

USPA Open Iron Maidens Of The Midwest 3 December 6, 2025 Wichita, Kansas

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
	67.5kg Jr 18-19																
1	Audrey Cavaness	KS	67.5kg	60.2	18	87.5	97.5	102.5	52.5	55	57.5	102.5	115	120	280	309.742	
Women Raw Powerlifting				Open													
	52kg Open																
1	Kati Jones	KS	52kg	51.8	38	110	-115	115	82.5	85	-87.5	125	130	137.5	337.5	412.484	
	75kg Open																
1	Lorie Walden	IA	75kg	68	57	67.5	70	75	-52.5	-52.5	52.5	-137.5	137.5	-142.5	265	272.425	345.435
	82.5kg Open																
1	Erin Crotty	KS	82.5kg	81.8	33	122.5	132.5	-140	62.5	-67.5	-67.5	135	-142.5	142.5	337.5	314.542	
	110kg Open																
1	Millissia Tomlinson	NE	110kg	106.6	35	142.5	155	165.5	75	-82.5	-82.5	140	-152.5	152.5	393	327.489	
								(167.5)									
Women Raw Powerlifting			Submaster														
	52kg Submaster																
1	Kati Jones	KS	52kg	51.8	38	110	-115	115	82.5	85	-87.5	125	130	137.5	337.5	412.484	
	75kg Submaster																
1	Alyssa Vernon	KS	75kg	68.4	39	62.5	80	-82.5	42.5	47.5	50	82.5	92.5	97.5	227.5	233.09	
	110kg Submaster																
1	Millissia Tomlinson	NE	110kg	106.6	35	142.5	155	165.5	75	-82.5	-82.5	140	-152.5	152.5	393	327.489	
								(167.5)									
Women Raw Powerlifting			Master														
	67.5kg Master 40-44																
1	Melissa Kenner	KS	67.5kg	66.4	40	117.5	122.5	130	70	72.5	-77.5	140	-147.5	-147.5	342.5	356.987	356.987
	75kg Master 45-49																
1	Jennifer Woods	KS	75kg	73.2	46	107.5	115	120	67.5	70	-72.5	117.5	122.5	-127.5	312.5	308.342	329.309
	75kg Master 50-54							(125)									
1	Jennifer Howard	KS	75kg	72.4	53	115	120	125	60	65	70	140	145	147.5	342.5	339.962	402.516
	75kg Master 55-59																
1	Lorie Walden	IA	75kg	68	57	67.5	70	75	-52.5	-52.5	52.5	-137.5	137.5	-142.5	265	272.425	345.435

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	82.5kg Master 45-49																
1	Michelle 'Shelly Cabrera	KS	82.5kg	82.0	48	132.5	140	-147.5	67.5	70	75	182.5	192.5	-197.5	407.5	379.329	416.124
2	Kari Drehs	KS	82.5kg	78.0	47	90	97.5	-105	45	47.5	-52.5	122.5	130	-137.5	275	262.446	283.966
	82.5kg Master 65-69																
1	Julie Ecker	KS	82.5kg	81.2	67	87.5	92.5	100	40	45	-50	87.5	95	100	245	229.158	353.591
	90kg Master 55-59																
1	Stacy Greer	KS	90kg	89.8	55	82.5	87.5	-92.5	47.5	-50	-50	115	122.5	-130.5	257.5	229.793	281.496
2	Cina Shirley	KS	90kg	84.2	56	60	65	70	42.5	-47.5	-47.5	87.5	92.5	100	212.5	195.312	243.359
	100kg Master 45-49																
1	Melissa Nichols	KS	100kg	100	45	117.5	130	142.5	65	-67.5	67.5	117.5	127.5	137.5	347.5	296.538	312.847
								(160)									
	100kg Master 65-69																
1	Michelle Scofield	KS	100kg	97.4	65	-85	85	90	-52.5	57.5	-60	105	110	115	262.5	226.35	334.997
	110kg Master 40-44																
1	Brooke Peoples	KS	110kg	105.6	40	100	-110	-117.5	-62.5	62.5	-67.5	110	120	-127.5	282.5	236.203	236.203
	110kg Master 55-59																
1	Stephanie Staats	KS	110kg	106.6	57	60	67.5	72.5	37.5	40	45	80	87.5	95	212.5	177.077	224.534
	Women Classic Raw Powerlifting			Open													
	67.5kg Open																
1	Ashley Schnier	KS	67.5kg	67	30	72.5	82.5	-95	37.5	45	-50	92.5	100	110	237.5	246.251	
	82.5kg Open																
1	Michelle Do	KS	82.5kg	78.6	31	80	87.5	97.5	47.5	55	62.5	-110	110	117.5	277.5	263.803	
	Women Classic Raw Powerlifting			Master													
	67.5kg Master 40-44																
1	Amanda Cavaness	KS	67.5kg	61.4	43	70	75	85	50	53	-55	75	85	92.5	230.5	251.858	259.665
	Women Raw Bench Only			Master													
	75kg Master 60-64																
1	Dana Vanwinkle	KS	75kg	73.0	62				37.5	42.5	-47.5				42.5	41.997	58.501
	82.5kg Master 45-49																
1	Michelle 'Shelly Cabrera	KS	82.5kg	82.0	48				67.5	70	75				75	69.815	76.587

2024 USA National Championships																	
Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Women Raw Deadlift Only			Master													
	75kg Master 60-64																
1	Dana Varwinkle	KS	75kg	73.0	62							95	102.5	107.5	107.5	106.227	147.974
	82.5kg Master 45-49																
1	Michelle 'Shelly Cabrera	KS	82.5kg	82.0	48							182.5	192.5	-107.5	192.5	179.192	196.574
	Women Raw Push-Pull			Open													
	82.5kg Open																
1	Rachel Brown	KS	82.5kg	81	68				30	32.5	35	50	60	67.5	102.5	95.989	99.622
	Women Raw Push-Pull			Master													
	82.5kg Master 65-69																
1	Rachel Brown	KS	82.5kg	81	68				30	32.5	35	50	60	67.5	102.5	95.989	99.622
	Best Lifters											Record Color Codes					
	Name											State					
	Michelle 'Shelly Cabrera											National					
	Meet Director:											Joe Walden					
	Co-Directors											Logan Durham, Kathy Fernandez-Olson					
	Referees																
	International:											Kay Walden, Joe Walden					
	National:											Amber Burns, Kathy Fernandez-Olson, Monica Gillespie, Amira Lamb, Logan Durham					
	State:											Kiara Dillon, Kurt Olson, Alexis Durham					
	Practical:											Victoria Pantle					
	Spotter/Loaders:											Chase Martindale, Jess Rosario, Ayden Slieter, Gage Bowker, Fabian Saenz					