

USPA Open 2026 Powerella September 26, 2026 North Haven, Connecticut

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	Sophia Negaro	CT	67.5kg	63.8	37	112.5	127.5	132.5	77.5	85	~~90~~	125	~~132.5~~	132.5	350	373.563			
	75kg Open																		
1	Gabby Blake	CT	75kg	70.1	37	100	107.5	112.5	57.5	~~60~~	~~60~~	162.5	~~172.5~~	177.5	347.5	351.13			
2	Kimberlee Arnett	CT	75kg	69.15	31	97.5	~~105~~	~~105~~	~~52.5~~	57.5	~~60~~	117.5	127.5	137.5	292.5	297.835			
	100kg Open																		
1	Mary Gregory	VA	100kg	90.5	51	~~152.5~~	162.5	~~170~~	97.5	105	~~110~~	175	185	~~190~~	452.5	402.431	461.588		
Women Raw Powerlifting			Submaster																
	67.5kg Submaster																		
1	Sophia Negaro	CT	67.5kg	63.8	37	112.5	127.5	132.5	77.5	85	~~90~~	125	~~132.5~~	132.5	350	373.563			
	75kg Submaster																		
1	Gabby Blake	CT	75kg	70.1	37	100	107.5	112.5	57.5	~~60~~	~~60~~	162.5	~~172.5~~	177.5	347.5	351.13			
Women Raw Powerlifting			Master																
	82.5kg Master 40-44																		
1	Melissa Gilbert	ME	82.5kg	76.2	40	97.5	~~105~~	105	62.5	67.5	72.5	115	122.5	132.5	310	299.429	299.429		
	100kg Master 50-54																		
1	Mary Gregory	VA	100kg	90.5	51	~~152.5~~	162.5	~~170~~	97.5	105	~~110~~	175	185	~~190~~	452.5	402.431	461.588		
	Meet Director:	Ann Hall, Maria Ryan										Record Color Codes							
												State							
	Referees											National							
	International:	Ann Hall																	
	National:	Amy Silvia, Samantha Reyes, Maria Ryan																	
	State:	Sarah Heminger, Patty Donald, Tyla Serro, Simone Morin																	
	Meet Assistant:	Donna Mae Cangiano																	
	Practical:	Abigail Livingston																	
	Spotter/Loaders:	Mo Canavan,Cara Jones,Andin Fosam,Lynette Rosenberger,Krista Dob, Taylor Martin,Steph Matthew's, Clare Polizzi																	