

USPA Drug Tested Best Of The Midwest Powerlifting Championships September 2, 2023 Manhattan, 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														
	60kg Jr 18-19																
1	Katie Kuhlman	KS	60kg	59.6	18	87.5	97.5	102.5	55	57.5	57.5	102.5	112.5	120	272.5	303.36	
	67.5kg Jr 18-19																
1	Jenna Demmel	KS	67.5kg	67.2	19	120	125	130	55	57.5	60	125	130	135	325	336.393	
	67.5kg Jr 20-23																
1	Seraphina Moon	KS	67.5kg	63.4	22	100	105	105	50	52.5	55	110	117.5	120	277.5	297.31	
	75kg Jr 18-19																
1	Raygen Miller	KS	75kg	73	19	112.5	115	120	75	80	82.5	147.5	152.5	157.5	352.5	348.324	
	75kg Jr 20-23																
1	Kaitlyn Busch	KS	75kg	74.4	23	115	122.5	142.5	65	70	75	145	160	170	362.5	354.574	
	82.5kg Jr 18-19																
1	Abby Rounbehler	KS	82.5kg	79.6	19	92.5	97.5	102.5	52.5	55	60	105	112.5	117.5	275	259.768	
Women Raw Powerlifting			Open														
	67.5kg Open																
1	Jenna Demmel	KS	67.5kg	67.2	19	120	125	130	55	57.5	60	125	130	135	325	336.393	
	75kg Open																
1	Raygen Miller	KS	75kg	73	19	112.5	115	120	75	80	82.5	147.5	152.5	157.5	352.5	348.324	
	82.5kg Open																
1	Jannae Green	KS	82.5kg	81.8	30	100	107.5	110	52.5	57.5	60	120	130	135	300	279.593	
2	Abby Rounbehler	KS	82.5kg	79.6	19	92.5	97.5	102.5	52.5	55	60	105	112.5	117.5	275	259.768	
Women Raw Powerlifting			Master														
	67.5kg Master 50-54																
1	Hope Hamer	MO	67.5kg	67	50	75.0	82.5	87.5	47.5	52.5	55	120	125	130	265	274.765	310.484
	82.5kg Master 45-49																
1	Sandy Costello	MO	82.5kg	80.8	45	110	110	115	52.5	57.5	62.5	127.5	137.5	142.5	305	285.973	301.701
	82.5kg Master 60-64																
1	Peggy Ochoa	KS	82.5kg	78.6	62	85	92.5	97.5	52.5	57.5	60	130	140	142.5	300	285.192	397.272

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Master 45-49																
1	Michelle "Shelly" Cabrera	KS	90kg	83.6	46	85	92.5	102.5	42.5	47.5	50	130	140	150	302.5	278.979	297.95
	90kg Master 60-64																
1	Susan Haralson	MO	90kg	89.2	62	65	70	70	45	47.5	50	85	90	95	212.5	190.2	264.949
	Men Raw Powerlifting			Junior													
	67.5kg Jr 16-17																
1	Ahmet Korkmaz	MO	67.5kg	65.25	17	155	165	172.5	77.5	85	92.5	227.5	227.5	242.5	492.5	389.19	
	75kg Jr 13-15																
1	Eric Valdez	MO	75kg	73.8	15	200	212.5	222.5	117.5	117.5	130	237.5	250	250	580	420.458	
2	Evan Valdez	MO	75kg	75	15	150	165	175	77.5	87.5	92.5	180	180	197.5	440	315.666	
	75kg Jr 20-23																
1	LA Thompson		75kg	70.75	23	110	120	132.5	85	95	102.5	137.5	150	160	375	279.622	
	82.5kg Jr 16-17																
1	Hayden McCarthy		82.5kg	79.1	16	160	170	180	100	110	120	200	210	220	510	354.039	
DQ	Caden Mccully	MO	82.5kg	81.1	17	170	185	195	105	117.5	117.5	192.5	205	215	0	0	
	82.5kg Jr 20-23																
1	Decker Starr	MO	82.5kg	81.5	21	227.5	235	240	130	137.5	142.5	245	260	272.5	637.5	434.855	
2	Joshua Denman	MO	82.5kg	81.8	20	170	180	185	110	117.5	117.5	247.5	262.5	272.5	557.5	379.484	
3	Hasan Alkhalifah	OK	82.5kg	78.2	22	160	170	175	110	120	122.5	205	225	235	527.5	368.72	
	90kg Jr 13-15																
1	Luke Gall	MO	90kg	87.7	15	190	202.5	210	95	105	115	227.5	227.5	227.5	542.5	355.467	
	90kg Jr 18-19													(247.5)			
1	Alpha Jalloh	MO	90kg	88.8	18	187.5	190	195	142.5	147.5	157.5	237.5	252.5	260	590	384.106	
2	Alex Tran	KS	90kg	85.65	18	187.5	200	210	97.5	105	115	210	227.5	227.5	532.5	353.319	
	90kg Jr 20-23																
1	Damani Stewart-Johnson	KS	90kg	84.7	21	220	230	237.5	120	130	137.5	237.5	237.5	237.5	605	403.862	
	100kg Jr 20-23																
1	Christopher Clark	MO	100kg	95.2	20	205	220	232.5	137.5	147.5	155	227.5	245	252.5	632.5	398.004	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Jr 20-23																
1	Caleb Womack	KS	110kg	107	22	227.5	235	237.5	117.5	122.5	130.0	230	235	242.5	600	359.155	
	125kg Jr 20-23																
1	Augustine Obour	KS	125kg	121.35	22	227.5	240	250	155	167.5	180	287.5	310	320	727.5	416.266	
	Men Raw Powerlifting		Open														
	75kg Open																
1	Kody Melugin	KS	75kg	71.75	25	145	152.5	162.5	115	120	122.5	177.5	187.5	197.5	475	350.828	
	82.5kg Open																
1	Ron Garofalo	CO	82.5kg	82.15	62	217.5	232.5	237.5	130	132.5	135	255	272.5	282.5	655	444.765	619.557
2	Mitch Jeffrey	KS	82.5kg	80.8	30	175	185	192.5	107.5	112.5	125	175	202.5	227.5	532.5	365.05	
	90kg Open																
1	Rodrigo Espana	KS	90kg	87.6	27	185	190	195	142.5	147.5	150	222.5	227.5	230	572.5	375.348	
	100kg Open																
1	Kristopher Green	KS	100kg	99.1	33	195	202.5	210	145	155	157.5	217.5	230	232.5	600	370.767	
2	Lane Moran	KS	100kg	95.7	25	180	185	185	135	142.5	142.5	205	220	227.5	547.5	343.683	
3	Ryan Calore	CO	100kg	99.25	24	197.5	205	210	132.5	142.5	142.5	197.5	205	205	547.5	338.101	
	110kg Open																
1	James Kinnard	MO	110kg	102.25	35	227.5	235	235	172.5	177.5	182.5	275	287.5	302.5	705	429.845	
2	John Massey	MO	110kg	105.9	27	210	220	225	135	142.5	145	200	220	230	600	360.623	
	125kg Open																
1	Augustine Obour	KS	125kg	121.35	22	227.5	240	250	155	167.5	180	287.5	310	320	727.5	416.266	
2	Matthew Sundling	SD	125kg	122.9	24	192.5	197.5	202.5	115	117.5	122.5	230	237.5	242.5	562.5	320.529	
	140kg Open																
1	Ethan Reece	TX	140kg	134.7	27	260	270	280	205	212.5	212.5	297.5	307.5	315	792.5	439.115	
	140+ Open																
1	Nicholas Moss	KS	140+	175.4	35	265	272.5	280	185	190	197.5	205	242.5	250	727.5	375.568	
2	Marcus Tapia	KS	140+	154.4	32	210	217.5	217.5	210	222.5	230	285	287.5	295	720	384.215	
	Men Raw Powerlifting		Submaster														
	110kg Submaster																
1	James Kinnard	MO	110kg	102.25	35	227.5	235	235	172.5	177.5	182.5	275	287.5	302.5	705	429.845	

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	Men Raw Powerlifting			Master													
	67.5kg Master 65-69																
1	Monte Lofing	NE	67.5kg	66.8	65	162.5	172.5	182.5	92.5	100	102.5	172.5	185	190	475	368.889	545.956
	82.5kg Master 40-44																
DQ	Kevin Dunn	KS	82.5kg	81.5	40	110	117.5	132.5	132.5	132.5	132.5	132.5	147.5	160	0	0	0
	82.5kg Master 60-64																
1	Ron Garofalo	CO	82.5kg	82.15	62	217.5	232.5	237.5	130	132.5	135	255	272.5	282.5	655	444.765	619.557
	100kg Master 40-44																
DQ	Ryan Dunn	KS	100kg	93.35	41	125	142.5	142.5	82.5	82.5	82.5	190	202.5	210	0	0	0
	110kg Master 40-44																
1	Andrew Waynick	KS	110kg	107.5	44	187.5	187.5	187.5	137.5	145	150	195	220	247.5	552.5	330.12	344.315
	140kg Master 55-59																
1	Randy Moore	KS	140kg	133.65	55	155	160	165	110	117.5	122.5	200	215	220	507.5	281.842	345.257
	Men Classic Raw Powerlifting			Open													
	82.5kg Open																
1	Levi Parker	KS	82.5kg	80.4	30	227.5	240	---	112.5	122.5	127.5	227.5	245	257.5	625	429.705	
2	Baylor Parker	KS	82.5kg	80.5	33	190	190	195	127.5	137.5	---	207.5	220	227.5	550	377.866	
	Men Classic Raw Powerlifting			Master													
	110kg Master 45-49																
1	Marc Finley	KS	110kg	108.3	49	185	185	195	130	135.0	137.5	185	195	200	532.5	317.258	353.108
	125kg Master 55-59																
1	Richard Jimerson	MO	125kg	111.2	58	177.5	185	192.5	142.5	147.5	147.5	155	162.5	175	515	303.784	392.185
	140kg Master 55-59																
1	Greg Jirak	KS	140kg	137.5	58	142.5	142.5	152.5	140	140	143	142.5	150	157.5	440	242.36	312.887
	Women Raw Bench Only			Master													
	90kg Master 45-49																
1	Michelle "Shelly" Cabrera	KS	90kg	83.6	46				42.5	47.5	50				50	46.112	49.248

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Men Raw Bench Only				Open													
1	James Kinnard	MO	110kg	102.25	35				172.5	177.5	182.5				182.5	111.272	
Men Raw Bench Only				Submaster													
1	James Kinnard	MO	110kg	102.25	35				172.5	177.5	182.5				182.5	111.272	
Women Raw Deadlift Only				Master													
1	Michelle "Shelly" Cabrera	KS	90kg	83.6	46							130	140	150	150	138.337	147.744
Men Raw Deadlift Only				Open													
1	James Kinnard	MO	110kg	102.25	35							275	287.5	302.5	287.5	175.292	
Men Raw Deadlift Only				Submaster													
1	James Kinnard	MO	110kg	102.25	35							275	287.5	302.5	287.5	175.292	
Men Raw Push-Pull				Open													
1	Marcus Tapia	KS	140+	154.4	32				210	222.5	230	285	287.5	295	510	272.153	
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Kaitlyn Busch		Raw	PL	Jr	Vomen							National					
Decker Starr		Raw	PL	Jr	Men												
Ron Garofalo		Raw	PL	Open	Men												
Peggy Ochoa		Raw	PL	Master	Vomen												
Meet Director:		Joe Walden															
Referees																	
International:		Ed Zimmerman, Linda Ray, Kay Walden, Joe Walden															
National:		Amber Burns, Mark Elder															
State:		Stephany Carter, Kat Fernandez															
Spotter/Loaders:		Russell Coy, Voth Trent, Caleb Michaud, Vincent Lin, Jesus Bustillos, Antrevion Watson, James Jenkins, Jesse Wallace															
Tested Lifters:		Ron Garofalo, Ethan Reece, Decker Starr, Hope Hamer, Sandra Costello, James Kinnard															