

USPA Masters Of Strength June 1, 2024 Sacramento, California

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 16-17																	
1	Generosity Samas	CA	67.5kg	66.5	16	60.0	65.0	80.0	37.5	45	50	65	72.5	82.5	212.5	221.293	
Women Raw Powerlifting		Open															
60kg Open																	
1	Lisa Shemenski	CA	60kg	58.8	28	105.0	115.0	117.5	70	75	75	122.5	130.0	140.0	320	359.319	
67.5kg Open																	
1	Sarah Mcgirt	CA	67.5kg	64.8	37	125.0	132.5	137.5	62.5	67.5	70	125	132.5	137.5	337.5	356.878	
110+ Open																	
1	Maryann Freitas	CA	110+	136.7	35	167.5	177.5	182.5	85	92.5	97.5	160	167.5	175.0	447.5	348.475	
Women Raw Powerlifting		Master															
75kg Master 50-54																	
1	Hannah Sowd	CA	75kg	72.4	50	100.0	105.0	107.5	45	47.5	47.5	120	125.0	130.0	270	268	302.84
82.5kg Master 40-44																	
1	Elizabeth Ralich	CA	82.5kg	79.0	44	97.5	102.5	105.0	57.5	60	60	112.5	122.5	130.0	292.5	277.35	289.276
82.5kg Master 55-59																	
1	Lisa Sowellims	CA	82.5kg	82.5	55	110.0	112.5	112.5	65	67.5	70	135	142.5	145.0	322.5	299.322	366.67
90kg Master 50-54																	
1	Sheri Shelton	CA	90kg	83.0	54	125.0	130.0	135.0	80	82.5	82.5	152.5	160.0	162.5	370	342.41	412.261
Men Raw Powerlifting		Junior															
67.5kg Jr 20-23																	
1	Andrew Prater	CA	67.5kg	65.80	23	130.0	132.5	137.5	85	85.0	87.5	142.5	160	182.5	385	302.338	
75kg Jr 20-23																	
1	David Chavez	CA	75kg	74.2	22	147.5	155.0	165.0	75	82.5	90.0	165	177.5	187.5	435	314.238	
82.5kg Jr 18-19																	
1	Jakob Landen Saeteune	CA	82.5kg	81.30	19	165.0	177.5	187.5	100	110.0	115.0	180	190	205	502.5	343.254	
100kg Jr 16-17																	
1	John Petrovich	CA	100kg	97.0	16	142.5	147.5	150.0	100	105.0	105.0	175	190.0	197.5	442.5	276.063	

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	100kg Jr 20-23																
1	Paxton Boyce	CA	100kg	99.0	20	162.5	175.0	187.5	110	120.0	125.0	210	222.5	235.0	547.5	338.475	
2	Jarod Cruz	CA	100kg	93.9	23	165.0	-172.5	175.0	107.5	-115.0	-115.0	205	210.0	215.0	497.5	315.083	
	125kg Jr 13-15																
1	Brennan Collins	CA	125kg	116.8	15	175.0	180.0	185.0	-155	157.5	160.0	225	232.5	-235.0	577.5	334.716	
	Men Raw Powerlifting			Open													
	75kg Open																
1	Isaac Lanham	CA	75kg	72.6	25	-205.0	220.0	-227.5	137.5	145.0	-150.0	227.5	242.5	252.5	617.5	452.497	
	82.5kg Open																
1	Ryan Phelan	CA	82.5kg	78.55	26	205.0	220.0	-227.5	102.5	107.5	112.5	225	235	242.5	575	400.838	
2	Alex Goldsmith	CA	82.5kg	79.6	18	-142.5	-142.5	155.0	-100	112.5	-120.0	142.5	160	175	442.5	306.03	
	90kg Open																
1	Jason Fields	CA	90kg	87.0	28	197.5	210.0	220.0	-112.5	122.5	-127.5	205	220	230	572.5	376.705	
	100kg Open																
1	Charles Mcgirt	CA	100kg	95.5	39	180.0	195.0	207.5	155	165.0	172.5	225	247.5	252.5	632.5	397.424	
2	Daniel Gonzalez	CA	100kg	97.8	24	202.5	210.0	215.0	140	145.0	152.5	260	-265.0	-265.0	627.5	390.036	
	140+ Open																
1	Robert Vengbai	CA	140+	161.6	42	272.5	285.0	295.0	227.5	-240.0	-----	317.5	337.5	-352.5	860	453.459	462.529
	Men Raw Powerlifting			Submaster													
	100kg Submaster																
1	Charles Mcgirt	CA	100kg	95.5	39	180.0	195.0	207.5	155	165.0	172.5	225	247.5	252.5	632.5	397.424	
	Men Raw Powerlifting			Master													
	90kg Master 45-49																
1	Daniel Avansino	NV	90kg	88.45	49	187.5	192.5	200.0	102.5	107.5	-112.5	195.0	-200	-----	502.5	327.806	364.848
	140+ Master 40-44																
1	Robert Vengbai	CA	140+	161.6	42	272.5	285.0	295.0	227.5	-240.0	-----	317.5	337.5	-352.5	860	453.459	462.529
	Men Classic Raw Powerlifting			Master													
	140+ Master 40-44																
1	Lance Aquino	CA	140+	140.7	40	277.5	-288.0	-----	-185	176.0	182.5	265	272.5	-282.5	732.5	400.864	400.864

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Men Raw Bench Only				Master													
1	75kg Master 60-64 Robert Payne	CA	75kg	69.0	62				62.5	65.0	67.5				65	49.319	68.701
Men Raw Deadlift Only				Open													
1	110kg Open Terry Stone	CA	110kg	106.3	49							255	282.5	---	282.5	169.54	188.698
Men Raw Deadlift Only				Master													
1	110kg Master 45-49 Terry Stone	CA	110kg	106.3	49							255	282.5	---	282.5	169.54	188.698
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Jakob Landen Saeteune		Raw	PL	Jr	Men							National					
Robert Vengbai		Raw	PL	Open	Men												
Meet Director:		Darren Monahan															
Referees																	
International:		MJ Huang															
National:		Darren Monahan, Shawneen Felix															
State:		Mike Lucero, Don Ehasz, Ashton Urda, Chris Jackson															
Meet Assistant		Eyvette Johnson															
Spotter/Loaders:		Jesse Ablang, Sena Plumb, Autumn Alida, Rario Valdez, Juan Garcia, Eric Agresti															