

USPA Sisters Of Iron Showdown December 2, 2023 Orrville, Ohio

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 13-15																	
1	Addyson Stiverson	MI	67.5kg	66.5	14	<del>120</del>	120	130	65	67.5	<del>72.5</del>	147.5	155	162.5	360	374.897	
67.5kg Jr 18-19																	
1	Mackenzie Harris	OH	67.5kg	61.4	19	75	<del>85</del>	92.5	35	40	<del>50</del>	92.5	107.5	117.5	250	273.165	
67.5kg Jr 20-23																	
1	Carmen Martinez	OH	67.5kg	66.0	21	95	110	<del>115</del>	47.5	<del>57.5</del>	57.5	97.5	110	<del>120</del>	277.5	290.264	
90kg Jr 13-15																	
1	Eden Durham	OH	90kg	88.3	15	57.5	60	65	57.5	60	67.5	122.5	145	147.5	280	251.759	
100kg Jr 20-23																	
1	Amber Leek	OH	100kg	91.5	22	102.5	115	122.5	70	78	82.5	137.5	155	165	370	327.486	
Women Raw Powerlifting			Open														
52kg Open																	
1	Jessica Eby	OH	52kg	51.2	26	107.5	112.5	<del>117.5</del>	60	67.5	<del>72.5</del>	120	132.5	145	325	400.456	
56kg Open																	
1	Tracy Wagner	OH	56kg	55.8	43	95	100	107.5	60	62.5	65	120	125	135	307.5	357.276	368.351
2	Kirsten Lipscomb	IN	56kg	55.8	32	<del>107.5</del>	107.5	<del>115</del>	47.5	52.5	57.5	117.5	127.5	<del>135</del>	292.5	339.847	
3	Reagan Reynolds	OH	56kg	54.0	26	57.5	62.5	72.5	25	35	<del>45</del>	62.5	75	<del>100</del>	182.5	216.759	
60kg Open																	
1	Chelsea Hamilton	PA	60kg	59.7	36	120	130	137.5	65	<del>72.5</del>	<del>72.5</del>	157.5	170	<del>175</del>	372.5	414.244	
2	Mary Capelety	OH	60kg	58.7	33	80	85	90	40	42.5	<del>45</del>	102.5	112.5	117.5	250	281.024	
67.5kg Open																	
1	Lauren Rutan	OH	67.5kg	62.5	39	137.5	142.5	147.5	75	80	<del>85</del>	140	145	<del>---</del>	372.5	402.584	
2	Addyson Stiverson	MI	67.5kg	66.5	14	<del>120</del>	120	130	65	67.5	<del>72.5</del>	147.5	155	162.5	360	374.897	
3	Crystal Sorensen	OH	67.5kg	67.1	38	125	<del>127.5</del>	<del>127.5</del>	70	<del>72.5</del>	<del>72.5</del>	150	<del>155</del>	<del>---</del>	345	357.403	
4	Lindsay Goss	MI	67.5kg	65.9	42	92.5	<del>102.5</del>	<del>102.5</del>	55	60	<del>65</del>	102.5	107.5	115	267.5	280.053	285.654
5	Tiffany Guidy	WV	67.5kg	63.8	33	70	80	90	<del>50</del>	52.5	<del>60</del>	110	120	<del>132.5</del>	262.5	280.172	
6	Heidi Henderson	OH	67.5kg	67.1	38	82.5	92.5	97.5	40	42.5	<del>45</del>	95	105	<del>115</del>	245	253.808	
7	Bri Wyatt	CA	67.5kg	65.9	24	67.5	75	82.5	37.5	<del>42.5</del>	<del>47.5</del>	82.5	90	97.5	217.5	227.707	
75kg Open																	
1	Marisa Tilton	OH	75kg	70.9	31	102.5	110	127.5	67.5	75	<del>82.5</del>	125	142.5	162.5	365	366.489	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	82.5kg Open																
1	Ashley Russo	MI	82.5kg	81.2	39	127.5	135	137.5	70	75	<del>77.5</del>	167.5	175	<del>177.5</del>	387.5	362.444	
2	Jennifer Wolf	OH	82.5kg	80.3	34	80	82.5	85	50	<del>57.5</del>	57.5	87.5	100	105	247.5	232.773	
	90kg Open																
1	Sarah Johnson	OH	90kg	87.8	45	167.5	180	182.5	102.5	107.5	110	195	210	220	512.5	461.993	487.403
2	Alecia Lewis	MI	90kg	89.8	35	162.5	170	<del>175</del>	87.5	92.5	97.5	177.5	190	200	467.5	417.196	
3	Brooke Lagrasso	OH	90kg	88.1	42	115	<del>122.5</del>	122.5	77.5	80	<del>82.5</del>	180	187.5	205	407.5	366.774	374.11
4	Alexa Landon	IN	90kg	87.2	27	122.5	132.5	<del>145</del>	75	80	<del>82.5</del>	127.5	137.5	150	362.5	327.797	
5	Sunnie Thallman	OH	90kg	90.0	25	112.5	117.5	<del>125</del>	57.5	60	65	115	120	127.5	310	276.372	
	100kg Open																
1	Gabrielle Libby	OH	100kg	98.0	35	105	112.5	117.5	72.5	75	<del>77.5</del>	125	130	137.5	330	283.854	
	110kg Open																
1	Lindsey Bowman	OH	110kg	103.3	30	97.5	100	102.5	45	47.5	<del>50</del>	100	102.5	110	260	219.148	
	Women Raw Powerlifting Submaster																
	60kg Submaster																
1	Chelsea Hamilton	PA	60kg	59.7	36	120	130	137.5	65	<del>72.5</del>	<del>72.5</del>	157.5	170	<del>175</del>	372.5	414.244	
	67.5kg Submaster																
1	Lauren Rutan	OH	67.5kg	62.5	39	137.5	142.5	147.5	75	80	<del>85</del>	140	145	<del>150</del>	372.5	402.584	
2	Crystal Sorensen	OH	67.5kg	67.1	38	125	<del>127.5</del>	<del>127.5</del>	70	<del>72.5</del>	<del>72.5</del>	150	<del>155</del>	<del>160</del>	345	357.403	
3	Heidi Henderson	OH	67.5kg	67.1	38	82.5	92.5	97.5	40	42.5	<del>45</del>	95	105	<del>115</del>	245	253.808	
	82.5kg Submaster																
1	Ashley Russo	MI	82.5kg	81.2	39	127.5	135	137.5	70	75	<del>77.5</del>	167.5	175	<del>177.5</del>	387.5	362.444	
	90kg Submaster																
1	Alecia Lewis	MI	90kg	89.8	35	162.5	170	<del>175</del>	87.5	92.5	97.5	177.5	190	200	467.5	417.196	
	100kg Submaster																
1	Gabrielle Libby	OH	100kg	98.0	35	105	112.5	117.5	72.5	75	<del>77.5</del>	125	130	137.5	330	283.854	
	Women Raw Powerlifting Master																
	56kg Master 40-44																
1	Tracy Wagner	OH	56kg	55.8	43	95	100	107.5	60	62.5	65	120	125	135	307.5	357.276	368.351
2	Alexis Jackson	OH	56kg	54.3	41	72.5	82.5	92.5	57.5	62.5	65	112.5	120	127.5	285	337.232	340.605

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	67.5kg Master 40-44																
1	Lindsay Goss	MI	67.5kg	65.9	42	92.5	<del>-102.5</del>	<del>-102.5</del>	55	60	<del>65</del>	102.5	107.5	115	267.5	280.053	285.654
	82.5kg Master 45-49																
1	Kimberly Lash-Everett	MI	82.5kg	78.9	49	55	60	<del>65</del>	50	60	<del>65</del>	92.5	112.5	<del>-117.5</del>	232.5	220.599	245.526
	82.5kg Master 55-59																
1	Deborah Gidcumb	OH	82.5kg	78.7	59	62.5	67.5	<del>-72.5</del>	40	45	<del>-47.5</del>	85	92.5	<del>95</del>	205	194.756	256.104
	90kg Master 40-44																
1	Brooke Lagrasso	OH	90kg	88.1	42	115	<del>-122.5</del>	122.5	77.5	80	<del>-82.5</del>	180	187.5	205	407.5	366.774	374.11
	90kg Master 45-49																
1	Sarah Johnson	OH	90kg	87.8	45	167.5	180	182.5	102.5	107.5	110	195	210	220	512.5	461.993	487.403
	100kg Master 60-64																
1	Kathy Wolf	OH	100kg	92.4	64	75	80.5	85	40	45	<del>-47.5</del>	105.5	112.5	<del>-117.5</del>	242.5	213.733	309.913
	110+ Master 40-44																
1	Kristi Cuddy	OH	110+	121.4	43	182.5	195	205	100	107.5	118	160	167.5	177.5	500.5	400.295	412.704
	Women Classic Raw Powerlifting			Junior													
	56kg Jr 20-23																
1	Sydney Spencer	OH	56kg	54.7	20	140	152.5	155	67.5	72.5	<del>-77.5</del>	140	152.5	155 (157.5)	382.5	450.367	
	60kg Jr 20-23																
1	Kaylee Vanhorenbeck	OH	60kg	59.4	23	57.5	<del>75</del>	75	<del>-52.5</del>	<del>-52.5</del>	52.5	92.5	<del>-102.5</del>	102.5	230	256.594	
	100kg Jr 13-15																
1	Aubrey Hughes	IL	100kg	95.8	14	135	140	147.5	55	60	<del>-67.5</del>	125	130	<del>-135</del>	337.5	292.987	
	110kg Jr 18-19																
1	Adrienne Dimmerling	OH	110kg	102.5	18	125	137.5	<del>-142.5</del>	70	75	<del>-82.5</del>	142.5	<del>-160</del>	<del>-160</del>	355	300.092	
	Women Classic Raw Powerlifting			Open													
	56kg Open																
1	Sydney Spencer	OH	56kg	54.7	20	140	152.5	155	67.5	72.5	<del>-77.5</del>	140	152.5	155 (157.5)	382.5	450.367	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Classic Raw Powerlifting		Submaster															
75kg Submaster																	
1	Natasha Gallagher	OH	75kg	73.0	36	120	130	<del>137.5</del>	70	<del>75</del>	<del>75</del>	135	142.5	<del>152.5</del>	342.5	338.443	
Women Raw Bench Only		Open															
67.5kg Open																	
1	Lauren Rutan	OH	67.5kg	62.5	39				75	80	<del>85</del>				80	86.461	
2	Kelly Munaretto	OH	67.5kg	66.8	40				<del>52.5</del>	52.5	<del>55</del>				52.5	54.529	54.529
82.5kg Open																	
1	Ashley Russo	MI	82.5kg	81.2	39				70	75	<del>77.5</del>				75	70.15	
Women Raw Bench Only		Submaster															
67.5kg Submaster																	
1	Lauren Rutan	OH	67.5kg	62.5	39				75	80	<del>85</del>				80	86.461	
82.5kg Submaster																	
1	Ashley Russo	MI	82.5kg	81.2	39				70	75	<del>77.5</del>				75	70.15	
Women Raw Bench Only		Master															
60kg Master 60-64																	
1	Anne Weiser	OH	60kg	59.8	60				40	42.5	<del>47.5</del>				42.5	47.213	63.265
67.5kg Master 40-44																	
1	Kelly Munaretto	OH	67.5kg	66.8	40				<del>52.5</del>	52.5	<del>55</del>				52.5	54.529	54.529
82.5kg Master 45-49																	
1	Kimberly Lash-Everett	MI	82.5kg	78.9	49				50	60	<del>65</del>				60	56.929	63.362
Women Raw Deadlift Only		Junior															
67.5kg Jr 13-15																	
1	Addyson Stiverson	MI	67.5kg	66.5	14							147.5	155	162.5	162.5	169.224	
2	Maci Payne	OH	67.5kg	61.7	15							80	85	90	90	98.043	
Women Raw Deadlift Only		Open															
67.5kg Open																	
1	Addyson Stiverson	MI	67.5kg	66.5	14							147.5	155	162.5	162.5	169.224	
2	Lauren Rutan	OH	67.5kg	62.5	39							140	145	<del>150</del>	145	156.71	
3	Kelly Munaretto	OH	67.5kg	66.8	40							87.5	92.5	<del>95</del>	92.5	96.075	96.075

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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		82.5kg Open															
1	MI	Ashley Russo	82.5kg	81.2	39						167.5	175	<del>177.5</del>	175	163.684		
Women Raw Deadlift Only		Submaster															
1		67.5kg Submaster															
1	OH	Lauren Rutan	67.5kg	62.5	39						140	145	<del>145</del>	145	156.71		
82.5kg Submaster																	
1	MI	Ashley Russo	82.5kg	81.2	39						167.5	175	<del>177.5</del>	175	163.684		
Women Raw Deadlift Only		Master															
67.5kg Master 40-44																	
1	OH	Kelly Munaretto	67.5kg	66.8	40						87.5	92.5	<del>95</del>	92.5	96.075	96.075	
82.5kg Master 55-59																	
1	OH	Deborah Gidcumb	82.5kg	78.7	59						85	92.5	<del>95</del>	92.5	87.878	115.559	
82.5kg Master 70-74																	
1	OH	Rebecca Clark	82.5kg	81.1	70						93	102.5	107.5	107.5	100.61	165.503	
Best Lifters											Record Color Codes						
Name		Equip	Events	Comp	Sex						State						
Addyson Stiverson		Raw	PL	Jr	Women						National						
Sarah Johnson		Raw	PL	Open	Women												
Sarah Johnson		Raw	PL	Master	Women												
Alecia Lewis		Raw	PL	Submaste	Women												
Meet Director:		Kylee Craig, Chuck Kaezyk, Sara Kelley															
Referees																	
International:		Kylee Craig															
National:		Mike Coe, Chuck Kaezyk, Sara Kelley, Megan Moore, Mike Quintus															
Staff:		Brandon Acks															
Spotter/Loaders:		Mitchell Cyrus, Brock Hicks, Anthony Rini, Anthony Rini Jr, Ben Rini and Luther Robinson															