

USPA Female Feats of Strength 3 December 18, 2022 Columbus, OH

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
56kg Jr 16-17																	
1	Aubri Rucktaschel	OH	56kg	53.2	16	60	67.5	-72.5	30	32.5	-35	-80	80	90	190	227.974	
60kg Jr 16-17																	
1	Ava Peters	OH	60kg	58.6	17	90	97.5	-102.5	-55	55	60	112.5	120	125	282.5	317.905	
67.5kg Jr 13-15																	
1	Sloane Petersen	OH	67.5kg	62.4	14	45	52.5	60	30	35	-37.5	70	77.5	87.5	182.5	197.433	
67.5kg Jr 16-17																	
1	Jada Lane	IN	67.5kg	64.9	17	120	130	-137.5	80	85	90	-107.5	117.5	-127.5	337.5	356.55	
75kg Jr 20-23																	
1	Christina Praprost	OH	75kg	74.9	23	150	160	168	75	80	85	185	197.5	205	458	446.397	
2	Abigail (Abby) Camarato	OH	75kg	73.3	23	117.5	-122.5	127.5	65	70	77.5	142.5	150	155	360	354.948	
3	Jessica Miladinovich	OH	75kg	73.9	21	77.5	82.5	97.5	47.5	50	55	95	105	-115	257.5	252.778	
82.5kg Jr 20-23																	
1	Ella Backauskas	PA	82.5kg	81.2	21	132.5	137.5	145	92.5	97.5	-100	157.5	162.5	170	412.5	385.827	
100kg Jr 13-15																	
1	Jazelle Saffell	OH	100kg	91.2	14	60	65	75	32.5	37.5	-45	85	90	100	212.5	188.352	
100kg Jr 20-23																	
1	Laura Mayer	OH	100kg	91.6	22	147.5	155	165	72.5	75	77.5	177.5	192.5	202.5	445	393.682	
								(167.5)						(207.5)			
Women Raw Powerlifting			Open														
60kg Open																	
1	Chelsea Hamilton	PA	60kg	59.7	35	117.5	-125	-127.5	62.5	67.5	70	150	162.5	167.5	355	394.783	
2	Alexis Jackson	OH	60kg	57.9	40	70	77.5	80	60	-65	65	112.5	120	125	270	306.201	306.201
3	Aleaha Welch	OH	60kg	59.6	30	85	87.5	97.5	45	47.5	-52.5	112.5	115	125	270	300.576	
4	Madison Clark	OH	60kg	58.8	25	80	-87.5	87.5	45	-50	-50	110	117.5	127.5	260	291.947	
DQ	Haley Brucato	NY	60kg	59.7	24	-115	-115	-115	67.5	-72.5	-72.5	117.5	-120	-120	0	0	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	67.5kg Open																
1	Sarah Maple	OH	67.5kg	66.6	32	120	-127.5	-127.5	67.5	72.5	75	137.5	147.5	152.5	347.5	361.562	
2	Crystal Sorensen	OH	67.5kg	67.3	37	-115	117.5	120	70	72.5	-75	145	150	-155	342.5	354.202	
3	Jada Lane	IN	67.5kg	64.9	17	120	130	-137.5	80	85	90	-107.5	117.5	-127.5	337.5	356.55	
4	Toni Tokie	OH	67.5kg	67.0	31	107.5	115	-120	60	-62.5	-62.5	125	135	140	315	326.607	
5	Audhrey Feller	OH	67.5kg	64.8	32	107.5	-115	-115	-57.5	62.5	-65	130	137.5	-145	307.5	325.155	
6	Aimee Campbell	OH	67.5kg	66.7	28	110	-112.5	-112.5	60	62.5	-65	125	-130	-130	297.5	309.268	
7	Isabella Rich	OH	67.5kg	65.9	20	70	77.5	82.5	32.5	-37.5	37.5	85	92.5	102.5	222.5	232.942	
	75kg Open																
1	Landri Peden	OH	75kg	73.5	37	177.5	187.5	195	100	110	-112.5	210	232.5	242.5	540	531.642	
2	Kayleigh Del Cotto	PA	75kg	69.7	34	120	130	137.5	77.5	82.5	-85	137.5	150	-160	370	375.068	
3	Sarah Williamson (Forgac	PA	75kg	69.2	35	105	110	115	65	70	-72.5	142.5	150	155	340	346.059	
4	Rachael Hallstrom	OH	75kg	74.6	31	-102.5	110	117.5	-52.5	-57.5	57.5	120	130	-142.5	305	297.906	
5	Cathy Durain	OH	75kg	73.1	54	-80	80	-82.5	45	47.5	-50	120	-130	130	257.5	254.261	306.131
6	Jessica Miladinovich	OH	75kg	73.9	21	77.5	82.5	97.5	47.5	50	55	95	105	-115	257.5	252.778	
7	Madison Bond	OH	75kg	74.1	24	77.5	85	95	32.5	40	-42.5	77.5	85	-95	220	215.653	
DQ	Brandie Radlich	NY	75kg	73.3	32	-122.5	-122.5	-125	52.5	57.5	-60	137.5	140	-142.5	0	0	
	82.5kg Open																
1	Heather Smith	KY	82.5kg	81.5	44	-200	200	-212.5	142.5	-152.5	-152.5	187.5	197.5	202.5	545	508.84	530.72
2	Rachael Johnson	CO	82.5kg	76.3	32	160	167.5	-175	85	90	-92.5	170	190	202.5	460	444.011	
														(207.5)			
3	Ella Backauskas	PA	82.5kg	81.2	21	132.5	137.5	145	92.5	97.5	-100	157.5	162.5	170	412.5	385.827	
4	Tessa Coudriet	OH	82.5kg	81.2	26	120	122.5	137.5	60	67.5	70	135	145	-155	352.5	329.707	
5	Rebecca Boyle	OH	82.5kg	75.2	24	120	125	130	55	-60	-60	-130	130	145	330	320.961	
6	Abby Wilbanks	OH	82.5kg	81.0	26	100	110	115	50	55	60	110	125	137.5	312.5	292.648	
7	K Coleman	OH	82.5kg	75.2	27	85	-90	92.5	67.5	-75	-75	137.5	-145	145	305	296.646	
8	Catie Carey	OH	82.5kg	78.5	26	-100	100	112.5	-55	55	-60	105	110	-120	277.5	263.973	
9	Alecia Fusco	OH	82.5kg	80.6	33	80	92.5	102.5	42.5	-50	-50	112.5	122.5	-137.5	267.5	251.119	
	90kg Open																
1	Amber Simpkins	OH	90kg	87.6	38	190	-195	---	140	142.5	143	125	147.5	182.5	515.5	465.179	
2	Sarah Johnson	OH	90kg	87.2	44	147.5	165	175	85	92.5	102.5	180	190	205	482.5	436.309	455.07
3	Jessica Williamson-Jarre	KY	90kg	88.4	33	110	120	130	55	62.5	67.5	137.5	147.5	167.5	365	328.018	
4	Evan Schultz	OH	90kg	89.5	27	112.5	120	-127.5	65	-67.5	-67.5	145	155	-167.5	340	303.866	
5	Mihkaya Best	OH	90kg	85.8	28	117.5	125	-132.5	55	62.5	67.5	120	127.5	135	327.5	298.364	
6	Sunnie Thallman	OH	90kg	89.3	24	115	120	125	57.5	60	-62.5	115	117.5	122.5	307.5	275.094	
7	Sarah Murphy	MI	90kg	86.8	37	105	112.5	-120	-55	55	-65	105	-115	-117.5	272.5	246.932	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
100kg Open																	
1	Laura Mayer	OH	100kg	91.6	22	147.5	155	165	72.5	75	77.5	177.5	192.5	202.5	445	393.682	
								(167.5)						(207.5)			
2	Joslyn Branham	OH	100kg	92.0	30	122.5	140	147.5	70	77.5	85	142.5	155	167.5	392.5	346.584	
3	Hannah Oehlke	OH	100kg	90.3	27	130	140	147.5	65	70	75	150	160	170	360	320.477	
110kg Open																	
1	Bonnie Hogue	IN	110kg	109.9	26	175	192.5	205	80	85	92.5	162.5	175	182.5	480	395.79	
2	Tracey Berg-Fulton	PA	110kg	107.5	37	102.5	115	120	60	67.5	70	137.5	150	160	347.5	288.717	
DQ	Brooke Lagrasso	OH	110kg	102.0	41	125	125	125	75	80	82.5	182.5	195	205	0	0	0
110+ Open																	
1	Melissa Gustafson	IN	110+	133.3	38	200	200	210	122.5	127.5	133	200	212.5	220	557.5	436.134	
2	Nicole McClure-Cox	KY	110+	127.1	39	150	162.5	172.5	75	85	92.5	157.5	170	182.5	430	339.89	
3	Lindsey Bowman	OH	110+	118.6	29	82.5	87.5	87.5	35	37.5	40	105	110	117.5	245	197.241	
Women Raw Powerlifting				Submaster													
67.5kg Submaster																	
1	Crystal Sorensen	OH	67.5kg	67.3	37	115	117.5	120	70	72.5	75	145	150	155	342.5	354.202	
2	Lupita Johnson	OH	67.5kg	65.0	36	85	95	102.5	47.5	52.5	57.5	100	110	115	270	284.979	
75kg Submaster																	
1	Sarah Williamson (Forgac	PA	75kg	69.2	35	105	110	115	65	70	72.5	142.5	150	155	340	346.059	
90kg Submaster																	
1	Amber Simpkins	OH	90kg	87.6	38	190	195	---	140	142.5	143	125	147.5	182.5	515.5	465.179	
2	Sarah Murphy	MI	90kg	86.8	37	105	112.5	120	55	55	65	105	115	117.5	272.5	246.932	
100kg Submaster																	
1	Laura Ulmer	OH	100kg	96.7	35	120	130	137.5	87.5	95	100	130	140	147.5	385	332.948	
110+ Submaster																	
1	Nicole McClure-Cox	KY	110+	127.1	39	150	162.5	172.5	75	85	92.5	157.5	170	182.5	430	339.89	
2	Frances Shropshire	OH	110+	136.9	37	55	60	65	60	65	72.5	125	137.5	147.5	272.5	212.148	

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Women Raw Powerlifting															Dots	McC	
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total	
			Master														
			60kg Master 40-44														
1	Alexis Jackson	OH	60kg	57.9	40	70	77.5	80	60	65	65	112.5	120	125	270	306.201	306.201
			67.5kg Master 45-49														
1	Kamaria Parker	OH	67.5kg	67.1	49	50	55	62.5	47.5	52.5	57.5	87.5	100	107.5	215	222.729	247.898
			75kg Master 45-49														
1	Rebecca Goode	OH	75kg	71.9	46	85	97.5	102.5	55	62.5	67.5	122.5	130	135	295	293.925	313.912
			75kg Master 50-54														
1	Cathy Durain	OH	75kg	73.1	54	80	80	82.5	45	47.5	50	120	130	130	257.5	254.261	306.131
			82.5kg Master 40-44														
1	Heather Smith	KY	82.5kg	81.5	44	200	200	212.5	142.5	152.5	152.5	187.5	197.5	202.5	545	508.84	530.72
2	Jo Hendershot	OH	82.5kg	80.7	43	77.5	82.5	87.5	55	60	62.5	110	115	120	267.5	250.965	258.745
			82.5kg Master 60-64														
1	Nancy Lowther	MO	82.5kg	82.3	64	100	110	117.5	62.5	72.5	77.5	112.5	125	127.5	322.5	299.674	434.527
			90kg Master 40-44														
1	Sarah Johnson	OH	90kg	87.2	44	147.5	165	175	85	92.5	102.5	180	190	205	482.5	436.309	455.07
2	Charity Hasselback	OH	90kg	87.1	43	62.5	70	75	50	57.5	57.5	100	110	120	245	221.662	228.533
			90kg Master 45-49														
1	Sarah Swy-Boeding	OH	90kg	89.4	45	100	107.5	112.5	52.5	60	65	117.5	135	142.5	315	281.663	297.154
2	Kendra Joaquin	MI	90kg	85.4	45	67.5	72.5	77.5	65	70	72.5	105	110	115	265	241.95	255.258
			90kg Master 60-64														
1	Kathleen Wolf	OH	90kg	89.1	63	60	70	80	37.5	42.5	45	100	105	110	232.5	208.206	295.86
													(112.5)				
			100kg Master 45-49														
DQ	Sarah Winkler	OH	100kg	97.8	45	77.5	77.5	77.5	55	57.5	62.5	102.5	105	110	0	0	0
			110kg Master 40-44														
DQ	Brooke Lagrasso	OH	110kg	102.0	41	125	125	125	75	80	82.5	182.5	195	205	0	0	0
			110+ Master 40-44														
1	Sara Kelley	OH	110+	158.8	41	105	120	120	77.5	85	87.5	120	130	140	347.5	268.005	270.685
											(90)						

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Classic Raw Powerlifting			Open														
60kg Open																	
1	Ellen Stein	NY	60kg	59.6	69	160	170	175	85	90	95	177.5	190	197.5	460	512.093	824.47
2	Alecia Varga	OH	60kg	59.8	44	150	162.5	162.5	92.5	97.5	100	150	160	167.5	422.5	469.35	489.532
75kg Open																	
1	Natasha Gallagher	OH	75kg	72.2	35	115	115	125	62.5	65	75	125	135	147.5	337.5	335.505	
Women Classic Raw Powerlifting			Submaster														
75kg Submaster																	
1	Natasha Gallagher	OH	75kg	72.2	35	115	115	125	62.5	65	75	125	135	147.5	337.5	335.505	
90kg Submaster																	
1	Amanda Whack	OH	90kg	85.4	36	115	127.5	127.5	60	62.5	67.5	147.5	152.5	162.5	347.5	317.275	
Women Classic Raw Powerlifting			Master														
60kg Master 40-44																	
1	Alecia Varga	OH	60kg	59.8	44	150	162.5	162.5	92.5	97.5	100	150	160	167.5	422.5	469.35	489.532
60kg Master 65-69																	
1	Ellen Stein	NY	60kg	59.6	69	160	170	175	85	90	95	177.5	190	197.5	460	512.093	824.47
67.5kg Master 55-59																	
1	Bonita Ward	OH	67.5kg	64.9	58	65	72.5	82.5	60	67.5	77.5	125	130	135	280	295.805	381.884
110kg Master 55-59																	
DQ	Phoenicia Jackson	MI	110kg	109.2	56	105	105	105	57.5	60	62.5	112.5	115	120	0	0	0
Women Single Ply Powerlifting			Junior														
56kg Jr 13-15																	
DQ	Autumn Prather	OH	56kg	56.0	13	103	110	110	45.5	45.5	45.5	110	125	137.5	0	0	
Women Single Ply Powerlifting			Open														
56kg Open																	
DQ	Autumn Prather	OH	56kg	56.0	13	103	110	110	45.5	45.5	45.5	110	125	137.5	0	0	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Bench Only				Master													
110+ Master 40-44																	
1	Sara Kelley	OH	110+	158.8	41				77.5	85	87.5				87.5	67.483	68.158
											(90)						
Women Single Ply Bench Only				Junior													
56kg Jr 13-15																	
1	Autumn Prather	OH	56kg	56.0	13				45.5	45.5	45.5				45.5	52.74	
Women Single Ply Bench Only				Open													
56kg Open																	
1	Autumn Prather	OH	56kg	56.0	13				45.5	45.5	45.5				45.5	52.74	
Women Raw Deadlift Only				Junior													
67.5kg Jr 13-15																	
1	Sloane Petersen	OH	67.5kg	62.4	14							70	77.5	87.5	87.5	94.659	
Women Raw Deadlift Only				Open													
110+ Open																	
1	Nicole McClure-Cox	KY	110+	127.1	39							157.5	170	182.5	182.5	144.256	
2	Laura Dice	OH	110+	126.0	31							142.5	150	165	150	118.816	
Women Raw Deadlift Only				Submaster													
110+ Submaster																	
1	Nicole McClure-Cox	KY	110+	127.1	39							157.5	170	182.5	182.5	144.256	
Women Raw Deadlift Only				Master													
110+ Master 40-44																	
1	Sara Kelley	OH	110+	158.8	41							120	130	140	140	107.973	109.053

Name																Dots	McC
State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total		
Best Lifters																	
Name																Record Color Codes	
Christina Praprost																State	
Landri Peden																National	
Heather Smith																	
Amber Simpkins																	
Meet Director:																	
Chico Cloyne																	
Referees																	
International:																	
Chico Cloyne																	
National:																	
Kylee Craig, Megan Moore, Sara Takacs, Beca Soto																	
State:																	
Sam Campbell, Max Makar, Heather Struminger, Grace Kelley, Sam Wesburgh, Christy Wakefield, Carley LaDu, Teri Screiber, Alisha Herick																	
Spotter/Loaders:																	
Chinonso Ugwumadu, nate Garbark, Cole Vaseleff, Cole Fitzwater, Ty Raynewater, Greg Shaw, Travis Tee, Zac Backauskas																	