

USPA 2024 Liz Freel Classic April 20, 2024 Hawaiian Gardens, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
60kg Open																	
1	Van Sinsuan	CA	60kg	56.5	24	115	125	127.5	70	75	80	120	127.5	137.5	340	391.795	
75kg Open																	
1	Meaghan Navarro Walsh	CA	75kg	70.7	32	100	105	110	50	52.5	57.5	110	117.5	127.5	295	296.668	
Women Raw Powerlifting		Master															
60kg Master 45-49																	
1	Charlene Chandler	CA	60kg	59.1	47	70	82.5	92.5	45	45	57.5	90	102.5	107.5	245	274.211	296.696
60kg Master 55-59																	
1	Shelly Negrete	CA	60kg	59.7	59	65	70	70	50	55	57.5	80	85	90	210	233.533	307.096
Men Raw Powerlifting		Open															
110kg Open																	
1	Travis Murakami	CA	110kg	100.1	28	222.5	237.5	245	160	170	177.5	215	227.5	237.5	660	406.065	
125kg Open																	
1	Robert Schmidt	AK	125kg	120.4	51	260	260	275	197.5	207.5	217.5	240	260	265	732.5	420.214	481.986
140kg Open																	
1	Jerrid Kramer	ID	140kg	130.7	35	262.5	282.5	285	202.5	215	225	267.5	290	295	790	441.64	
2	Fredd Reynaga	CA	140kg	138.3	32	205	220	232.5	130	140	150	207.5	220	237.5	610	335.446	
3	Alec Olive	CA	140kg	127.1	25	132.5	145	155	85	95	105	157.5	170	182.5	432.5	243.849	
Men Raw Powerlifting		Submaster															
110kg Submaster																	
1	Adam Gonzales	CA	110kg	105.6	35	220	220	227.5	112.5	127.5	145	220	227.5	252.5	607.5	365.544	
Men Raw Powerlifting		Master															
90kg Master 45-49																	
1	Andres Guzman	CA	90kg	83.3	47	165	170	177.5	115	115	120	205	215	217.5	502.5	338.546	366.307
125kg Master 40-44																	
1	Josh Maish	CA	125kg	115	43	210	230	245	125	140	150	230	240	250	615	358.389	369.499

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	125kg Master 50-54																
1	Robert Schmidt	AK	125kg	120.4	51	260	260	275	197.5	207.5	217.5	240	260	265	732.5	420.214	481.986
	125kg Master 65-69																
1	Dominic Licavoli	CA	125kg	117.1	68	195	195	205	100	107.5	---	217.5	230	---	542.5	314.152	495.103
	Women Classic Raw Powerlifting			Junior													
	75kg Jr 18-19																
1	Molly Trouchon	CA	75kg	68.5	19	90	90	112.5	45	45	60	100	120	130	265	271.285	
	Women Classic Raw Powerlifting			Open													
	75kg Open																
1	Molly Trouchon	CA	75kg	68.5	19	90	90	112.5	45	45	60	100	120	130	265	271.285	
	Men Classic Raw Powerlifting			Open													
	90kg Open																
1	Paul Mukai	CA	90kg	89.0	58	200	217.5	232.5	92.5	105	115	227.5	255	265	587.5	382.038	493.211
	125kg Open																
1	Bryan Nicholson	CA	125kg	120.8	34	215	227.5	235	155	162.5	175	240	255	267.5	652.5	373.91	
	140+ Open																
1	John Hangartner	CA	140+	148.2	27	310	320	337.5	207.5	220	227.5	320	342.5	352.5	900	485.559	
	Men Classic Raw Powerlifting			Master													
	90kg Master 55-59																
1	Paul Mukai	CA	90kg	89.0	58	200	217.5	232.5	92.5	105	115	227.5	255	265	587.5	382.038	493.211
	110kg Master 40-44																
1	Sam Hale	CA	110kg	104.5	43	205	227.5	237.5	142.5	160	170	205	227.5	237.5	617.5	373.132	384.699
	110kg Master 45-49																
1	Johnny Young	CA	110kg	104.8	45	200	200	205	145	155	160	205	215	227.5	587.5	354.592	374.094
	Women Raw Bench Only			Junior													
	75kg Jr 18-19																
1	Molly Trouchon	CA	75kg	68.5	19				45	45	60				45	46.067	

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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			Open													
	60kg Open																
1	Van Sinsuan	CA	60kg	56.5	24				70	75	80				75	86.425	
	75kg Open																
1	Molly Troughon	CA	75kg	68.5	19				45	45	60				45	46.067	
	Men Raw Bench Only			Open													
	140kg Open																
1	Jerrid Kramer	ID	140kg	130.7	35				202.5	215	225				215	120.193	
	Men Raw Bench Only			Master													
	90kg Master 65-69																
1	Gary Thorp	CA	90kg	84.5	67				102.5	112.5	115				115	76.867	118.605
	110kg Master 40-44																
1	Sam Hale	CA	110kg	104.5	43				142.5	160	170				142.5	86.107	88.777
	Women Raw Deadlift Only			Junior													
	75kg Jr 18-19																
1	Molly Troughon	CA	75kg	68.5	19							100	120	130	130	133.083	
	Women Raw Deadlift Only			Open													
	75kg Open																
1	Molly Troughon	CA	75kg	68.5	19							100	120	130	130	133.083	
	Men Raw Deadlift Only			Open													
	90kg Open																
1	Paul Mukai	CA	90kg	89.0	58							227.5	255	265	255	165.821	214.075
	125kg Open																
1	Bryan Nicholson	CA	125kg	120.8	34							240	255	267.5	255	146.126	
	Men Raw Deadlift Only			Master													
	90kg Master 55-59																
1	Paul Mukai	CA	90kg	89.0	58							227.5	255	265	255	165.821	214.075
	125kg Master 65-69																
1	Dominic Licavoli	CA	125kg	117.1	68							217.5	230	240	230	133.189	209.906

														Dots	McC	
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total
Best Lifters											Record Color Codes					
Name	Equip	Events	Comp	Sex							State					
Jerrid Kramer	Raw	PL	Open	Men							National					
Meet Director:	Steve Denison															
Referees																
International:	Robert Speno, Jose Hernandez, Anne Escobedo, Kat Colson, Kevin Meskew, Ceasar Amado, Roy Taylor, Tom Miller, Tracie Marquez															
National:	Melissa Avanesian, Donnie Rogers, Snow Baehr															
State:	John Killin, Ollie Meadows, Michael Vo															
Spotter/Loaders:	Gabe Sanchez, Luis Miranda, Derrick Thompson, Enrique Cortes, Jonathan Corrales, Jesse Chavez															