

USPA San Diego Fit Expo October 12-13, 2019 San Diego, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	52kg Jr 20-23																
1	Kiana Guzman	CA	52kg	51.7	23	92.5	95	100	52.5	55	57.5	130	130	135	282.5	353.747	
2	Maria Joves	CA	52kg	50.8	21	92.5	97.5	102.5	42.5	47.5	47.5	120	130	132.5	280	355.376	
	56kg Jr 20-23																
1	Romelyne Reasonda	CA	56kg	53.6	23	85	95	100	32.5	37.5	45	112.5	125	130	262.5	319.62	
	67.5kg Jr 20-23																
1	Cara Wochaski	CA	67.5kg	63.0	22	142.5	157.5	167.5	82.5	90	95	170	182.5	190	442.5	475.245	
	75kg Jr 20-23																
1	Mireya Lopez	CA	75kg	73.9	22	142.5	147.5	160	77.5	85	90	162.5	175	185	435	417.426	
	56kg Open																
1	Katrina Lopez	CA	56kg	54.0	29	115	122.5	130	57.5	62.5	65	157.5	167.5	175	355	429.763	
	60kg Open																
1	Leilana Tupuarodriguez	WA	60kg	59.6	25	132.5	132.5	140	80	85	85	105	125	135	342.5	383.84	
	67.5kg Open																
1	Cara Wochaski	CA	67.5kg	63.0	22	142.5	157.5	167.5	82.5	90	95	170	182.5	190	442.5	475.245	
2	Abigail De La Cruz	CA	67.5kg	67.2	29	115	125	130	70	75	77.5	155	165	172.5	380	389.082	
3	Monique Rodriguez	FL	67.5kg	66.4	27	125	130	137.5	67.5	72.5	72.5	137.5	137.5	142.5	352.5	364.062	
4	Keyra Dixon	CA	67.5kg	65.8	38	120	125	130	65	70	72.5	135	140	147.5	347.5	361.296	
5	Mayra Gutierrez	CA	67.5kg	66.7	24	117.5	122.5	130	65	70	75	142.5	147.5	152.5	340	349.996	
	75kg Open																
1	Ashley Contorno	CA	75kg	72.8	30	180	195	195	122.5	130	130	197.5	205	220	530	513.517	
2	Kay Martinez	CA	75kg	74.9	28	155	162.5	167.5	87.5	92.5	97.5	165	175	182.5	447.5	425.752	
3	Mireya Lopez	CA	75kg	73.9	22	142.5	147.5	160	77.5	85	90	162.5	175	185	435	417.426	
4	Jennifer (Jenn) David	CA	75kg	70.2	45	132.5	140	145	70	80	82.5	155	167.5	177.5	402.5	399.642	421.623
5	Cynthia Carrillo	CA	75kg	71.4	23	137.5	137.5	145	72.5	80	85	140	147.5	155	372.5	365.609	
	82.5kg Open																
1	Amber Prado	CA	82.5kg	79.7	25	142.5	150	157.5	85	95	102.5	170	185	192.5	445	408.021	
2	Cydney Bushue	KS	82.5kg	76.2	23	120	130	140	75	85	92.5	165	175	182.5	397.5	374.207	
3	Ashley Percy	CO	82.5kg	82.2	25	145	147.5	155	62.5	67.5	70	147.5	155	162.5	387.5	349.409	
	67.5kg Submaster																
1	Keyra Dixon	CA	67.5kg	65.8	38	120	125	130	65	70	72.5	135	140	147.5	347.5	361.296	
	75kg Master 45-49																
1	Jennifer (Jenn) David	CA	75kg	70.2	45	132.5	140	145	70	80	82.5	155	167.5	177.5	402.5	399.642	421.623

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Raw Powerlifting																	
	90kg Jr 20-23																
1	Joel (Yoshi) Dingle	CA	90kg	86.4	21	182.5	192.5	205	127.5	135	140	212.5	222.5	235	562.5	366.919	
	110kg Jr 20-23																
DQ	Pedro J. Zarate	CA	110kg	106.4	22	225	225	225	155	---	---	---	---	---	0	0	
	67.5kg Open																
1	Manuel Chagolla	CA	67.5kg	64.6	26	187.5	195	202.5	127.5	132.5	137.5	247.5	257.5	267.5	607.5	485.575	
2	Denny Sou	CA	67.5kg	66.3	34	140	147.5	155	130	137.5	137.5	225	232.5	232.5	517.5	404.84	
	75kg Open																
1	Adrian Zackery	CA	75kg	75.0	26	230	240	250	142.5	147.5	152.5	285	302.5	312.5	700	498.82	
														4th: 318			
2	Sage Stokes	CA	75kg	73.8	27	210	225	225	122.5	130	137.5	237.5	250	257.5	590	425.213	
3	Robert Letran	CA	75kg	73.2	34	182.5	195	205	125	132.5	137.5	202.5	212.5	225	557.5	404.132	
	82.5kg Open																
1	Johnathon Carlisle	CA	82.5kg	81.4	25	225	237.5	237.5	180	182.5	185	272.5	282.5	297.5	705	476.157	
2	Jen Juico	CA	82.5kg	80.4	34	195	215	227.5	147.5	165	170	272.5	285	290	677.5	461.107	
3	Anthony Distefano	DE	82.5kg	81.4	33	207.5	212.5	212.5	115	120	130	205	277.5	282.5	615	415.371	
	90kg Open																
1	Brian Goldstein	CA	90kg	89.6	31	285	287.5	295	175	185	195	292.5	310	310	790	505.442	
2	Dave White	TN	90kg	89.4	26	245	257.5	257.5	190	205	207.5	267.5	295	305	757.5	485.255	
3	Ruslan Pasichenko	NY	90kg	89.4	28	225	225	---	145	150	152.5	245	255	257.5	632.5	405.18	
	100kg Open																
1	Jordan Feigenbaum	CA	100kg	93.6	34	260	272.5	272.5	185	192.5	197.5	305	325	330	790	494.777	
2	Dex Nepomuceno	HI	100kg	98.6	28	245	262.5	272.5	155	167.5	177.5	250	265	275	725	443.773	
3	Chris Cooley	CA	100kg	97.0	30	230	240	247.5	167.5	175	175	282.5	292.5	300	722.5	445.277	
4	Andres Castro	CA	100kg	98.2	47	220	237.5	237.5	165	177.5	182.5	262.5	282.5	290	705	432.236	467.679
5	Gregory Diaz	CA	100kg	97.4	33	227.5	240	250	137.5	142.5	145	272.5	282.5	300	667.5	410.646	
	110kg Open																
1	Louie Ortiguerra	CA	110kg	106.4	24	247.5	262.5	275	165	177.5	187.5	247.5	265	277.5	740	440.152	
	125kg Open																
1	Joshua Earnest	CA	125kg	123.2	38	305	317.5	---	207.5	217.5	227.5	295	312.5	317.5	850	485.86	
2	Johnathan King	CA	125kg	122.8	28	240	250	265	152.5	160	170	275	292.5	305	727.5	416.13	
	140kg Open																
1	Mario Risso	NM	140kg	133.4	38	270	285	292.5	227.5	242.5	250	320	332.5	335	877.5	494.1	
	125kg Submaster																
1	Joshua Earnest	CA	125kg	123.2	38	305	317.5	---	207.5	217.5	227.5	295	312.5	317.5	850	485.86	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	140kg Submaster																
1	Mario Risso	NM	140kg	133.4	38	270	285	292.5	227.5	242.5	250	320	332.5	335	877.5	494.1	
	67.5kg Master 55-59																
1	James Seifert	CA	67.5kg	67.4	55	112.5	122.5	125	108	108	115	140.0	150	152.5	392.5	302.971	371.139
	90kg Master 50-54																
1	Eric Loyola	HI	90kg	88.8	50	197.5	215	215	130	135	135	197.5	210	220	555	356.754	403.132
	100kg Master 45-49																
1	Andres Castro	CA	100kg	98.2	47	220	237.5	237.5	165	177.5	182.5	262.5	282.5	290	705	432.236	467.679
Women Classic Raw Powerlifting																	
	75kg Open																
1	Noemi Garnica	CA	75kg	73.2	30	152.5	162.5	175	92.5	100	105	155	165	175	427.5	412.751	
Men Classic Raw Powerlifting																	
	60kg Jr 16-17																
DQ	David Arredondo	CA	60kg	56.7	17	125	127.5	132.5	90	90	90	152.5	160	165	0	0	
	67.5kg Open																
DQ	Jose Arredondo	CA	67.5kg	66.7	25	132.5	137.5	142.5	85	85	85	100	100	100	0	0	
	90kg Open																
1	Michael Rivera	CA	90kg	88.8	30	265	287.5	290	195	215	217.5	295	312.5	312.5	777.5	499.777	
2	James Lewis	CA	90kg	88.0	43	227.5	240	240	182.5	192.5	197.5	227.5	242.5	250	675	435.983	449.498
	110kg Open																
1	Domingo Avalos	CA	110kg	105.4	25	250	257.5	260	162.5	172.5	180	265	275	292.5	730	435.664	
2	Peter Demertzis	NY	110kg	106.6	27	275	282.5	282.5	145	152.5	157.5	242.5	257.5	272.5	697.5	414.664	
	125kg Open																
1	Uriah Clark	CA	125kg	117.8	24	325	342.5	342.5	182.5	190	190	275	292.5	307.5	817.5	472.106	
	SHW Open																
1	Victor Sanchez	CA	SHW	169.6	36	310	327.5	327.5	180	187.5	190	277.5	290	297.5	795	431.924	
	SHW Submaster																
1	Victor Sanchez	CA	SHW	169.6	36	310	327.5	327.5	180	187.5	190	277.5	290	297.5	795	431.924	
	90kg Master 40-44																
1	James Lewis	CA	90kg	88.0	43	227.5	240	240	182.5	192.5	197.5	227.5	242.5	250	675	435.983	449.498
	125kg Master 40-44																
1	Nick Peres	CA	125kg	116.2	44	205	215	215	135	140	145	275	292.5	310	637.5	369.431	385.317

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Bench Only																	
	56kg Jr 20-23																
1	Katrina Arguello	CA	56kg	54.8	22				45	47.5	52.5				47.5	56.843	
	56kg Open																
1	Katrina Arguello	CA	56kg	54.8	22				45	47.5	52.5				47.5	56.843	
	60kg Open																
1	Leilana Tupuarodriguez	WA	60kg	59.6	25				80	85	85				85	95.26	
	67.5kg Open																
1	Monique Rodriguez	FL	67.5kg	66.4	27				67.5	72.5	72.5				72.5	74.878	
	75kg Open																
1	Ashley Contorno	CA	75kg	72.8	30				122.5	130	130				130	125.957	
Men Raw Bench Only																	
	90kg Open																
1	Dave White	TN	90kg	89.4	26				190	205	207.5				205	131.323	
	67.5kg Master 55-59																
1	James Seifert	CA	67.5kg	67.4	55				108	108	115				115	88.769	108.741
	82.5kg Master 70-74																
1	Barry Moores	CA	82.5kg	82.5	74				102.5	110	115				115	77.039	138.284
	90kg Master 55-59																
DQ	Randy George	TX	90kg	89.2	58				177.5	177.5	177.5				0	0	0
Men Single Ply Bench Only																	
	90kg Master 75-79																
1	Howard Mangan	CA	90kg	88.8	78				77.5	82.5	87.5				82.5	53.031	103.994
Women Raw Deadlift Only																	
	56kg Open																
1	Katrina Lopez	CA	56kg	54.0	29							157.5	167.5	175	167.5	202.776	
	60kg Open																
1	Leilana Tupuarodriguez	WA	60kg	59.6	25							105	125	135	125	140.088	
	67.5kg Open																
1	Monique Rodriguez	FL	67.5kg	66.4	27							137.5	137.5	142.5	142.5	147.174	

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Raw Deadlift Only																	
	60kg Open																
1	David Van	CA	60kg	59.2	33							182.5	190	200	200	172.7	
	75kg Open																
1	Adrian Zackery	CA	75kg	75.0	26							285	302.5	312.5	312.5	222.688	
														4th: 318			
	82.5kg Open																
1	Jen Juico	CA	82.5kg	80.4	34							272.5	285	290	285	193.971	
2	Alexander Minnis	CA	82.5kg	82.0	24							255	262.5	265	262.5	176.505	
	110kg Master 55-59																
1	Michael Pennington	CA	110kg	100.4	56							247.5	262.5	275	262.5	159.495	198.731
Best Lifters:																	
	Cara Wochaski	Raw Jr Women PL												Record Color Codes:			
	Ashley Contorno	Raw Open Women PL												State			
	Brian Goldstein	Raw Open Men PL												National			
	Michael Rivera	Craw Open Men PL												World			
Thank you to our referees:																	
International: Mike Tronske, Steve Denison, Tracie Marquez, Tom Miller and Jose Hernandez																	
National: Tanya Reed, Tom Urani, Rick Simmons and Ceasar Amada																	
State: Tyler Van Loon and Ciarra Hutton																	
Meet Director: Steve Denison																	
Thank you to our spotters and loaders:																	
Timothy Thornton, Alejandro Ramirez, Tyler Stinger, Matthew Troxell and Matthew Sherrod																	