

USPA Strongest in the South Powerlifting Meet January 11, 2020 Corpus Christi, TX

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	60kg Open																
1	Rebecca Maxwell	TX	60kg	59.2	53	97.5	100	105	67.5	70	72.5	110	117.5	117.5	280	315.448	373.49
2	Andrea Gonzalez	TX	60kg	58.3	29	77.5	82.5	87.5	55	60	62.5	85	90	97.5	232.5	265.073	
	67.5kg Open																
1	Traci Vega	TX	67.5kg	61.2	28	110	117.5	120	52.5	55	57.5	127.5	132.5	137.5	307.5	337.635	
DQ	Amanda Johnson	TX	67.5kg	63.0	28	67.5	72.5	77.5	45	45	45	65	70	77.5	0	0	
DQ	Maggy Kheir	TX	67.5kg	66.6	23	127.5	135	135	----	----	----	----	----	----	0	0	
	82.5kg Open																
1	Shannon White	TX	82.5kg	78.2	34	160	165	175	67.5	75	80	160	172.5	185	440	407.836	
	90kg Open																
1	Kelly Aldis	TX	90kg	83.0	46	57.5	57.5	62.5	32.5	35	37.5	75	80	87.5	185	165.982	
	48kg Master 40-44																
1	Jessica Renee Ramirez	TX	48kg	46.8	42	67.5	70	77.5	42.5	45	45	92.5	97.5	102.5	217.5	293.408	299.276
	52kg Master 45-49																
1	Liana Gonzales	TX	52kg	51.8	48	75	85	95	45	47.5	50	102.5	107.5	110	242.5	303.222	332.635
	60kg Master 50-54																
1	Rebecca Maxwell	TX	60kg	59.2	53	97.5	100	105	67.5	70	72.5	110	117.5	117.5	280	315.448	373.49
	75kg Master 40-44																
1	Melissa Garza	TX	75kg	71.2	43	142.5	150	155	77.5	85	85	155	165	170	410	403.194	415.693
	82.5kg Master 55-59																
1	Tillie Gonzalez	TX	82.5kg	78.7	59	85	92.5	100	40	47.5	52.5	102.5	112.5	120	265	244.728	321.817
Men Raw Powerlifting																	
	75kg Jr 18-19																
1	Zack Hudson	AZ	75kg	75	18	185	195	200	105	105	115	192.5	202.5	202.5	517.5	368.771	
	75kg Jr 20-23																
1	Jeffrey Riojas	TX	75kg	73.4	22	150	155	160	92.5	97.5	102.5	170	175	182.5	432.5	312.914	
	82.5kg Jr 13-15																
1	Zander Guckian	TX	82.5kg	80.8	14	135	145	150	100	105	107.5	165	172.5	185	435	295.148	
	90kg Jr 18-19																
1	Dane Rogers Shelden	TX	90kg	89.4	19	180	195	202.5	115	122.5	125	220	237.5	237.5	545	349.127	
	82.5kg Open																
1	Paul Borrego	TX	82.5kg	80.4	30	137.5	----	----	120	130	137.5	227.5	237.5	245	520	353.912	

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	90kg Open																
1	JD Minnick	TX	90kg	89	40	205	227.5	-----	165	-187.5	-187.5	257.5	272.5	-285	665	426.997	426.997
2	Troy Glowka	TX	90kg	87.8	46	167.5	175	182.5	135	140	-142.5	185	192.5	200	522.5	337.901	360.878
	100kg Open																
1	Jacob Kitzmiller	TX	100kg	99.4	27	185	200	220	150	165	172.5	220	232.5	242.5	635	387.414	
2	Austin Taylor	TX	100kg	95.2	28	162.5	-170	172.5	82.5	90	95	200	212.5	220	482.5	299.826	
DQ	Eric Shay	TX	100kg	94.8	50	-185	200	210	-137.5	-147.5	-147.5	202.5	217.5	-225	0	0	0
	110kg Open																
1	Marcus Galvan	TX	110kg	110	35	185	-192.5	-192.5	115	120	-127.5	195	200	-215	505	297.193	
	125kg Open																
1	Joseph Delacruz	TX	125kg	121	26	277.5	307.5	327.5	160	-172.5	172.5	305	-----	-----	805	461.909	
	140kg Open																
1	Nicholas Aviles	TX	140kg	137.4	28	295	320	332.5	185	197.5	-205	275	287.5	305	835	467.934	
2	Shaun White	TX	140kg	140	40	215	235	-242.5	170	172.5	182.5	260	275.5	-277.5	693	387.248	387.248
	82.5kg Submaster																
1	Eric Craig	TX	82.5kg	79.0	36	-205	-205	205	127.5	-132.5	-132.5	215	227.5	237.5	570	392.274	
	90kg Master 40-44																
1	JD Minnick	TX	90kg	89	40	205	227.5	-----	165	-187.5	-187.5	257.5	272.5	-285	665	426.997	426.997
2	Peyvand Honargohar	TX	90kg	89.2	41	180	-195	-195	125	-135	135	225	240	250	565	362.335	365.958
	90kg Master 45-49																
1	Troy Glowka	TX	90kg	87.8	46	167.5	175	182.5	135	140	-142.5	185	192.5	200	522.5	337.901	360.878
	100kg Master 50-54																
DQ	Eric Shay	TX	100kg	94.8	50	-185	200	210	-137.5	-147.5	-147.5	202.5	217.5	-225	0	0	0
	125kg Master 40-44																
1	Justin Veverka	TX	125kg	123.2	40	165	-175	187.5	150	160	167.5	205	217.5	-232.5	572.5	327.241	327.241
	140kg Master 40-44																
1	Shaun White	TX	140kg	140	40	215	235	-242.5	170	172.5	182.5	260	275.5	-277.5	693	387.248	387.248
	140kg Master 60-64																
1	Rodney Lubojasky	TX	140kg	138.9	61	170	180	192.5	147.5	167.5	180	205	240	272.5	645	360.878	492.959
	Women Classic Raw Powerlifting																
	75kg Master 45-49																
1	Herlinda Hinojosa	TX	75kg	73.6	49	102.5	110	-120	45	47.5	50	112.5	127.5	-135	287.5	276.604	307.86

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Men Classic Raw Powerlifting																	
	75kg Jr 20-23																
1	Brian Morales	TX	75kg	74.6	22	162.5	165	170	105	115	117.5	222.5	232.5	237.5	517.5	370.116	
	125kg Jr 20-23																
1	Steven Almendariz	TX	125kg	116.1	20	207.5	230	240	145	155	170	225	242.5	257.5	652.5	378.189	
	82.5kg Open																
1	Chris Freeman	TX	82.5kg	80.4	35	240	250	257.5	130	137.5	137.5	237.5	255	265	652.5	444.092	
2	Joshua Langford	TX	82.5kg	80.9	34	210	220	232.5	145	150	155	237.5	250	250	620	420.298	
	90kg Open																
1	Domynick Gomez	TX	90kg	89.0	35	142.5	165	175	125	132.5	142.5	185	202.5	215	510	327.471	
DQ	Ryan Coolman	TX	90kg	87.9	27	187.5	197.5	197.5	130	142.5	142.5	232.5	250	265	0	0	
	110kg Open																
DQ	Ronnie Blades	TX	110kg	106.2	30	190	190	205	170	----	----	----	----	----	0	0	
	82.5kg Submaster																
1	Chris Freeman	TX	82.5kg	80.4	35	240	250	257.5	130	137.5	137.5	237.5	255	265	652.5	444.092	
	90kg Submaster																
1	Domynick Gomez	TX	90kg	89.0	35	142.5	165	175	125	132.5	142.5	185	202.5	215	510	327.471	
	110kg Master 40-44																
1	Charlie Krause Jr. (MIL)	TX	110kg	106.5	41	230	250	257.5	147.5	162.5	177.5	240	262.5	272.5	707.5	420.68	424.886
	110kg Master 60-64																
1	Bill Ellis	TX	110kg	106	62	155	172.5	180	110	125	132.5	180	197.5	202.5	507.5	302.267	421.058
	125kg Master 55-59																
1	Enrique Molina	TX	125kg	125	59	220	235.5	240	140	160	172.5	220	237.5	260	650	370.37	487.037
Men Single Ply Powerlifting																	
	100kg Jr 18-19																
1	Ivan Naranjo	TX	100kg	97.1	18	247.5	265	265	165	177.5	192.5	215	222.5	235	647.5	398.925	
	110kg Jr 18-19																
1	Louis Rico	TX	110kg	104.4	19	247.5	265	265	157.5	170	170	175	190	207.5	625	374.25	
	125kg Open																
1	James Meador IV	TX	125kg	118.7	28	310	330	350	205	225	245	285	302.5	----	897.5	517.319	

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Men Raw Bench Only																	
	82.5kg Jr 13-15																
1	Zander Guckian	TX	82.5kg	80.8	14				100	105	107.5				105	71.243	
	110kg Open																
1	Michael Tyler	TX	110kg	103.4	30				170	180	180				170	102.153	
	125kg Open																
1	Austen Horton	TX	125kg	120	42				135	142.5	150				142.5	81.923	83.562
	125kg Master 40-44																
1	Austen Horton	TX	125kg	120	42				135	142.5	150				142.5	81.923	83.562
	140kg Master 60-64																
1	Rodney Lubojasky	TX	140kg	138.9	61				147.5	167.5	180				180	100.71	137.57
Men Raw Deadlift Only																	
	82.5kg Open																
1	Chris Freeman	TX	82.5kg	80.4	35							237.5	255	265	265	180.359	
	90kg Open																
1	JD Minnick	TX	90kg	89	40							257.5	272.5	285	272.5	174.972	174.972
	110kg Open																
1	Daniel Salazar	TX	110kg	109.3	34							152.5	165	165	165	97.301	
	140kg Open																
1	Shaun White	TX	140kg	140	40							260	275.5	277.5	275.5	153.949	153.949
	82.5kg Submaster																
1	Chris Freeman	TX	82.5kg	80.4	35							237.5	255	265	265	180.359	
	90kg Master 40-44																
1	JD Minnick	TX	90kg	89	40							257.5	272.5	285	272.5	174.972	174.972
	140kg Master 40-44																
1	Shaun White	TX	140kg	140	40							260	275.5	277.5	275.5	153.949	153.949
	140kg Master 60-64																
1	Rodney Lubojasky	TX	140kg	138.9	61							205	240	272.5	272.5	152.464	208.265
Men Raw Push-Pull																	
	125kg Open																
1	Flip Silva Jr.	TX	125kg	113.2	48				170	182.5	182.5	245	255	255	415	242.194	

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	Best Lifters:																	
	Shannon White	Raw Open Women PL														Record Color Codes:		
	Nicholas Aviles	Raw Open Men PL														State		
	Melissa Garza	Raw Master Women PL														National		
	Rodney Lubojasky	Raw Master Men PL																
	Meet Director: Megan Morgan and Bobby Morgan																	
	Thank you to our officials:																	
	International: Bobby Morgan																	
	National: James Waldrop, Wes Burton, John Rendon and Rube Rodriguez																	
	State: Alex Ortiz, Alexis Ortiz, Douglas Zerkowski and Brooke Rendon																	
	Spotters: Ramero Hernandez, Federico Ruiz, Angel Trigo, Mathew Buentello																	
	Host Gym: Third Coast Strength Solutions																	