

USPA Washington State Championships May 22, 2021 Kirkland, WA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	<b>Women Raw Powerlifting</b>																
	67.5kg Open																
1	Lily Wu	WA	67.5kg	66.6	29	122.5	130	137.5	67.5	70	<del>72.5</del>	150	160	170	377.5	467.072	
	75kg Open																
1	Emilija Martic	BC	75kg	74.9	31	197.5	207.5	<del>215</del>	120	<del>127.5</del>	<del>127.5</del>	200	210	217.5	545	634.754	
	SHW Open																
1	Rosanna Allen	WA	SHW	96.4	39	147.5	<del>157.5</del>	<del>157.5</del>	97.5	107.5	<del>112.5</del>	160	<del>185</del>	<del>185</del>	415	441.057	
2	Darby Monroe	WA	SHW	130	46	122.5	130	132.5	60	62.5	67.5	160	167.5	<del>170</del>	367.5	364.258	389.028
	<b>Women Raw Powerlifting</b>																
	82.5kg Submaster																
1	Lisa Lease	WA	82.5kg	81.6	36	105	115	120	57.5	62.5	65	115	127.5	137.5	322.5	362.123	
	SHW Submaster																
1	Rosanna Allen	WA	SHW	96.4	39	147.5	<del>157.5</del>	<del>157.5</del>	97.5	107.5	<del>112.5</del>	160	<del>185</del>	<del>185</del>	415	441.057	
	<b>Women Raw Powerlifting</b>																
	SHW Master 45-49																
1	Darby Monroe	WA	SHW	130	46	122.5	130	132.5	60	62.5	67.5	160	167.5	<del>170</del>	367.5	364.258	389.028
	<b>Men Raw Powerlifting</b>																
	56kg Open																
1	Trovin Pham	WA	56kg	55.8	30	125	130	135	85	90	95	145	150	157.5	387.5	408.456	
	82.5kg Open																
1	Ethan Temple	WA	82.5kg	82	24	185	197.5	210	125	132.5	<del>140</del>	240	260	275	617.5	498.496	
2	Vincent Tabajonda	WA	82.5kg	81.4	30	180	190	<del>195</del>	125	135	<del>145</del>	225	235	<del>240</del>	560	454.023	
3	Ron Gery	WA	82.5kg	79.5	56	155	<del>165</del>	165	72.5	81	<del>82.5</del>	175	185	195.5	441.5	363.014	452.316
	90kg Open																
1	Austin Hagan	OR	90kg	88.5	30	217.5	<del>222.5</del>	222.5	<del>155</del>	155	160	260	270	272.5	655	506.816	
2	Ryan Yousefian	WA	90kg	89.6	26	192.5	205	215	115	122.5	130	202.5	215	235	580	445.886	
3	Trey Mcguire	WA	90kg	87.2	51	210	220	<del>230</del>	125	135	<del>141.0</del>	205	215	222.5	577.5	450.396	516.604
4	Joshua Tompkins	ID	90kg	87.5	33	197.5	202.5	207.5	135	<del>142.5</del>	<del>142.5</del>	227.5	<del>235</del>	<del>235</del>	570	443.725	
	100kg Open																
1	Reilly Golden	WA	100kg	94.2	24	165	180	190	95	102.5	107.5	200	215	230	527.5	395.471	
2	Tushar Morabkar	WA	100kg	98.1	26	172.5	180	<del>185</del>	125	132.5	135	192.5	207.5	<del>215</del>	522.5	384.36	

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	<b>Men Raw Powerlifting</b>			<b>Submaster</b>														
	125kg Submaster																	
1	Matt Milstead	WA	125kg	113.1	36	192.5	207.5	<del>210</del>	147.5	155	165	265	282.5	295	667.5	463.927		
	<b>Men Raw Powerlifting</b>			<b>Master</b>														
	82.5kg Master 55-59																	
1	Ron Gery	WA	82.5kg	79.5	56	155	<del>165</del>	165	72.5	81	<del>82.5</del>	175	185	195.5	441.5	363.014	452.316	
	82.5kg Master 75-79																	
1	Bill Cecil	WA	82.5kg	77.5	77	57.5	62.5	82.5	45	<del>52.5</del>	<del>62.5</del>	95	97.5	<del>120</del>	225	187.905	360.401	
	90kg Master 50-54																	
1	Trey Mcguire	WA	90kg	87.2	51	210	220	<del>230</del>	125	135	<del>141.0</del>	205	215	222.5	577.5	450.396	516.604	
	100kg Master 80+																	
1	Raymond Halling	WA	100kg	99.2	83	85	90	95	82.5	87.5	90	105	115	122.5	307.5	225.075	492.913	
	110kg Master 50-54																	
1	Kevin Madison	OR	110kg	107.4	50	187.5	197.5	210	147.5	157.5	165	195	207.5	217.5	592.5	419.653	474.208	
														(227.5)				
	110kg Master 55-59																	
1	Robert Dickinson	WA	110kg	107.1	55	175	185	<del>190</del>	127.5	132.5	135	175	182.5	<del>187.5</del>	502.5	356.292	436.457	
	<b>Women Classic Raw Powerlifting</b>			<b>Open</b>														
	SHW Open																	
1	Jacalynn Hawks	WA	SHW	103.8	27	140	155	160	110	115	117.5	182.5	197.5	202.5	480	500.49		
														(207.5)				
	<b>Men Classic Raw Powerlifting</b>			<b>Open</b>														
	90kg Open																	
1	Zachary Hall	WA	90kg	89	28	262.5	280	300	147.5	157.5	165	260	272.5	<del>290</del>	737.5	568.96		
2	Joseph Wingard	WA	90kg	87.7	24	<del>227.5</del>	<del>227.5</del>	232.5	142.5	150	155	197.5	212.5	230	617.5	480.114		
	100kg Open																	
DQ	Alex Dumbrille	WA	100kg	95.6	34	182.5	200	207.5	140	<del>140</del>	<del>140</del>	<del>140</del>	<del>140</del>	<del>140</del>	0	0		
	<b>Men Classic Raw Powerlifting</b>			<b>Master</b>														
	75kg Master 55-59																	
1	Paul Honda	WA	75kg	73.9	58	177.5	<del>195</del>	<del>202.5</del>	95	102.5	<del>102.5</del>	182.5	<del>202.5</del>	<del>205</del>	462.5	398.075	513.915	

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	Women Raw Bench Only			Open													
	SHW Open																
1	Jacalynn Hawks	WA	SHW	103.8	27				110	115	117.5				117.5	122.516	
	Men Raw Bench Only			Open													
	90kg Open																
1	Joseph Wingard	WA	90kg	87.7	24				142.5	150	155				155	120.514	
	100kg Open																
1	Larry Wright	WA	100kg	94.6	37				190	197.5	<del>200</del>				197.5	147.765	
	Men Raw Bench Only			Submaster													
	100kg Submaster																
1	Larry Wright	WA	100kg	94.6	37				190	197.5	<del>200</del>				197.5	147.765	
	Men Raw Bench Only			Master													
	110kg Master 55-59																
1	Robert Dickinson	WA	110kg	107.1	55				127.5	132.5	135				135	95.72	117.257
	110kg Master 65-69																
1	Mark Greenleaf	WA	110kg	106.8	65				125	<del>130</del>	<del>130</del>				125	88.726	131.315
	Men Single Ply Bench Only			Open													
	125kg Open																
1	Cody Plumb	WA	125kg	122.6	37				245	252.5	<del>257.5</del>				252.5	171.034	
	SHW Open																
1	Joe Mickelson	WA	SHW	150.5	63				210	<del>225</del>	<del>225</del>				210	135.294	192.252
	Men Single Ply Bench Only			Submaster													
	125kg Submaster																
1	Cody Plumb	WA	125kg	122.6	37				245	252.5	<del>257.5</del>				252.5	171.034	
	Men Single Ply Bench Only			Master													
	110kg Master 50-54																
1	Mark Webber	WA	110kg	105.6	54				<del>162.5</del>	162.5	<del>170</del>				162.5	115.857	139.492
	SHW Master 60-64																
1	Joe Mickelson	WA	SHW	150.5	63				210	<del>225</del>	<del>225</del>				210	135.294	192.252

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Single Ply Deadlift Only				Open													
	SHW Open																
1	Joe Mickelson	WA	SHW	150.5	63							225	237.5	<del>250</del>	237.5	153.011	217.428
Men Single Ply Deadlift Only				Master													
	110kg Master 50-54																
1	Mark Webber	WA	110kg	105.6	54							225	237.5	245	245	174.676	210.31
	SHW Master 60-64																
1	Joe Mickelson	WA	SHW	150.5	63							225	237.5	<del>250</del>	237.5	153.011	217.428
Men Single Ply Push-Pull				Open													
	SHW Open																
1	Joe Mickelson	WA	SHW	150.5	63				210	<del>225</del>	<del>225</del>	225	237.5	<del>250</del>	447.5	288.304	217.428
Men Single Ply Push-Pull				Master													
	110kg Master 50-54																
1	Mark Webber	WA	110kg	105.6	54				<del>162.5</del>	162.5	<del>170</del>	225	237.5	245	407.5	290.533	210.31
	SHW Master 60-64																
1	Joe Mickelson	WA	SHW	150.5	63				210	<del>225</del>	<del>225</del>	225	237.5	<del>250</del>	447.5	288.304	217.428
Best Lifters															Record Color Codes		
Austin Hagan		Raw	PL	Open	Men											State	
Trey Mcguire		Raw	PL	Master	Men												
Meet Director:		Zack Miller															
Referees																	
National:		Marcus Wilde															
State:		Michael Estrella, Zack Miller, Stark Ledbetter, Kim Koenig, Lauren Plooster															
Staff:		Raymond Damasco, Elizabeth Fragione															
Spotter/Loaders:		Cue Sok, Jaris Beasley, Jestoni Gabayo, Isidro Solis, Kiran Taj, Audrie, Jamie Estrella, Jj Estrella, Vanessa															