

USPA Best of the West Vol 4 April 13, 2019 Indianapolis, IN

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
<b>Women Raw Powerlifting</b>															
	75kg Jr 20-23														
1	Erin O'Flaherty	IL	75kg	72.2	23	112.5	57.5	122.5	292.5	284.954		248	126.8	270.1	644.8
	SHW Jr 20-23														
1	Alisha Hedrick	IL	SHW	91	21	125	50	137.5	312.5	268.813		275.6	110.2	303.1	688.9
	60kg Open														
1	Michaela Runkle	IN	60kg	59.8	24	110	47.5	127.5	285	318.573		242.5	104.7	281.1	628.3
	67.5kg Open														
1	Olivia Schane	IN	67.5kg	66.9	27	112.5	65	152.5	330	338.976		248	143.3	336.2	727.5
	75kg Open														
1	Maritza Wysocki	IN	75kg	72.6	34	117.5	62.5	165	345	334.892		259	137.8	363.8	760.6
2	Stephanie Woods	IN	75kg	68.8	32	122.5	62.5	152.5	337.5	339.829		270.1	137.8	336.2	744.1
	82.5kg Open														
1	Sandra Green	IN	82.5kg	79.4	41	105	60	137.5	302.5	277.967		231.5	132.3	303.1	666.9
	90kg Open														
1	Mikayla Metzger	IN	90kg	88.2	22	170	105	165	440	383.504		374.8	231.5	363.8	970
	SHW Open														
1	Becca Weston	IN	SHW	95.6	24	142.5	72.5	147.5	362.5	306.168		314.2	159.8	325.2	799.2
2	Amber Myers	IN	SHW	122.6	37	105	75	112.5	292.5	233.006		231.5	165.3	248	644.8
	SHW Submaster														
1	Amber Myers	IN	SHW	122.6	37	105	75	112.5	292.5	233.006		231.5	165.3	248	644.8
	67.5kg Master 40-44														
1	Rachele Jordan	IN	67.5kg	63.2	43	92.5	45	110	247.5	265.172	273.392	203.9	99.2	242.5	545.6
	67.5kg Master 55-59														
1	Mary Wright	IN	67.5kg	66.6	58	85	50	115	250	257.65	332.626	187.4	110.2	253.5	551.2
	SHW Master 55-59														
1	Victoria Hankins	IN	SHW	94.4	57	90	55	87.5	232.5	197.23	250.087	198.4	121.3	192.9	512.6
<b>Men Raw Powerlifting</b>															
	67.5kg Jr 20-23														
1	Christian Vorndran	IN	67.5kg	66.6	22	132.5	57.5	145	335	261.099		292.1	126.8	319.7	738.5

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	75kg Jr 13-15														
1	Landon Francis	IN	75kg	71.6	15	160	130	177.5	467.5	344.407		352.7	286.6	391.3	1030.7
	90kg Jr 20-23														
1	Tyler Bolger	IL	90kg	88.4	21	237.5	155	272.5	665	428.526		523.6	341.7	600.8	1466.1
2	James Lay	IN	90kg	89.5	20	215	147.5	250	612.5	392.123		474	325.2	551.2	1350.3
	100kg Jr 20-23														
1	Jaykeb Thorp	IN	100kg	99	20	252.5	182.5	280	715	436.937		556.7	402.3	617.3	1576.3
2	Mckinen Flannery	IN	100kg	98.6	22	182.5	142.5	200	525	321.353		402.3	314.2	440.9	1157.4
	110kg Jr 20-23														
1	Jonathan Duncan	IN	110kg	106.9	21	272.5	167.5	260	700	415.73		600.8	369.3	573.2	1543.2
2	Preston Bowling	IN	110kg	107.8	20	240	172.5	230	642.5	380.553		529.1	380.3	507.1	1416.5
	125kg Jr 20-23														
1	Brandon Rau	IN	125kg	115.9	23	260	182.5	255	697.5	404.48		573.2	402.3	562.2	1537.7
2	Jonathon Delzell	IL	125kg	121.4	23	247.5	155	287.5	690	395.646		545.6	341.7	633.8	1521.2
	82.5kg Open														
1	Steven Montoya	IN	82.5kg	76.2	27	147.5	102.5	165	415	292.492		325.2	226	363.8	914.9
	90kg Open														
1	Tyler Bolger	IL	90kg	88.4	21	237.5	155	272.5	665	428.526		523.6	341.7	600.8	1466.1
2	Charlee Lee	MI	90kg	88.8	25	227.5	132.5	237.5	597.5	384.073		501.5	292.1	523.6	1317.2
3	Britton Watson	IN	90kg	88.8	17	110	80	140	330	212.124		242.5	176.4	308.6	727.5
	100kg Open														
1	Jaykeb Thorp	IN	100kg	99	20	252.5	182.5	280	715	436.937		556.7	402.3	617.3	1576.3
	110kg Open														
1	Joseph Eck	IN	110kg	108.1	34	272.5	202.5	320	795	470.402		600.8	446.4	705.5	1752.7
2	Jonathan Duncan	IN	110kg	106.9	21	272.5	167.5	260	700	415.73		600.8	369.3	573.2	1543.2
3	Preston Bowling	IN	110kg	107.8	20	240	172.5	230	642.5	380.553		529.1	380.3	507.1	1416.5
4	Zach Coffman	IN	110kg	102.8	31	142.5	130	192.5	465	279.977		314.2	286.6	424.4	1025.1
	125kg Open														
1	Mark Conover	IN	125kg	124.3	29	320	220	320	860	490.63		705.5	485	705.5	1896
2	Brandon Rau	IN	125kg	115.9	23	260	182.5	255	697.5	404.48		573.2	402.3	562.2	1537.7
	SHW Open														
1	James Hogue	IN	SHW	154.9	46	200	117.5	237.5	555	305.694	326.481	440.9	259	523.6	1223.6

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	90kg Submaster														
1	Joe Baker	IN	90kg	87.4	39	197.5	135	235	567.5	367.91		435.4	297.6	518.1	1251.1
2	Brett Bensley	IN	90kg	87.5	36	200	127.5	200	527.5	341.767		440.9	281.1	440.9	1162.9
	SHW Submaster														
1	Luther Lofland	IN	SHW	168.9	35	92.5	100	200	392.5	213.402		203.9	220.5	440.9	865.3
	100kg Master 40-44														
1	Timothy Kilgore	IN	100kg	95.4	40	165	110	180	455	282.51	282.51	363.8	242.5	396.8	1003.1
	100kg Master 50-54														
1	Neal Wallace	IN	100kg	96	50	135	110	200	445	275.5	311.314	297.6	242.5	440.9	981
	110kg Master 55-59														
1	Tim Bolger	IL	110kg	102.3	55	220	185	257.5	662.5	399.62	489.535	485	407.9	567.7	1460.5
	125kg Master 45-49														
1	Eric Adams	IN	125kg	120.4	46	205	125	217.5	547.5	314.539	335.927	451.9	275.6	479.5	1207
	125kg Master 60-64														
1	Jim Lovekamp	IN	125kg	123.2	60	215	137.5	237.5	590	337.244	451.907	474	303.1	523.6	1300.7
	SHW Master 45-49														
1	James Hogue	IN	SHW	154.9	46	200	117.5	237.5	555	305.694	326.481	440.9	259	523.6	1223.6
<b>Women Classic Raw Powerlifting</b>															
	75kg Open														
1	Christina Bangma	IN	75kg	73.8	34	170	97.5	188	455.5	437.462		374.8	214.9	414.5	1004.2
	SHW Open														
1	Brandi Sneed	IN	SHW	113.4	37	200	122.5	197.5	520	420.212		440.9	270.1	435.4	1146.4
	SHW Submaster														
1	Brandi Sneed	IN	SHW	113.4	37	200	122.5	197.5	520	420.212		440.9	270.1	435.4	1146.4
<b>Men Classic Raw Powerlifting</b>															
	75kg Jr 20-23														
1	Logan Nygaard	IN	75kg	74.3	23	150	100	185	435	312.026		330.7	220.5	407.9	959
	100kg Jr 20-23														
1	Kaymon Noble	KY	100kg	95.4	21	212.5	127.5	232.5	572.5	355.465		468.5	281.1	512.6	1262.1

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	110kg Jr 20-23														
1	David Hoover	IN	110kg	105.4	23	277.5	207.5	327.5	812.5	484.9		611.8	457.5	722	1791.2
2	Aaron Wheeler	IN	110kg	107.9	22	275	182.5	290	747.5	442.595		606.3	402.3	639.3	1647.9
	82.5kg Open														
1	Paquito Cruz	IN	82.5kg	81.6	48	212.5	62.5	212.5	487.5	328.77	360.661	468.5	137.8	468.5	1074.7
	90kg Open														
1	Taylor Brandon	IN	90kg	89.3	26	240	145	202.5	587.5	376.588		529.1	319.7	446.4	1295.2
	82.5kg Submaster														
1	Jon Habeshy	IN	82.5kg	79.6	36	165	112.5	195	472.5	323.615		363.8	248	429.9	1041.7
	75kg Master 40-44														
1	Reggie Dukes	IN	75kg	74.6	43	260	172.5	260	692.5	495.276	510.63	573.2	380.3	573.2	1526.7
	82.5kg Master 45-49														
1	Paquito Cruz	IN	82.5kg	81.6	48	212.5	62.5	212.5	487.5	328.77	360.661	468.5	137.8	468.5	1074.7
	110kg Master 50-54														
1	Shannon Lawless	TN	110kg	108.1	50	137.5	137.5	195	470	278.099	314.252	303.1	303.1	429.9	1036.2
	<b>Women Raw Bench Only</b>														
	SHW Open														
1	Brandi Sneed	IN	SHW	113.4	37		122.5		122.5	98.992			270.1		270.1
2	Lynette Ritchie	IL	SHW	117.4	54		112.5		112.5	90.315	108.739		248		248
3	Ana Wallace	IN	SHW	150.2	28		65		65	50.011			143.3		143.3
	SHW Submaster														
1	Brandi Sneed	IN	SHW	113.4	37		122.5		122.5	98.992			270.1		270.1
	SHW Master 50-54														
1	Lynette Ritchie	IL	SHW	117.4	54		112.5		112.5	90.315	108.739		248		248
	<b>Men Raw Bench Only</b>														
	110kg Open														
1	Kurt Morris	IN	110kg	106.5	38		182.5		182.5	108.515			402.3		402.3
	110kg Submaster														
1	Kurt Morris	IN	110kg	106.5	38		182.5		182.5	108.515			402.3		402.3

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<b>Women Raw Deadlift Only</b>															
	SHW Jr 20-23														
1	Alisha Hedrick	IL	SHW	91	21			137.5	137.5	118.278				303.1	303.1
	SHW Open														
1	Lynette Ritchie	IL	SHW	117.4	54			205	205	164.574	198.147			451.9	451.9
	SHW Master 50-54														
1	Lynette Ritchie	IL	SHW	117.4	54			205	205	164.574	198.147			451.9	451.9
<b>Women Raw Push-Pull</b>															
	SHW Open														
1	Lynette Ritchie	IL	SHW	117.4	54		112.5	205	317.5	254.889	306.886		248	451.9	700
	SHW Master 50-54														
1	Lynette Ritchie	IL	SHW	117.4	54		112.5	205	317.5	254.889	306.886		248	451.9	700
Best Lifters:															
Open Women Raw: Mikayla Metzger															
Open Men Raw: Mark Conover															
Master Men Raw: Tim Bolger															
Jr Men Raw: Jaykeb Thorp															
Meet Director: Cody Robbins															
Thank you to our referees:															
National: Cody Robbins, Chico Cloyne and Justin Jackson															
State: Emily Adams, Rebecca Bruce, Ayse Jones, Jorge Martinez, Nick Johnson, Nash Keagly, Kristen Norris, Liz Stewart and Melissa Gustafson															
Thank you to our spotters and loaders:															
Devin Emert, Chase Casey, Jack Eisenlohr and Trevor Gambrel															
Announcer: Mike Coe															