

USPA Tested Winter Classic In The Valley 2024 December 8, 2024 Waianae, Hawaii

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
44kg Jr 13-15																	
1	Lindsey Lau	HI	44kg	43.6	14	60	72.5	82.5	45	55	60	92.5	105	110	252.5	350.233	
2	Shaley Lau	HI	44kg	43.3	14	60	72.5	80	45	52.5	55	92.5	105	110	245	341.649	
								(82.5)									
67.5kg Jr 20-23																	
DQ	Asialy Racho	HI	67.5kg	67	23	110	115	125	47.5	50	52.5	-145	-145	-145	0	0	
Women Raw Powerlifting		Open															
44kg Open																	
1	Katie Rubin	HI	44kg	43.5	34	77.5	82.5	87.5	52.5	58	60	102.5	112.5	121	268.5	373.087	
														(122.5)			
2	Lindsey Lau	HI	44kg	43.6	14	60	72.5	82.5	45	55	60	92.5	105	110	252.5	350.233	
48kg Open																	
1	Hannah Kuntemeyer	HI	48kg	47.75	30	87.5	95	98	52.5	58	60	117.5	125	-133	280	362.708	
60kg Open																	
1	Alexandria Cabacungan	HI	60kg	59.6	29	-112.5	112.5	-117.5	52.5	55	57.5	135	-142.5	-142.5	305	339.54	
2	Lindsay Ikei	HI	60kg	60	30	-102.5	102.5	-105	-57.5	57.5	-60	135	140	-142.5	300	332.564	
67.5kg Open																	
1	Kristanne Ibus	WA	67.5kg	65	23	105	112.5	120	55	62.5	67.5	-167.5	177.5	185	367.5	387.888	
DQ	Asialy Racho	HI	67.5kg	67	23	110	115	125	47.5	50	52.5	-145	-145	-145	0	0	
75kg Open																	
1	Sherilynn Ancheta	HI	75kg	74.7	38	70	75	82.5	40	-42.5	42.5	65	70	75	200	195.209	
82.5kg Open																	
1	Raeanne Ranada	HI	82.5kg	75.6	33	95	97.5	-107.5	65	-67.5	-67.5	135	137.5	-140	300	290.97	
2	Emma Ornellas	HI	82.5kg	79.3	24	-110	110	-115	42.5	45	47.5	120	125	-132.5	282.5	267.358	
3	Arielle Bautista	HI	82.5kg	82.5	29	92.5	-97.5	97.5	47.5	50	52.5	102.5	107.5	115	265	245.955	
90kg Open																	
1	Raena Cabacungan	HI	90kg	82.8	30	125	130	-135	60	62.5	67.5	142.5	147.5	-152.5	345	319.645	
2	Cassie Bagood	HI	90kg	83.2	25	117.5	125	-130	50	57.5	65	120	135	-142.5	317.5	293.485	
3	Laryce Visitacion	HI	90kg	85.3	29	102.5	107.5	115	42.5	45	50	105	112.5	117.5	277.5	253.502	
4	Nescia Pearl Ponce	HI	90kg	84.5	34	100	105	-110	47.5	52.5	-57.5	102.5	107.5	115	272.5	250.038	

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	100kg Open																
1	Narita San Meana	HI	100kg	99.5	44	112.5	-117.5	117.5	65	-70	70	117.5	130	-137.5	317.5	271.468	283.141
2	Casslyn Merritt	HI	100kg	99.5	32	-112.5	112.5	-120	52.5	55	60	115	120	127.5	300	256.505	
	Women Raw Powerlifting		Submaster														
	75kg Submaster																
1	Sherilynn Ancheta	HI	75kg	74.7	38	70	75	82.5	40	-42.5	42.5	65	70	75	200	195.209	
	Women Raw Powerlifting		Master														
	52kg Master 60-64																
1	Diana Nelson	HI	52kg	52	61	87.5	-95	97.5	50	52.5	-57.5	115	120	122.5	272.5	332.151	453.718
	100kg Master 40-44																
1	Narita San Meana	HI	100kg	99.5	44	112.5	-117.5	117.5	65	-70	70	117.5	130	-137.5	317.5	271.468	283.141
	110kg Master 55-59																
1	Rowena Bagayas	HI	110kg	104	56	137.5	145	-150	70	-75	75	115	120	-125	340	285.863	356.185
	Men Raw Powerlifting		Junior														
	52kg JR																
1	Allen Mahoe	HI	52kg	42.5	12	62.5	67.5	72.5	32.5	37.5	42.5	100	105	-107.5	220	260.247	
	110kg Jr 20-23																
1	David Vincent Yanagawa	HI	110kg	107.3	23	210	220	230	130	140	-145	230	242.5	253	623	372.514	
	Men Raw Powerlifting		Open														
	60kg Open																
1	Constantino Ordorica	HI	60kg	58.95	43	60	62.5	-67.5	65	70	-72.5	102.5	105	110	242.5	207.696	214.134
	75kg Open																
1	John Martin	HI	75kg	75	32	175	180	187.5	140	145	-150	245	260	272.5	605	434.04	
	82.5kg Open																
1	Makani Bosque	HI	82.5kg	82.5	31	210	225	-227.5	132.5	-140	-140	250	265	-272.5	622.5	421.677	
2	Kyle James Uson	HI	82.5kg	81.4	26	137.5	145	150	92.5	-100	-100	160	-172.5	172.5	415	283.282	
	Men Raw Powerlifting		Submaster														
	67.5kg Submaster																
1	Henry Silva	HI	67.5kg	67	39	170	182.5	190	115	120	125	205	220	-227.5	535	414.58	

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Men Raw Powerlifting				Master													
1	60kg Master 40-44 Constantino Ordorica	HI	60kg	58.95	43	60	62.5	67.5	65	70	72.5	102.5	105	110	242.5	207.696	214.134
Women Raw Bench Only				Junior													
1	44kg Jr 13-15 Lindsey Lau	HI	44kg	43.6	14				45	55	60				60	83.224	
Women Raw Bench Only				Open													
1	44kg Open Lindsey Lau	HI	44kg	43.6	14				45	55	60				60	83.224	
1	60kg Open Lindsay Ikei	HI	60kg	60	30				57.5	57.5	60				57.5	63.741	
Men Raw Bench Only				Open													
1	100kg Open Gavyn Takamori	HI	100kg	93.2	35				157.5	175	182.5				175	111.229	
Women Raw Deadlift Only				Junior													
1	44kg JR Allecie Mahoe	HI	44kg	28.4	10							45	55	60	60	120.471	
1	44kg Jr 13-15 Lindsey Lau	HI	44kg	43.6	14							92.5	105	110	110	152.577	
Women Raw Deadlift Only				Open													
1	44kg Open Lindsey Lau	HI	44kg	43.6	14							92.5	105	110	110	152.577	
1	60kg Open Lindsay Ikei	HI	60kg	60	30							135	140	142.5	140	155.196	
Men Raw Deadlift Only				Open													
1	60kg Open Anthony Vargas	HI	60kg	59.85	41							177.5	182.5	190	190	160.698	162.305
Men Raw Deadlift Only				Master													
1	60kg Master 40-44 Anthony Vargas	HI	60kg	59.85	41							177.5	182.5	190	190	160.698	162.305

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Kristanne Ibus		Raw	PL	Open	Women							National					
Meet Director:		Allen Mahoe Jr.															
Referees																	
International:		Darren Matsumoto															
National:		Luvi Agpaoa															
State:		Tiffany Yoro, Allen Mahoe Jr., David George, Nestor Bagayas															
Staff:		Makaloa Yim															
Spotter/Loaders:		Troy Nakasuji, Sterling Kahumoku, Allen Mahoe III															
Tested Lifters:		Kristanne Ibus, Katie Rubin															