

USPA Keen Strength Systems January 18, 2020 Turnersville, NJ

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	90kg Jr 20-23																
1	Kelly Ikalina	NJ	90kg	89.9	22	152.5	-160	-160	67.5	70	-75	170	177.5	182.5	405	350.123	
	56kg Open																
1	Christina Briggs	NJ	56kg	54.8	51	100	-107.5	-107.5	50	55	-60	122.5	130	-137.5	285	341.06	391.195
	67.5kg Open																
1	Angelica Crawford	NJ	67.5kg	67.4	28	107.5	115	117.5	57.5	60	62.5	115	-127.5	135	315	321.836	
	75kg Open																
1	Kara Warr	PA	75kg	73.1	30	82.5	92.5	97.5	35	42.5	47.5	102.5	112.5	122.5	267.5	258.485	
	82.5kg Open																
1	Brea Heil	PA	82.5kg	81.3	24	152.5	165	175	100	-107.5	107.5	152.5	165	172.5	455	412.685	
2	Courtney Fox	NJ	82.5kg	79.2	28	110	115	122.5	60	65	-70	120	130	142.5	330	303.666	
	90kg Open																
1	Kimberly Keen	NJ	90kg	90	27	95	-102.5	-102.5	50	55	57.5	110	125	-137.5	277.5	239.788	
	SHW Open																
1	Hannah Ensel	NJ	SHW	109.3	29	147.5	160	170	77.5	82.5	-90	-167.5	182.5	190	442.5	360.284	
	56kg Master 50-54																
1	Christina Briggs	NJ	56kg	54.8	51	100	-107.5	-107.5	50	55	-60	122.5	130	-137.5	285	341.06	391.195
Men Raw Powerlifting																	
	75kg Jr 16-17																
1	AJ DeCicco	NJ	75kg	74.4	16	145	155	162.5	102.5	-115	-115	157.5	177.5	190	455	326.053	
2	Christian Torres	NJ	75kg	72.9	17	130	137.5	-147.5	82.5	87.5	-92.5	197.5	215	-230	440	319.924	
	75kg Jr 20-23																
1	Joshua Otero	NY	75kg	72.7	22	-180	-180	180	100	-105	-115	185	190	195	475	346.038	
1	James Clancy	NJ	75kg	73.5	21	115	140	-162.5	107.5	115	-122.5	175	185	197.5	452.5	327.067	
	90kg Jr 20-23																
1	Nathan Matthiesen	VA	90kg	85.7	21	165	175	-182.5	125	130	-132.5	200	210	215	520	340.756	
2	Edward Gore	NJ	90kg	86.4	22	170	180	185	-102.5	105	-115	185	212.5	-220	502.5	327.781	
3	Sean Ezzo	NJ	90kg	89.3	22	-102.5	120	-140	92.5	-100	105	115	140	165	390	249.99	
	100kg Jr 20-23																
1	Jake Dunn	PA	100kg	98.8	20	255	270	-282.5	167.5	175	-185	272.5	287.5	302.5	747.5	457.171	
2	David Scott	NJ	100kg	97.1	22	165	177.5	190	115	127.5	-137.5	182.5	197.5	205	522.5	321.912	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	110kg Jr 20-23																
DQ	Christian Calloway	NJ	110kg	103.6	20	185	192.5	207.5	152.5	152.5	152.5	207.5	220	230	0	0	
	125kg Jr 20-23																
1	Zack Carr	PA	125kg	118.8	22	290	300	305	197.5	207.5	215	272.5	295	320	827.5	476.888	
2	Matt Thompson	NJ	125kg	111.2	21	227.5	245	260	145	155	155	260	282.5	302.5	702.5	412.087	
	67.5kg Open																
1	Ivan Aguirre	NJ	67.5kg	66.8	28	110	130	145	92.5	100	107.5	157.5	177.5	177.5	422.5	328.494	
DQ	Domenick Gramuglia	NJ	67.5kg	67.2	29	152.5	162.5	162.5	130	130	130	170	170	---	0	0	
	75kg Open																
1	Leo Jourdain	NY	75kg	74.9	29	207.5	222.5	230	137.5	147.5	152.5	227.5	245	255	627.5	447.533	
2	Tanner Flint	NY	75kg	74.7	23	182.5	185	200	110	120	120	220	240	245	550	393.03	
3	Joshua Otero	NY	75kg	72.7	22	180	180	180	100	105	115	185	190	195	475	346.038	
DQ	Kevin Sullivan	NY	75kg	71.9	29	---	---	---	---	---	---	---	---	---	0	0	
	90kg Open																
1	Nicholas Cruz	NY	90kg	83.6	27	190	197.5	210	155	165	170	245	260	272.5	652.5	433.717	
2	Christopher Espersen	PA	90kg	89.5	24	212.5	227.5	237.5	137.5	142.5	147.5	232.5	247.5	260	640	409.728	
3	Ryan McDonnell	NJ	90kg	88.6	25	150	165	182.5	120	130	137.5	200	215	227.5	540	347.544	
	100kg Open																
1	Kyle Zeserman	PA	100kg	99	24	220	235	250	162.5	172.5	172.5	275	292.5	295	672.5	410.965	
2	Sal Castagnaro	NY	100kg	100	27	215	230	240	140	147.5	155	240	260	275	660	401.676	
3	Stephen Kostas	NJ	100kg	91.5	36	175	185	195	115	120	125	185	195	200	500	316.55	
4	Steve Little	NJ	100kg	93.8	26	155	172.5	182.5	97.5	105	107.5	175	187.5	200	460	287.822	
	110kg Open																
1	Aaron Chapple	PA	110kg	107	35	280	297.5	305	215	227.5	235	295	320	337.5	870	516.519	
2	Michael Jacob	NJ	110kg	101.2	41	212.5	227.5	---	165	185	190	245	272.5	292.5	710	430.047	434.347
DQ	Christian Calloway	NJ	110kg	103.6	20	185	192.5	207.5	152.5	152.5	152.5	207.5	220	230	0	0	
DQ	Lucas Hersh	PA	110kg	108.2	26	235	237.5	255	182.5	182.5	182.5	---	---	---	0	0	
	125kg Open																
1	Zack Carr	PA	125kg	118.8	22	290	300	305	197.5	207.5	215	272.5	295	320	827.5	476.888	
	140kg Open																
1	Nathan Wolf	NJ	140kg	127.8	27	150	162.5	167.5	112.5	115	120	205	210	227.5	482.5	273.771	
	100kg Submaster																
1	Stephen Kostas	NJ	100kg	91.5	36	175	185	195	115	120	125	185	195	200	500	316.55	
	110kg Submaster																
1	Aaron Chapple	PA	110kg	107	35	280	297.5	305	215	227.5	235	295	320	337.5	870	516.519	

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	125kg Submaster																
1	Rob Finnimore	NJ	125kg	116.3	35	137.5	145	150	70	77.5	77.5	155	160	170	397.5	230.272	
	110kg Master 40-44																
1	Michael Jacob	NJ	110kg	101.2	41	212.5	227.5	237.5	165	185	190	245	272.5	292.5	710	430.047	434.347
Women Classic Raw Powerlifting																	
	67.5kg Jr 13-15																
1	Tayara Manchem	PA	67.5kg	63	14	87.5	90	95	37.5	40	47.5	87.5	92.5	100	242.5	260.445	
Men Classic Raw Powerlifting																	
	110kg Jr 20-23																
1	Gerard Lara	NJ	110kg	104.1	23	227.5	245	257.5	137.5	137.5	142.5	245	252.5	262.5	662.5	397.103	
	100kg Open																
1	Robert Bello	NJ	100kg	99.6	44	247.5	265	272.5	145	155	160	275	287.5	295	707.5	431.292	449.838
	110kg Open																
1	Gerard Lara	NJ	110kg	104.1	23	227.5	245	257.5	137.5	137.5	142.5	245	252.5	262.5	662.5	397.103	
	100kg Master 40-44																
1	Robert Bello	NJ	100kg	99.6	44	247.5	265	272.5	145	155	160	275	287.5	295	707.5	431.292	449.838
Men Raw Bench Only																	
	60kg Jr 18-19																
DQ	Josh Mathios	NJ	60kg	59.5	19				80	80	80				0	0	
Men Raw Deadlift Only																	
	82.5kg Open																
1	Shay Larrisey	PA	82.5kg	81.6	45							280	292.5	292.5	280	188.832	199.218
	90kg Open																
1	Abner Nazario	NJ	90kg	84.8	27							265	287.5	305	287.5	189.52	
	82.5kg Master 45-49																
1	Shay Larrisey	PA	82.5kg	81.6	45							280	292.5	292.5	280	188.832	199.218

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	Best Lifters:																	
	Zack Carr	Raw Jr Men PL														Record Color Codes:		
	Brea Heil	Raw Open Women PL														State		
	Aaron Chapple	Raw Open Men PL														National		
	Meet Director: Adam Ferchen																	
	Thank you to our officials:																	
	Adam Ferchen - International																	
	Bobby Bowlin - National																	
	Kaitlin Haddad- State																	
	Tyler Keen - State																	
	Marc Masishin - State																	
	Al Arvey - State																	
	Cora Galanti - Practical																	
	Thank you to our spotters and loaders:																	
	Jack Tran, Devin Tran, Kevin Giron, Charles and Cy Damon																	