

USPA Sonoma County Open November 9, 2019 Cotati, CA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	<b>Women Raw Powerlifting</b>																
	67.5kg Jr 20-23																
1	Melissa Debret	CA	67.5kg	66.05	23	87.5	92.5	97.5	55	57.5	60	87.5	95	102.5	260	269.568	
2	Lisa Winters	CA	67.5kg	61.35	22	62.5	67.5	70	42.5	45	47.5	82.5	90	95	212.5	232.879	
	48kg Open																
1	Lauren Ma	CA	48kg	47.55	31	70.0	75	80	35	37.5	40	95	100	105	225	300.06	
	52kg Open																
1	Betsy Fu	CA	52kg	50.85	25	80.0	85	<del>87.5</del>	42.5	45	<del>47.5</del>	90	95	<del>102.5</del>	225	285.368	
	56kg Open																
1	Hilary Schiraldi	CA	56kg	54.75	41	105.0	110	115	60	<del>62.5</del>	62.5	117.5	127.5	132.5	310	371.256	374.969
2	Carolyn Bruno	CA	56kg	55.45	26	107.5	115	120	42.5	45	47.5	127.5	135	<del>142.5</del>	302.5	358.674	
	60kg Open																
1	Andrea Passwater	CA	60kg	58.5	31	105.0	110	115	67.5	<del>72.5</del>	72.5	122.5	130	137.5	325	369.558	
2	Angela Young	CA	60kg	59.05	43	85.0	97.5	<del>100</del>	50	52.5	<del>55</del>	110	122.5	<del>127.5</del>	272.5	307.598	317.134
	67.5kg Open																
1	Natasha Barnes	CA	67.5kg	65.5	36	120.0	125	127.5	72.5	<del>77.5</del>	<del>77.5</del>	155	160	<del>162.5</del>	360	375.552	
2	Laura Kelly	CA	67.5kg	66.1	31	97.5	102.5	107.5	57.5	60	62.5	135	140	<del>142.5</del>	310	321.222	
3	Amanda Guzman	CA	67.5kg	65.35	34	87.5	92.5	97.5	60	62.5	65	115	120	<del>127.5</del>	282.5	295.184	
4	Melissa Debret	CA	67.5kg	66.05	23	87.5	92.5	97.5	55	57.5	60	87.5	95	102.5	260	269.568	
5	Lisa Winters	CA	67.5kg	61.35	22	62.5	67.5	70	42.5	45	47.5	82.5	90	95	212.5	232.879	
	75kg Open																
1	Aimee Valencia	CA	75kg	74.25	25	110.0	112.5	125	62.5	<del>67.5</del>	67.5	145	155	165	357.5	342.02	
2	Stephanie Oh	CA	75kg	72.9	30	87.5	92.5	97.5	65	67.5	<del>70</del>	135	140	145	310	300.111	
3	Natalie Mendoza-Bens	CA	75kg	73.35	30	107.5	110	<del>115</del>	<del>52.5</del>	52.5	55	105	110	115	280	269.976	
	82.5kg Open																
1	Sarah Koehler	CA	82.5kg	80.65	28	90.0	<del>97.5</del>	100	50	55	57.5	102.5	110	115	272.5	248.22	
DQ	Melanie Krygier	CA	82.5kg	78.55	35	152.5	<del>160</del>	160	<del>97.5</del>	<del>102.5</del>	<del>102.5</del>	185	192.5	<del>200.0</del>	0	0	
	SHW Open																
1	Janelle Dent	CA	SHW	108.15	30	135.0	137.5	142.5	55	60	<del>65</del>	137.5	145	152.5	355	289.716	
	67.5kg Submaster																
1	Natasha Barnes	CA	67.5kg	65.5	36	120.0	125	127.5	72.5	<del>77.5</del>	<del>77.5</del>	155	160	<del>162.5</del>	360	375.552	
	82.5kg Submaster																
DQ	Melanie Krygier	CA	82.5kg	78.55	35	152.5	<del>160</del>	160	<del>97.5</del>	<del>102.5</del>	<del>102.5</del>	185	192.5	<del>200.0</del>	0	0	
	56kg Master 40-44																
1	Hilary Schiraldi	CA	56kg	54.75	41	105.0	110	115	60	<del>62.5</del>	62.5	117.5	127.5	132.5	310	371.256	374.969
	56kg Master 75-79																
1	Carlyn Mikita	CA	56kg	53.8	75	<del>42.5</del>	42.5	47.5	35	37.5	40	70	77.5	<del>82.5</del>	165	200.327	367.599

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	60kg Master 40-44																
1	Angela Young	CA	60kg	59.05	43	85.0	97.5	<del>100</del>	50	52.5	<del>55</del>	110	122.5	<del>127.5</del>	272.5	307.598	317.134
	82.5kg Master 65-69																
1	Elizabeth Ritchie	CA	82.5kg	75.2	66	75.0	82.5	85	45	47.5	50	107.5	115	120	255	242.021	365.693
								4th: 87.5						4th: 125			
	90kg Master 45-49																
DQ	Gina Henderson	CA	90kg	85.75	48	<del>112.5</del>	<del>112.5</del>	<del>112.5</del>	67.5	70	<del>72.5</del>	112.5	117.5	125	0	0	0
	90kg Master 50-54																
1	Laura Krieg	CA	90kg	87.5	52	105.0	<del>112.5</del>	112.5	52.5	<del>55</del>	<del>---</del>	135	140	<del>140.5</del>	305	266.753	310.767
<b>Men Raw Powerlifting</b>																	
	90kg Jr 20-23																
1	Troy Sack	CA	90kg	87.2	22	167.5	175.0	185.0	127.5	135	142.5	175	185	<del>190</del>	512.5	332.664	
	100kg Jr 16-17																
1	Nolan Henderon	CA	100kg	96.75	17	145.0	150.0	155.0	115	120	127.5	175	185	192.5	475	293.075	
	67.5kg Open																
1	Ephraim Sison	CA	67.5kg	66.9	34	167.5	180	<del>185</del>	110	117.5	<del>125.0</del>	215	<del>230</del>	<del>230</del>	512.5	398.008	
	82.5kg Open																
1	Rohan Shankar	CA	82.5kg	79.9	24	152.5	160.0	165.0	112.5	117.5	125	197.5	205	215	505	345.016	
2	Aaron Adelson	CA	82.5kg	76.85	32	157.5	162.5	165.0	100	<del>115</del>	<del>115</del>	142.5	152.5	160	425	297.84	
	90kg Open																
1	John Schroeder	CA	90kg	86.85	22	230.0	<del>240.0</del>	<del>240.0</del>	<del>122.5</del>	122.5	<del>127.5</del>	282.5	<del>302.5</del>	<del>302.5</del>	635	413.068	
2	Michael Mckenzie	CA	90kg	88.2	34	165.0	177.5	192.5	130	137.5	145	240	255	265	602.5	388.673	
3	Andrew Fong	CA	90kg	86.2	38	180.0	190.0	<del>200.0</del>	130	<del>137.5</del>	<del>137.5</del>	180	190	200	520	339.664	
4	Freeman Levinrad	CA	90kg	89.15	33	182.5	<del>187.5</del>	<del>187.5</del>	135	<del>137.5</del>	137.5	185	192.5	195	515	330.373	
5	Dan Nazario	CA	90kg	89.25	32	<del>170.0</del>	175.0	<del>180.0</del>	107.5	110	112.5	150	160	200	487.5	312.536	
	100kg Open																
1	Randall Ruppert	CA	100kg	98.7	30	242.5	257.5	267.5	160	<del>170</del>	175	287.5	300	<del>317.5</del>	742.5	454.262	
2	Nate Coogan	CA	100kg	99.4	42	202.5	<del>207.5</del>	<del>207.5</del>	142.5	<del>145</del>	145	265	275	280	627.5	382.838	390.495
3	Matt Sweeney	CA	100kg	96.90	34	190.0	<del>200.0</del>	<del>200</del>	<del>117.5</del>	117.5	<del>120</del>	195	202.5	<del>---</del>	510	314.466	
4	Robert Velasquez	CA	100kg	99.1	33	147.5	152.5	157.5	87.5	<del>92.5</del>	<del>92.5</del>	185	190	<del>192.5</del>	435	265.698	
5	Alexander Mamrelli-Small	CA	100kg	94.8	23	130.0	140	147.5	<del>92.5</del>	100	107.5	140	150	160	415	258.379	
	110kg Open																
1	Richard Bliss	CA	110kg	103.3	44	202.5	215.0	227.5	185	195	205	215	227.5	<del>242.5</del>	660	396.726	413.785
2	Michael Bond	CA	110kg	103.35	29	220.0	240.0	<del>250</del>	142.5	<del>150</del>	150	250	265	<del>277.5</del>	655	393.655	
DQ	James Cunningham	CA	110kg	108.5	28	165.0	175.0	<del>177.5</del>	<del>100</del>	<del>105</del>	<del>105</del>	190	200	210	0	0	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	125kg Open																
1	Robert Ixta	CA	125kg	117.85	26	275.0	290	<del>305</del>	145	152.5	155	285	302.5	<del>307.5</del>	747.5	431.607	
2	Khalid Helmy	CA	125kg	122.05	26	220.0	232.5	242.5	160	172.5	182.5	265	277.5	287.5	712.5	408.049	
	82.5kg Submaster																
1	Josh Senick	CA	82.5kg	78.7	37	125.0	132.5	140.0	85	87.5	92.5	150	160	170	402.5	277.685	
	90kg Submaster																
1	Antonio Machuca	CA	90kg	89.55	39	227.5	250	252.5	132.5	145	152.5	307.5	323	<del>328.5</del>	728	465.92	
								4th: 278									
2	Andrew Fong	CA	90kg	86.2	38	180.0	190.0	<del>200.0</del>	130	<del>137.5</del>	<del>137.5</del>	180	190	200	520	339.664	
	75kg Master 65-69																
1	David Bentley	CA	75kg	74.8	67	125.0	140	<del>145</del>	90	92.5	95	170	182.5	190	425	303.408	468.158
	90kg Master 50-54																
1	Thomas Willows	CA	90kg	89.75	51	160.0	165.0	170.0	75	80	<del>85</del>	<del>170</del>	180	190	440	281.292	322.642
	90kg Master 55-59																
1	Mike Koufos	CA	90kg	88.6	59	132.5	142.5	150	82.5	87.5	92.5	175	190	200	442.5	284.793	374.503
	90kg Master 70-74																
1	Thomas Demetros	CA	90kg	86.95	73	50.0	52.5	55.0	62.5	65	67.5	100	105	<del>110</del>	227.5	147.898	259.708
	100kg Master 40-44																
1	Nate Coogan	CA	100kg	99.4	42	202.5	<del>207.5</del>	<del>207.5</del>	142.5	<del>145</del>	145	265	275	280	627.5	382.838	390.495
2	Ryan Preston	CA	100kg	96.9	40	147.5	155.0	162.5	107.5	<del>115</del>	<del>115</del>	165	185	200	470	289.802	289.802
	110kg Master 40-44																
1	Richard Bliss	CA	110kg	103.3	44	202.5	215.0	227.5	185	195	205	215	227.5	<del>242.5</del>	660	396.726	413.785
	SHW Master 55-59																
1	Mike Hughes	CA	SHW	142.2	59	160.0	172.5	182.5	132.5	145	152.5	180	195	202.5	537.5	299.656	394.048
<b>Women Classic Raw Powerlifting</b>																	
	67.5kg Jr 16-17																
1	Sofia Iniguez	CA	67.5kg	63.55	16	97.5	105	110.5	45	50	<del>55.5</del>	130	140.5	145	305.5	325.938	
	67.5kg Master 60-64																
1	Betsy Spann	CA	67.5kg	65.6	62	65.0	70	73	47.5	50	52.5	97.5	105	<del>113</del>	230.5	240.181	334.572
	82.5kg Master 55-59																
1	Pamela Carter	CA	82.5kg	81.65	57	70.0	77.5	82.5	45	47.5	<del>50</del>	85	92.5	<del>100</del>	222.5	201.34	255.299
								4th: 87.5									
<b>Men Classic Raw Powerlifting</b>																	
	75kg Open																
1	Carlos Zarate	CA	75kg	72.6	28	135.0	152.5	157.5	100	107.5	115	175	192.5	205	477.5	348.241	

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Men Raw Bench Only</b>																	
	100kg Open																
1	Joseph Lamariana	CA	100kg	99.55	30				145	152.5	<del>155</del>				152.5	92.979	
	110kg Open																
1	Richard Bliss	CA	110kg	103.3	44				185	195	205				205	123.226	128.524
	100kg Master 70-74																
1	Steven Obrien	CA	100kg	92.6	70				122.5	127.5	<del>137.5</del>				127.5	80.261	132.03
	110kg Master 40-44																
1	Richard Bliss	CA	110kg	103.3	44				185	195	205				205	123.226	128.524
<b>Women Raw Deadlift Only</b>																	
	75kg Open																
1	Stephanie Oh	CA	75kg	72.9	30							135	140	145	145	140.375	
<b>Men Raw Deadlift Only</b>																	
	90kg Open																
1	Michael Mckenzie	CA	90kg	88.2	34							240	255	265	265	170.952	
	100kg Open																
DQ	Joseph Lamariana	CA	100kg	99.55	30							<del>---</del>	<del>---</del>	<del>---</del>	0	0	
Best Lifters:																	
	Natasha Barnes	Raw Open Women PL														<b>Record Color Codes:</b>	
	Randall Ruppert	Raw Open Men PL														State	
	Hilary Schiraldi	Raw Master Women PL														National	
	David Bentley	Raw Master Men PL															
Meet Director: Darren Monahan, Channa Jenkins and Eric Cranage																	
Thank you to our referees:																	
National - Eric Cranage, Darren Monahan and Chandra Jenkins																	
State - George Davis, Christophe Fonducci, Javier Tinoco, Tenaya Tuteur and Safah Jones																	
Thank you to our spotters and loaders:																	
Rob Hagar, Daniel, Collin, Brett, Ryan and Anthony																	