

USPA Shamrock Showdown March 14, 2020 Jacksonville, NC

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	44kg JR																
GL	Ryleigh Morse	NC	44kg	29.5	10	27.5	30	35	20	22.5	25	40	42.5	47.5	100	260.95	
	52kg Jr 18-19																
DQ	Elisabeth Del Mastro	NC	52kg	52	19	80	87.5	92.5	62.5	70	70	110	115	122.5	0	0	
	67.5kg Jr 18-19																
1	Lizeth Medina-Medrano	NC	67.5kg	61.4	19	62.5	65	80	42.5	47.5	52.5	107.5	115	127.5	260	337.844	
	67.5kg Open																
1	Rebecca Sliney	NC	67.5kg	67.5	27	107.5	112.5	120	67.5	72.5	75	117.5	127.5	137.5	330	405.24	
2	LaDetra Cole	NC	67.5kg	66	33	82.5	87.5	97.5	47.5	52.5	55	132.5	142.5	155	305	379.329	
3	Chelsea Bumgarner	NC	67.5kg	65.8	27	80	87.5	95	52.5	57.5	62.5	95	105	110	262.5	327.023	
4	Rusty Dawn	NC	67.5kg	65.8	29	67.5	70	75	45	50	52.5	90	97.5	102.5	222.5	277.191	
DQ	Robyn Machado	NC	67.5kg	60.5	33	157.5	167.5	---	---	---	---	---	---	---	0	0	
DQ	Alexis Lopez	NC	67.5kg	67.1	20	92.5	---	---	---	---	---	---	---	---	0	0	
	75kg Open																
1	Mackenzie Almand	NC	75kg	71.7	28	120	125	132.5	75	80	85	125	132.5	137.5	355	422.237	
2	Hope Ruff	NC	75kg	73.2	29	120	130	140	62.5	65	70	120	130	142.5	347.5	409.147	
	82.5kg Open																
1	Karissa Gallagher	NC	82.5kg	81.3	29	137.5	142.5	147.5	75	80	80	152.5	167.5	172.5	390	438.516	
	90kg Open																
1	Maranda Heckman	NC	90kg	86.1	25	97.5	105	115	62.5	65	72.5	147.5	157.5	170	350	385.245	
2	Erika Triplett	NC	90kg	86.7	29	65	77.5	85	45	52.5	55	95	105	112.5	250	274.5	
	SHW Open																
1	Jenny Mason	SC	SHW	94.8	30	127.5	127.5	140	55	60	67.5	127.5	135	135	327.5	349.672	
	82.5kg Submaster																
1	Alicia Quintanar	NC	82.5kg	81.8	37	97.5	110	120	47.5	52.5	57.5	142.5	155	165	342.5	384.182	
	56kg Master 40-44																
1	Felicia Frame	NC	56kg	53.7	42	52.5	57.5	62.5	32.5	37.5	42.5	65	72.5	77.5	177.5	253.239	258.304
Men Raw Powerlifting																	
	75kg Jr 18-19																
1	Zachary Mann	NC	75kg	73	19	182.5	192.5	197.5	117.5	125	125	220	232.5	242.5	565	490.194	
	82.5kg Jr 16-17																
1	Elijah Robbins	NC	82.5kg	76.5	16	142.5	165	167.5	82.5	95	102.5	195	212.5	232.5	482.5	406.217	

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	82.5kg Jr 20-23																
1	Anthony Corio	FL	82.5kg	78.8	22	200	215	222.5	132.5	132.5	140	242.5	260	267.5	615	508.359	
	110kg Jr 20-23																
1	Robert Sharpe III	NC	110kg	106.3	22	192.5	202.5	220	132.5	147.5	150	230	240	252.5	620	440.882	
2	Austin Chawporn	SC	110kg	106.8	23	170	182.5	195	112.5	130	135	215	227.5	250	580	411.684	
	75kg Open																
1	Ralph Rodriguez	NC	75kg	74.5	29	180	187.5	197.5	125	135	140	212.5	225	232.5	557.5	477.332	
	82.5kg Open																
1	James Nye	NC	82.5kg	81.3	25	180	195	215	140	147.5	155	225	240	247.5	597.5	484.752	
2	Joshua Lilly	NC	82.5kg	81	31	175	185	192.5	117.5	122.5	125	197.5	207.5	215	515	418.747	
	90kg Open																
1	Al Tirado	NC	90kg	88.1	33	215	227.5	237.5	127.5	127.5	135	265	272.5	282.5	637.5	494.445	
2	Ade Mubarak	NC	90kg	88.5	29	205	220	222.5	165	175	180	230	237.5	242.5	632.5	489.365	
3	Aaron Cox	NC	90kg	88.6	35	160	165	175	130	135	140	200	217.5	227.5	532.5	411.782	
	100kg Open																
1	Kevin Casey	NC	100kg	100	43	165	167.5	175	130	132.5	132.5	177.5	182.5	192.5	500	364.65	375.954
	110kg Open																
1	Robert Sharpe III	NC	110kg	106.3	22	192.5	202.5	220	132.5	147.5	150	230	240	252.5	620	440.882	
2	Tyler Robbins	NC	110kg	103.9	26	217.5	227.5	235	150	157.5	167.5	222.5	232.5	237.5	617.5	443.118	
3	Austin Chawporn	SC	110kg	106.8	23	170	182.5	195	112.5	130	135	215	227.5	250	580	411.684	
4	Travis Miller	NC	110kg	109.1	35	125	142.5	160	125	142.5	142.5	205	227.5	230	512.5	360.8	
	125kg Open																
1	John Massaro	NY	125kg	115.6	38	232.5	242.5	250	145	150	165	232.5	237.5	242.5	657.5	453.544	
	140kg Open																
1	Wayne Witzel III	NC	140kg	135.3	37	182.5	192.5	197.5	140	145	150	212.5	227.5	235	572.5	377.678	
	125kg Submaster																
1	John Massaro	NY	125kg	115.6	38	232.5	242.5	250	145	150	165	232.5	237.5	242.5	657.5	453.544	
	140kg Submaster																
1	Wayne Witzel III	NC	140kg	135.3	37	182.5	192.5	197.5	140	145	150	212.5	227.5	235	572.5	377.678	
	100kg Master 40-44																
1	Kevin Casey	NC	100kg	100	43	165	167.5	175	130	132.5	132.5	177.5	182.5	192.5	500	364.65	375.954
	110kg Master 50-54																
1	Jerry Winegar	NC	110kg	109.4	50	242.5	247.5	252.5	150	167.5	170	237.5	260	-----	657.5	462.42	522.534

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	125kg Master 50-54																
DQ	Edward Craven	NC	125kg	125	50	175	175	---	---	---	---	---	---	---	0	0	0
	140kg Master 45-49																
1	Michael Ames	NC	140kg	131.5	47	162.5	175	190	152.5	160	167.5	197.5	215	227.5	585	388.674	420.545
Women Classic Raw Powerlifting																	
	48kg Open																
1	Abigail Carnes	NC	48kg	46.9	28	67.5	75	85	45	47.5	50	67.5	77.5	85	210	334.488	
	60kg Open																
1	Melissa Ferranto	NC	60kg	59.8	32	132.5	142.5	145	60	67.5	70	142.5	152.5	165	365	482.494	
	67.5kg Open																
1	Danya Gagnon	NC	67.5kg	65.3	24	112.5	120	125	67.5	75	80	145	157.5	162.5	367.5	459.89	
2	Alexandra Cieckiewicz-Gray	NC	67.5kg	61.7	37	107.5	112.5	112.5	57.5	62.5	67.5	120	127.5	132.5	302.5	391.859	
	75kg Open																
1	Meagan Craigo	NC	75kg	74.1	28	135	140	145	87.5	90	97.5	155	165	172.5	407.5	476.979	
	67.5kg Submaster																
1	Alexandra Cieckiewicz-Gray	NC	67.5kg	61.7	37	107.5	112.5	112.5	57.5	62.5	67.5	120	127.5	132.5	302.5	391.859	
Men Classic Raw Powerlifting																	
	100kg Jr 13-15																
1	Tyler Popejoy	NC	100kg	94.7	15	135	145	160	80	85	87.5	150	167.5	175	407.5	304.729	
	90kg Open																
1	Andrew Semaan	NC	90kg	89.4	24	232.5	250	255	142.5	150	160	250	250	255	655	504.088	
2	Mike Bussman	NC	90kg	86.2	29	190	205	220	110	117.5	127.5	185	195	210	517.5	406.134	
	100kg Open																
1	Nathan Myers	NC	100kg	98.4	29	230	232.5	262.5	185	190	192.5	270	275	280	705	517.893	
2	Jeremy Willis	NC	100kg	99	41	227.5	---	---	140	150	155	275	283	---	665.5	487.545	492.421
3	Robert Hart	NC	100kg	96	30	195	195	212.5	145	155	157.5	210	227.5	235	595	442.085	
5	Isaac Smith	NC	100kg	94.8	24	120	132.5	137.5	75	85	92.5	150	165	177.5	400	298.96	
	110kg Open																
1	Jonathan Russell	SC	110kg	109.3	33	245	267.5	277.5	167.5	175	182.5	257.5	272.5	277.5	727.5	511.869	
	SHW Open																
1	Marshall Cullars	NC	SHW	145.2	28	190	200	227.5	140	147.5	157.5	230	230	232.5	605	392.706	

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	100kg Master 40-44																
1	Jeremy Willis	NC	100kg	99	41	227.5	-----	-----	140	150	155	275	283	-----	665.5	487.545	492.421
Men Raw Bench Only																	
	140kg Submaster																
1	Chad Williams	NC	140kg	138.9	36				222.5	235	-242.5				235	154.066	
	140kg Master 45-49																
1	Michael Ames	NC	140kg	131.5	47				152.5	160	167.5				167.5	111.287	120.413
Men Raw Deadlift Only																	
	110kg Open																
1	Joseph Kopito	NY	110kg	107	35							302.5	322.5	-337.5	322.5	228.749	
	140kg Master 45-49																
1	Michael Ames	NC	140kg	131.5	47							197.5	215	227.5	227.5	151.151	163.545
Best Lifters:																	
Anthony Corio		Raw Jr Men PL												Record Color Codes: State National			
Karissa Gallagher		Raw Open Women PL															
Al Tirado		Raw Open Men PL															
Melissa Ferranto		Craw Open Women PL															
Nathan Myers		Craw Open Men PL															
Meet Director:		George Spohrer															
Thank you to our officials:																	
International:		Nicholas Tsourounis															
National:		George Spohrer and Kristine Rae Olmsted															
State:		Kelley Spohrer, Melody Simpson and David Auge															
Support Staff:		Haley Dawn and Melissa Hess															
Spotter/Loaders:		Samantha Pierce, James Gibbs, Mark Gifford, Justin Yonce, Jake Schopp and Pedro Hernandez															
Announcer		George Spohrer and Kristine Olmsted															
Sponsors:		Bench Blokz, Intense Attire, Platform Ready, Bent Bar Strength, Metal Empire Productions, Papabear Strong Foundation, Raw Grip and Green Lean & Clean															