

USPA Only the Strong Powerlifting Championships December 7-8, 2019 North Kansas City, MO

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	67.5kg Jr 20-23																
1	Emily Burgess	MO	67.5kg	66.0	23	125	135	140	70	75	77.5	137.5	147.5	152.5	370	383.838	
	75kg Jr 20-23																
1	Erin Violi	NE	75kg	74.6	23	85.0	95	102.5	42.5	57.5	57.5	80	92.5	102.5	247.5	236.066	
	82.5kg Jr 20-23																
1	Emily Keith	NE	82.5kg	79.0	22	100	110	117.5	52.5	55	57.5	112.5	122.5	132.5	297.5	274.146	
2	Alexandra Usher	KS	82.5kg	81.0	21	62.5	62.5	70	42.5	47.5	47.5	102.5	110	115	227.5	206.752	
	SHW Jr 18-19																
1	Cheyenne Howard	KS	SHW	108.0	19	142.5	155	165	52.5	57.5	60	142.5	155	170	380	310.194	
	52kg Open																
1	Christina Mccandless	MO	52kg	50.2	33	85	92.5	97.5	57.5	62.5	65	107.5	120	127.5	287.5	368.23	
	60kg Open																
1	Esmie Tseng	KS	60kg	58.4	30	130	137.5	142.5	80	82.5	82.5	167.5	172.5	177.5	397.5	452.594	
2	Stephanie Hinchey	KS	60kg	59.2	24	122.5	127.5	135	87.5	92.5	92.5	157.5	165	172.5	387.5	436.558	
	67.5kg Open																
1	Jessica Slivinski	MO	67.5kg	66.8	29	150	162.5	165	90	95	95	180	190	195	435	447.311	
2	Susan Harrison	MO	67.5kg	65.2	42	147.5	165	167.5	80	90	92.5	155	172.5	175	427.5	447.464	456.414
3	Emily Burgess	MO	67.5kg	66.0	23	125	135	140	70	75	77.5	137.5	147.5	152.5	370	383.838	
4	Kristen Jukes	MO	67.5kg	64.4	33	107.5	115	120	70	75	77.5	137.5	145	152.5	347.5	367.099	
5	Brenna Dwyer	MO	67.5kg	64.8	25	107.5	112.5	120	80	87.5	87.5	137.5	140	142.5	340	357.51	
6	Paula Lokshin	MO	67.5kg	65.8	26	100	105	110	52.5	55	57.5	120	130	137.5	302.5	314.509	
	75kg Open																
1	Emily Gamble	MO	75kg	73.8	32	95	102.5	107.5	55	62.5	67.5	122.5	132.5	142.5	312.5	300.125	
2	Melody Mcdannald	MO	75kg	74.6	29	97.5	97.5	102.5	57.5	62.5	67.5	130	137.5	142.5	307.5	293.294	
3	Monica Gillespie	MO	75kg	68.6	52	100	105	107.5	55	60	62.5	125	130	135	302.5	305.223	355.584
4	Erin Violi	NE	75kg	74.6	23	85.0	95	102.5	42.5	57.5	57.5	80	92.5	102.5	247.5	236.066	
	82.5kg Open																
1	Alicia Hollenbeck	KS	82.5kg	80.0	24	115	122.5	127.5	50	60	62.5	115	125	130	315	288.225	
2	Brittany Williams	MO	82.5kg	82.4	27	105	105	117.5	55	60	60	132.5	142.5	145	315	283.658	
3	Ellen Likens	KS	82.5kg	82.2	33	85	92.5	97.5	60	65	65	125	142.5	155	312.5	281.781	
4	Emily Keith	NE	82.5kg	79.0	22	100	110	117.5	52.5	55	57.5	112.5	122.5	132.5	297.5	274.146	
5	Kathryn Ross	KS	82.5kg	80.0	39	92.5	102.5	107.5	50	55	60	115	125	130	282.5	258.488	
	90kg Open																
1	Anna Krattli	MO	90kg	86.8	30	112.5	122.5	127.5	55	62.5	65	120	132.5	140	332.5	291.869	

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	SHW Open																
1	Felisha Gibbs	KS	SHW	95.4	24	177.5	190	197.5	97.5	102.5	110	200	227.5	227.5	507.5	428.939	
2	Angela Huckabee	KS	SHW	110.0	34	175	192.5	197.5	92.5	100	107.5	180	197.5	202.5	495	402.485	
3	Kelli Millikan	MO	SHW	146.0	33	160	165	172.5	85	90	97.5	185	205	225	495	382.19	
4	Jacquelynn Sims	MO	SHW	108.2	29	130	137.5	147.5	100	105	110	185	200	210	462.5	377.4	
5	Roxanna Pimentel	IA	SHW	128.6	29	167.5	177.5	185	87.5	92.5	92.5	175	182.5	187.5	460	363.354	
6	Cheyenne Howard	KS	SHW	108.0	19	142.5	155	165	52.5	57.5	60	142.5	155	170	380	310.194	
	75kg Submaster																
DQ	Marylin Woodman	MO	75kg	67.8	36	145	145	150	92.5	95	95	170	170	170	0	0	
	82.5kg Submaster																
1	Kathryn Ross	KS	82.5kg	80.0	39	92.5	102.5	107.5	50	55	60	115	125	130	282.5	258.488	
	SHW Submaster																
1	Amanda West	MO	SHW	97.8	39	125	135	140	57.5	62.5	65	142.5	155	162.5	365	305.943	
	60kg Master 55-59																
1	Margot Mccunniff	MO	60kg	59.2	57	82.5	82.5	95	42.5	50	50	102.5	117.5	125	250	281.65	357.132
	67.5kg Master 40-44																
1	Susan Harrison	MO	67.5kg	65.2	42	147.5	165	167.5	80	90	92.5	155	172.5	175	427.5	447.464	456.414
	75kg Master 40-44																
1	Jessi Freeman	MO	75kg	69.2	41	127.5	127.5	127.5	72.5	75	75	157.5	162.5	167.5	370	371.036	374.746
	75kg Master 50-54																
1	Monica Gillespie	MO	75kg	68.6	52	100	105	107.5	55	60	62.5	125	130	135	302.5	305.223	355.584
	75kg Master 65-69																
1	Sandra Wallace	KS	75kg	75.0	69	70.0	75	80	45	50	52.5	125	130	135	265	251.909	405.573
	90kg Master 40-44																
1	Heather Tully	KS	90kg	89.2	40	125	135	140	60	65	72.5	142.5	155	162.5	360	312.228	312.228
	90kg Master 55-59																
1	Stacie Korte	MO	90kg	84.4	58	100	115	115	60	65	65	137.5	152.5	162.5	342.5	304.688	393.352
	Men Raw Powerlifting																
	67.5kg Jr 20-23																
1	Zack Gomric	KS	67.5kg	65.6	23	107.5	117.5	125	75	77.5	80	160	170	175	380	299.858	
	75kg Jr 16-17																
1	Kaiden Brown	KS	75kg	73.8	17	185	185	190	102.5	105	107.5	185	190	190	480	345.936	

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	75kg Jr 18-19																
1	Casey Koehn	KS	75kg	75.0	19	142.5	150	157.5	92.5	97.5	102.5	192.5	210	227.5	465	331.359	
	82.5kg Jr 16-17																
1	Salvador Soto	MO	82.5kg	82.4	17	205	205	215	127.5	132.5	132.5	220	227.5	227.5	560	375.424	
	82.5kg Jr 18-19																
1	Mckinley Miller	NE	82.5kg	81.8	19	142.5	152.5	160	102.5	107.5	107.5	185	190	190	457.5	308.081	
	82.5kg Jr 20-23																
1	Brandt Wieberg	MO	82.5kg	81.8	23	205	212.5	220	137.5	147.5	147.5	240	260	267.5	627.5	422.559	
2	David Potter	KS	82.5kg	79.6	22	167.5	167.5	175	117.5	125	127.5	180	190	197.5	497.5	340.738	
3	Derek Lopez	KS	82.5kg	81.8	21	150	172.5	182.5	82.5	92.5	102.5	172.5	182.5	202.5	487.5	328.283	
	90kg Jr 20-23																
1	Jaylon Goode	MO	90kg	85.6	23	157.5	165	170	117.5	122.5	127.5	190	200	205	497.5	326.211	
2	Charlie Phillips	MO	90kg	86.2	22	137.5	152.5	165	92.5	100	100	182.5	195	200	447.5	292.307	
DQ	Josh Benge	IA	90kg	90.0	21	205	212.5	212.5	135	137.5	137.5	225	225	225	0	0	
	100kg Jr 20-23																
1	Dylan Smith	KS	100kg	98.2	20	260	282.5	295	215	227.5	235	272.5	295	317.5	805	493.546	
2	Brandon Valdez	KS	100kg	97.8	22	217.5	235	240	142.5	157.5	165	227.5	255	265	652.5	400.766	
3	Luke Kennedy	WA	100kg	98.0	21	220	230	242.5	142.5	155	160	215	227.5	235	637.5	391.17	
	110kg Jr 20-23																
1	Bryce Braun	KS	110kg	107.8	20	225	235	242.5	155	160	162.5	240	250	265	660	390.918	
2	Devon Wright	MO	110kg	109.6	22	225	230	237.5	137.5	145	152.5	220	232.5	242.5	632.5	372.669	
3	Ross Nigro	MO	110kg	106.8	20	130	137.5	147.5	102.5	115	122.5	170	182.5	190	445	264.375	
	125kg Jr 20-23																
1	Alec Deherrera	KS	125kg	123.6	23	210	220	230	127.5	127.5	137.5	235	257.5	267.5	625	357	
	67.5kg Open																
1	Michael Chalupny	MO	67.5kg	65.4	26	142.5	150	152.5	100	102.5	105	195	205	207.5	460	363.906	
	75kg Open																
1	Kyle Phipps	MO	75kg	71.8	25	185	185	187.5	110	112.5	115	220	227.5	235	530	389.656	
2	Robert Fenton	KS	75kg	73.4	42	152.5	160	167.5	97.5	105	112.5	185	197.5	207.5	487.5	352.706	359.76
	82.5kg Open																
1	Ron Tolie	MO	82.5kg	80.4	30	177.5	185	197.5	130	137.5	140	257.5	275	275	595	404.957	
2	Jake Helphingstine	KS	82.5kg	79.8	24	180	192.5	200	122.5	132.5	145	212.5	215	215	545	372.671	
3	Landon Cole	MO	82.5kg	79.6	28	170	185	195	120	120	125	200	210	220	535	366.422	
4	Josh Crawford	MO	82.5kg	80.8	29	162.5	172.5	180	117.5	130	132.5	207.5	215	215	512.5	347.731	

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	90kg Open																
1	Drew Dowd	MO	90kg	89.0	24	257.5	270	277.5	125	137.5	142.5	257.5	275	282.5	695	446.26	
2	Jacob Parker	MO	90kg	87.8	30	227.5	237.5	245	137.5	145	145	267.5	277.5	287.5	670	433.289	
3	Matthew Burns	KS	90kg	88.0	33	220	230	240	132.5	142.5	150	260	267.5	272.5	650	419.835	
4	Jacob Wallace	KS	90kg	88.8	32	207.5	217.5	227.5	132.5	140	145	240	257.5	257.5	625	401.75	
5	Jeff Crouch	KS	90kg	89.6	30	180	195	205	140	150	160	210	225	237.5	602.5	385.48	
6	Dylan Farrell	MO	90kg	84.0	29	180	190	195	127.5	135	140	220	227.5	237.5	572.5	379.453	
7	Dom Fells	MO	90kg	89.0	27	182.5	195	205	147.5	157.5	165	207.5	220	232.5	572.5	367.602	
8	Matt Grooms	MO	90kg	90.0	45	192.5	197.5	205	125	135	140	197.5	205	215	560	357.504	377.167
	100kg Open																
1	Dylan Smith	KS	100kg	98.2	20	260	282.5	295	215	227.5	235	272.5	295	317.5	805	493.546	
2	Matt Geist	MO	100kg	98.8	35	227.5	242.5	260	175	190	197.5	275	287.5	305	745	455.642	
3	Clinton Johnson	KS	100kg	98.6	28	252.5	265	265	145	152.5	155	270	282.5	285	687.5	420.819	
4	Brandon Valdez	KS	100kg	97.8	22	217.5	235	240	142.5	157.5	165	227.5	255	265	652.5	400.766	
5	Zach Dudenhoeffer	MO	100kg	96.2	23	195	200	200	137.5	142.5	147.5	255	272.5	275	620	383.532	
6	Cody Raeder	MO	100kg	90.4	24	197.5	207.5	212.5	152.5	160	162.5	212.5	227.5	235	607.5	386.978	
7	John Ink	KS	100kg	98.6	26	197.5	205	207.5	112.5	117.5	122.5	220	227.5	227.5	550	336.655	
8	Ryan Bowles	KS	100kg	99.2	26	155	160	167.5	110	110	110	190	197.5	205	482.5	294.615	
	110kg Open																
1	Kade Proctor	MO	110kg	109.8	24	290	305	317.5	192.5	205	210	317.5	345	352.5	875	515.2	
2	Robb Bradford	MO	110kg	110.0	30	287.5	305	317.5	217.5	227.5	227.5	282.5	297.5	310	832.5	489.926	
3	Drew Mitchell	KS	110kg	108.0	25	250	260	272.5	177.5	187.5	200	267.5	275	287.5	747.5	442.445	
4	John Filipek	MO	110kg	102.4	24	237.5	247.5	260	150	157.5	157.5	280	300	305	697.5	420.593	
5	Daniel Huckabee Sr	KS	110kg	104.6	37	220	230	240	155	165	170	220	232.5	245	640	382.976	
6	Thomas McClellan	MO	110kg	105	36	220	230	240	165	175	175	220	225	230	640	382.464	
7	Brandon Chandler	MO	110kg	108.0	24	210	222.5	232.5	125	132.5	137.5	220	232.5	245	610	361.059	
8	Andres Rabinovich	KS	110kg	106.4	34	185	195	200	125	130	132.5	210	227.5	237.5	567.5	337.549	
DQ	Ed Gutierrez	KS	110kg	106.6	27	205	205	215	125	130	132.5	210	227.5	237.5	0	0	
	125kg Open																
1	Will Korte	MO	125kg	113.2	27	265	280	290	187.5	195	200	307.5	317.5	332.5	802.5	468.339	
2	Mason Seeger	MO	125kg	118.4	22	200	212.5	222.5	140	150	160	205	222.5	237.5	620	357.616	
	140kg Open																
1	Matthew Sefton	MO	140kg	135.8	32	205	230	240	175	185	193	285	307.5	318	741	415.997	
2	Daniel Duncan	MO	140kg	129.6	26	260	270	277.5	157.5	170	177.5	257.5	275	280	727.5	411.692	
3	Ethan Burge	MO	140kg	137.4	26	235	250	262.5	167.5	175	182.5	282.5	295	295	707.5	396.483	
	SHW Open																
1	Bryan Hartsel	KS	SHW	164.4	31	305	317.5	330	185	195	210	305	345	365	870	475.02	

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	110kg Submaster																
1	Daniel Huckabee Sr	KS	110kg	104.6	37	220	230	240	155	165	170	220	232.5	245	640	382.976	
2	Thomas McClellan	MO	110kg	105	36	220	230	240	165	175	175	220	225	230	640	382.464	
3	Steven Edwards	MO	110kg	107.6	37	205	215	227.5	137.5	145	150	207.5	220	237.5	597.5	354.079	
	75kg Master 40-44																
1	Robert Fenton	KS	75kg	73.4	42	152.5	160	167.5	97.5	105	112.5	185	197.5	207.5	487.5	352.706	359.76
	90kg Master 45-49																
1	Matt Grooms	MO	90kg	90.0	45	192.5	197.5	205	125	135	140	197.5	205	215	560	357.504	377.167
	100kg Master 50-54																
1	Stan Mitchell	KS	100kg	98.4	53	177.5	185	185	132.5	137.5	142.5	207.5	215	222.5	537.5	329.273	389.859
	110kg Master 45-49																
1	Trent Bills	KS	110kg	107.8	48	165	177.5	187.5	90	100	105	175	190	200	482.5	285.785	313.506

Best Lifters:

Emily Burgess	Raw Jr Women PL
Dylan Smith	Raw Jr Men PL
Esmie Tseng	Raw Open Women PL
Kade Proctor	Raw Open Men PL
Susan Harrison	Raw Master Women PL

Record Color Codes:

State
National

Meet Director: JP Price

Thank you our officials:

International: Joe Walden and Bruce Takala
National: JP Price, Albert Alvarado, Tom Mackie, Kirsten Scurlock and Mark Elder
State: Kay Walden, Parker Tims, Scott Tully and Michael Greeno
Staff: Jenna Price

Thank you to our spotters and loaders:

Nathaniel Baker, Ryan Syva, Greg Denny, Mike McGivern, Delon Knight, Jordan Gusman, Hunter Henderson, Jeff Frank, Miguel Conchola, Brian Morehouse
Eddie Barajas, Caree Mead, Katie Rowsey, Brandi Whillock, Cydney Morehouse, Derek Mead and Sarah Wilson