

USPA Tested Smash Iron Fitness Open December 7, 2024 Las Vegas, Nevada

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 20-23																	
1	Hope Jones	NV	60kg	58.2	23	92.5	102.5	110.0	<del>50</del>	<del>57.5</del>	57.5	122.5	135.0	<del>142.5</del>	302.5	341.915	
Women Raw Powerlifting		Open															
56kg Open																	
1	Liz Quezada	NV	56kg	55.6	32	110.0	120.0	125.0	60	65.0	<del>67.5</del>	167.5	177.5	<del>185.0</del>	367.5	428.008	
2	Tiffany Gates	NV	56kg	55.1	32	87.5	90.0	92.5	42.5	50.0	<del>52.5</del>	90	95.0	105.0	247.5	289.993	
67.5kg Open																	
1	Gabriela Bender	NV	67.5kg	62.3	30	57.5	62.5	67.5	47.5	55.0	<del>57.5</del>	87.5	102.5	107.5	230	249.064	
90kg Open																	
1	Cecily Rodriguez	NV	90kg	87.4	27	122.5	132.5	137.5	57.5	62.5	<del>67.5</del>	132.5	142.5	147.5	347.5	313.905	
100kg Open																	
1	Jackie Go	NV	100kg	99.4	27	175.0	185.0	<del>197.5</del>	80	87.5	<del>95.0</del>	175	<del>192.5</del>	<del>192.5</del>	447.5	382.77	
2	Leah (Mocha) Holmes	NV	100kg	97.4	28	127.5	137.5	142.5	57.5	62.5	67.5	140	147.5	<del>152.5</del>	357.5	308.266	
3	Kelsey Martin	NV	100kg	94.8	35	125	127.5	130.0	65	67.5	70.0	<del>115</del>	117.5	120.0	320	279.002	
110kg Open																	
1	Katrina Dewitt	NV	110kg	108.6	35	<del>110.0</del>	125.0	140.0	70	75.0	80.0	137.5	155.0	167.5	387.5	320.816	
Women Raw Powerlifting		Submaster															
110kg Submaster																	
1	Katrina Dewitt	NV	110kg	108.6	35	<del>110.0</del>	125.0	140.0	70	75.0	80.0	137.5	155.0	167.5	387.5	320.816	
Women Raw Powerlifting		Master															
110+ Master 60-64																	
1	Robin Kashar	NV	110+	110.2	63	30	<del>32.5</del>	<del>32.5</del>	30	35.0	37.5	57.5	62.5	65.0	132.5	109.154	155.108
Men Raw Powerlifting		Junior															
67.5kg Jr 13-15																	
1	Larry Fulgencio	NV	67.5kg	66.8	15	142.5	152.5	170.0	82.5	90.0	<del>92.5</del>	165.0	187.5	<del>201.0</del>	447.5	347.533	
67.5kg Jr 20-23																	
DQ	Rayden Usam	NV	67.5kg	66.5	23	165.0	<del>177.5</del>	177.5	<del>142.5</del>	<del>142.5</del>	<del>146.0</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	
75kg Jr 16-17																	
1	Conner Smith	NV	75kg	71.3	17	130.0	137.5	142.5	90	95.0	<del>102.5</del>	160	<del>170.0</del>	170.0	407.5	302.256	

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	75kg Jr 18-19																
1	Matthew Litzkow	NV	75kg	72.1	19	187.5	200.0	215.0	100	<del>127.5</del>	127.5	200	227.5	240.0	582.5	428.822	
														(250.0)			
	75kg Jr 20-23																
1	Keegan Rappleye	UT	75kg	73.35	22	167.5	177.5	182.5	120	130.0	<del>132.5</del>	187.5	195.0	202.5	515	374.833	
	90kg Jr 13-15																
1	Eric Oviedo	CA	90kg	87.8	15	100.0	120.0	130.0	62.5	75.0	<del>82.5</del>	135	147.5	<del>157.5</del>	352.5	230.835	
	110kg Jr 18-19																
1	Leo Villarreal	UT	110kg	105.7	18	220.0	227.5	240.0	142.5	157.5	165.0	215	227.5	<del>235.0</del>	632.5	380.443	
	140kg Jr 20-23																
1	Roman Rivera	NV	140kg	125.9	21	252.5	<del>267.5</del>	<del>270.0</del>	160.0	170.0	<del>177.5</del>	240	260.0	272.5	695	393.008	
	<b>Men Raw Powerlifting</b>			<b>Open</b>													
	67.5kg Open																
1	Marcos Benitez Limas	NV	67.5kg	65.55	25	185.0	<del>200.0</del>	<del>200.0</del>	102.5	105.0	<del>110.0</del>	185	200.0	<del>212.5</del>	490	385.887	
2	Kevin Punzalan	NV	67.5kg	66.35	31	<del>175.0</del>	175.0	187.5	87.5	90.0	92.5	177.5	185.0	190.0	470	366.822	
	75kg Open																
1	Julian Rios	NV	75kg	74.1	29	210.0	217.5	227.5	150	157.5	165.0	255	267.5	280.0	672.5	486.23	
	82.5kg Open																
1	John Capacite	NV	82.5kg	81.65	32	<del>180.0</del>	192.5	200.0	120	130.0	135.0	230	247.5	260.0	595	405.436	
2	Desi Huerta	NV	82.5kg	79.6	36	192.5	205.0	<del>210.0</del>	132.5	<del>140.0</del>	<del>140.0</del>	222.5	237.5	<del>250.0</del>	575	397.666	
3	Edward Deedon	NV	82.5kg	81.8	33	175.0	185.0	195.0	110	120.0	<del>127.5</del>	215	235.0	245.0	560	381.185	
4	Gabriel Lopez	NV	82.5kg	77.3	25	142.5	157.5	170.0	95	110.0	115.0	180	195.0	210.0	495	348.459	
	90kg Open																
1	Brandon Vang	NV	90kg	87.65	33	210.0	220.0	<del>225.0</del>	130	135.0	<del>140.0</del>	<del>220</del>	220.0	240.0	595	389.983	
2	Tristan Kountz	NV	90kg	89.1	28	157.5	165.0	175.0	95	102.5	107.5	175	185.0	<del>192.5</del>	467.5	303.83	
	100kg Open																
1	Jim Washabaugh	NV	100kg	97.4	28	245.0	260.0	<del>265.0</del>	145	152.5	155.0	282.5	295.0	<del>310.0</del>	710	442.127	
2	Exsum Smith	NV	100kg	97.5	24	237.5	242.5	<del>247.5</del>	150	160.0	<del>165.0</del>	262.5	272.5	280.0	682.5	424.806	
3	Luis Carrillo	NV	100kg	98.7	28	180.0	185.0	195.0	120	130.0	135.0	192.5	205.0	225.0	555	343.571	
4	John Mcgeary	NV	100kg	99.75	31	175.0	190.0	200.0	95	102.5	<del>110.0</del>	220	230.0	<del>252.5</del>	532.5	328.118	

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	110kg Open																
1	Edwin Aguilar	NV	110kg	106.6	33	230.0	<del>-235.0</del>	235.0	<del>-142.5</del>	142.5	147.5	220	230.0	<del>-245.0</del>	612.5	367.177	
2	Sami Atari	WI	110kg	107.5	36	<del>-215.0</del>	227.5	235.0	<del>-142.5</del>	142.5	145.0	220	230.0	<del>-237.5</del>	610	364.476	
	125kg Open																
1	Valentin Soto	NV	125kg	113.6	32	262.5	280.0	<del>-295.0</del>	187.5	197.5	210.0	252.5	265.0	275.0 (282.5)	765	447.75	
2	Austin Schmitz	NV	125kg	118.65	24	220.0	230.0	237.5	135	140.0	147.5	285	302.5	<del>-320.0</del>	687.5	396.337	
3	Jon Cerny	AZ	125kg	113.85	34	192.5	207.5	215.0	100	110.0	<del>-117.5</del>	212.5	225.0	<del>-235.0</del>	550	321.658	
	140kg Open																
1	Roman Rivera	NV	140kg	125.9	21	252.5	<del>-267.5</del>	<del>-270.0</del>	160.0	170.0	<del>-177.5</del>	240	260.0	272.5	695	393.008	
	Men Raw Powerlifting Submaster																
	82.5kg Submaster																
1	Desi Huerta	NV	82.5kg	79.6	36	192.5	205.0	<del>-210.0</del>	132.5	<del>-140.0</del>	<del>-140.0</del>	222.5	237.5	<del>-250.0</del>	575	397.666	
2	Kyle Vaughn	NV	82.5kg	78.6	38	135.0	142.5	<del>-150.0</del>	125	<del>-130.0</del>	<del>-130.0</del>	192.5	200.0	205.0	472.5	329.258	
	110kg Submaster																
1	Sami Atari	WI	110kg	107.5	36	<del>-215.0</del>	227.5	235.0	<del>-142.5</del>	142.5	145.0	220	230.0	<del>-237.5</del>	610	364.476	
	125kg Submaster																
1	Ben Christensen	NV	125kg	123.85	38	205.0	217.5	<del>-230.0</del>	122.5	132.5	<del>-142.5</del>	250	265.0	275.0	625	355.264	
	Men Raw Powerlifting Master																
	110kg Master 40-44																
1	Michael Hankin	NV	110kg	108.05	44	215.0	225.0	<del>-232.5</del>	122.5	127.5	130.0	207.5	212.5	220.0	575	342.884	357.628
	Men Classic Raw Powerlifting Junior																
	56kg Jr 16-17																
1	Nicholas Hopper	NV	56kg	55.0	17	<del>-97.5</del>	100.0	113.0	67.5	72.5	80.0	102.5	112.5	120.0	313	284.675	
	67.5kg Jr 16-17																
1	Desmond Thompson	NV	67.5kg	66.7	17	<del>-145.0</del>	<del>-145.0</del>	145.0	<del>-117.5</del>	<del>-120.0</del>	120.0	125	132.5	<del>-140.0</del>	397.5	309.041	
	67.5kg Jr 20-23																
1	Ivan Heart	NV	67.5kg	66.5	20	127.5	137.5	140.0	87.5	97.5	<del>-102.5</del>	127.5	130.0	157.5	395	307.774	
	75kg Jr 16-17																
1	Alexander Sheppard	NV	75kg	74.85	17	120.0	130.0	<del>-142.5</del>	80	85.0	<del>-87.5</del>	147.5	165.0	<del>-170.0</del>	380	272.97	

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	100kg Jr 18-19																
1	Nick Steffes	NV	100kg	93.65	18	142.5	152.5	<del>175.0</del>	105	<del>115.5</del>	<del>115.5</del>	185	192.5	200.0	457.5	290.117	
	Men Classic Raw Powerlifting			Open													
	125kg Open																
1	Christopher Reams Sr	NV	125kg	124.0	44	<del>157.5</del>	157.5	170.0	130	137.5	145.0	205	210.0	<del>215.0</del>	525	298.306	311.134
	Men Classic Raw Powerlifting			Submaster													
	110kg Submaster																
1	Jeffrey Sangalang	NV	110kg	107.35	39	187.5	195.0	210.0	92.5	102.5	<del>112.5</del>	187.5	197.5	<del>210.0</del>	510	304.892	
	Men Classic Raw Powerlifting			Master													
	125kg Master 40-44																
1	Christopher Reams Sr	NV	125kg	124.0	44	<del>157.5</del>	157.5	170.0	130	137.5	145.0	205	210.0	<del>215.0</del>	525	298.306	311.134
	140+ Master 40-44																
1	Vance Bohman	NV	140+	153.5	41	205.0	230.0	245.0	145	165.0	182.5	205	240.0	260.0	687.5	367.442	371.116
	Men Raw Bench Only			Open													
	75kg Open																
1	Julian Rios	NV	75kg	74.1	29				150	157.5	165.0				165	119.298	
	125kg Open																
1	Valentin Soto	NV	125kg	113.6	32				187.5	197.5	210.0				210	122.912	
	Men Raw Bench Only			Master													
	100kg Master 45-49																
1	Kevin Mabe	NV	100kg	91.5	47				100	107.5	<del>115.0</del>				107.5	68.94	74.593
	Men Raw Deadlift Only			Open													
	75kg Open																
1	Julian Rios	NV	75kg	74.1	29							255	267.5	280.0	280	202.445	
	125kg Open																
1	Austin Schmitz	NV	125kg	118.65	24							285	302.5	<del>320.0</del>	302.5	174.388	
	Men Raw Deadlift Only			Submaster													
	60kg Submaster																
1	Widley Jean	NV	60kg	57.1	35							185	192.5	202.5	202.5	178.2	

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															Dots	McC		
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total		
Men Raw Push-Pull			Open															
125kg Open																		
1	Thomas Boni	NV	125kg	123.0	32				160	170.0	175.0	262.5	277.5	290.0	465	264.901		
Best Lifters											<b>Record Color Codes</b>							
Name		Equip	Events	Comp	Sex							<b>State</b>						
Matthew Litzkow		Raw	PL	Jr	Men							<b>National</b>						
Liz Quezada		Raw	PL	Open	Women													
Julian Rios		Raw	PL	Open	Men													
Desmond Thompson		Clraw	PL	Jr	Men													
Meet Director:		Randy and Heather Fry																
Referees																		
National:		Randy Fry, Heather Fry																
State:		Al Koch, Laura Pincton-Hildreth, Stephen Provost																
Spotter/Loaders:		Mason Harper, Collin Curtis, Ralph Fyke, Calie McGowan, Viana Peoples, Lucas Taylor																
Tested Lifters:		Liz Quezada, Julian Rios, Valentin Soto, Desmond Thompson, Matthew Litzkow																