

USPA Seminole Strength Showdown 6 March 9, 2024 Tallahassee, Florida

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
60kg Open																	
1	Blake Jacobs	FL	60kg	59.5	25	100.0	112.5	<del>120.0</del>	65	70.0	75.0	117.5	122.5	<del>130.0</del>	310	345.474	
2	Sarah Crouch	FL	60kg	56.7	34	<del>75.0</del>	75.0	82.5	52.5	57.5	<del>60.0</del>	102.5	115.0	117.5	257.5	296.039	
67.5kg Open																	
1	Clare Churchman	TX	67.5kg	65.5	27	130.0	135.0	140.0	72.5	<del>75.0</del>	<del>75.0</del>	157.5	165.0	170.0	382.5	401.89	
Women Raw Powerlifting		Submaster															
100kg Submaster																	
1	Katherine Roberson	FL	100kg	95.1	35	137.5	148.0	155.0	75	<del>80.0</del>	<del>80.0</del>	182.5	190.0	195.0 (200)	425	370.064	
Women Raw Powerlifting		Master															
82.5kg Master 40-44																	
1	Nahla Mohamed	FL	82.5kg	77.7	40	107.5	115.0	<del>125.0</del>	55.0	60.0	62.5	127.5	135.0	140.0	317.5	303.603	303.603
Men Raw Powerlifting		Junior															
67.5kg Jr 16-17																	
1	London Young	GA	67.5kg	64.7	16	100	105.0	120.0	87.5	<del>92.5</del>	<del>92.5</del>	<del>122.5</del>	130.0	140.0	347.5	276.364	
75kg Jr 16-17																	
1	Winston Moore	FL	75kg	73.3	16	130.0	145.0	<del>155.0</del>	<del>95</del>	<del>95.0</del>	95	165	<del>185.0</del>	<del>185.0</del>	405	294.904	
100kg Jr 20-23																	
1	Alon Sims	GA	100kg	98.8	23	242.5	<del>252.5</del>	<del>265.0</del>	177.5	<del>185</del>	<del>---</del>	260.0	<del>270.0</del>	<del>270.0</del>	680	420.764	
125kg Jr 20-23																	
1	Thomas Frosch	FL	125kg	121.4	22	142.5	155.0	170.0	125	140.0	150	<del>185</del>	190.0	<del>205.0</del>	510	291.776	
Men Raw Powerlifting		Open															
75kg Open																	
1	Nigel Blackburn	FL	75kg	74.4	29	215.0	230.0	240.0	132.5	<del>140.0</del>	140	242.5	260.0	<del>265.0</del>	640	461.524	
82.5kg Open																	
1	James Crosby	FL	82.5kg	79.0	37	167.5	175.0	182.5	125	<del>130.0</del>	130	175	185.0	<del>195.0</del>	497.5	345.623	
90kg Open																	
1	Nathan Heburn	FL	90kg	88.1	24	190.0	200.0	<del>207.5</del>	<del>145</del>	145.0	147.5	237.5	245.0	<del>250.0</del>	592.5	387.311	

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	100kg Open																
1	Alon Sims	GA	100kg	98.8	23	242.5	<del>252.5</del>	<del>265.0</del>	177.5	<del>185</del>	<del>---</del>	260.0	<del>270.0</del>	<del>270.0</del>	680	420.764	
2	Thomas Stephens	FL	100kg	91.7	24	197.5	215.0	227.5	142.5	157.5	165	225	240.0	250.0	642.5	411.595	
	125kg Open																
1	James Forstall	FL	125kg	124.2	37	145	<del>175.0</del>	<del>187.5</del>	115	130.0	135	160	175.0	<del>190.0</del>	455	258.4	
	Men Raw Powerlifting			Master													
	125kg Master 60-64																
1	Brendan Burke	FL	125kg	114.2	60	177.5	187.5	200.0	162.5	167.5	<del>182.5</del>	215	227.5	242.5	610	356.357	477.518
	Women Classic Raw Powerlifting			Master													
	110+ Master 50-54																
1	Gayle Dansby	FL	110+	110.5	54	47.5	<del>57.5</del>	62.5	30	37.5	<del>47.5</del>	62.5	85.0	102.5	202.5	166.669	200.669
	Men Classic Raw Powerlifting			Open													
	90kg Open																
1	David Norcross	FL	90kg	90	25	225.0	<del>230.0</del>	<del>230.0</del>	137.5	<del>142.5</del>	<del>142.5</del>	242.5	252.5	262.5	625	404.126	
	110kg Open																
DQ	Adam Winterstien	FL	110kg	108.6	43	<del>205.0</del>	205.0	<del>227.5</del>	132.5	147.5	<del>155</del>	<del>272.5</del>	<del>277.5</del>	<del>---</del>	0	0	0
	Men Classic Raw Powerlifting			Master													
	110kg Master 40-44																
DQ	Adam Winterstien	FL	110kg	108.6	43	<del>205.0</del>	205.0	<del>227.5</del>	132.5	147.5	<del>155</del>	<del>272.5</del>	<del>277.5</del>	<del>---</del>	0	0	0
	Women Raw Bench Only			Open													
	75kg Open																
1	Rachel Erb	FL	75kg	68.0	52				95	101.0	102.5				102.5	105.372	122.758
	Women Raw Bench Only			Master													
	75kg Master 50-54																
1	Rachel Erb	FL	75kg	68.0	52				95	101.0	102.5				102.5	105.372	122.758
	Men Raw Bench Only			Open													
	100kg Open																
1	Kennywayne Jenkins	FL	100kg	99.1	27				187.5	200	<del>210</del>				200	123.589	

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Men Raw Bench Only				Master													
	125kg Master 60-64																
1	Brendan Burke	FL	125kg	114.2	60				162.5	167.5	<del>182.5</del>				167.5	97.852	131.122
Women Raw Deadlift Only				Open													
	75kg Open																
1	Rachel Erb	FL	75kg	68.0	52							160	167.5	176.0	176	180.931	210.785
Women Raw Deadlift Only				Master													
	56kg Master 45-49																
1	Cheryl Edelstein	FL	56kg	56.0	48							147.5	157.5	165.0	165	191.255	209.806
	75kg Master 50-54																
1	Rachel Erb	FL	75kg	68.0	52							160	167.5	176.0	176	180.931	210.785
Men Raw Deadlift Only				Junior													
	52kg Jr 13-15																
1	Spence Edelstein	FL	52kg	37.3	13							72.5	<del>77.5</del>	<del>77.5</del>	72.5	100.668	
Men Raw Deadlift Only				Master													
	100kg Master 60-64																
1	Mitch Edelstein	MN	100kg	100	61							187.5	207.5	220.0	220	135.413	184.975
	125kg Master 60-64																
1	Brendan Burke	FL	125kg	114.2	60							215	227.5	242.5	242.5	141.667	189.833
Women Raw Push-Pull				Open													
	75kg Open																
1	Rachel Erb	FL	75kg	68.0	52				95	101.0	102.5	160	167.5	176.0	278.5	286.303	210.785
Women Raw Push-Pull				Master													
	75kg Master 50-54																
1	Rachel Erb	FL	75kg	68.0	52				95	101.0	102.5	160	167.5	176.0	278.5	286.303	210.785
Men Raw Push-Pull				Open													
	100kg Open																
1	Kennywayne Jenkins	FL	100kg	99.1	27				187.5	200	<del>210</del>	227.5	245.0	260.0	460	284.255	

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total		
Best Lifters												<b>Record Color Codes</b>							
Name		Equip	Events	Comp	Sex											<b>State</b>			
Nigel Blackburn		Raw	PL	Open	Men											<b>National</b>			
Meet Director:		Scott Simonson																	
Referees																			
International:		Scott Simonson, Gary Brewer																	
National:		Mike Walker																	
State:		Cassie Richards																	
Staff:		Becky Simonson																	
Spotter/Loaders:		Bryce Jenkins, Jamie Hargrove, Alice Nesterova, Elvin Raducan, Landon Hoornstra																	