

USPA Arkaios Open September 9, 2018 Waipahu, HI

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	Women Raw Powerlifting														
	52kg Jr 16-17														
1	Allicia Mahoe	HI	52kg	48.2	17	90	47.5	100	237.5	313.595		198.4	104.7	220.5	523.6
	56kg Jr 20-23														
1	Nicole Tagalicud	HI	56kg	54.2	20	65	30	80	175	211.243		143.3	66.1	176.4	385.8
	60kg Jr 20-23														
1	Charissa Vallesteros	HI	60kg	59.4	22	97.5	55	130	282.5	317.417		214.9	121.3	286.6	622.8
	56kg Open														
1	Aisha Young	HI	56kg	54	28	87.5	47.5	122.5	257.5	311.73		192.9	104.7	270.1	567.7
	60kg Open														
1	Brittney Pasion-Almeida	HI	60kg	59.8	28	92.5	70	125	287.5	321.368		203.9	154.3	275.6	633.8
	67.5kg Open														
1	Mandy Holt	HI	67.5kg	65.6	37	110	62.5	130	302.5	315.205		242.5	137.8	286.6	666.9
2	Maribeth Seveses	HI	67.5kg	66.4	27	87.5	47.5	112.5	247.5	255.618		192.9	104.7	248	545.6
	75kg Open														
1	Amanda Artman	HI	75kg	71	27	100	45	130	275	270.93		220.5	99.2	286.6	606.3
	82.5kg Open														
1	Naomi-Lynn Sonnier	HI	82.5kg	80	24	100	62.5	137.5	300	274.5		220.5	137.8	303.1	661.4
	90kg Open														
1	Donnie Rogers	HI	90kg	88.8	47	155	75	155	385	334.565	361.999	341.7	165.3	341.7	848.8
2	Vanessa Freitas-Gueco	HI	90kg	84.6	38	110	62.5	142.5	315	279.909		242.5	137.8	314.2	694.4
	67.5kg Submaster														
1	Mandy Holt	HI	67.5kg	65.6	37	110	62.5	130	302.5	315.205		242.5	137.8	286.6	666.9
	90kg Submaster														
1	Vanessa Freitas-Gueco	HI	90kg	84.6	38	110	62.5	142.5	315	279.909		242.5	137.8	314.2	694.4
	52kg Master 50-54														
1	Carol Makiya	HI	52kg	50.2	50	107.5	60	142.5	310	397.048	448.664	237	132.3	314.2	683.4
	90kg Master 45-49														
1	Donnie Rogers	HI	90kg	88.8	47	155	75	155	385	334.565	361.999	341.7	165.3	341.7	848.8

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	Men Raw Powerlifting														
	60kg Jr 18-19														
1	Mark Anzalone	HI	60kg	58	19	137.5	112.5	182.5	432.5	380.687		303.1	248	402.3	953.5
	75kg Jr 20-23														
1	Gabriel Dionio	HI	75kg	74	20	165	122.5	190	477.5	343.466		363.8	270.1	418.9	1052.7
DQ	James (Kimo) Cabajar	HI	75kg	74.6	21	225	132.5	0	0	0		496	292.1	0	0
	100kg Jr 20-23														
1	Weston Akamine	HI	100kg	99	23	215	152.5	262.5	630	384.993		474	336.2	578.7	1388.9
	67.5kg Open														
1	Christopher Padilla	HI	67.5kg	62.8	25	167.5	130	217.5	515	421.734		369.3	286.6	479.5	1135.4
2	Kevin Lei	HI	67.5kg	66.4	28	155	120	212.5	487.5	380.884		341.7	264.6	468.5	1074.7
	75kg Open														
1	Marc-Anthony Ho	HI	75kg	74.8	30	227.5	160.5	260	648	462.607		501.5	353.8	573.2	1428.6
DQ	James (Kimo) Cabajar	HI	75kg	74.6	21	225	132.5	0	0	0		496	292.1	0	0
	110kg Open														
1	Damon Senaha	HI	110kg	108	57	175	100	220	495	292.991	371.512	385.8	220.5	485	1091.3
	90kg Submaster														
1	Edwin Manmano	HI	90kg	87	35	227.5	142.5	285	655	425.685		501.5	314.2	628.3	1444
2	Eric Opheim	HI	90kg	88.4	39	182.5	160	230	572.5	368.919		402.3	352.7	507.1	1262.1
	100kg Master 40-44														
1	Allen Mahoe Jr	HI	100kg	98.8	41	192.5	135	235	562.5	344.025	347.465	424.4	297.6	518.1	1240.1
	110kg Master 55-59														
1	Damon Senaha	HI	110kg	108	57	175	100	220	495	292.991	371.512	385.8	220.5	485	1091.3
	Men Raw Bench Only														
	100kg Open														
1	Dex Nepomuceno	HI	100kg	95.2	27		170		170	105.638			374.8		374.8
	110kg Open														
1	Chyane Julian	HI	110kg	109.8	34		177.5		177.5	104.512			391.3		391.3
	125kg Open														
1	Kirk Gosnell	HI	125kg	118	48		195		195	112.554	123.472		429.9		429.9

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	125kg Master 45-49														
1	Kirk Gosnell	HI	125kg	118	48		195		195	112.554	123.472		429.9		429.9
Women Single Ply Bench Only															
	75kg Submaster														
1	Jessica Radakovich	HI	75kg	72.4	35		125		125	121.563			275.6		275.6
Men Raw Deadlift Only															
	110kg Open														
1	Miller Porche	HI	110kg	109	21			240	240	141.648				529.1	529.1
	110kg Master 55-59														
1	Damon Senaha	HI	110kg	108	57			220	220	130.22				485	485
Thank you for our referees:															
International: Darren Matsumoto															
National: Jon Bareng and Donna Bareng															
State: Luvi Agpaoa, Nicole Daoang, Rowena Bagayas and Nestor Bagayas.															
Thank you to SBD 808 and Windocs Window Cleaning for sponsoring this event!															
Thank you to our host gym: Arkaios Crossfit www.arkaioscrossfithawaii.com/															