

USPA Washington State Championships May 14, 2022 Kirkland, WA

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 13-15																
1	Hannah Nguyen	WA	52kg	52	15	47.5	65	-70	-40	-45	45	25	---	---	135	164.552	
	56kg Jr 20-23																
1	Jane Flegel	WA	56kg	55	23	100	105	-110	47.5	50	-52.5	145	152.5	160	315	369.531	
	67.5kg Jr 18-19																
1	Whitney Wiberg	WA	67.5kg	63.1	18	45	62.5	-70	32.5	-50	-50	62.5	82.5	90	185	198.778	
	100kg Jr 13-15																
1	Ailey Evans	WA	100kg	97.1	13	47.5	62.5	75	32.5	37.5	-40	65	92.5	100	212.5	183.463	
													(107.5)				
Women Raw Powerlifting		Open															
	56kg Open																
1	Jane Flegel	WA	56kg	55	23	100	105	-110	47.5	50	-52.5	145	152.5	160	315	369.531	
	60kg Open																
1	Stark Ryan	WA	60kg	60	33	105	112.5	120	52.5	60	-62.5	127.5	140	150	330	365.82	
	67.5kg Open																
1	Dana Tran	WA	67.5kg	62.2	25	87.5	95	100	50	-55	-55	105	112.5	117.5	267.5	289.958	
	75kg Open																
1	Mary Redman	WA	75kg	73.8	66	62.5	67.5	72.5	45	52.5	57.5	100	107.5	117.5	247.5	243.137	367.38
													(122.5)				
Women Raw Powerlifting		Submaster															
	60kg Submaster																
1	Christy Marquez	WA	60kg	59.2	37	65	70	72.5	37.5	42.5	-47.5	72.5	85	100	215	240.375	
Women Raw Powerlifting		Master															
	75kg Master 65-69																
1	Mary Redman	WA	75kg	73.8	66	62.5	67.5	72.5	45	52.5	57.5	100	107.5	117.5	247.5	243.137	367.38
													(122.5)				
	82.5kg Master 40-44																
1	Angela Wilson	WA	82.5kg	79.6	40	117.5	125	-137.5	67.5	72.5	-77.5	142.5	152.5	157.5	355	335.337	335.337

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Men Raw Powerlifting				Junior												
67.5kg Jr 16-17																
1	Louie Perez	WA	67.5kg	65.5	16	132.5	145	147.5	85	92.5	92.5	172.5	182.5	187.5	427.5	336.859
75kg Jr 13-15																
1	Scott Barrett	WA	75kg	72	15	110	110	117.5	67.5	70	72.5	130	132.5	137.5	327.5	241.322
							(120)						(142.5)			
75kg Jr 16-17																
1	Kaleb Grella	WA	75kg	73.4	17	150	155	160	102.5	107.5	112.5	152.5	162.5	172.5	435	316.465
2	Stephen Hickman	WA	75kg	75	17	100	125	142.5	82.5	97.5	100	145	162.5	180	420	301.317
3	Spencer Morgan	WA	75kg	71.5	17	142.5	155	160	80	87.5	92.5	132.5	145	160	407.5	301.683
90kg Jr 18-19																
1	Collin Nager	WA	90kg	86.8	18	170	182.5	187.5	115	120	125	225	240	250	552.5	363.988
100kg Jr 18-19																
DQ	Parker Rosenblum	WA	100kg	96.2	19	195	202.5	210	107.5	112.5	---	230	242.5	255	0	0
100kg Jr 20-23																
1	Isaiah Utto-Galarneau	WA	100kg	96.5	20	220	230	230	147.5	155	167.5	207.5	220	230	595	372.076
Men Raw Powerlifting				Open												
67.5kg Open																
1	Chester-Jay Santamaria	WA	67.5kg	65.5	29	167.5	172.5	172.5	100	100	110	185	192.5	205	487.5	384.137
75kg Open																
1	Jon Vaughn	WA	75kg	74.2	33	227.5	227.5	245	147.5	147.5	155	220	237.5	252.5	645	465.939
2	William Bizub	WA	75kg	72.3	25	165	177.5	182.5	115	120	122.5	207.5	222.5	235	537.5	394.961
3	Ryan Opp	WA	75kg	73.6	25	127.5	142.5	152.5	77.5	90	97.5	155	167.5	182.5	432.5	314.087
4	Stephen Hickman	WA	75kg	75	17	100	125	142.5	82.5	97.5	100	145	162.5	180	420	301.317
82.5kg Open																
1	Alex Nichalson	WA	82.5kg	80.5	27	185	192.5	200	115	120	127.5	205	212.5	220	547.5	376.148

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	90kg Open																
1	Aaron Rose	WA	90kg	89.1	27	230	232.5	235	140	145	-147.5	265	275	-277.5	655	425.687	
2	Matthew Sweeny	WA	90kg	89.1	36	210	222.5	242.5	-152.5	157.5	-165	215	225	235	635	412.689	
3	Dylan Ramsey	WA	90kg	86.2	24	192.5	205	212.5	127.5	130	-137.5	200	215	227.5	570	376.904	
4	Matthew Kaske	WA	90kg	84.4	26	140	147.5	152.5	120	125	-130	200	215	227.5	505	337.765	
	100kg Open																
1	Spencer Roby	WA	100kg	96.4	26	222.5	237.5	-250	140	147.5	-152.5	232.5	247.5	-257.5	632.5	395.713	
	110kg Open																
1	Sam Ballenger	WA	110kg	106	32	192.5	202.5	217.5	152.5	162.5	-165	247.5	262.5	275	655	393.533	
2	Connor Gill	WA	110kg	107.1	29	215	230	235	135	145	-147.5	240	255	265	645	385.95	
3	Conner Wheaton	WA	110kg	105.5	26	155	175	182.5	125	137.5	-147.5	165	177.5	190	510	306.993	
	125kg Open																
1	Joshua Spaeth	WA	125kg	123	40	342.5	367.5	-387.5	205	-230	-230	335	355	367.5	940	535.499	
	Men Raw Powerlifting																
	90kg Submaster																
1	Matthew Sweeny	WA	90kg	89.1	36	210	222.5	242.5	-152.5	157.5	-165	215	225	235	635	412.689	
	Men Raw Powerlifting																
	90kg Master 45-49																
1	Medwin Mina	WA	90kg	88.5	45	157.5	165	170	112.5	-120	127.5	210	230	240	537.5	350.536	369.816
	110kg Master 40-44																
1	Adam Evans	WA	110kg	108.9	43	182.5	210	-220	137.5	155	-162.5	230	265	298	663	394.172	406.392
	125kg Master 75-79																
1	John Hewitt	WA	125kg	120.4	76	110	-120	-127.5	72.5	77.5	85	135	142.5	-152.5	337.5	193.614	363.22
	Men Classic Raw Powerlifting																
	110kg Jr 18-19																
1	Isaiah Evans	WA	110kg	109.2	18	120	157.5	-182.5	75	-87.5	87.5	167.5	185	197.5	442.5	262.803	
	Women Raw Bench Only																
	100kg Open																
1	Jacalynn Hawks	WA	100kg	97.5	28				-127.5	127.5	-130				127.5	109.896	

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Women Raw Bench Only				Master													
82.5kg Master 40-44																	
1	Amy Evans	WA	82.5kg	78.9	42				60	67.5	70				70	66.417	67.745
Men Raw Bench Only				Junior													
52kg Jr 18-19																	
1	Owen Skystad	WA	52kg	50.7	19				85	92.5	97.5				92.5	90.774	
56kg Jr 18-19																	
1	Aidan Skystad	WA	56kg	54.3	19				85	92.5	95				95	87.408	
Men Raw Bench Only				Open													
125kg Open																	
1	Bo Anderson	WA	125kg	121.6	30				147.5	147.5	160				160	91.488	
Men Raw Bench Only				Master													
140kg Master 40-44																	
1	Russel Petty	WA	140kg	128.2	44				182.5	192.5	200				192.5	108.246	112.901
Women Raw Deadlift Only				Master													
82.5kg Master 40-44																	
1	Amy Evans	WA	82.5kg	78.9	42							50	65	85	85	80.649	82.262
Women Raw Push-Pull				Master													
82.5kg Master 40-44																	
1	Amy Evans	WA	82.5kg	78.9	42				60	67.5	70	50	65	85	155	147.066	82.262
Men Single Ply Push-Pull				Master													
125kg Master 45-49																	
1	Michael Camlin	WA	125kg	118.6	48				175	182.5	192.5	257.5	272.5	277.5	470	270.989	175.519

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Best Lifters																	
Name		Equip	Events	Comp	Sex							Record Color Codes					
Isaiah Utto-Galarneau		Raw	PL	Jr	Men							State					
Joshua Spaeth		Raw	PL	Open	Men							National					
Meet Director:		Zach Miller															
Referees																	
National:		Zach Miler, Joshua Spaeth, Stark Ryan															
State:		Raymond Damasco, Leah Hardesty, Lauren Plooster, Kristine McMahon (Practical), Kiran Taj (Practical)															
Staff:		Melissa Campos, April Blais															
Spotter/Loaders:		Jaris Beasley, Jon Blais, Sam Dean, Yuepon Hernandez, Zace Lewis, Cody O'Connell, Ryan Yousefian															