

USPA Liz Freel Classic Charity Event April 10, 2021 Long Beach, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Women Raw Powerlifting			Junior													
	67.5kg Jr 20-23																
1	Audriana Flick	CA	67.5kg	62.8	22	100	107.5	115	42.5	47.5	50	102.5	110	117.5	282.5	304.422	
	Women Raw Powerlifting			Open													
	67.5kg Open																
1	Heather Sulaeman	CA	67.5kg	65.1	30	102.5	110	117.5	60	65	67.5	140	140	150	335	353.262	
2	Sandy Banos	CA	67.5kg	65.6	31	100	107.5	115	52.5	57.5	60	145	152.5	160	327.5	343.792	
3	Cynthia Cervantes	CA	67.5kg	67.5	32	67.5	82.5	95	35	42.5	47.5	102.5	115	122.5	260	268.422	
4	Miriam Martinez	CA	67.5kg	63.6	26	82.5	85	105	37.5	40	45	92.5	100	112.5	242.5	259.317	
5	Rosanna Wait	CA	67.5kg	64.8	51	57.5	57.5	57.5	40	42.5	42.5	65	70	77.5	177.5	187.691	215.282
	SHW Open																
1	Clois Mcconico	CA	SHW	106.1	33	130	137.5	142.5	62.5	67.5	72.5	147.5	155	167.5	382.5	319.273	
2	Lyandra Opbroek	CA	SHW	101.2	26	137.5	147.5	165	52.5	62.5	70	142.5	150	157.5	367.5	312.165	
	Women Raw Powerlifting			Master													
	48kg Master 40-44																
1	Jessica Iuga	CA	48kg	47.0	40	60	65	65	32.5	35	37.5	82.5	87.5	90	185	242.454	242.454
	67.5kg Master 50-54																
1	Rosanna Wait	CA	67.5kg	64.8	51	57.5	57.5	57.5	40	42.5	42.5	65	70	77.5	177.5	187.691	215.282
	Men Raw Powerlifting			Junior													
	67.5kg Jr 18-19																
1	Robert Querns	CA	67.5kg	66.3	19	137.5	147.5	152.5	102.5	110	115	145	160	177.5	432.5	337.741	
	75kg Jr 20-23																
1	Ivan Vega	CA	75kg	74.4	21	180	192.5	197.5	105	115	117.5	205	220	227.5	535	385.805	
2	Jaren Ford-Jones	FL	75kg	74	20	157.5	165	170	102.5	110	125	185	210	215	490	354.589	
3	Jared Ruiz	CA	75kg	69.7	20	157.5	157.5	165	112.5	120	125	170	177.5	185	475	357.866	
DQ	Kevin Choe	NV	75kg	73.6	20	135	145	157.5	87.5	95	97.5	100	130	140	0	0	
	82.5kg Jr 16-17																
1	Juan Medel	CA	82.5kg	82.3	16	160	165	170	85	85	102.5	190	197.5	200	452.5	306.943	
	82.5kg Jr 20-23																
1	Jose Vega	CA	82.5kg	81.4	23	185	205	210	125	135	137.5	200	222.5	242.5	570	389.087	
2	Jaret Freedy	CA	82.5kg	75.7	20	180	190	200	97.5	102.5	105	205	220	220	522.5	372.647	

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	100kg Jr 20-23																
1	Juan Valenzuela	CA	100kg	97.5	21	232.5	250	252.5	142.5	155	155	250	265	290	682.5	424.806	
2	Albert Chacon	CA	100kg	98.8	23	190	190	205	125	135	140	227.5	245	255	575	355.793	
3	Juan Romero	CA	100kg	98	21	145	160	172.5	95	100	105	200	220	227.5	492.5	305.844	
	110kg Jr 20-23																
1	Bernardo Esparza	CA	110kg	108.6	22	227.5	237.5	247.5	142.5	142.5	157.5	230	250	277.5	682.5	406.194	
2	Sam Pineda	CA	110kg	106.8	20	215	222.5	230	145	155	162.5	242.5	255	270	655	392.365	
	SHW Jr 16-17																
1	Khalel Cox	CA	SHW	160.4	17	220	220	220	140	147.5	160	260	272.5	282.5	652.5	344.72	
	SHW Jr 20-23																
1	Jordan Rodriguez	CA	SHW	174.7	21	260	280	295	160	170	182.5	250	250	272.5	750	387.579	
	Men Raw Powerlifting			Open													
	67.5kg Open																
1	Charlie Tran	CA	67.5kg	67.5	21	160	167.5	177.5	115	122.5	130	185	195	205	495	381.52	
2	Guillermo Madrigal	CA	67.5kg	64.2	26	142.5	150	157.5	102.5	107.5	110	185	192.5	202.5	467.5	373.999	
3	Michael Lozano	CA	67.5kg	67.5	28	115	127.5	137.5	102.5	115	122.5	152.5	160	175	402.5	310.226	
	75kg Open																
1	Daanish Noor	CA	75kg	71.2	25	200	212.5	220	127.5	137.5	142.5	225	232.5	232.5	595	441.752	
2	Jaime Sierra	CA	75kg	71.8	25	137.5	155	167.5	107.5	112.5	122.5	195	215	227.5	505	372.81	
3	Cameron Phillips	CA	75kg	74.9	25	157.5	172.5	180	97.5	102.5	110	200	212.5	227.5	487.5	350.042	
4	Rey Reyes	CA	75kg	72.7	29	125	142.5	152.5	115	125	130	165	182.5	195	477.5	349.587	
5	John Jiron	CA	75kg	72.3	24	142.5	142.5	150	120	130	137.5	170	177.5	182.5	470	345.362	
DQ	Peter Albin	CA	75kg	67.9	26	170	170	170	110	112.5	115	220	227.5	227.5	0	0	
DQ	Heriberto Terrones	CA	75kg	73.9	31	145	145	145	97.5	102.5	105	162.5	162.5	172.5	0	0	
	90kg Open																
1	Joshua Estipona	CA	90kg	87.2	25	155	167.5	177.5	115	122.5	130	175	190	202.5	510	335.174	
2	Jake Freedy	CA	90kg	89	24	170	182.5	190	120	127.5	137.5	180	187.5	192.5	502.5	326.764	
	100kg Open																
1	Joseph Alexander	CA	100kg	98.1	26	270	277.5	282.5	185	190	205	275	287.5	317.5	770	477.956	
2	Juan Mata	CA	100kg	94.6	37	187.5	192.5	207.5	122.5	132.5	140	202.5	220	232.5	580	366.048	
3	Christian Stevenson	CA	100kg	96.5	24	165	170	175	125	130	137.5	195	207.5	227.5	512.5	320.486	
	110kg Open																
1	Alec Lowi	CA	110kg	107.7	24	270	290	302.5	217.5	230	242.5	275	305	322.5	867.5	517.958	
2	Bernardo Esparza	CA	110kg	108.6	22	227.5	237.5	247.5	142.5	142.5	157.5	230	250	277.5	682.5	406.194	

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	140kg Open																
1	Ken Cooper	CA	140kg	136.2	29	280	302.5	322.5	225	245	257.5	355	380	397.5	977.5	539.891	
DQ	Ray Hixon	AZ	140kg	133	57	-247.5	-247.5	-260	180	185	-192.5	-275	-285	-285	0	0	0
	Men Raw Powerlifting		Submaster														
	100kg Submaster																
1	Juan Mata	CA	100kg	94.6	37	-187.5	192.5	207.5	122.5	132.5	140	202.5	220	232.5	580	366.048	
	Men Raw Powerlifting		Master														
	75kg Master 70-74																
1	Jeff Grenzke	CA	75kg	72.2	72	-92.5	-92.5	92.5	80	82.5	85	125	135	---	312.5	229.841	394.867
	82.5kg Master 45-49																
1	Andres Guzman	CA	82.5kg	78.6	45	127.5	-137.5	-137.5	90	-105	---	182.5	197.5	---	415	289.189	305.095
	140kg Master 55-59																
DQ	Ray Hixon	AZ	140kg	133	57	-247.5	-247.5	-260	180	185	-192.5	-275	-285	-285	0	0	0
	Women Classic Raw Powerlifting		Open														
	56kg Open																
DQ	Maryann Heredia	CA	56kg	55.3	34	120	-125	-125	60	60	60	137.5	147.5	155	0	0	
	60kg Open																
1	Samantha Bolletino	CA	60kg	59.4	23	140	152.5	162.5	80	85	90	142.5	-155	165	417.5	465.773	
	75kg Open																
1	Giovanna Herrera	CA	75kg	72	27	137.5	-140	142.5 (145)	52.5	-67.5	67.5	142.5	147.5	155	365	363.393	
	Women Classic Raw Powerlifting		Submaster														
	82.5kg Submaster																
1	Yadira Montes	CA	82.5kg	80	39	87.5	95	102.5	55	60	62.5	120	135	140	305	287.386	
	Men Classic Raw Powerlifting		Junior														
	75kg Jr 18-19																
1	Julver Morales	CA	75kg	68.9	19	162.5	182.5	190.5	112.5	115	-122.5	202.5	-207.5	-207.5	508	385.84	
	125kg Jr 20-23																
1	Taylen Washington	CA	125kg	121.7	21	222.5	227.5	230	157.5	167.5	170	280	285	290	690	394.437	

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	SHW OpenJr																
1	Johnathan Hangartner	CA	SHW	140.9	24	260	280	287.5	170	182.5	197.5	272.5	287.5	295	765	418.484	
	Men Classic Raw Powerlifting			Open													
	125kg Open																
1	Jonathan Carrillo	CA	125kg	111.3	27	225	230	240	155	157.5	160	217.5	222.5	230	630	371.496	
	SHW Open																
1	Johnathan Hangartner	CA	SHW	140.9	24	260	280	287.5	170	182.5	197.5	272.5	287.5	295	765	418.484	
	Men Classic Raw Powerlifting			Master													
	100kg Master 40-44																
1	Sam Hale	CA	100kg	96.7	40	212.5	225	225	145	157.5	170	215	227.5	242.5	610	381.097	381.097
	Women Multi Ply Powerlifting			Open													
	75kg Open																
1	Elizabeth Freel	CA	75kg	70.4	46	182.5	195	205	100	105	110	182.5	195	205	520	524.18	
	Women Raw Bench Only			Open													
	67.5kg Open																
1	Cynthia Cervantes	CA	67.5kg	67.5	32				35	42.5	47.5				42.5	43.877	
	Men Raw Bench Only			Master													
	75kg Master 70-74																
1	Jeff Grenzke	CA	75kg	72.2	72				80	82.5	85				85	62.517	107.404
	100kg Master 60-64																
1	Gary Thorp	CA	100kg	90.3	64				142.5	152.5	155				152.5	98.442	142.741
	Women Raw Deadlift Only			Open													
	67.5kg Open																
1	Cynthia Cervantes	CA	67.5kg	67.5	32							102.5	115	122.5	122.5	126.468	
	Men Raw Deadlift Only			Master													
	75kg Master 70-74																
1	Jeff Grenzke	CA	75kg	72.2	72							125	135	135	135	99.291	170.583
	140kg Master 40-44																
DQ	Henry Hovakimian	CA	140kg	136.2	40							265	265	265	0	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			
	Best Lifters														Record Color Codes					
	Juan Valenzuela	Raw	PL	Jr	Men														State	
	Heather Sulaeman	Raw	PL	Open	Women														National	
	Ken Cooper	Raw	PL	Open	Men															
	Meet Director:	Steve Denison																		
	Referees																			
	International:	Steve Denison, Mike Tronske, Leonetta Richardson, Tom Miller, Tracie Marquez, Jose Hernandez & Tom Moormeister																		
	National:	Anne Escobedo & Tanya Reed																		
	State:	Ollie Meadows																		
	Staff:	Cynthia Graham & Maryam Rushdi																		
	Announcer:	Peter Boothroyd																		
	Spotter/Loaders:	Robert Speno, Gabriel Sanchez, Cesar Doratt, Timothy Thornton and Corey Shields																		