women PL													State		
John Paul Arreglado		Raw Open Men PL													National		
Meet Director: Chris and Brandi Flores																	
Thank you to our officials:																	
National:		Anne Escobedo, Brandi Flores and Chris Flores															
State:		Tom Lujan, Jim (James) Seifert and Kelsey Perrault															
Staff Official:		Cynthia Graham															
Spotter/Loaders:		Donny Grey-Parker, Chris Flores, Omar Davalos and Gary Cope															