

USPA Drug Tested Oregon State Championships December 4, 2022 Newport, OR

USPA Drug Tested Oregon State Championships December 4, 2022 Newport, OR																	
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
Women Raw Powerlifting		Junior															
44kg Jr 16-17																	
1	Sophia Gass	OR	44kg	40.4	17	45.0	50.0	57.5	25	27.5	30.0	55	60.0	65.0	147.5	217.257	
								(60.0)									
48kg Jr 18-19																	
1	Midori Mori	OR	48kg	47.8	18	70.0	80.0	90.0	52.5	57.5	57.5	110	120.0	125.0	262.5	339.778	
56kg Jr 20-23																	
1	Anastasiya Stoyanova	OR	56kg	55.2	22	102.5	107.5	115.0	55	57.5	62.5	115	117.5	120.0	297.5	348.155	
60kg Jr 13-15																	
1	Seira Lee	OR	60kg	58.6	15	85.0	90.0	95.0	42.5	47.5	47.5	92.5	100.0	107.5	250	281.332	
Women Raw Powerlifting		Open															
48kg Open																	
1	Midori Mori	OR	48kg	47.8	18	70.0	80.0	90.0	52.5	57.5	57.5	110	120.0	125.0	262.5	339.778	
2	Lizbeth Ruiz Lara	OR	48kg	48.0	25	72.5	80.0	80.0	52.5	55.5	57.5	92.5	97.5	102.5	230.5	297.448	
52kg Open																	
1	Stevie Seeley	OR	52kg	51.4	32	107.5	112.5	115.0	70	72.5	75.0	140	145.0	---	325	399.363	
2	Rachel Moulton	OR	52kg	51.6	24	67.5	75.0	85.0	40	42.5	45.0	105	107.5	110.0	227.5	278.796	
3	Jane Chen	WA	52kg	51.4	25	67.5	72.5	80.0	25	30.0	---	75	82.5	90.0	180	221.186	
56kg Open																	
1	Mikayla Weber	OR	56kg	55.2	26	67.5	72.5	77.5	35	40.0	42.5	85	90.0	95.0	202.5	236.979	
60kg Open																	
1	Cary Fardal	OR	60kg	56.4	46	125.0	132.5	140.0	62.5	65.5	67.5	150	155.0	155.0	357.5	412.442	440.488
2	Lynsi Sitton	OR	60kg	59.4	37	105.0	112.5	117.5	55	57.5	60.0	125	135.0	135.0	297.5	331.898	
67.5kg Open																	
1	Kelsey Trapp	OR	67.5kg	63.8	34	97.5	105.0	107.5	55	60.0	62.5	120	127.5	135.0	305	325.533	
2	Rebecca Foster	OR	67.5kg	65.6	30	82.5	87.5	95.0	50	52.5	55.0	137.5	145.0	145.0	285	299.178	
3	Rosa Alvarez	OR	67.5kg	66.4	26	100.0	107.5	107.5	57.5	60.0	62.5	117.5	125.0	132.5	285	297.055	
4	Mariko Moore	CA	67.5kg	65.4	24	90.0	100.0	105.0	52.5	57.5	60.0	102.5	110.0	120.0	282.5	297.089	
5	Kristina Reach	OR	67.5kg	60.6	34	75	75.0	82.5	50	52.5	52.5	122.5	130.0	132.5	247.5	272.654	
6	Kali Sorseth	OR	67.5kg	60.8	24	90.0	95.0	97.5	37.5	40.0	40.0	105	110.0	112.5	247.5	272.092	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Master 50-54																
1	Manami Kurata Lee	OR	75kg	74.4	51	102.5	107.5	107.5	67.5	72.5	72.5	140	145.0	150.0	325	317.894	364.624
	82.5kg Master 45-49																
1	Kristin Benson	OR	82.5kg	82.2	46	100.0	112.5	117.5	55	57.5	62.5	130	132.5	140.0	302.5	281.255	300.381
	90kg Master 40-44																
1	Autumn Howells	OR	90kg	84.2	42	130.0	142.5	150.0	75	77.5	80.0	142.5	150.0	163.0	380	349.264	356.25
2	Wendie Jackson	OR	90kg	89.2	43	115.0	125.0	132.5	77.5	87.5	88.0	155	162.5	162.5	375	335.648	346.053
	90kg Master 45-49																
1	Tiffany Hilburn	OR	90kg	87.2	47	107.5	110.0	122.5	62.5	67.5	67.5	127.5	137.5	147.5	332.5	300.669	325.324
	90kg Master 60-64													(152.5)			
1	Nancy Furgeson	OR	90kg	86.6	63	85.0	90.0	95.0	60	65.0	67.5	110	115.0	115.0	270	244.926	348.04
	100kg Master 60-64																
1	Monique Clark	OR	100kg	97.5	62	60.0	65.0	65.0	50	52.5	60.0	117.5	130.0	137.5	255	219.792	306.17
								(92.5)									
	Men Raw Powerlifting			Junior													
	75kg Jr 20-23																
1	Edward Widjaja	OR	75kg	74.6	20	197.5	205.0	210.0	120	125	127.5	240	250.0	250.0	587.5	422.933	
	90kg Jr 20-23																
1	Leif Griffin	OR	90kg	89.4	21	300.0	320.0	327.5	170	180	182.5	310	330.0	343.0	840	544.986	
2	Juan Lopez-Sandoval	OR	90kg	89.0	23	227.5	235.0	242.5	150	155	160	227.5	235.0	245.0	647.5	421.055	
3	Matthew Roeser	OR	90kg	88.8	23	202.5	215.0	227.5	135	140	142.5	227.5	245.0	267.5	597.5	388.989	
	100kg Jr 13-15																
1	Devin Nyman	OR	100kg	93.0	15	150.0	162.5	177.5	67.5	72.5	80.0	160	175.0	187.5	437.5	278.36	
	100kg Jr 16-17																
1	Jace Avilla	OR	100kg	91.6	17	190.0	197.5	197.5	112.5	117.5	120.0	205	212.5	215.0	527.5	338.106	
	140+ Jr 20-23																
1	Eric Carlson	OR	140+	159.0	22	265.0	280.0	---	135	135	135	290	305.0	317.5	705	373.312	
											(145)						

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Powerlifting				Open													
75kg Open																	
1	Edward Widjaja	OR	75kg	74.6	20	197.5	205.0	210.0	120	125	127.5	240	250.0	250.0	587.5	422.933	
2	Brandon Trump	OR	75kg	74.0	35	162.5	-----	-----	102.5	107.5	110.5	192.5	205.0	-----	457.5	331.071	
82.5kg Open																	
1	Aaron Woods	OR	82.5kg	80.4	36	265.0	275.5	277.5	185	190.5	195.5	290	300.0	308.0	774	532.147	
90kg Open																	
1	Leif Griffin	OR	90kg	89.4	21	300.0	320.0	327.5	170	180	182.5	310	330.0	343.0	840	544.986	
100kg Open																	
1	Adam Peterson	OR	100kg	99.4	38	185.0	205.0	220.0	140	150	157.5	230	245.0	255.0	600	370.277	
2	Devin Nyman	OR	100kg	93.0	15	150.0	162.5	177.5	67.5	72.5	80.0	160	175.0	187.5	437.5	278.36	
125kg Open																	
1	Brandon Lee	OR	125kg	121.8	25	245.0	260.0	265.0	115	120	125	280	300.0	300.0	685	391.474	
2	Omar Hite	OR	125kg	113.0	32	200.0	212.5	225.0	130	137.5	142.5	230	245.0	255.0	622.5	365.042	
140+ Open																	
1	Eric Carlson	OR	140+	159.0	22	265.0	280.0	-----	135	135	135 (145)	290	305.0	317.5	705	373.312	
Men Raw Powerlifting				Submaster													
75kg Submaster																	
1	Brandon Trump	OR	75kg	74.0	35	162.5	-----	-----	102.5	107.5	110.5	192.5	205.0	-----	457.5	331.071	
82.5kg Submaster																	
1	Aaron Woods	OR	82.5kg	80.4	36	265.0	275.5	277.5	185	190.5	195.5	290	300.0	308.0	774	532.147	
90kg Submaster																	
1	Joseph Boney	OR	90kg	88.0	38	190.0	200.0	207.5	117.5	122.5	122.5	222.5	235.0	245.0	552.5	361.377	
100kg Submaster																	
1	Adam Peterson	OR	100kg	99.4	38	185.0	205.0	220.0	140	150	157.5	230	245.0	255.0	600	370.277	

USPA Drug Tested Oregon State Championships December 4, 2022 Newport, OR

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Powerlifting				Master													
82.5kg Master 60-64																	
1	Roddy Coles	OR	82.5kg	77.4	64	100.0	107.5	115.0	70	75.0	80.0	150	160.0	165.0	355	249.706	362.074
90kg Master 55-59																	
1	Bryan Hartman	CA	90kg	89.6	57	160.0	165.0	165.0	125	132.5	132.5	182.5	187.5	190.0	472.5	306.207	388.27
Women Classic Raw Powerlifting				Open													
90kg Open																	
1	Nicole Haran	OR	90kg	89.4	38	145.0	150.0	155.0	87.5	92.5	92.5	160	170.0	172.5	412.5	368.844	
Women Classic Raw Powerlifting				Submaster													
90kg Submaster																	
1	Nicole Haran	OR	90kg	89.4	38	145.0	150.0	155.0	87.5	92.5	92.5	160	170.0	172.5	412.5	368.844	
Men Classic Raw Powerlifting				Open													
67.5kg Open																	
1	Alexander Budge	OR	67.5kg	66.4	25	150.0	167.5	182.5	90	102.5	112.5	192.5	222.5	222.5	477.5	372.468	
Men Single Ply Powerlifting				Master													
125kg Master 60-64																	
1	Randy Ellis	OR	125kg	121.8	63	202.5	202.5	202.5	185	192.5	192.5	200	200.0	200.0	587.5	335.753	477.105
								(213.0)									
Women Raw Bench Only				Junior													
44kg Jr 16-17																	
1	Sophia Gass	OR	44kg	40.4	17				25	27.5	30.0				25	36.823	
Women Raw Bench Only				Open													
48kg Open																	
1	Lizbeth Ruiz Lara	OR	48kg	48.0	25				52.5	55.5	57.5				55.5	71.62	
60kg Open																	
1	Lynsi Sitton	OR	60kg	59.4	37				55	57.5	60.0				60	66.937	
67.5kg Open																	
1	Rosa Alvarez	OR	67.5kg	66.4	26				57.5	60.0	62.5				60	62.538	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Open																
1	Manami Kurata Lee	OR	75kg	74.4	51				67.5	-72.5	-72.5				67.5	66.024	75.73
	90kg Open																
1	Nicole Haran	OR	90kg	89.4	38				87.5	-92.5	-92.5				87.5	78.24	
	Women Raw Bench Only		Submaster														
	60kg Submaster																
1	Lynsi Sitton	OR	60kg	59.4	37				55	57.5	60.0				60	66.937	
	82.5kg Submaster																
1	Danielle Conroy	OR	82.5kg	77.2	39				32.5	40.0	-45.0				40	38.376	
	90kg Submaster																
1	Nicole Haran	OR	90kg	89.4	38				87.5	-92.5	-92.5				87.5	78.24	
	Women Raw Bench Only		Master														
	60kg Master 45-49																
1	Shayle Dudash-Williams	OR	60kg	58.6	46				52.5	60.0	-65.0				60	67.52	72.111
	67.5kg Master 55-59																
1	May Rogers	OR	67.5kg	66.8	59				40.0	43.0	45.0				45	46.739	61.462
	75kg Master 50-54																
1	Manami Kurata Lee	OR	75kg	74.4	51				67.5	-72.5	-72.5				67.5	66.024	75.73
	90kg Master 60-64																
1	Nancy Furgeson	OR	90kg	86.6	63				60	65.0	-67.5				65	58.964	83.788
	Men Raw Bench Only		Open														
	82.5kg Open																
1	Aaron Woods	OR	82.5kg	80.4	36				185	190.5	-195.5				190.5	130.974	
	90kg Open																
1	Ryan Achenbach	OR	90kg	89.4	38				152.5	165.0	-175.0				165	107.051	

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Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Bench Only			Submaster													
82.5kg Submaster																
1	Aaron Woods	OR	82.5kg	80.4	36			185	190.5	-195.5				190.5	130.974	
90kg Submaster																
1	Ryan Achenbach	OR	90kg	89.4	38			152.5	165.0	-175.0				165	107.051	
Men Raw Bench Only			Master													
60kg Master 40-44																
1	Brian Gray	OR	60kg	59.6	40			52.5	58.0	-60.0				58	49.225	49.225
90kg Master 55-59																
1	Bryan Hartman	CA	90kg	89.6	57			125	-132.5	-132.5				125	81.007	102.717
Men Single Ply Bench Only			Master													
125kg Master 60-64																
1	Randy Ellis	OR	125kg	121.8	63			185	-192.5	-192.5				185	105.726	150.237
Women Raw Deadlift Only			Junior													
44kg Jr 16-17																
1	Sophia Gass	OR	44kg	40.4	17						55	60.0	65.0	65	95.741	
Women Raw Deadlift Only			Open													
48kg Open																
1	Lizbeth Ruiz Lara	OR	48kg	48.0	25						92.5	97.5	102.5	102.5	132.271	
60kg Open																
1	Cary Fardal	OR	60kg	56.4	46						150	-155.0	-155.0	150	173.052	184.82
2	Lynsi Sitton	OR	60kg	59.4	37						125	-135.0	-135.0	125	139.453	
67.5kg Open																
1	Rosa Alvarez	OR	67.5kg	66.4	26						117.5	125.0	-132.5	125	130.287	
2	Kristina Reach	OR	67.5kg	60.6	34						122.5	-130.0	-132.5	122.5	134.95	
90kg Open																
1	Nicole Haran	OR	90kg	89.4	38						160	170.0	-172.5	170	152.009	

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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 Raw Deadlift Only		Submaster														
60kg Submaster																
1	Lynsi Sitton	OR	60kg	59.4	37						125	-125.0	-125.0	125	139.453	
82.5kg Submaster																
1	Danielle Conroy	OR	82.5kg	77.2	39						80	87.5	-95.0	87.5	83.948	
90kg Submaster																
1	Nicole Haran	OR	90kg	89.4	38						160	170.0	-172.5	170	152.009	
Women Raw Deadlift Only		Master														
60kg Master 45-49																
1	Cary Fardal	OR	60kg	56.4	46						150	-155.0	-155.0	150	173.052	184.82
2	Shayle Dudash-Williams	OR	60kg	58.6	46						110	-117.5	-117.5	110	123.786	132.203
67.5kg Master 55-59																
1	May Rogers	OR	67.5kg	66.8	59						112.5	-115.5	-115.5	112.5	116.848	153.655
75kg Master 50-54																
1	Karen Mattews	OR	75kg	75.0	54						85	100.0	110.0	110	107.138	128.994
90kg Master 60-64																
1	Nancy Furgeson	OR	90kg	86.6	63						110	-115.0	-115.0	110	99.785	141.794
Men Raw Deadlift Only		Open														
82.5kg Open																
1	Aaron Woods	OR	82.5kg	80.4	36						290	300.0	308.0	308	211.759	
Men Raw Deadlift Only		Submaster														
82.5kg Submaster																
1	Aaron Woods	OR	82.5kg	80.4	36						290	300.0	308.0	308	211.759	
Men Raw Deadlift Only		Master														
90kg Master 55-59																
1	Bryan Hartman	CA	90kg	89.6	57						182.5	187.5	-190.0	187.5	121.511	154.076
Men Single Ply Deadlift Only		Master														
125kg Master 60-64																
1	Randy Ellis	OR	125kg	121.8	63						-200	-200.0	200.0	200	114.299	162.419

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters																
Name	Equip	Events	Comp	Sex								Record Color Codes				
Leif Griffin	Raw	PL	Jr	Men								State				
Cary Fardal	Raw	PL	Open	Women								National				
Leif Griffin	Raw	PL	Open	Men												
Cary Fardal	Raw	PL	Master	Women												
Lynsi Sitton	Raw	PL	Submaster	Women												
Nicole Haran	Raw	BPO	Open	Women												
Cary Fardal	Raw	DLO	Open	Women												
Cary Fardal	Raw	DLO	Master	Women												
Meet Director: Peter Martin																
Referees																
International:	Peter Martin, Sam Pecktol															
National:	Holly Alexia, Cenobia Gonzolaz, Monica Benavides															
State:	Donna Weidow, Brad Webb, Christopher Cathcart															
Staff:	Jared Presler															
Announcer:	Tracie Marquez															
Spotter/Loaders: Hudson Gould, Jesse Bass, Anthony Vestal, Cameron Caspine, Kyle Davis, Havi Ehrich, Christian																
Tested Lifters: Cary Fardal, Stevie Seeley, Nicole Haran, Leif Griffin, Aaron Woods																