

USPA Pacific Coast Open March 16-17, 2019 Vacaville, 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>															
	56kg Jr 20-23														
1	Rosie Ou	CA	56kg	55.3	22	110	62.5	132.5	305	362.432		242.5	137.8	292.1	672.4
	60kg Jr 20-23														
1	Tsukiko Fredette	CA	60kg	59.9	21	155	82.5	165	402.5	449.311		341.7	181.9	363.8	887.4
	75kg Jr 20-23														
1	Jaycie Dunshie	CA	75kg	73.35	23	135	100	162.5	397.5	383.27		297.6	220.5	358.2	876.3
	44kg Open														
GL	Berlynn Shamblin	OR	44kg	31.3	7	30	17.5	47.5	95	156.513		66.1	38.6	104.7	209.4
	48kg Open														
1	Coco Tang	CA	48kg	47.5	31	82.5	50	125	257.5	343.66		181.9	110.2	275.6	567.7
	52kg Open														
1	Sensze Yang	CA	52kg	52	25	112.5	57.5	132.5	302.5	377.097		248	126.8	292.1	666.9
	56kg Open														
1	La Jeanne Mallett	CA	56kg	53.5	27	120	60	150	330	402.402		264.6	132.3	330.7	727.5
2	Caitlyn Schuft	CA	56kg	54.05	36	110	75	120	305	368.959		242.5	165.3	264.6	672.4
3	Rosie Ou	CA	56kg	55.3	22	110	62.5	132.5	305	362.432		242.5	137.8	292.1	672.4
4	Crystal Hernandez	CA	56kg	54.15	32	52.5	30	92.5	175	211.4		115.7	66.1	203.9	385.8
	60kg Open														
1	Tsukiko Fredette	CA	60kg	59.9	21	155	82.5	165	402.5	449.311		341.7	181.9	363.8	887.4
2	Christine Sarmiento	CA	60kg	59.55	31	112.5	57.5	167.5	337.5	378.473		248	126.8	369.3	744.1
3	Hilary Schiraldi	CA	60kg	58.5	40	112.5	62.5	132.5	307.5	349.658	349.658	248	137.8	292.1	677.9
4	Andrea Passwater	CA	60kg	57.5	30	112.5	67.5	120	300	345.75		248	148.8	264.6	661.4
	67.5kg Open														
1	Lorene Berryman	CA	67.5kg	67.3	32	145	77.5	185	407.5	416.791		319.7	170.9	407.9	898.4
2	Kathy Wang	CA	67.5kg	67.1	26	110	52.5	137.5	300	307.5		242.5	115.7	303.1	661.4
3	Laura Kelly	CA	67.5kg	64.05	30	92.5	60	132.5	285	302.3		203.9	132.3	292.1	628.3
4	Rachel Lang	CA	67.5kg	63.6	27	87.5	45	115	247.5	263.909		192.9	99.2	253.5	545.6
DQ	Miju Han	CA	67.5kg	67	31	127.5	0	137.5	0	0		281.1	0	303.1	0

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	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
	75kg Open														
1	Jaycie Dunshie	CA	75kg	73.35	23	135	100	162.5	397.5	383.27		297.6	220.5	358.2	876.3
2	Natasha Barnes	CA	75kg	72.5	35	145	82.5	165	392.5	381.353		319.7	181.9	363.8	865.3
3	Yvonne Piper	CA	75kg	73.6	40	115	60	152.5	327.5	315.088	315.088	253.5	132.3	336.2	722
4	Tia Okuhara-Todd	CA	75kg	71.5	32	105	62.5	105	272.5	267.214		231.5	137.8	231.5	600.8
5	Danielle Braun	CA	75kg	71.05	32	92.5	57.5	115	265	260.972		203.9	126.8	253.5	584.2
	82.5kg Open														
1	Melanie Krygier	CA	82.5kg	79.5	34	160	97.5	185	442.5	406.304		352.7	214.9	407.9	975.5
2	Megan Lui	CA	82.5kg	76	24	135	72.5	162.5	370	348.873		297.6	159.8	358.2	815.7
3	Kira Clark	CA	82.5kg	80.9	33	125	77.5	152.5	355	322.837		275.6	170.9	336.2	782.6
	90kg Open														
1	Maria Vejar	CA	90kg	84.85	39	95	60	137.5	292.5	259.535		209.4	132.3	303.1	644.8
	SHW Open														
1	Tiana Rester	CA	SHW	99.45	39	175	102.5	180	457.5	381.509		385.8	226	396.8	1008.6
2	Ashleigh Campbell	CA	SHW	98.65	31	137.5	65	167.5	370	309.32		303.1	143.3	369.3	815.7
	56kg Submaster														
1	Caitlyn Schuft	CA	56kg	54.05	36	110	75	120	305	368.959		242.5	165.3	264.6	672.4
	60kg Submaster														
1	Karren Bartolome	CA	60kg	59.95	37	102.5	52.5	117.5	272.5	304.001		226	115.7	259	600.8
	75kg Submaster														
1	Natasha Barnes	CA	75kg	72.5	35	145	82.5	165	392.5	381.353		319.7	181.9	363.8	865.3
	90kg Submaster														
1	Maria Vejar	CA	90kg	84.85	39	95	60	137.5	292.5	259.535		209.4	132.3	303.1	644.8
	60kg Master 40-44														
1	Hilary Schiraldi	CA	60kg	58.5	40	112.5	62.5	132.5	307.5	349.658	349.658	248	137.8	292.1	677.9
	60kg Master 55-59														
1	Julie Nordquist	CA	60kg	59.85	56	65	45	92.5	202.5	226.213	281.861	143.3	99.2	203.9	446.4
	75kg Master 40-44														
1	Yvonne Piper	CA	75kg	73.6	40	115	60	152.5	327.5	315.088	315.088	253.5	132.3	336.2	722

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	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>Men Raw Powerlifting</b>														
	75kg Jr 20-23														
1	Jonathan Hurley	CA	75kg	74.55	23	170	102.5	230	502.5	359.589		374.8	226	507.1	1107.8
	82.5kg Jr 20-23														
1	Rohan Shankar	CA	82.5kg	79.9	23	155	107.5	192.5	455	310.856		341.7	237	424.4	1003.1
	90kg Jr 18-19														
1	Westley Ventura	CA	90kg	89.35	19	207.5	117.5	210	535	342.828		457.5	259	463	1179.5
	90kg Jr 20-23														
1	Bill Peralta	CA	90kg	89.4	20	205	82.5	227.5	515	329.909		451.9	181.9	501.5	1135.4
	110kg Jr 20-23														
1	Kyle Alexander	CA	110kg	109.5	22	325	175	340	840	495.012		716.5	385.8	749.6	1851.9
2	James Cowan	CA	110kg	108.8	22	275	182.5	275	732.5	432.541		606.3	402.3	606.3	1614.9
3	Jonathan Mead	CA	110kg	102.2	21	230	137.5	270	637.5	384.731		507.1	303.1	595.2	1405.4
	125kg Jr 20-23														
1	Angel Figueroa	CA	125kg	125	21	272.5	157.5	295	725	413.105		600.8	347.2	650.4	1598.3
	75kg Open														
1	Josh Moore	CA	75kg	74.85	27	227.5	175	265	667.5	476.328		501.5	385.8	584.2	1471.6
2	Joseph Rodrigues	CA	75kg	75	39	157.5	140	215	512.5	365.208		347.2	308.6	474	1129.9
3	Jonathan Hurley	CA	75kg	74.55	23	170	102.5	230	502.5	359.589		374.8	226	507.1	1107.8
4	Darryl Lee	CA	75kg	74.6	37	160	125	195	480	343.296		352.7	275.6	429.9	1058.2
	82.5kg Open														
1	Romeo Dublin	CA	82.5kg	81.5	43	180	135	260.5	575.5	388.405	400.446	396.8	297.6	574.3	1268.7
2	Boian Boianov	CA	82.5kg	82.35	27	182.5	100	200	482.5	323.565		402.3	220.5	440.9	1063.7
3	Rohan Shankar	CA	82.5kg	79.9	23	155	107.5	192.5	455	310.856		341.7	237	424.4	1003.1
	90kg Open														
1	Andrew Dinglasan	CA	90kg	89.2	33	227.5	160	272.5	660	423.258		501.5	352.7	600.8	1455
2	Derek Ng	CA	90kg	90	25	230	160	247.5	637.5	406.98		507.1	352.7	545.6	1405.4
3	Michael Mckenzie	CA	90kg	89.9	34	212.5	147.5	260	620	396.056		468.5	325.2	573.2	1366.9
4	Corey Olson	CA	90kg	87.4	25	190	135	272.5	597.5	387.359		418.9	297.6	600.8	1317.2
5	Eugene Marinelli	CA	90kg	89.4	31	212.5	147.5	230	590	377.954		468.5	325.2	507.1	1300.7
6	Josh Bader	CA	90kg	90	29	185	122.5	227.5	535	341.544		407.9	270.1	501.5	1179.5
7	Alan Gou	CA	90kg	84.7	24	167.5	85	172.5	425	280.373		369.3	187.4	380.3	937
DQ	Andrew Fong	CA	90kg	87.3	37	205	0	197.5	0	0		451.9	0	435.4	0

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	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
	100kg Open														
1	Ryan Soper	CA	100kg	99.8	29	267.5	187.5	295	750	456.825		589.7	413.4	650.4	1653.5
2	Ryan Faumuina	CA	100kg	96.7	32	240	170	285	695	428.954		529.1	374.8	628.3	1532.2
3	Terrell Lloyd	CA	100kg	97.3	23	227.5	142.5	277.5	647.5	398.536		501.5	314.2	611.8	1427.5
4	Brian Alvarado	CA	100kg	93.8	29	205	160	232.5	597.5	373.856		451.9	352.7	512.6	1317.2
5	Jeffrey Pieratt	CA	100kg	98.4	29	200	132.5	237.5	570	349.182		440.9	292.1	523.6	1256.6
6	Freeman Levinrad	CA	100kg	99.5	32	207.5	142.5	205	555	338.439		457.5	314.2	451.9	1223.6
7	Nicholas Ezzo	CA	100kg	96.7	25	152.5	102.5	202.5	457.5	282.369		336.2	226	446.4	1008.6
8	Aaron Adelson	CA	100kg	91.25	31	150	115	175	440	278.96		330.7	253.5	385.8	970
	110kg Open														
1	Kyle Alexander	CA	110kg	109.5	22	325	175	340	840	495.012		716.5	385.8	749.6	1851.9
2	James Cowan	CA	110kg	108.8	22	275	182.5	275	732.5	432.541		606.3	402.3	606.3	1614.9
3	David Munoz	CA	110kg	109.8	32	227.5	162.5	265	655	385.664		501.5	358.2	584.2	1444
4	Jonathan Mead	CA	110kg	102.2	21	230	137.5	270	637.5	384.731		507.1	303.1	595.2	1405.4
5	Michael Abell	CA	110kg	108.5	30	210	135	250	595	351.645		463	297.6	551.2	1311.7
6	Matt Sweeney	CA	110kg	100.65	33	207.5	122.5	215	545	330.815		457.5	270.1	474	1201.5
7	James Cunningham	CA	110kg	109.2	27	160	95	195	450	265.41		352.7	209.4	429.9	992.1
8	Robert Velasquez	CA	110kg	100.9	33	142.5	90	192.5	425	257.72		314.2	198.4	424.4	937
	125kg Open														
1	Carasear Mao	CA	125kg	119	32	222.5	137.5	242.5	602.5	347.1		490.5	303.1	534.6	1328.3
	140kg Open														
1	Micheal Lucero	CA	140kg	130.9	24	265	180	267.5	712.5	402.491		584.2	396.8	589.7	1570.8
	75kg Submaster														
1	Joseph Rodrigues	CA	75kg	75	39	157.5	140	215	512.5	365.208		347.2	308.6	474	1129.9
2	Darryl Lee	CA	75kg	74.6	37	160	125	195	480	343.296		352.7	275.6	429.9	1058.2
3	Taichi Seki	CA	75kg	75	37	170	90	170	430	306.418		374.8	198.4	374.8	948
	90kg Submaster														
DQ	Albert Bartolome	CA	90kg	88.8	36	232.5	162.5	0	0	0		512.6	358.2	0	0
DQ	Andrew Fong	CA	90kg	87.3	37	205	0	197.5	0	0		451.9	0	435.4	0
	SHW Submaster														
1	Christophe Fondacci	CA	SHW	145.7	39	282.5	175	257.5	715	397.254		622.8	385.8	567.7	1576.3
	82.5kg Master 40-44														
1	Romeo Dublin	CA	82.5kg	81.5	43	180	135	260.5	575.5	388.405	400.446	396.8	297.6	574.3	1268.7



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	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
	100kg Open														
1	Gary Beerbower	CA	100kg	99.3	27	227.5	172.5	282.5	682.5	416.53		501.5	380.3	622.8	1504.6
2	Dillon Stall	CA	100kg	98.2	26	227.5	182.5	250	660	404.646		501.5	402.3	551.2	1455
	110kg Open														
1	Andre Blugh	CA	110kg	100.25	21	300	182.5	240	722.5	439.28		661.4	402.3	529.1	1592.8
2	Darrell Valdez	CA	110kg	109.5	35	220	182.5	212.5	615	362.42		485	402.3	468.5	1355.8
DQ	Shawn Buckley	CA	110kg	108	36	320	182.5	0	0	0		705.5	402.3	0	0
	125kg Open														
1	John Davis	CA	125kg	114.8	42	280	195	287.5	762.5	443.241	452.106	617.3	429.9	633.8	1681
	100kg Submaster														
1	Aaron Sheiman	CA	100kg	95.4	36	182.5	132.5	250	565	350.809		402.3	292.1	551.2	1245.6
	110kg Submaster														
1	Darrell Valdez	CA	110kg	109.5	35	220	182.5	212.5	615	362.42		485	402.3	468.5	1355.8
DQ	Shawn Buckley	CA	110kg	108	36	320	182.5	0	0	0		705.5	402.3	0	0
	125kg Master 40-44														
1	John Davis	CA	125kg	114.8	42	280	195	287.5	762.5	443.241	452.106	617.3	429.9	633.8	1681
	125kg Master 50-54														
DQ	Dennis Hardin	CA	125kg	122.5	54	0	0	0	0	0	0	0	0	0	0
<b>Women Single Ply Powerlifting</b>															
	48kg Master 50-54														
1	Stephanie Stickley	CA	48kg	47.5	52	112.5	57.5	122.5	292.5	390.371	454.782	248	126.8	270.1	644.8
<b>Men Single Ply Powerlifting</b>															
	100kg Master 60-64														
1	Michael Musto	CA	100kg	97.7	64	272.5	172.5	242.5	687.5	422.4	612.48	600.8	380.3	534.6	1515.7
<b>Women Multi Ply Powerlifting</b>															
	75kg Master 60-64														
1	Betsy Spann	CA	75kg	70.5	62	117.5	75	142.5	335	331.65	461.988	259	165.3	314.2	738.5
<b>Women Raw Bench Only</b>															
	SHW Open														
1	Nicki Ianson	CA	SHW	91.15	52		102.5		102.5	88.109			226		226
	75kg Open														
1	Chandra Jenkins	CA	75kg	68.65	46		105		105	105.882	113.082		231.5		231.5

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	75kg Master 45-49														
1	Chandra Jenkins	CA	75kg	68.65	46		105		105	105.882	113.082		231.5		231.5
<b>Men Raw Bench Only</b>															
	110kg Jr 20-23														
1	Andre Blugh	CA	110kg	100.25	21		182.5		182.5	110.96			402.3		402.3
	110kg Open														
1	Andre Blugh	CA	110kg	100.25	21		182.5		182.5	110.96			402.3		402.3
2	Darrell Valdez	CA	110kg	109.5	35		182.5		182.5	107.547			402.3		402.3
	SHW Open														
1	John Reynolds	CA	SHW	145.35	33		202.5		202.5	112.55			446.4		446.4
	110kg Submaster														
1	Darrell Valdez	CA	110kg	109.5	35		182.5		182.5	107.547			402.3		402.3
	100kg Master 55-59														
1	Steve Covington	CA	100kg	98	58		150		150	92.04	118.824		330.7		330.7
	SHW Master 45-49														
1	Bob Vecchiarello	CA	SHW	144.3	48		220		220	122.386	134.257		485		485
<b>Women Single Ply Bench Only</b>															
	48kg Master 50-54														
1	Stephanie Stickley	CA	48kg	47.5	52		57.5		57.5	76.74	89.402		126.8		126.8
<b>Women Multi Ply Bench Only</b>															
	75kg Master 60-64														
1	Betsy Spann	CA	75kg	70.5	62		75		75	74.25	103.43		165.3		165.3
<b>Women Raw Deadlift Only</b>															
	48kg Open														
1	Coco Tang	CA	48kg	47.5	31			125	125	166.825				275.6	275.6
	67.5kg Open														
1	Angelica Rivera	CA	67.5kg	63.6	32			92.5	92.5	98.633				203.9	203.9
	82.5kg Open														
1	Marissa Cerda	CA	82.5kg	75.15	27			102.5	102.5	97.324				226	226

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	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
	SHW Open														
1	Rachel Young	CA	SHW	106.9	27			117.5	117.5	96.139				259	259
	56kg Master 60-64														
1	Martha Eble	CA	56kg	54.9	64			87.5	87.5	104.563	151.616			192.9	192.9
	60kg Master 50-54														
1	Anna Lowenthal	CA	60kg	59.5	53			107.5	107.5	120.626	142.821			237	237
<b>Men Raw Deadlift Only</b>															
	82.5kg Open														
1	Romeo Dublin	CA	82.5kg	81.5	43			260.5	260.5	175.811	181.261			574.3	574.3
	90kg Open														
1	Corey Olson	CA	90kg	87.4	25			272.5	272.5	176.662				600.8	600.8
2	Michael Mckenzie	CA	90kg	89.9	34			260	260	166.088				573.2	573.2
	82.5kg Master 40-44														
1	Romeo Dublin	CA	82.5kg	81.5	43			260.5	260.5	175.811	181.261			574.3	574.3
<b>Women Single Ply Deadlift Only</b>															
	48kg Master 50-54														
1	Stephanie Stickley	CA	48kg	47.5	52			122.5	122.5	163.489	190.465			270.1	270.1
<b>Women Multi Ply Deadlift Only</b>															
	75kg Master 60-64														
1	Betsy Spann	CA	75kg	70.5	62			142.5	142.5	141.075	196.517			314.2	314.2
Best Lifters:															
Women Raw Open - Tsukiko Fredette															
Women Classic Raw - Chandra Jenkins															
Men Raw Junior - Kyle Alexander															
Men Raw Open - Kyle Alexander															
Men Raw Submaster - Christophe Fondacci															
Referees:															
International - Keith Kanemoto and MJ Frenoza															
National - Darren Monahan, Eric Cranage, Chandar Jenkins, Dani Shamblin, Larry Shamblin and Molly O'Rourke															
State - Daniel Melgoza, Tenaya Teteur, Tomas Avilez, Erika Hipwell, Jaycie Dunshie, Nicki Ianson and Lil Stuart															