

USPA Tested Iron Valley NorCal Championship March 3, 2024 Manteca, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
75kg Jr 20-23																	
1	Shelby Cefalu	CA	75kg	73	23	127.5	132.5	142.5	75	80	85	160	170	175	402.5	397.732	
82.5kg Jr 20-23																	
1	Sofia Brinkerhoff	CA	82.5kg	80	22	130	140	150	82.5	91	92.5	145	155	160	401	377.842	
2	Paola Garcia	CA	82.5kg	76	21	105	115	115	62.5	70	77.5	125	152.5	155	347.5	336.111	
Women Raw Powerlifting		Open															
60kg Open																	
1	Vanessa Gonzales	CA	60kg	59.5	34	92.5	102.5	107.5	52.5	57.5	60	110	115	127.5	280	312.041	
75kg Open																	
1	Carissa Rosario	CA	75kg	74.5	32	142.5	150	157.5	75	80	82.5	175	187.5	190	420	410.523	
2	Shelby Cefalu	CA	75kg	73	23	127.5	132.5	142.5	75	80	85	160	170	175	402.5	397.732	
82.5kg Open																	
1	Sofia Brinkerhoff	CA	82.5kg	80	22	130	140	150	82.5	91	92.5	145	155	160	401	377.842	
2	Monica Sadlowski	CA	82.5kg	81.1	41	130	130	150	55	62.5	62.5	135	150	150	335	313.528	316.664
100kg Open																	
1	Mayumi Hil	CA	100kg	95.9	29	120	125	130	65	70	75	130	140	145	350	303.708	
Women Raw Powerlifting		Master															
67.5kg Master 45-49																	
1	Felicia Galindo	CA	67.5kg	66.9	46	80	82.5	85	50	52.5	55	110	115	120	260	269.814	288.162
82.5kg Master 40-44																	
1	Monica Sadlowski	CA	82.5kg	81.1	41	130	130	150	55	62.5	62.5	135	150	150	335	313.528	316.664
82.5kg Master 60-64																	
1	Cathy Cocannouer	CA	82.5kg	79	64	82.5	82.5	95	55	62.5	67.5	115	117.5	120	270	256.016	371.223
100kg Master 45-49																	
1	Georganne Galdamez	CA	100kg	98.9	46	132.5	140	142.5	95	100	105	175	187.5	190	432.5	370.674	395.88

USPA Tested Iron Valley NorCal Championship March 3, 2024 Manteca, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Powerlifting				Junior													
	56kg Jr 18-19																
1	Jayceon King	CA	56kg	54.8	18	127.5	135	140	75	80	85	152.5	165	177.5	397.5	362.713	
	75kg Jr 16-17																
1	Ricky Malo	CA	75kg	71.7	16	167.5	175	182.5	105	110	115	205	215	227.5	517.5	382.397	
	75kg Jr 20-23																
1	Elias Moeller	CA	75kg	72.9	21	182.5	197.5	197.5	105	115	122.5	200	225	225	512.5	374.529	
2	Kyle Pham	CA	75kg	73.1	20	157.5	170	177.5	135	142.5	145	165	182.5	187.5	502.5	366.558	
3	Alec Chhoeung	CA	75kg	71.8	20	120	135	142.5	112.5	125	132.5	180	195	205	470	346.972	
	82.5kg Jr 16-17																
1	Stanley Golomb	CA	82.5kg	81	16	155	165	175	97.5	107.5	117.5	170	185	185	477.5	326.875	
	90kg Jr 20-23																
1	Isaiah Escalona	CA	90kg	89.7	22	227.5	232.5	237.5	100	105	110	250	260	272.5	615	398.33	
2	Jack Gilpin	CA	90kg	86.5	22	170	180	185	100	105	107.5	242.5	250	260	535	353.106	
3	Cody Martin	CA	90kg	89	23	165.5	175	182.5	122.5	130	130	225	240	250	530	344.647	
4	Julian Felix Jr	CA	90kg	85.5	23	172.5	182.5	195	95	102.5	107.5	205	215	220	510	338.71	
5	Brian Rivera	CA	90kg	90	20	160	170	182.5	110	122.5	130	170	190	200	492.5	318.451	
6	Bryan Lopez	CA	90kg	89.8	20	135	150	165	87.5	95	102.5	150	162.5	172.5	407.5	263.786	
	110kg Jr 20-23																
1	Zack Eccleston	CA	110kg	107.2	22	155	167.5	182.5	105	115	115	182.5	197.5	207.5	495	296.086	
	140kg Jr 20-23																
1	Christian Cervantes	CA	140kg	129.2	22	267.5	275	290 (295)	170	180	190	285	292.5	300	770	431.96	
Men Raw Powerlifting				Open													
	67.5kg Open																
1	Javon Lampkin	CA	67.5kg	66.8	37	115	122.5	140	90	92.5	97.5	142.5	157.5	167.5	387.5	300.936	
	82.5kg Open																
1	Leon Li	CA	82.5kg	80	24	182.5	195	205	125	135	142.5	225	245	257.5	597.5	412.004	

USPA Tested Iron Valley NorCal Championship March 3, 2024 Manteca, California

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Open																
1	Nicolas Herrera	CA	90kg	89.1	29	215	232.5	247.5	145	152.5	160	267.5	285	295	702.5	456.558	
2	John Archie Jr	CA	90kg	87.9	24	240	252.5	265	147.5	160	167.5	255	272.5	272.5	685	448.306	
3	Alfonso Chavez	CA	90kg	88.5	25	200	212.5	222.5	152.5	152.5	157.5	230	237.5	245	610	397.818	
4	Chase Deruyter	CA	90kg	85.9	30	197.5	212.5	220	127.5	137.5	145	220	232.5	240	590	390.858	
5	Daniel Moon	CA	90kg	87.7	34	190	200	210	130	142.5	152.5	215	230	240	582.5	381.677	
6	Jack Gilpin	CA	90kg	86.5	22	170	180	185	100	105	107.5	242.5	250	260	535	353.106	
	100kg Open																
1	Michael Anguelo	CA	100kg	98.2	32	230	245	260	167.5	175	182.5	240	262.5	272.5	660	409.491	
2	Magdiel Isaac Jimenez	CA	100kg	90.8	30	205	217.5	227.5	140	145	147.5	242.5	257.5	272.5	647.5	416.824	
	110kg Open																
1	Kyle Alexander	CA	110kg	108.8	27	292.5	312.5	328	157.5	167.5	172.5	320	340	357.5	853	507.311	
	Men Raw Powerlifting Submaster																
	67.5kg Submaster																
1	Javon Lampkin	CA	67.5kg	66.8	37	115	122.5	140	90	92.5	97.5	142.5	157.5	167.5	387.5	300.936	
	Men Raw Powerlifting Master																
	75kg Master 65-69																
1	Paul Milligan	CA	75kg	74.01	65	147.5	152.5	155	110	112.5	115	185	187.5	192.5	460	332.851	492.619
								(157.5)						(195)			
	Men Classic Raw Powerlifting Open																
	140kg Open																
1	Josh Amaral	CA	140kg	134.4	28	185	192.5	200	165	172.5	---	205	217.5	---	590	327.124	
	Men Classic Raw Powerlifting Master																
	90kg Master 55-59																
1	Paul Serame	CA	90kg	89	59	117.5	130	140	102.5	112.5	112.5	162.5	180	190	422.5	274.742	361.286
	100kg Master 55-59																
1	Brad Moberg	CA	100kg	98.4	59	165	177.5	182.5	127.5	135	137.5	212.5	227.5	---	540	334.735	440.177
	Women Single Ply Powerlifting Open																
	82.5kg Open																
1	Kirsten Thompson	CA	82.5kg	82.5	56	120	125	137.5	100	105	107.5	140	147.5	150	382.5	355.01	442.342

USPA Tested Iron Valley NorCal Championship March 3, 2024 Manteca, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Single Ply Powerlifting				Master													
	82.5kg Master 55-59																
1	Kirsten Thompson	CA	82.5kg	82.5	56	120	125	-137.5	100	105	107.5	140	147.5	150	382.5	355.01	442.342
Men Raw Bench Only				Open													
	90kg Open																
1	Alfonso Chavez	CA	90kg	88.5	25				-152.5	152.5	-157.5				152.5	99.455	
	110kg Open																
1	James Shahda	CA	110kg	108.8	60				170	180	-187.5				180	107.053	143.451
Men Raw Bench Only				Master													
	90kg Master 55-59																
1	Dominick Caserta	CA	90kg	89.2	58				125	140	155				155	100.678	129.975
	100kg Master 55-59																
1	Brad Moberg	CA	100kg	98.4	59				127.5	135	-137.5				135	83.684	110.044
	100kg Master 65-69																
1	Al Galvez	CA	100kg	93.6	67				125	132.5	-140				132.5	84.044	129.68
	110kg Master 60-64																
1	James Shahda	CA	110kg	108.8	60				170	180	-187.5				180	107.053	143.451
Men Raw Deadlift Only				Junior													
	90kg Jr 20-23																
1	Jack Gilpin	CA	90kg	86.5	22							242.5	250	-260	250	165.003	
Men Raw Deadlift Only				Open													
	90kg Open																
1	Jack Gilpin	CA	90kg	86.5	22							242.5	250	-260	250	165.003	
Men Raw Deadlift Only				Master													
	75kg Master 65-69																
1	Paul Milligan	CA	75kg	74.01	65							185	187.5	192.5	192.5	139.291	206.15
	100kg Master 55-59													(195)			
1	Brad Moberg	CA	100kg	98.4	59							212.5	227.5	-195	227.5	141.023	185.445
2	David West	CA	100kg	94.2	56							185	-195	-195	185	116.99	145.769

USPA Tested Iron Valley NorCal Championship March 3, 2024 Manteca, California

														Dots	McC	
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total
Best Lifters											Record Color Codes					
Name	Equip	Events	Comp	Sex							State					
Christian Cervantes	Raw	PL	Jr	Men							National					
Carissa Rosario	Raw	PL	Open	Women												
Kyle Alexander	Raw	PL	Open	Men												
Meet Director: Martin Olivera																
Referees																
State: Dixie Walters, Jeff Cauble, Andrew Urrutia, Michael Amaral																
Staff: Jenna Olivera																
Spotter/Loaders: Manuel Castro, Andy Perez, Hugo Corrales, Isaac Cherry, Dayvon Grist																
Tested Lifters: Brag Moberg, Kyle Alexander, Carissa Rosario, Christian Cervantes, Nicholas Herrera,																