

USPA Alaka'i Real Steel Lift Off 6 November 19-20, 2022 Kapolei, HI

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
60kg Jr 13-15																	
1	Jax Realin	HI	60kg	58.6	15	70	80	-87.5	-47.5	55	-60	85	-100	100	235	264.452	
67.5kg Jr 20-23																	
1	Aurora Naone	HI	67.5kg	66.6	22	117.5	-125	-125	55	60	-62.5	122.5	130	-100	307.5	319.944	
75kg Jr 20-23																	
1	Piikea Lopes	HI	75kg	73.3	22	102.5	115	127.5	57.5	60	-65	127.5	147.5	165	352.5	347.554	
2	(Charli) Carol Patrick	HI	75kg	68.6	23	-110	120	-127.5	55	60	-65	120	130	137.5	317.5	324.76	
Women Raw Powerlifting			Open														
44kg Open																	
1	Katie Rubin	HI	44kg	43	32	75	82.5	-87.5	50	55	-57.5	110	117.5	-120	255	357.518	
60kg Open																	
1	Magnolia Centeno	HI	60kg	59.7	48	100	105	110	60	65	-67.5	150	155	-162.5	330	366.981	402.578
2	Anne Lee	HI	60kg	59.4	27	120	125	-132.5	55	-57.5	-57.5	125	132.5	137.5	317.5	354.211	
67.5kg Open																	
1	Aurora Naone	HI	67.5kg	66.6	22	117.5	-125	-125	55	60	-62.5	122.5	130	-100	307.5	319.944	
2	Nicole Jane Tagalicud	HI	67.5kg	65.7	24	70	80	90	42.5	47.5	52.5	100	110	117.5	260	272.689	
75kg Open																	
1	(Susie) Asinate Flores	HI	75kg	74.2	29	140	150	155	77.5	82.5	87.5	167.5	180	-182.5	422.5	413.855	
2	Christie Reindle	CO	75kg	75	31	130	140	147.5	65	72.5	-77.5	150	160	-165	380	370.112	
3	Piikea Lopes	HI	75kg	73.3	22	102.5	115	127.5	57.5	60	-65	127.5	147.5	165	352.5	347.554	
4	Makaloa Yim	HI	75kg	74.5	31	80	87.5	-95	52.5	57.5	-60	127.5	137.5	145	290	283.456	
5	Alexandra Howell	HI	75kg	71.1	31	90	-97.5	102.5	52.5	-57.5	57.5	92.5	97.5	102.5	262.5	263.16	
90kg Open																	
1	Kato Kata	HI	90kg	89	32	195	200	205	100	-105	105	192.5	200	-205	510	456.938	
2	Ho'olaiikeao Cabanilla	HI	90kg	85.7	26	170	180	187.5	102.5	110	-115	165	177.5	-185	475	432.977	
3	Quynne Eharis	HI	90kg	88.9	29	165	177.5	-182.5	77.5	85	90	182.5	200	-210	467.5	419.071	
4	Fayelyn Ku'U Kamiko	HI	90kg	86.9	45	140	145	147.5	-72.5	77.5	82.5	187.5	195	202.5	432.5	391.713	413.257
100kg Open																	
1	Chanelle Perry	HI	100kg	96.3	30	157.5	165	172.5	67.5	72.5	77.5	162.5	178	185	435	376.823	
2	Kaye Padron	HI	100kg	97.2	25	152.5	162.5	172.5	72.5	77.5	-85	162.5	170	177.5	427.5	368.932	

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
1	Alex Zuong	HI	90kg	88.5	23	220	235	240	142.5	155	162.5	242.5	255	255	645	420.644	
2	Caramon Ramos	HI	90kg	88.6	23	210	220	235	110	-----	-----	240	257.5	272.5	617.5	402.475	
3	Franklin Pham	HI	90kg	89	20	215	220	220	125	137.5	137.5	227.5	240	255	597.5	388.541	
	100kg Jr 20-23																
1	Anghelo Macha	HI	100kg	100	20	175	185	200	125	140	142.5	195	215	235	577.5	355.46	
2	Jacob Groggett	HI	100kg	98.9	21	200	215	225	120	127.5	132.5	200	215	230	572.5	354.088	
3	Robert Jimeno	HI	100kg	91	20	167.5	170	177.5	110	117.5	122.5	170	182.5	187.5	487.5	313.482	
	140+ Jr 20-23																
1	Jarren Visaya	HI	140+	140.25	21	247.5	260	275	135	132.5	152.5	247.5	260	272.5	665	364.251	
	Men Raw Powerlifting			Open													
	67.5kg Open																
1	Raynante Cabalar-Armas	HI	67.5kg	67.1	22	185	190	195	140	150	150	190	200	210	540	418.001	
2	Zachary Niezgodski	HI	67.5kg	66.2	32	157.5	167.5	172.5	102.5	107.5	112.5	172.5	185	190	475	371.343	
3	Noah Dollente	HI	67.5kg	65.1	22	167.5	177.5	177.5	107.5	115	115	175	185	195	460	364.136	
4	Eric Ligsay	HI	67.5kg	67.2	28	165	175	175	75	85	92.5	165	175	180	430	332.492	
	75kg Open																
1	Jacy Higa	HI	75kg	73.4	27	205	205	212.5	140	145	150	220	232.5	237.5	577.5	420.135	
2	Micah Ito	HI	75kg	73.7	26	192.5	205	205	140	147.5	152.5	215	222.5	230	570	413.574	
3	Ronald Young	HI	75kg	74	28	155	160	170	100	110	120	175	185	197.5	477.5	345.544	
	82.5kg Open																
1	Makani Bosque	HI	82.5kg	80.7	29	200	205	210	125	127.5	132.5	242.5	252.5	260	590	404.76	
	90kg Open																
1	Les Keyes	AL	90kg	89.6	26	227.5	240	245	150	157.5	-----	272.5	287.5	300	682.5	442.299	
2	Jean Lee	CA	90kg	88.3	24	225	235	242.5	160	167.5	170	225	237.5	245	657.5	429.297	
3	Alex Zuong	HI	90kg	88.5	23	220	235	240	142.5	155	162.5	242.5	255	255	645	420.644	
4	Zachary Apilando	HI	90kg	88.8	28	192.5	210	227.5	147.5	160	170	242.5	255	260	625	406.892	
5	Caramon Ramos	HI	90kg	88.6	23	210	220	235	110	-----	-----	240	257.5	272.5	617.5	402.475	
6	Kainoa Allen	HI	90kg	89.2	26	197.5	207.5	215	110	117.5	122.5	237.5	250	255	575	373.481	
7	Sean Laurena	HI	90kg	89.5	27	197.5	215	215	112.5	112.5	125	227.5	237.5	250	560	363.118	
8	Albert Cerna	HI	90kg	86.9	30	185	192.5	192.5	125	135	140	187.5	200	210	542.5	357.182	
9	Caleb Johnson	HI	90kg	88.8	30	192.5	200	205	100	107.5	115	205	217.5	227.5	540	351.555	
10	Adrian Nico Lagpacan	HI	90kg	88.9	27	162.5	175	182.5	75	82.5	90	177.5	190	200	465	302.553	
11	Allen Wauke	HI	90kg	86.4	33	142.5	147.5	152.5	102.5	107.5	115	150	172.5	185	452.5	298.839	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	100kg Open																
1	Bryson Bukoski	HI	100kg	98.7	43	185	205	210	150	160	170	220	237.5	255	635	393.094	405.28
2	Jason Billings	HI	100kg	95.5	38	195	210	220	132.5	140	145	235	247.5	252.5	612.5	384.857	
	110kg Open																
1	Liv Aguano	HI	110kg	108.1	26	250	257.5	272.5	142.5	155	165	245	265	272.5	700	417.35	
DQ	Shayne-Micah Carvalho	HI	110kg	109	33	215	215	215	145	145	145	190	207.5	222.5	0	0	
	140kg Open																
1	Sam Kata	HI	140kg	134.3	38	227.5	250	260	182.5	197.5	202.5	300.5	300.5	330	792.5	439.495	
	Men Raw Powerlifting																
	90kg Submaster																
1	Michael Kanemoto	HI	90kg	87.4	36	167.5	177.5	182.5	132.5	137.5	142.5	222.5	232.5	240	565	370.874	
2	Zane Lobetos	HI	90kg	89.1	35	182.5	185	190	115	117.5	117.5	225	230	237.5	535	347.699	
	100kg Submaster																
1	Jason Billings	HI	100kg	95.5	38	195	210	220	132.5	140	145	235	247.5	252.5	612.5	384.857	
	140kg Submaster																
1	Sam Kata	HI	140kg	134.3	38	227.5	250	260	182.5	197.5	202.5	300.5	300.5	330	792.5	439.495	
	Men Raw Powerlifting																
	60kg Master 75-79																
1	Benton Smith	HI	60kg	60	77	65	72.5	77.5	50	57.5	60	105	115	122.5	260	219.451	420.907
	90kg Master 40-44																
1	Jessie Pabo	HI	90kg	84.2	40	182.5	190	197.5	125	132.5	140	215	225	225	552.5	370.017	370.017
	100kg Master 40-44																
1	Bryson Bukoski	HI	100kg	98.7	43	185	205	210	150	160	170	220	237.5	255	635	393.094	405.28
	110kg Master 45-49																
1	Clifford Villareal	HI	110kg	109.8	47	157.5	170	170	165	175	175	215	232.5	245	555	328.934	355.906

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Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
Men Classic Raw Powerlifting				Junior													
75kg Jr 13-15																	
1	Darius Lee	HI	75kg	73.9	13	100	117.5	135	70	77.5	87.5	127.5	145	162.5	367.5	266.176	
110kg Jr 20-23																	
1	Noah Tomooka	HI	110kg	108.9	22	200	210	217.5	110	122.5	127.5	205	210	212.5	552.5	328.477	
Men Classic Raw Powerlifting				Open													
75kg Open																	
1	Darius Lee	HI	75kg	73.9	13	100	117.5	135	70	77.5	87.5	127.5	145	162.5	367.5	266.176	
Men Classic Raw Powerlifting				Master													
100kg Master 60-64																	
1	David Georges	HI	100kg	99.7	60	175	182.5	182.5	155	165.5	170	240	260	260	592.5	365.169	489.326
Men Raw Bench Only				Junior													
75kg Jr 16-17																	
1	Charles Naone	HI	75kg	74.9	17				102.5	118	120				118	84.728	
90kg Jr 20-23																	
1	Alex Zuong	HI	90kg	88.5	23				142.5	155	162.5				162.5	105.976	
140+ Jr 20-23																	
1	David Hernandez	HI	140+	143.2	22				130	147.5	155				155	84.411	
Men Raw Bench Only				Open													
60kg Open																	
1	Ethan Weil	HI	60kg	58	24				60	65	77.5				65	56.439	
90kg Open																	
1	Alex Zuong	HI	90kg	88.5	23				142.5	155	162.5				162.5	105.976	
2	Allen Wauke	HI	90kg	86.4	33				102.5	107.5	115				115	75.948	
Men Raw Bench Only				Master													
82.5kg Master 45-49																	
1	Matthew Elvena	HI	82.5kg	81.4	47				120	125	132.5				125	85.326	92.323
110kg Master 45-49																	
1	Clifford Villareal	HI	110kg	109.8	47				165	175	175				165	97.791	105.81

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Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Deadlift Only				Junior												
75kg Jr 16-17																
1	Angelina Elvena	HI	75kg	73.3	17						82.5	87.5	95	95	93.667	
Men Raw Deadlift Only				Junior												
90kg Jr 20-23																
1	Alex Zuong	HI	90kg	88.5	23						242.5	255	255	242.5	158.149	
110kg Jr 20-23																
1	Noah Tomooka	HI	110kg	108.9	22						205	210	212.5	212.5	126.337	
Men Raw Deadlift Only				Open												
90kg Open																
1	Alex Zuong	HI	90kg	88.5	23						242.5	255	255	242.5	158.149	
140kg Open																
1	Sam Kata	HI	140kg	134.3	38						300.5	300.5	330	330	183.008	
Men Raw Deadlift Only				Submaster												
140kg Submaster																
1	Sam Kata	HI	140kg	134.3	38						300.5	300.5	330	330	183.008	
Men Raw Deadlift Only				Master												
110kg Master 45-49																
1	Clifford Villareal	HI	110kg	109.8	47						215	232.5	245	232.5	137.797	149.096
Men Single Ply Deadlift Only				Open												
100kg Open																
DQ	Vale Pactol	HI	100kg	90.8	31						227.5	240	240	0	0	
Best Lifters																
Name		Equip	Events	Comp	Sex						Record Color Codes					
Ryan Kawabata		Raw	PL	Jr	Men						State					
Kato Kata		Raw	PL	Open	Women						National					
Les Keyes		Raw	PL	Open	Men											

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Meet Director:	Allen Mahoe																
Referees																	
National:	Rowena Bagayas, Luvi Agpaoa																
State:	Nestor Bagayas, Michael Wong, Jodie Sajor, Rob Sajor, Allen Mahoe																
Staff:	Kim Inoshita, Tiffany Yoro																
Spotter/Loaders:	Sterling Kahumoku, Michael Wong, Weston Akamine, Kainoa Mahoe, Demetrius Thompson, Jaelin Roberts																
	Laurentina Roberts, Shane Demello, Faylynn Kamiko, Josiah Robello																