

USPA 2024 Washington State Championships May 19, 2024 Kirkland, 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															
52kg Jr 16-17																	
1	Malea Lehr	WA	52kg	48.7	16	57.5	65	70	25	30	37.5	80	87.5	92.5	187.5	239.426	
Women Raw Powerlifting		Open															
60kg Open																	
1	Bailey Merriott	WA	60kg	56.7	24	65	70	80	45	45	47.5	75	80	92.5	217.5	250.052	
67.5kg Open																	
1	Zoey Pitts	WA	67.5kg	65.9	25	135	140	142.5	72.5	77.5	77.5	145	150	150	367.5	384.746	
Women Raw Powerlifting		Master															
56kg Master 40-44																	
1	April Blais	WA	56kg	55.75	40	102.5	110	115	47.5	52.5	57.5	120	127.5	137.5	300	348.769	348.769
Men Raw Powerlifting		Junior															
100kg Jr 20-23																	
1	Andrew Lehr	WA	100kg	91.6	20	170	200	210	95	107.5	115	205	230	250	547.5	350.925	
Men Raw Powerlifting		Open															
82.5kg Open																	
1	James Deuel	WA	82.5kg	81.75	40	152.5	157.5	162.5	152.5	157.5	162.5	230	235	250	575	391.533	391.533
2	Ryan Opp	WA	82.5kg	81.5	27	140	150	157.5	85	95	102.5	185	190	190	442.5	301.841	
90kg Open																	
1	Matthew Ablonczy	WA	90kg	84.95	28	230	245	255	140	152.5	160	260	277.5	285	692.5	461.529	
2	Medwin Mina	WA	90kg	90	47	205	217.5	227.5	130	140	145	245	257.5	270	615	397.66	430.268
3	Matthew Kaske	WA	90kg	89.5	28	160	170	175	137.5	142.5	150	225	237.5	245	537.5	348.528	
100kg Open																	
1	Israel Fuentes	WA	100kg	95.5	43	230	237.5	245	172.5	180	187.5	255	270	275	695	436.695	450.232
2	Gavriel Maman	WA	100kg	97.25	32	160	170	170	120	130	137.5	182.5	200	215	515	320.921	
110kg Open																	
1	Aaron Christopher	WA	110kg	107.8	46	210	227.5	237.5	142.5	152.5	157.5	237.5	250	262.5	657.5	392.432	419.118
140kg Open																	
1	David Heerlyn	WA	140kg	130.6	53	170	170	175	170	180	180	225	240	245	565	315.929	374.06

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Men Raw Powerlifting				Master													
	75kg Master 50-54																
1	Jonathan Blais	WA	75kg	75	53	160	167.5	175	112.5	120	127.5	202.5	212.5	220 (227.5)	522.5	374.853	443.826
	82.5kg Master 40-44																
1	James Deuel	WA	82.5kg	81.75	40	152.5	157.5	162.5	152.5	157.5	162.5	230	235	250	575	391.533	391.533
	90kg Master 45-49																
1	Medwin Mina	WA	90kg	90	47	205	217.5	-227.5	130	140	-145	-245	257.5	-270	615	397.66	430.268
	90kg Master 55-59																
1	Dennis Mikes	WA	90kg	87.1	56	175	-185	185 (187.5)	142.5	150	-152.5	180	200	-202.5	535	351.817	438.364
	100kg Master 40-44																
1	Israel Fuentes	WA	100kg	95.5	43	230	237.5	245	172.5	180	-187.5	255	270	-275	695	436.695	450.232
	110kg Master 45-49																
1	Aaron Christopher	WA	110kg	107.8	46	210	227.5	237.5	142.5	152.5	157.5	237.5	250	262.5	657.5	392.432	419.118
	110kg Master 50-54																
1	Kevin Daniel	WA	110kg	108.7	51	172.5	182.5	192.5	-125	125	-	212.5	220	227.5	545	324.246	371.91
	140kg Master 50-54																
1	David Heerlyn	WA	140kg	130.6	53	-170	170	-175	170	-180	-180	225	-240	-	565	315.929	374.06
Men Classic Raw Powerlifting				Junior													
	82.5kg Jr 16-17																
1	Thomas Perin	WA	82.5kg	82	16	-162.5	-162.5	162.5 (167.5)	80	80	-82.5	145	155	162.5	405	275.294	
Men Raw Bench Only				Open													
	82.5kg Open																
1	James Fuller	ID	82.5kg	80.10	38				142.5	152.5	167.5				167.5	115.414	
	125kg Open																
1	Christopher Knauer	WA	125kg	123.15	54				195	205	210				210	119.586	143.981
	140kg Open																
1	David Heerlyn	WA	140kg	130.6	53				170	-180	-180				170	95.058	112.549

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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	James Fuller	ID	82.5kg	80.10	38				142.5	152.5	167.5				167.5	115.414		
Men Raw Bench Only			Master															
	125kg Master 50-54																	
1	Christopher Knauer	WA	125kg	123.15	54				195	205	210				210	119.586	143.981	
	140kg Master 50-54																	
1	David Heerlyn	WA	140kg	130.6	53				170	180	180				170	95.058	112.549	
Men Raw Deadlift Only			Open															
	110kg Open																	
1	Aaron Christopher	WA	110kg	107.8	46							237.5	250	262.5	262.5	156.675	167.328	
	140kg Open																	
1	David Heerlyn	WA	140kg	130.6	53							225	240	---	225	125.812	148.962	
Men Raw Deadlift Only			Master															
	110kg Master 45-49																	
1	Aaron Christopher	WA	110kg	107.8	46							237.5	250	262.5	262.5	156.675	167.328	
	140kg Master 50-54																	
1	David Heerlyn	WA	140kg	130.6	53							225	240	---	225	125.812	148.962	
Best Lifters												Record Color Codes						
Name		Equip	Events	Comp	Sex							State						
Matthew Ablonczy		Raw	PL	Open	Men							National						
Israel Fuentes		Raw	PL	Master	Men													
Meet Director:		Zach Miller																
Referees																		
National:		Zach Miller, Raymond Damasco, Lauren Plooster, Kristine McMahon																
State:		Ellen Smith, Colton Ward, Audrey Hsu																
Spotter/Loaders:		Stella Han, Isidro Solis, Troy Hartelius, Jaris Beasley, Justin Arriola, Ron Allen																