

USPA Rise of the Valkyrie October 3, 2020 Kalispell, MT

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	Women Raw Powerlifting			Junior													
	52kg Jr 20-23																
DQ	Monica Ruechel	GA	52kg	48.2	22	80.0	87.5	<del>95</del>	<del>57.5</del>	<del>57.5</del>	<del>57.5</del>	115	122.5	<del>127.5</del>	0	0	
	60kg Jr 18-19																
1	Miah Salinas	CA	60kg	58.7	18	95.0	100	<del>102.5</del>	57.5	60	62.5	120	130	<del>137.5</del>	292.5	391.511	
	75kg Jr 20-23																
1	Autumn Gault	MT	75kg	69.6	22	77.5	80	85	42.5	47.5	52.5	85	90	92.5	230	277.794	
	90kg Jr 20-23																
1	Jamie Meyer	MT	90kg	86.1	23	117.5	122.5	127.5	62.5	67.5	<del>72.5</del>	117.5	125	132.5	327.5	360.479	
	Women Raw Powerlifting			Open													
	56kg Open																
1	Jozee Cross	MT	56kg	55.7	29	85.0	92.5	<del>97.5</del>	40	42.5	<del>45</del>	117.5	127.5	130	265	368.006	
	60kg Open																
1	Denise Minard		60kg	58.6	26	120.0	125.0	132.5	90	95	<del>100</del>	157.5	162.5	170	397.5	532.65	
2	Diana Godinez	CA	60kg	58.3	26	105.0	112.5	115	55	60	62.5	125	135	<del>142.5</del>	312.5	420.219	
3	Miah Salinas	CA	60kg	58.7	18	95.0	100	<del>102.5</del>	57.5	60	62.5	120	130	<del>137.5</del>	292.5	391.511	
	67.5kg Open																
1	Kimberly Buchholz-Lybeck	MT	67.5kg	63.9	60	32.5	40	47.5	32.5	35	<del>37.5</del>	65	72.5	80	162.5	205.985	276.02
	75kg Open																
1	Ashley Contorno	CA	75kg	74.6	31	185.0	197.5	<del>210</del>	125	132.5	<del>138</del>	190	200	<del>210</del>	530	618.404	
2	Christine McIntire	MT	75kg	72.7	29	82.5	92.5	97.5	72.5	80	<del>85</del>	127.5	137.5	<del>147.5</del>	315	372.11	
3	Autumn Gault	MT	75kg	69.6	22	77.5	80	85	42.5	47.5	52.5	85	90	92.5	230	277.794	
4	Jennifer Kramer	MT	75kg	74.3	41	<del>52.5</del>	52.5	62.5	37.5	42.5	<del>45</del>	75	85	95	200	233.8	236.138
	82.5kg Open																
1	Kayla Nipp	WA	82.5kg	81.2	30	132.5	142.5	155	75	82.5	<del>87.5</del>	162.5	172.5	<del>182.5</del>	410	461.25	
2	Donna Weidow	MT	82.5kg	82.5	46	117.5	127.5	137.5	70	75	<del>80</del>	125	140	145	357.5	399.685	426.864
														(147.5)			
3	Kristen Brossman	MT	82.5kg	80.0	32	67.5	70.0	75	47.5	52.5	55	85	92.5	97.5	227.5	257.462	
DQ	Kelsey Perrault	CA	82.5kg	82.0	27											0	
	90kg Open																
1	Samantha Mello	UT	90kg	89.4	28	192.5	202.5	212.5	100	105	<del>110</del>	177.5	187.5	197.5	515	559.754	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	SHW Open																
1	Lynette Ritchie	AL	SHW	105.6	55	130.0	160	170	95	107.5	112.5	175	207.5	217.5	500	519.1	635.898
2	Abbey Prunier	WA	SHW	126.8	25	155.0	172.5	180	<del>92.5</del>	92.5	<del>97.5</del>	185	197.5	<del>210</del>	470	468.261	
3	Sarah Mccaslin	OK	SHW	107.0	39	142.5	155	165	85	90	95	167.5	182.5	187.5	447.5	463.163	
	Women Raw Powerlifting																
	67.5kg Submaster																
DQ	Kendra Carter	MT	67.5kg	63.1	35	<del>97.5</del>	97.5	102.5	<del>50</del>	<del>50</del>	<del>50</del>	117.5	125	130	0	0	
	75kg Submaster																
1	Samantha Persavich	ID	75kg	69.9	36	117.5	120	<del>122.5</del>	<del>60</del>	60	<del>62.5</del>	125	135	147.5	327.5	394.638	
	SHW Submaster																
1	Sarah Mccaslin	OK	SHW	107.0	39	142.5	155	165	85	90	95	167.5	182.5	187.5	447.5	463.163	
	Women Raw Powerlifting																
	67.5kg Master 45-49																
DQ	Michelle Carlson	UT	67.5kg	65.6	48											0	0
	67.5kg Master 60-64																
1	Kimberly Buchholz-Lybeck	MT	67.5kg	63.9	60	32.5	40	47.5	32.5	35	<del>37.5</del>	65	72.5	80	162.5	205.985	276.02
	75kg Master 40-44																
1	Jennifer Kramer	MT	75kg	74.3	41	<del>52.5</del>	52.5	62.5	37.5	42.5	<del>45</del>	75	85	95	200	233.8	236.138
	82.5kg Master 45-49																
1	Donna Weidow	MT	82.5kg	82.5	46	117.5	127.5	137.5	70	75	<del>80</del>	125	140	145 (147.5)	357.5	399.685	426.864
	SHW Master 55-59																
1	Lynette Ritchie	AL	SHW	105.6	55	130.0	160	170	95	107.5	112.5	175	207.5	217.5	500	519.1	635.898
2	Lynn Bassett	UT	SHW	115.3	55	<del>137.5</del>	<del>140</del>	140	90	<del>95</del>	<del>95</del>	147.5	<del>155</del>	<del>157.5</del>	377.5	384.144	470.576
	Women Raw Bench Only																
	60kg Jr 18-19																
1	Miah Salinas	CA	60kg	58.7	18				57.5	60	62.5				62.5	83.656	
	Women Raw Bench Only																
	60kg Open																
1	Miah Salinas	CA	60kg	58.7	18				57.5	60	62.5				62.5	83.656	
	75kg Open																
1	Christine Mcintire	MT	75kg	72.7	29				72.5	80	<del>85</del>				80	94.504	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	82.5kg Open																
1	Donna Weidow	MT	82.5kg	82.5	46				70	75	<del>80</del>				75	83.85	89.552
	90kg Open																
1	Michele Bashor	MT	90kg	85.0	43				<del>97.5</del>	97.5	<del>100</del>				97.5	107.806	111.148
	SHW Open																
1	Lynette Ritchie	AL	SHW	105.6	55				95	107.5	112.5				112.5	116.798	143.077
	Women Raw Bench Only			Master													
	82.5kg Master 45-49																
1	Donna Weidow	MT	82.5kg	82.5	46				70	75	<del>80</del>				75	83.85	89.552
	90kg Master 40-44																
1	Michele Bashor	MT	90kg	85.0	43				<del>97.5</del>	97.5	<del>100</del>				97.5	107.806	111.148
	SHW Master 55-59																
1	Lynette Ritchie	AL	SHW	105.6	55				95	107.5	112.5				112.5	116.798	143.077
2	Lynn Bassett	UT	SHW	115.3	55				90	<del>95</del>	<del>95</del>				90	91.584	112.19
	Women Raw Deadlift Only			Junior													
	60kg Jr 18-19																
1	Miah Salinas	CA	60kg	58.7	18							120	130	<del>137.5</del>	130	174.005	
	Women Raw Deadlift Only			Open													
	60kg Open																
1	Miah Salinas	CA	60kg	58.7	18							120	130	<del>137.5</del>	130	174.005	
	82.5kg Open																
1	Donna Weidow	MT	82.5kg	82.5	46							125	140	145 (147.5)	145	162.11	173.133
DQ	Kelsey Perrault	CA	82.5kg	82.0	27											0	
	SHW Open																
1	Lynette Ritchie	AL	SHW	105.6	55							175	207.5	217.5	217.5	225.809	276.615
	Women Raw Deadlift Only			Master													
	82.5kg Master 45-49																
1	Donna Weidow	MT	82.5kg	82.5	46							125	140	145 (147.5)	145	162.11	173.133
	SHW Master 55-59																
1	Lynette Ritchie	AL	SHW	105.6	55							175	207.5	217.5	217.5	225.809	276.615
2	Lynn Bassett	UT	SHW	115.3	55							147.5	<del>155</del>	<del>157.5</del>	147.5	150.096	183.868

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	Women Raw Push-Pull			Open													
	SHW Open																
1	Lynette Ritchie	AL	SHW	105.6	55				95	107.5	112.5	175	207.5	217.5	330	342.606	276.615
	Women Raw Push-Pull			Master													
	SHW Master 55-59																
1	Lynette Ritchie	AL	SHW	105.6	55				95	107.5	112.5	175	207.5	217.5	330	342.606	276.615
	Best Lifters														<b>Record Color Codes</b>		
	Ashley Contorno	Raw Open Women PL													State		
	Lynette Ritchie	Raw Master Women PL													National		
	Lynette Ritchie	Raw Open Women BPO															
	Meet Director:	Donny Tudahl															
	Referees																
	National:	Lynette Ritchie, Rick Simmons															
	State:	Donny Tudahl, Brook Egbert, Sierra Scheffer, Scott Sciaretta, Doug White															
	Staff:	Jillian Downey															
	Spotter/Loaders:	Hunter Shae, Austin Page, Bryan Unger															