

USPA RVA OPEN March 11, 2023 Richmond Virginia

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
67.5kg Open																	
1	Paige Kimball	LA	67.5kg	65.6	33	125	135	142.5	85	90	92.5	167.5	177.5	185.5	412.5	433.021	
2	Jamie Bridges	VA	67.5kg	67.2	28	127.5	135	142.5	75	80	85	152.5	162.5	167.5	390	403.672	
3	Ashley Arnica	VA	67.5kg	66	31	112.5	120	125	65	70	72.5	135	142.5	147.5	342.5	358.253	
90kg Open																	
1	Sidra Morris	VA	90kg	88.4	25	150	155	157.5	77.5	82.5	85	175	182.5	182.5	422.5	379.692	
110kg Open																	
1	Christina Watts	MD	110kg	107.5	42	97.5	97.5	105	65	72.5	72.5	107.5	110	115	285	236.79	241.526
110+ Open																	
1	Cassie Richards	VA	110+	155.5	44	102.5	112.5	120	57.5	62.5	62.5	105	122.5	122.5	287.5	221.511	231.036
Women Raw Powerlifting		Submaster															
110kg Submaster																	
1	Shakiera Philippe	VA	110kg	107	36	127.5	127.5	132.5	52.5	57.5	60	147.5	155	160	350	291.271	
Women Raw Powerlifting		Master															
110kg Master 40-44																	
1	Christina Watts	MD	110kg	107.5	42	97.5	97.5	105	65	72.5	72.5	107.5	110	115	285	236.79	241.526
110+ Master 40-44																	
1	Cassie Richards	VA	110+	155.5	44	102.5	112.5	120	57.5	62.5	62.5	105	122.5	122.5	287.5	221.511	231.036
Men Raw Powerlifting		Junior															
75kg Jr 16-17																	
1	Isaiah Flores	VA	75kg	75	16	185	187.5	192.5	110	120	120	185	195	207.5	515	369.472	
75kg Jr 18-19																	
1	Shane Elliott	MD	75kg	74.1	19	200	215	227.5	110	120	120	217.5	240	250	575	415.735	
82.5kg Jr 16-17																	
1	Joseph Cabana	VA	82.5kg	81.8	17	160	167.5	175	115	126	130	227.5	240	251	552	375.74	
2	Pawlos Belay	VA	82.5kg	80.7	17	175	187.5	197.5	100	110	112.5	212.5	225	237.5	512.5	351.592	
100kg Jr 18-19																	
1	Connor Brown	VA	100kg	99.2	19	170	185	195	105	112.5	115	145	170	185	470	290.306	

USPA RVA OPEN March 11, 2023 Richmond Virginia

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	Luke Bailey	VA	110kg	106.5	20	207.5	220	227.5	125	132.5	137.5	210	222.5	235	595	356.818	
Men Raw Powerlifting				Open													
75kg Open																	
1	Alex Curtiss	VA	75kg	74.5	21	165	175	180	107.5	117.5	122.5	225	237.5	245	542.5	390.875	
82.5kg Open																	
1	Mike Lancour	VA	82.5kg	80	25	235	247.5	257.5	182.5	195	195	267.5	280	290	742.5	511.988	
2	Benjamin Thompson	VA	82.5kg	81	32	180	190	195	115	120	127.5	205	215	222.5	545	373.083	
90kg Open																	
1	Luis Isassi	VA	90kg	88.85	36	217.5	230	237.5	140	147.5	155	227.5	272.5	315	707.5	460.469	
100kg Open																	
1	Scott Shumaker	VA	100kg	99.5	36	205	215	225	155	162.5	167.5	265	280	285	672.5	414.837	
125kg Open																	
1	John Brandmaier	VA	125kg	124.6	30	245	255	260	175	182.5	187.5	305	325	332.5	780	442.518	
2	Matt Harris	VA	125kg	124.3	30	190	200	210	140	145	145	215	227.5	232.5	582.5	330.723	
140kg Open																	
1	Sam Guion	VA	140kg	130.9	26	250	280	297.5	172.5	192.5	207.5	287.5	320	320	777.5	434.453	
Men Raw Powerlifting				Submaster													
110kg Submaster																	
1	Douglas Peyer	VA	110kg	107.1	35	205	215	227.5	150	152.5	155	240	252.5	265	632.5	378.47	
Men Raw Powerlifting				Master													
67.5kg Master 40-44																	
1	Andrew Schroeder	VA	67.5kg	67.45	41	150	160	165	110	115	120	185	185	190	470	362.445	366.07
125kg Master 60-64																	
1	Stephen Stancil	VA	125kg	118.45	60	170	175	180	120	120	120	230	242.5	252.5	552.5	318.693	427.048
Women Raw Bench Only				Open													
67.5kg Open																	
1	Paige Kimball	LA	67.5kg	65.6	33				85	90	92.5				92.5	97.102	

USPA RVA OPEN March 11, 2023 Richmond Virginia

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110+ Open																
1	Cassie Richards	VA	110+	155.5	44				57.5	62.5	62.5				62.5	48.155	50.225
	Women Raw Bench Only			Master													
	110+ Master 40-44																
1	Cassie Richards	VA	110+	155.5	44				57.5	62.5	62.5				62.5	48.155	50.225
	Men Raw Bench Only			Junior													
	82.5kg Jr 13-15																
1	Aidan Cogswell	VA	82.5kg	78.4	15				105	105	112.5				112.5	78.515	
	Women Raw Deadlift Only			Open													
	67.5kg Open																
1	Paige Kimball	LA	67.5kg	65.6	33							167.5	177.5	185.5	177.5	186.33	
	110+ Open																
1	Cassie Richards	VA	110+	155.5	44							105	122.5	122.5	105	80.9	84.378
	Women Raw Deadlift Only			Master													
	110+ Master 40-44																
1	Cassie Richards	VA	110+	155.5	44							105	122.5	122.5	105	80.9	84.378
	Men Raw Deadlift Only			Open													
	75kg Open																
1	Alex Curtiss	VA	75kg	74.5	21							225	237.5	245	245	176.524	
	90kg Open																
1	Luis Isassi	VA	90kg	88.85	36							227.5	272.5	315	315	205.014	
	140kg Open																
1	Sam Guion	VA	140kg	130.9	26							287.5	320	320	287.5	160.65	
	Women Raw Push-Pull			Open													
	110+ Open																
1	Cassie Richards	VA	110+	155.5	44				57.5	62.5	62.5	105	122.5	122.5	167.5	129.054	84.378
	Women Raw Push-Pull			Master													
	110+ Master 40-44																
1	Cassie Richards	VA	110+	155.5	44				57.5	62.5	62.5	105	122.5	122.5	167.5	129.054	84.378

USPA RVA OPEN March 11, 2023 Richmond Virginia

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters																
Name	Equip	Events	Comp	Sex												
Shane Elliott	Raw	PL	Jr	Men												
Paige Kimball	Raw	PL	Open	Women												
Mike Lancour	Raw	PL	Open	Men												
Meet Director:	Ken Stewart															
Referees																
National:	Ken Stewart															
State:	Kenra Brooks, Allen Frances, Jihan Garland															
Staff:	Becca Hicks															
Spotter/Loaders:	Nikolas Harris, William Phillips, Meredith Inge, Nico Knight, Dylan Martinez															