

USPA Pennsylvania's Strongest Lifters September 4, 2022 Pittsburgh, PA

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
67.5kg Jr 16-17																	
1	Marykate Kenny	PA	67.5kg	67.4	16	85	<del>95</del>	95	<del>32.5</del>	<del>37.5</del>	37.5	85	95	<del>100</del>	227.5	235.071	
90kg Jr 20-23																	
1	Aleczka Remaley	PA	90kg	89.3	20	<del>97.5</del>	97.5	<del>100</del>	37.5	<del>42.5</del>	<del>42.5</del>	117.5	122.5	127.5	262.5	234.836	
Women Raw Powerlifting			Open														
56kg Open																	
1	Melissa Perla	PA	56kg	55.4	33	95	100	105	55	57.5	60	110	115	122.5	287.5	335.641	
67.5kg Open																	
1	Madison Mccormick	PA	67.5kg	65.8	22	132.5	<del>137.5</del>	<del>137.5</del>	65	70	<del>75</del>	<del>150</del>	150	<del>157.5</del>	352.5	369.372	
2	Natalie Richards	PA	67.5kg	65.1	27	92.5	102.5	107.5	62.5	65	70	110	117.5	122.5	300	316.354	
75kg Open																	
1	Marissa King	PA	75kg	72.4	34	140	150	162.5	80	87.5	<del>92.5</del>	160	175	185	435	431.777	
2	Sarah Williamson	PA	75kg	73.4	35	<del>127.5</del>	127.5	132.5	67.5	<del>70</del>	<del>70</del>	145	155	160	360	354.688	
90kg Open																	
1	Aleczka Remaley	PA	90kg	89.3	20	<del>97.5</del>	97.5	<del>100</del>	37.5	<del>42.5</del>	<del>42.5</del>	117.5	122.5	127.5	262.5	234.836	
Women Raw Powerlifting			Submaster														
75kg Submaster																	
1	Sarah Williamson	PA	75kg	73.4	35	<del>127.5</del>	127.5	132.5	67.5	<del>70</del>	<del>70</del>	145	155	160	360	354.688	
Women Raw Powerlifting			Master														
67.5kg Master 45-49																	
1	Jen Pierce	PA	67.5kg	64.8	45	80	90	100	47.5	<del>55</del>	<del>55</del>	105	117.5	125	272.5	288.146	303.994
Men Raw Powerlifting			Junior														
60kg Jr 18-19																	
DQ	Darren Friedman	PA	60kg	59.6	18	112.5	120	<del>127.5</del>	<del>75</del>	<del>80</del>	<del>80</del>	<del>177.5</del>	177.5	<del>182.5</del>	0	0	
82.5kg Jr 20-23																	
1	Michael Koenig	PA	82.5kg	81.0	20	150	170	190	97.5	105	110	185	202.5	<del>215</del>	502.5	343.989	
2	Jathan Gutshall	PA	82.5kg	77.7	22	160	165	<del>182.5</del>	110	120	<del>127.5</del>	195	210	<del>222.5</del>	495	347.357	
90kg Jr 20-23																	



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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
1	Steve Bieranowski	PA	110kg	107.8	38	182.5	200	205	112.5	117.5	122.5	170	182.5	190	517.5	308.873	
	140kg Submaster																
1	Charles Roka	PA	140kg	137.1	38	257.5	<del>262.5</del>	<del>262.5</del>	165	175	<del>182.5</del>	220	<del>230</del>	<del>230</del>	652.5	359.708	
	Men Raw Powerlifting			Master													
	100kg Master 45-49																
DQ	Michael Troxell	MI	100kg	96.9	48	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	<del>-----</del>	0	0	0
	110kg Master 45-49																
1	Joseph Young	OH	110kg	107.9	49	180	197.5	<del>202.5</del>	112.5	117.5	120	197.5	217.5	222.5	540	322.186	358.593
	125kg Master 40-44																
1	Eric Dahl	PA	125kg	119.8	43	245	<del>260</del>	260	200	212.5	220	245	262.5	272.5	752.5	432.406	445.81
	Men Classic Raw Powerlifting			Open													
	125kg Open																
1	Thomas Rettell	VA	125kg	121.7	31	<del>210</del>	227.5	<del>-----</del>	<del>155</del>	155	162.5	255	272.5	277.5	667.5	381.575	
2	Dan Harold	PA	125kg	118.8	31	212.5	225	<del>235</del>	125	132.5	137.5	212.5	222.5	230	592.5	341.425	
	Women Raw Bench Only			Open													
	75kg Open																
DQ	Nicola Adamchik	PA	75kg	71.7	42				<del>82.5</del>	<del>87.5</del>	<del>87.5</del>				0	0	0
	Women Raw Bench Only			Master													
	75kg Master 40-44																
DQ	Nicola Adamchik	PA	75kg	71.7	42				<del>82.5</del>	<del>87.5</del>	<del>87.5</del>				0	0	0
	Men Raw Bench Only			Master													
	110kg Master 45-49								112.5	117.5	120				120	71.597	79.687
	110kg Master 55-59																
1	James Winnier	PA	110kg	108.9	57				150	<del>162.5</del>	<del>162.5</del>				150	89.179	113.079
	Men Raw Deadlift Only			Open													
	75kg Open																
1	Cameron Gill	PA	75kg	72.4	25							227.5	243	<del>253.5</del>	243	178.395	

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1		110kg Open														
1	PA	110kg	107.5	34							335	342.5	<del>347.5</del>	342.5	204.644	
		<b>Men Raw Deadlift Only</b>		<b>Master</b>												
1		110kg Master 45-49														
1	OH	110kg	107.9	49							197.5	217.5	222.5	222.5	132.753	147.754
		<b>Men Raw Push-Pull</b>		<b>Open</b>												
1		110kg Open														
1	PA	110kg	107.8	38				112.5	117.5	122.5	170	182.5	190	312.5	186.517	
		<b>Men Raw Push-Pull</b>		<b>Submaster</b>												
1		110kg Submaster														
1	PA	110kg	107.8	38				112.5	117.5	122.5	170	182.5	190	312.5	186.517	
<b>Best Lifters</b>																
		Name	Equip	Events	Comp	Sex						<b>Record Color Codes</b>				
		Marissa King	Raw	PL	Open	Women						<b>State</b>				
		Brandon Russel	Raw	PL	Open	Men										
		Meet Director:	Chico Cloyne													
		Referees														
		International:	Chico Cloyne													
		National:	Kylee Craig, Landri Peden, Laura Dice, John Turin, Chuck Kaezyk													
		State:	Stew Snyder, Teresa Brown													
		Spotter/Loaders:	Nate Lam, Al Nie, Yuheng Liu, Katelyn Young, Demi Hassiotis, Lauren Clapp													