

USPA Tested Year Of The Mana May 5, 2024 Honolulu, Hawaii

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 18-19																	
1	Jenah Marie Acosta	HI	67.5kg	65.6	19	125	130	135	62.5	65	67.5	120	120	131	333.5	350.091	
Women Raw Powerlifting		Open															
44kg Open																	
1	Katie Rubin	HI	44kg	43.8	33	70	80	87.5	50	55	60	102.5	112.5	120	255	352.456	
110kg Open																	
1	Quynne Eharis	HI	110kg	102.0	30	170	182.5	195	80	85	---	202.5	207.5	212.5	475	402.272	
Women Raw Powerlifting		Submaster															
48kg Submaster																	
1	Amber Chapman	KY	48kg	46.2	35	52.5	62.5	70	37.5	45	47.5	62.5	67.5	72.5	190	252.204	
Men Raw Powerlifting		Junior															
75kg Jr 20-23																	
1	Trent Markis Ohta	HI	75kg	73	20	177.5	185	187.5	110	110	115	185	192.5	202.5	505	368.714	
2	Rocky Solomon	HI	75kg	71.8	22	125	135	140	62.5	67.5	72.5	170	182.5	187.5	390	287.913	
82.5kg Jr 16-17																	
1	Jaden Randles	HI	82.5kg	75.8	17	137.5	143	143	100	105	105	180	187.5	195	438	312.122	
110kg Jr 20-23																	
1	David Yanagawa	HI	110kg	107.8	22	205	215	227.5	130	140	145	227.5	240	250	610	364.082	
Men Raw Powerlifting		Open															
67.5kg Open																	
1	Chawntez Woodberry	HI	67.5kg	62	35	147.5	155	165	102.5	112.5	120	195	200	210	495	406.893	
2	Zachary Niezgodski	HI	67.5kg	67.2	33	155	160	167.5	95	100	102.5	165	172.5	185	455	351.823	
82.5kg Open																	
1	Kainoa Mahoe	HI	82.5kg	80.6	32	200	210	220	165	172.5	187.5	202.5	212.5	227.5	610	418.784	
2	Sterling Kahumoku	HI	82.5kg	79.8	26	195	205	212.5	117.5	130	137.5	210	220	---	552.5	381.538	
90kg Open																	
1	Caleb Johnson	HI	90kg	89.2	31	210	220	227.5	115	122.5	127.5	217.5	230	240	585	379.976	

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100kg Open																	
1	Cj Contreras	CA	100kg	96.2	28	215	227.5	237.5	140	150	150	230	247.5	260	637.5	399.221	
2	Wyatt Hill	HI	100kg	99.4	26	200	215	227.5	115	122.5	132.5	200	225	237.5	575	354.849	
125kg Open																	
1	Aaron Mizushima	HI	125kg	121.8	40	285	310	325	175	185	190	255	275	285	790	451.48	451.48
2	Brian Fleming	HI	125kg	124	26	240	250	255	175	182.5	187.5	290	302.5	302.5	727.5	413.368	
Men Raw Powerlifting			Submaster														
67.5kg Submaster																	
1	Henry Silva	HI	67.5kg	66.4	38	165	182.5	187.5	110	120	127.5	182.5	197.5	215	530	413.42	
2	Chawntez Woodberry	HI	67.5kg	62	35	147.5	155	165	102.5	112.5	120	195	200	210	495	406.893	
Men Raw Powerlifting			Master														
60kg Master 75-79																	
1	Benton Smith	HI	60kg	59.6	79	62.5	72.5	83	50	57.5	63	107.5	117.5	117.5	258	218.966	439.027
75kg Master 40-44																	
1	Joshua Nifalar	HI	75kg	73.4	40	115	125	132.5	105	115	115	155	165	182.5	402.5	292.821	292.821
75kg Master 60-64																	
1	Brian Tawata	HI	75kg	73.6	60	115	125	125	97.5	107.5	107.5	147.5	160	165	382.5	277.776	372.22
82.5kg Master 55-59																	
1	Keith Daniels	HI	82.5kg	80.2	57	185	187.5	---	125	137.5	140	190	202.5	210	535	368.366	467.088
2	Michael Kimura	HI	82.5kg	80	56	165	185	200	110	130	157.5	185	205	---	515	355.116	442.475
125kg Master 40-44																	
1	Aaron Mizushima	HI	125kg	121.8	40	285	310	325	175	185	190	255	275	285	790	451.48	451.48
Women Classic Raw Powerlifting			Open														
82.5kg Open																	
1	Kuulei Kabalis-Bianconi	HI	82.5kg	81	32	125	137.5	143	75	75	75	160	165	170	382.5	358.201	
Men Classic Raw Powerlifting			Master														
75kg Master 60-64																	
1	Deron Agaran	HI	75kg	74.6	62	162.5	165	170	135	140	142.5	75	---	---	382.5	275.356	383.571
											(147.5)						

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Women Raw Bench Only				Open													
1	67.5kg Open Jenny Greene	HI	67.5kg	62.6	39				42.5	45	52.5				45	48.587	48.587
Women Raw Bench Only				Master													
1	67.5kg OpenMaster Jenny Greene	HI	67.5kg	62.6	39				42.5	45	52.5				45	48.587	48.587
Men Raw Bench Only				Junior													
1	75kg Jr 20-23 Landen Ha	HI	75kg	70	20				135	145	147.5				147.5	110.795	
Men Raw Bench Only				Open													
1	100kg Open Cj Contreras	CA	100kg	96.2	28				140	150	150				140	87.672	
1	110kg Open Kenneth Cook	HI	110kg	108.8	36				220	220	222.5				220	130.842	
Men Raw Bench Only				Submaster													
1	110kg Submaster Kenneth Cook	HI	110kg	108.8	36				220	220	222.5				220	130.842	
Women Raw Deadlift Only				Open													
1	82.5kg Open Kuulei Kabalis-Bianconi	HI	82.5kg	81	32							160	165	170	170	159.201	
Men Raw Deadlift Only				Junior													
1	75kg Jr 20-23 Rocky Solomon	HI	75kg	71.8	22							170	182.5	187.5	182.5	134.728	
Men Raw Deadlift Only				Open													
1	100kg Open Robert Molina	HI	100kg	92.6	32							180	195	215	195	124.327	

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Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Aaron Mizushima		Raw	PL	Open	Men							National					
Keith Daniels		Raw	PL	Master	Men												
Meet Director:		Darren Matsumoto															
Referees																	
International:		Darren Matsumoto															
National:		Maria "Luvi" Agpaoa, Rowena Bagayas, Donnie Rogers															
State:		David George, Michael Wong, Blake Parado, Tiffany Yoro															
Staff:		Hannah Kuntemeyer															
Spotter/Loaders:		Weston Akamine, Demetres Thompson, Naimona Kamiko, Chanelle Perry, Jessica Perea, Ricky Kuntemeyer															
Tested Lifters:		Aaron Mizushima, Quynne Eharis, Kenneth Cook															