

USPA Southern Washington Championships September 30, 2023 Vancouver, 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														
56kg Jr 13-15																	
1	Allison McMullen	WA	56kg	55.7	14	70	80	88	50	53	53	85	95	103	244	283.835	
2	Afton Evans	WA	56kg	53.2	13	47.5	52.5	57.5	30	32.5	37.5	62.5	72.5	82.5	177.5	212.976	
60kg Jr 20-23																	
1	Mei Dach	OR	60kg	58	21	75	82.5	90	42.5	45	47.5	130	132.5	137.5	267.5	303.027	
67.5kg Jr 13-15																	
1	Ailey Evans	WA	67.5kg	67.2	15	62.5	70	72.5	30	35	40	75	85	95	207.5	214.774	
82.5kg Jr 16-17																	
1	Nancy Delgado	WA	82.5kg	78	17	62.5	65	70	40	45	50	105	107.5	112.5	222.5	212.343	
110kg Jr 20-23																	
1	Anna McCullough	WA	110kg	102.3	22	95	107.5	115	60	67.5	72.5 (77.5)	97.5	107.5	120 (130)	307.5	260.13	
110+ Jr 13-15																	
1	Grace Marquardt	WA	110+	128.7	14	107.5	130	137.5	45	52.5	57.5	115	125	142.5 (145)	325	256.146	
Women Raw Powerlifting			Open														
52kg Open																	
1	Jane Chen	WA	52kg	51.5	26	75	85	85	27.5	30	32.5	100	110	120	215	263.835	
60kg Open																	
1	Margaret Deleon	WA	60kg	59.5	27	110	115	120	62.5	65	67.5	142.5	155	165	352.5	392.838	
67.5kg Open																	
1	Linda Doan	OR	67.5kg	65.1	33	87.5	95	97.5	47.5	52.5	57.5	117.5	127.5	132.5	287.5	303.173	
2	Pamela De Loa	OR	67.5kg	67.5	50	47.5	62.5	65	32.5	40	42.5	85	95	105	207.5	214.222	242.071
90kg Open																	
1	Tori White	WA	90kg	86.9	25	105	107.5	112.5	57.5	60	60	122.5	130	137.5	310	280.765	
2	Beth Hammer	WA	90kg	88.8	36	85	92.5	100	62.5	67.5	70	107.5	117.5	125	295	264.574	
100kg Open																	
1	Lizet Carpenter	WA	100kg	99.8	47	140	140	142.5	75	80	82.5	177.5	190	192.5	415	354.415	383.477

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Women Raw Powerlifting				Master													
56kg Master 65-69																	
1	Kate Rogers	OR	56kg	55.6	65	55	62.5	65	37.5	42.5	47.5	97.5	97.5	107.5	215	250.399	370.591
67.5kg Master 50-54																	
1	Pamela De Loa	OR	67.5kg	67.5	50	47.5	62.5	65	32.5	40	42.5	85	95	105	207.5	214.222	242.071
100kg Master 45-49																	
1	Lizet Carpenter	WA	100kg	99.8	47	140	140	142.5	75	80	82.5	177.5	190	192.5	415	354.415	383.477
Men Raw Powerlifting				Junior													
52kg Jr 13-15																	
1	Paxton Jenkins	OR	52kg	51.6	14	77.5	92.5	105	52.5	58	60	125	140	145	305	294.279	
60kg Jr 16-17																	
1	Davin Abrahamson	OR	60kg	59	17	125	127.5	132.5	80	82.5	85	155	160	165	382.5	327.37	
67.5kg Jr 16-17																	
1	Isaiah Harold	WA	67.5kg	66.1	17	115	120	125	80	85	90	145	152.5	160	375	293.493	
82.5kg Jr 13-15																	
1	Jorgen Young	WA	82.5kg	75.9	13	40	47.5	52.5	35	40	45	60	77.5	92.5	170	121.042	
90kg Jr 18-19																	
1	Nathanael Garthe	WA	90kg	89.6	18	187.5	192.5	200	115	120	127.5	170	180	187.5	515	333.749	
100kg Jr 20-23																	
1	Isaiah Stilwater	OR	100kg	96.5	21	160	172.5	192.5	102.5	110	117.5	185	200	210	500	312.669	
110kg Jr 13-15																	
1	Nicholas Merritt	WA	110kg	109.5	15	180	190	195	110	117.5	117.5	200	210	210	505	299.61	
Men Raw Powerlifting				Open													
82.5kg Open																	
1	Joseph Mammarella	OR	82.5kg	79.1	27	145	155	162.5	122.5	125	125	200	212.5	220	497.5	345.361	

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90kg Open																	
1	Matthew Ablonczy	WA	90kg	85.6	27	215	230	240	130	140	150	250	265	275	665	441.373	
2	Cirilo Herold	OR	90kg	89.8	28	190	200	207.5	130	137.5	137.5	222.5	240	260	597.5	386.778	
DQ	Victor Mammarella	WA	90kg	87	29	205	215	215	147.5	155	155	225	245	245	0	0	
100kg Open																	
1	Joe Dickinson	WA	100kg	100	27	255	272.5	285	185	192.5	205	255	280	290	755	464.714	
2	Dano Panah	WA	100kg	99.9	25	230	245	262.5	150	160	170	240	260	277.5	710	437.206	
3	Tristram Maurer	OR	100kg	99.8	30	230	240	250	150	157.5	162.5	245	260	270	667.5	411.214	
4	Kyle Young	OR	100kg	95.1	39	205	-----	-----	165	175.5	175.5	235	250	-----	620	390.329	
DQ	Tyler Pitt	WA	100kg	100	31	195	-----	-----	-----	-----	-----	-----	-----	-----	0	0	
110kg Open																	
1	Aaron England	WA	110kg	109.9	42	240	255	272.5	147.5	167.5	182.5	235	255	272.5	695	411.767	420.002
2	Kevin Madison	OR	110kg	109.1	53	225	237.5	247.5	170	180	185	230	240	250	682.5	405.482	480.09
3	Edward Dorey	FL	110kg	104.7	25	140	155	165	95	102.5	110	185	205	207.5	470	283.783	
125kg Open																	
1	Derek Judd	UT	125kg	120.3	35	280	292.5	310	182.5	192.5	205	265	280	295	792.5	454.76	
140kg Open																	
1	Jarod Perales	WA	140kg	139	26	170	182.5	187.5	92.5	100	105	205	220	220	507.5	278.682	
140+ Open																	
1	Colton Ward	WA	140+	156.4	28	165	192.5	205	80	95	95	185	205	225	497.5	264.581	
DQ	Timothy Thompson	WA	140+	172	47	170	200	200	150	-----	-----	-----	-----	-----	0	0	0
Men Raw Powerlifting			Submaster														
100kg Submaster																	
1	Kyle Young	OR	100kg	95.1	39	205	-----	-----	165	175.5	175.5	235	250	-----	620	390.329	
Men Raw Powerlifting			Master														
90kg Master 55-59																	
1	Dennis Mikes	WA	90kg	87.9	55	165	180	183	145	147.5	150	175	192.5	197.5	528	345.556	423.306
110kg Master 40-44																	
1	Aaron England	WA	110kg	109.9	42	240	255	272.5	147.5	167.5	182.5	235	255	272.5	695	411.767	420.002

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	110kg Master 45-49																
1	Brian Vandecar	WA	110kg	106	49	105	110	127.5	62.5	72.5	80	125	140	147.5	330	198.268	220.673
	110kg Master 50-54																
1	Kevin Madison	OR	110kg	109.1	53	225	237.5	247.5	170	180	185	230	240	250	682.5	405.482	480.09
	140+ Master 45-49																
DQ	Timothy Thompson	WA	140+	172	47	170	200	200	150	-----	-----	-----	-----	-----	0	0	0
	Women Classic Raw Powerlifting			Open													
	110kg Open																
1	Jennifer Jensen	WA	110kg	104.8	39	140	147.5	160	65	67.5	70	140	150	160	377.5	316.503	
	Women Classic Raw Powerlifting			Submaster													
	110kg Submaster																
1	Jennifer Jensen	WA	110kg	104.8	39	140	147.5	160	65	67.5	70	140	150	160	377.5	316.503	
	Women Classic Raw Powerlifting			Master													
	75kg Master 50-54																
1	Brandee Hathaway	WA	75kg	74	50	95	102.5	105	65	72.5	75.5	130	140	142.5	323	316.847	358.037
	Men Classic Raw Powerlifting			Submaster													
	100kg Submaster																
1	Alex Dumbrille	WA	100kg	100	36	212.5	227.5	-----	132.5	137.5	-----	225	240	-----	585	360.077	
	Men Single Ply Powerlifting			Open													
	100kg Open																
1	John Buck	WA	100kg	98.7	29	252.5	260	270	160	160	170	252.5	262.5	262.5	682.5	422.499	
	Men Raw Bench Only			Junior													
	75kg Jr 16-17																
1	Leo Rachmady	OR	75kg	71.2	16				105	110	115				110	81.668	
2	Shahzad Khosravi	OR	75kg	70.2	16				102.5	102.5	105				105	78.716	
DQ	Oliver Wagner	OR	75kg	71.4	16				105	105	105				0	0	
	100kg Jr 20-23																
1	Josiah Mccllyde	OR	100kg	95.2	21				70	80	82.5				82.5	51.914	

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															Dots	McC
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total
Men Raw Bench Only			Open													
100kg Open																
1	Joe Dickinson	WA	100kg	100	27			185	192.5	205				192.5	118.487	
2	Kyle Young	OR	100kg	95.1	39			165	175.5	175.5				165	103.878	
140kg Open																
1	Brett Anderson	WA	140kg	128.6	31			165	175	182.5				175	98.312	
Men Raw Bench Only			Submaster													
100kg Submaster																
1	Kyle Young	OR	100kg	95.1	39			165	175.5	175.5				165	103.878	
Men Raw Deadlift Only			Junior													
100kg Jr 20-23																
1	Josiah Mccllyde	OR	100kg	95.2	21						170	175	175	170	106.973	
Men Raw Push-Pull			Junior													
100kg Jr 20-23																
1	Josiah Mccllyde	OR	100kg	95.2	21			70	80	82.5	170	175	175	252.5	158.887	

Best Lifters											Record Color Codes		
Name	Equip	Events	Comp	Sex								State	
Mei Dach	Raw	PL	Jr	Women								National	
Nathanaiel Garthe	Raw	PL	Jr	Men									
Margaret Deleon	Raw	PL	Open	Women									
Joe Dickinson	Raw	PL	Open	Men									
Meet Director:	Craig Recore												
Referees													
International:	Karen Matthews												
National:	Craig Recore, Manny Love, Raymond Damasco												
State:	Michelle Gallinger, Sarah Zywicki												
Spotter/Loaders:	The gym community members of Hardcore Barbell												