

USPA Tested Northwest Power Cup Regional Championships March 16-17, 2024 Puyallup, Washington

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
60kg Jr 16-17																	
1	Nattlie Cragen	MT	60kg	57.4	17	100	109	110	62.5	65.5	67.5	140	147.5	152.5	329	375.217	
67.5kg Jr 16-17																	
1	Clara Hickman	WA	67.5kg	66.1	16	112.5	117.5	122.5	52.5	57.5	60	125	132.5	140	320	334.421	
2	Annabelle Suto	WA	67.5kg	63.2	17	107.5	115	125	55	60	60	117.5	127.5	135	302.5	324.717	
82.5kg Jr 16-17																	
1	Alexandra Fixler	WA	82.5kg	79.6	17	85	92.5	95	40	45	50	92.5	97.5	105	250	236.153	
82.5kg Jr 20-23																	
1	Sachie Dubose	WA	82.5kg	82	23	122.5	137.5	147.5	57.5	62.5	67.5	163	172.5	185	400	372.348	
Women Raw Powerlifting		Open															
60kg Open																	
1	Adrienne Alino	WA	60kg	59.6	24	135	140	145	85	92.5	92.5	172.5	182.5	190	427.5	475.913	
2	Ariel Starr	WA	60kg	58.2	38	125	132.5	137.5	77.5	82.5	85	152.5	167.5	177.5	400	452.119	
3	Angela Mam	WA	60kg	57.6	40	115	135	140	62.5	67.5	70	142.5	155	160	365	415.334	415.334
4	Margaret Deleon	WA	60kg	59.4	28	115	120	127.5	65	67.5	72.5	145	157.5	162.5	357.5	398.836	
5	Nattlie Cragen	MT	60kg	57.4	17	100	109	110	62.5	65.5	67.5	140	147.5	152.5	329	375.217	
67.5kg Open																	
1	Danielle Garrod	WA	67.5kg	65.5	25	135	142.5	150	82.5	87.5	90	157.5	167.5	175	412.5	433.411	
2	Hannah Burkhardt	WA	67.5kg	66.4	33	135	145	152.5	70	75	80	140	150	160	370	385.65	
3	Allyson Convers	WA	67.5kg	66.7	26	110	115	120	55	57.5	60	135	142.5	150	322.5	335.257	
4	Clara Hickman	WA	67.5kg	66.1	16	112.5	117.5	122.5	52.5	57.5	60	125	132.5	140	320	334.421	
5	Linda Doan-Huynh	OR	67.5kg	65.6	33	87.5	95	100	50	55	55	122.5	132.5	137.5	292.5	307.051	
6	Kirsten Anders-Wilson	OR	67.5kg	65.8	50	82.5	87.5	95	50	52.5	55	125	135	140	290	303.881	343.385
7	Noemy Caldwell	WA	67.5kg	66	30	107.5	112.5	112.5	50	52.5	57.5	115	117.5	120	280	292.879	
DQ	Amanda Mealer	WA	67.5kg	67	30	137.5	137.5	137.5	62.5	62.5	62.5	157.5	160	167.5	0	0	
75kg Open																	
1	Ellen Smith	WA	75kg	72.7	29	150	160	165	100	105	110	170	177.5	182.5	452.5	448.139	
2	Melissa Campos	WA	75kg	72.65	25	150	160	170	67.5	72.5	77.5	145	155	165	412.5	408.677	
3	Amanda Olivetto	WA	75kg	72.5	33	120	127.5	132.5	70	75	80	162.5	177.5	182.5	385	381.86	
		(185)															
4	Kaylyn Horrocks	OR	75kg	74.5	29	122.5	132.5	142.5	67.5	72.5	80	137.5	147.5	157.5	372.5	364.095	
5	Emily Black	WA	75kg	71.7	28	85	95	100	52.5	55	57.5	117.5	122.5	127.5	282.5	281.901	

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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	Kelli Keller	NV	82.5kg	80.7	31	170	180	190	85	90	92.5	170	180	180	450	422.185	
	90kg Open																
1	Claire E Bange	WA	90kg	83.4	29	120	127.5	135	67.5	72.5	77.5	140	147.5	155	355	327.772	
	100kg Open																
1	Brooke Bosley	WA	100kg	96.7	29	105	110	117.5	55	60	62.5	137.5	142.5	147.5	317.5	274.574	
	110kg Open																
1	Rachel Feldman	WA	110kg	105	30	150	165	172.5	65	72.5	75	165	182.5	192.5	427.5	358.176	
	Women Raw Powerlifting																
	56kg Submaster																
DQ	Lauren Harrington	CO	56kg	55.8	33	70	70	70	40	42.5	45	85	90	95	0	0	
	60kg Submaster																
1	Ariel Starr	WA	60kg	58.2	38	125	132.5	137.5	77.5	82.5	85	152.5	167.5	177.5	400	452.119	
	90kg Submaster																
1	Betty Cao	WA	90kg	90	36	125	137.5	147.5	65	70	75	137.5	147.5	155	377.5	336.549	
	100kg Submaster																
1	Nikkole Berry	WA	100kg	96	35	107.5	112.5	112.5 (120)	72.5	77.5	80	147.5	152.5	157.5	350	303.578	
	Women Raw Powerlifting																
	52kg Master 50-54																
DQ	Julie Baroh	WA	52kg	50.8	53	75	75	75	47.5	50	52.5	95	100	102.5	0	0	0
	52kg Master 55-59																
1	Chisato Dubose	WA	52kg	51.6	59	72.5	77.5	82.5	35	37.5	40	102.5	107.5	112.5	235	287.987	378.703
	56kg Master 50-54																
1	Thanhngoc Nguyen	WA	56kg	54.6	51	100	102.5	105	60	62.5	62.5	140	140	145 (150)	312.5	368.401	422.555
	56kg Master 75-79																
1	Peggy Bennett	AK	56kg	54.9	76	35	37.5	37.5	30	32.5	32.5	60	62.5	65	132.5	155.628	291.957
	60kg Master 40-44																
1	Angela Mam	WA	60kg	57.6	40	115	135	140	62.5	67.5	70	142.5	155	160	365	415.334	415.334

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	60kg Master 55-59																
1	Gretchen Cilley	WA	60kg	59.7	58	72.5	80	82.5	40	42.5	45	112.5	117.5	120	242.5	269.676	348.151
	67.5kg Master 50-54																
1	Kirsten Anders-Wilson	OR	67.5kg	65.8	50	82.5	87.5	95	50	52.5	55	125	135	140	290	303.881	343.385
	75kg Master 55-59																
1	Deborah Anderson	WA	75kg	74.5	56	00.0	00.0	00.0	40	42.5	47.5	82.5	92.5	105	152.5	149.059	185.727
	100kg Master 60-64																
1	Dottie Shaw	WA	100kg	93	62	107.5	117.5	122.5	60	65	67.5	132.5	145	145	335	294.445	410.162
	110+ Master 40-44																
1	Amy Schnirring	WA	110+	122.5	40	127.5	140	150	67.5	72.5	80	145	160	175	405	323.126	323.126
	Men Raw Powerlifting			Junior													
	52kg Jr 16-17																
1	Tommy Doan	WA	52kg	50.3	17	112.5	125	130	75	75	85	150	165	170	385	380.748	
								(137.5)									
	60kg Jr 20-23																
1	Gabe Rochette	WA	60kg	59.8	21	130	150	160	90	---	---	232.5	245	255	485	410.486	
	75kg Jr 13-15																
1	Ethan Rorvik	WA	75kg	72.3	15	115	120	127.5	65	67.5	72.5	157.5	170	182.5	377.5	277.391	
	75kg Jr 20-23																
1	Moises Rivera	OR	75kg	73.9	22	180	185	185	112.5	120	125	215	230	232.5	530	383.873	
	82.5kg Jr 16-17																
1	Mark Hoyt	WA	82.5kg	81.3	17	185	190	197.5	110	115	117.5	215	225	235	550	375.701	
	82.5kg Jr 18-19																
1	Max Wright	KY	82.5kg	82	19	250	265	275	142.5	152.5	160	302.5	320	330	755	513.203	
	82.5kg Jr 20-23																
1	Ethan Proctor	WA	82.5kg	77	21	180	190	200	100	105	110	230	240	252.5	535	377.522	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Jr 16-17																
1	Daniel Petersen	WA	90kg	84.3	17	155	160	165	100	105	107.5	165	175	182.5	455	304.521	
	90kg Jr 18-19																
1	Nathanael Garthe	WA	90kg	88.8	18	202.5	212.5	220	122.5	127.5	132.5	177.5	190	200	545	354.81	
	90kg Jr 20-23										(138)						
1	Jason Chan	OR	90kg	90	23	235	250	260	150	160	165	292.5	312.5	312.5	737.5	476.868	
2	Seth Mocerri	WA	90kg	89.6	23	205	---	---	117.5	122.5	127.5	225	245	255	572.5	371.013	
	100kg Jr 16-17																
1	Austin Ryu	WA	100kg	95	16	185	202.5	210	100	102.5	107.5	105	177.5	185	487.5	307.063	
	100kg Jr 20-23																
1	Ephraim Peckinpah	OR	100kg	94.3	23	267.5	287.5	300	170	182.5	182.5	345	365	380	850	537.251	
	110kg Jr 13-15																
1	Gannon Camlin	WA	110kg	103.8	14	100	105	110	82.5	87.5	92.5	150	162.5	172.5	370	224.19	
	110kg Jr 18-19							(115)									
1	Adan Baires	WA	110kg	109.9	18	260	267.5	267.5	155	165	170	255	265	---	685	405.842	
	125kg Jr 20-23																
1	Devin Gardner	NC	125kg	112.5	21	282.5	300	317.5	205	215	227.5	327.5	347.5	367.5	912.5	535.965	
2	Derek Ryden	WA	125kg	114.9	22	260	270	280	175	185	192.5	270	285	295	740	431.365	
Men Raw Powerlifting				Open													
	67.5kg Open																
1	Chester-Jay Santamaria	WA	67.5kg	64.9	31	167.5	175	182.5	110	115	120	212.5	220	227.5	517.5	410.604	
	75kg Open																
1	Carlos Camacho	WA	75kg	74.55	28	167.5	175	185	95	100	107.5	210	245	272.5	555	399.709	
	82.5kg Open																
1	Michael Miller	WA	82.5kg	80.8	28	255	270	280	185	190	195	290	310	317.5	792.5	543.29	
2	Max Wright	KY	82.5kg	82	19	250	265	275	142.5	152.5	160	302.5	320	330	755	513.203	
3	Joseph Kosgey	WA	82.5kg	78.7	29	235	250	272.5	142.5	150	160	272.5	292.5	300	732.5	510.046	
4	Garrick Slack	WA	82.5kg	81.9	30	205	215	217.5	152.5	160	165	207.5	207.5	217.5	595	404.726	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Open																
1	Mario Whitley	WA	90kg	87.6	26	237.5	250	265	142.5	147.5	152.5	315	337.5	350	767.5	503.196	
2	Jason Chan	OR	90kg	90	23	235	250	260	150	160	165	292.5	-312.5	312.5	737.5	476.868	
3	Alec Mcdougall	WA	90kg	89.3	30	242.5	255	260	157.5	165	170	282.5	-300	305	735	477.134	
4	Enoc Amador	WA	90kg	87.9	26	262.5	262.5	-277.5	170	180	185	282.5	-290	-290	730	477.757	
5	Sean Healy	WA	90kg	87.2	33	185	202.5	220	127.5	-137.5	147.5	242.5	262.5	282.5	650	427.183	
6	Joshua Ancheta	WA	90kg	89.9	26	202.5	215	227.5	-122.5	130	-135	260	275	290	647.5	418.909	
7	Daniel Martinez	WA	90kg	90	24	222.5	-237.5	----	140	147.5	-152.5	230	252.5	-272.5	622.5	402.509	
8	Ryan Yousefian	WA	90kg	89.8	29	215	225	230	130	135	-140	240	255	-265	620	401.343	
9	Seth Mocerri	WA	90kg	89.6	23	205	----	----	117.5	122.5	-127.5	225	245	-255	572.5	371.013	
10	Ajlaan Bridle	WA	90kg	86.6	34	170	180	185	115	122.5	-127.5	175	185	190	497.5	328.155	
	100kg Open																
1	Ephraim Peckinpah	OR	100kg	94.3	23	267.5	287.5	300	170	-182.5	-182.5	345	365	380	850	537.251	
2	Joe Dickinson	WA	100kg	99.5	27	270	-280	-280	182.5	192.5	197.5	282.5	295	-312.5	762.5	470.354	
3	Preston Johnson	WA	100kg	96.2	36	230	235	-240	177.5	182.5	-185	305	310	320	737.5	461.844	
4	Kris Woods	WA	100kg	97.8	28	207.5	220	-235	142.5	152.5	-160	255	272.5	-277.5	645	400.913	
5	Alexander Hernandez	WA	100kg	94.8	32	165	182.5	190	125	142.5	-145	175	190	200	532.5	335.737	
6	Chanh Huynh	OR	100kg	99.6	32	162.5	175	182.5	112.5	120	-122.5	182.5	202.5	207.5	510	314.46	
	110kg Open																
1	Kalil Zaky	MD	110kg	109.4	32	270	285	-292.5	190	200	202.5	360	380	-390	867.5	514.855	
2	Casseean Eccles	WA	110kg	109.8	36	250	265	273.5	165	175	-182.5	265	285	300	748.5	443.616	
3	Ryan Nelson	WA	110kg	108.2	30	240	252.5	-257.5	195	203	-207.5	250	260	-272.5	715.5	426.439	
4	Everett Brill	ID	110kg	108.1	35	260	267.5	----	162.5	170	-175.5	260	270	-275	707.5	421.821	
5	Brayden Petersen	WA	110kg	100.6	25	220	235	242.5	137.5	145	152.5	280	290	300	695	426.682	
6	Dylan Diggs	WA	110kg	105.2	30	220	232.5	242.5	135	142.5	147.5	270	287.5	-297.5	677.5	408.285	
	125kg Open																
1	Devin Gardner	NC	125kg	112.5	21	282.5	300	317.5	205	215	227.5	327.5	347.5	367.5	912.5	535.965	
2	Tom Anthony		125kg	116.7	28	250	265	275	187.5	197.5	202.5	247.5	265	-272.5	742.5	430.476	
3	Derek Ryden	WA	125kg	114.9	22	260	270	-280	175	185	-192.5	270	285	-295	740	431.365	
	140+ Open																
1	Maalona Mataiumu	WA	140+	188.5	29	272.5	297.5	325 (330)	212.5	-225	-235	295	317.5	-340.5	855	433.548	
	Men Raw Powerlifting																
	100kg Submaster																
1	Preston Johnson	WA	100kg	96.2	36	230	235	-240	177.5	182.5	-185	305	310	320	737.5	461.844	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Submaster																
1	Cassean Eccles	WA	110kg	109.8	36	250	265	273.5	165	175	182.5	265	285	300	748.5	443.616	
2	Everett Brill	ID	110kg	108.1	35	260	267.5	---	162.5	170	175.5	260	270	275	707.5	421.821	
	Men Raw Powerlifting			Master													
	82.5kg Master 60-64																
1	John Slack	MI	82.5kg	81.5	61	155	165	172.5	137.5	140	145	185	197.5	202.5	510	347.884	475.21
	82.5kg Master 65-69																
1	Joel Ruzich	WA	82.5kg	79.7	67	122.5	130	---	77.5	85	95	125	147.5	165 (172.5)	390	269.521	415.871
	100kg Master 45-49																
1	Keith Wolf	WA	100kg	96.9	49	165	175	182.5	110	117.5	125	192.5	205	215	522.5	326.125	362.977
	100kg Master 50-54																
1	Ken Westphal	WA	100kg	97.3	51	127.5	142.5	145	120	130	137.5	185	200	207.5	482.5	300.599	344.787
	100kg Master 75-79																
1	Cleveland Futch	WA	100kg	98	75	110	122.5	130	102.5	102.5	107.5	120	140	165.5	357.5	222.009	407.386
	110kg Master 70-74																
1	Erik Madsen	WA	110kg	106.7	71	152.5	162.5	170	107.5	115	122.5	195	207.5	212.5	492.5	295.131	496.116
	125kg Master 40-44																
1	Kyle Abernethy	WA	125kg	119.8	44	177.5	187.5	200	132.5	140	147.5	182.5	197.5	207.5	542.5	311.734	325.139
	125kg Master 45-49																
1	Jacob Baugh	WA	125kg	115.4	47	210	227.5	242.5	145	162.5	170	225	245	260.5	665.5	387.344	419.106
	125kg Master 55-59																
DQ	Jamie Hurst	WA	125kg	121.5	56	165	182.5	187.5	120	125	125	225	235	245	0	0	0
	140kg Master 50-54																
1	Jamie Lafen	WA	140kg	127.2	51	192.5	205	215	117.5	125	130	237.5	252.5	267.5	597.5	336.796	386.305
	Women Classic Raw Powerlifting			Open													
	60kg Open																
1	Sarah Zywicki	OR	60kg	58.5	36	105	115	120	55	57.5	60	135	142.5	147.5 (150)	320	360.5	

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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													
	60kg Submaster																
1	Sarah Zywicki	OR	60kg	58.5	36	105	115	120	55	57.5	60	135	142.5	147.5 (150)	320	360.5	
	Men Classic Raw Powerlifting			Junior													
	140kg Jr 20-23																
1	Alian Maldonado	WA	140kg	137.8	20	280	280	295	165	175	175	275	---	---	735	404.601	
	Men Classic Raw Powerlifting			Open													
	82.5kg Open																
1	Liam Williams	WA	82.5kg	81.1	28	190	205	217.5	110	120	127.5	190	210	227.5	572.5	391.628	
	Women Raw Bench Only			Junior													
	60kg Jr 16-17																
1	Nattlie Cragen	MT	60kg	57.4	17				62.5	65.5	67.5				67.5	76.982	
	Women Raw Bench Only			Open													
	60kg Open																
1	Nattlie Cragen	MT	60kg	57.4	17				62.5	65.5	67.5				67.5	76.982	
	67.5kg Open																
DQ	Amanda Mealer	WA	67.5kg	67	30				62.5	62.5	62.5				0	0	
	75kg Open																
1	Amanda Olivetto	WA	75kg	72.5	33				70	75	80				75	74.388	
	82.5kg Open																
1	Kelli Keller	NV	82.5kg	80.7	31				85	90	92.5				90	84.437	
	Women Raw Bench Only			Submaster													
	56kg Submaster																
1	Lauren Harrington	CO	56kg	55.8	33				40	42.5	45				42.5	49.38	
	Women Raw Bench Only			Master													
	52kg Master 50-54																
1	Julie Baroh	WA	52kg	50.8	53				47.5	50	52.5				52.5	65.047	77.016
	60kg Master 65-69																
1	Collette Collins	WA	60kg	58.5	65				32.5	35	37.5				37.5	42.246	62.524

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Master 60-64																
1	Anita Vargo	WA	110kg	109.3	61				60	65	67.5				67.5	55.761	76.17
	Men Raw Bench Only			Junior													
	125kg Jr 20-23																
1	Devin Gardner	NC	125kg	112.5	21				205	215	227.5				227.5	133.624	
	Men Raw Bench Only			Open													
	125kg Open																
1	Devin Gardner	NC	125kg	112.5	21				205	215	227.5				227.5	133.624	
	Men Raw Bench Only			Master													
	100kg Master 50-54																
1	Ken Westphal	WA	100kg	97.3	51				120	130	137.5				130	80.99	92.896
	100kg Master 70-74																
1	Howie Chaves	WA	100kg	99	73				135	153	153				135	83.46	146.555
	110kg Master 70-74																
1	Erik Madsen	WA	110kg	106.7	71				107.5	115	122.5				115	68.914	115.844
	Women Raw Deadlift Only			Junior													
	60kg Jr 16-17																
1	Nattlie Cragen	MT	60kg	57.4	17							140	147.5	152.5	152.5	173.923	
	Women Raw Deadlift Only			Open													
	60kg Open																
1	Nattlie Cragen	MT	60kg	57.4	17							140	147.5	152.5	152.5	173.923	
	67.5kg Open																
1	Amanda Mealer	WA	67.5kg	67	30							157.5	160	167.5	160	165.896	
2	Kirsten Anders-Wilson	OR	67.5kg	65.8	50							125	135	140	140	146.701	165.772
	75kg Open																
1	Amanda Olivetto	WA	75kg	72.5	33							162.5	177.5	182.5 (185)	182.5	181.012	
	82.5kg Open																
1	Kelli Keller	NV	82.5kg	80.7	31							170	180	180	170	159.492	

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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															
	56kg Submaster																
1	Lauren Harrington	CO	56kg	55.8	33							85	90	95	90	104.568	
Women Raw Deadlift Only		Master															
	52kg Master 50-54																
1	Julie Baroh	WA	52kg	50.8	53							95	100	102.5	102.5	126.997	150.364
	52kg Master 65-69																
1	Debbie Rogers	WA	52kg	49.2	68							115	120	125 (127.5)	125	158.445	249.709
	60kg Master 65-69																
1	Collette Collins	WA	60kg	58.5	65							67.5	75	80	75	84.492	125.048
	67.5kg Master 50-54																
1	Kirsten Anders-Wilson	OR	67.5kg	65.8	50							125	135	140	140	146.701	165.772
	110kg Master 60-64																
1	Anita Vargo	WA	110kg	109.3	61							125	137.5	142.5 (147.5)	142.5	117.718	160.803
Men Raw Deadlift Only		Junior															
	125kg Jr 20-23																
1	Devin Gardner	NC	125kg	112.5	21							327.5	347.5	367.5	367.5	215.854	
Men Raw Deadlift Only		Open															
	125kg Open																
1	Devin Gardner	NC	125kg	112.5	21							327.5	347.5	367.5	367.5	215.854	
Men Raw Deadlift Only		Master															
	100kg Master 50-54																
1	Allan Murphy	WA	100kg	98.5	54							182.5	200	215	215	133.214	160.39
	110kg Master 70-74																
1	Erik Madsen	WA	110kg	106.7	71							195	207.5	212.5	207.5	124.345	209.023
	125kg Master 40-44																
1	Kyle Abernethy	WA	125kg	119.8	44							182.5	197.5	207.5	207.5	119.235	124.362

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Nattlie Cragen		Raw	PL	Jr	Women							National					
Ephraim Peckinpah		Raw	PL	Jr	Men												
Adrienne Alino		Raw	PL	Open	Women												
Michael Miller		Raw	PL	Open	Men												
Thanhngoc Nguyen		Raw	PL	Master	Women												
Erik Madsen		Raw	PL	Master	Men												
Amanda Olivetto		Raw	DLO	Open	Women												
Debbie Rogers		Raw	DLO	Master	Women												
Meet Director:		Zach Miller															
Referees																	
National:		Raymond Damasco, Lauren Plooster, Heather Sappington, Zach Miller, Kim Bernier															
State:		Kristine McMahon, April Blais, Jonathan Blais, Ellen Smith, Kim Gray, Colton Ward															
Spotter/Loaders:		Stella Han, Jestoni Gabuyo, Isidro Solis, and the community members of Lake Washington CrossFit															
Tested Lifters:		Adrienne Alino, Ariel Starr, Danielle Garrod, Ellen Smith, Chester-Jay Santamaria															
		Michael Miller, Ephraim Peckinpah, Devin Gardner, Kalil Zaky, Max Wright															