

USPA Drug Tested Liz Freel Classic April 1, 2023 Hawaiian Gardens, California

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 20-23																
1	Nicole Tran	CA	56kg	53.8	23	60	65	70	35	37.5	40	85	100	105	215	256.004	
	60kg Jr 20-23																
1	Ahtziri Ayala	CA	60kg	59.8	23	87.5	95	<del>97.5</del>	52.5	<del>55</del>	<del>55</del>	115	117.5	120	267.5	297.162	
Women Raw Powerlifting		Open															
	60kg Open																
1	Shen Amora	CA	60kg	56.9	27	95	100	105	47.5	50	52.5	137.5	142.5	147.5	305	349.839	
DQ	Marcy Garcia	CA	60kg	59.6	30	<del>105</del>	<del>105</del>	<del>110</del>	<del>47.5</del>	<del>50</del>	50	125	127.5	<del>130</del>	0	0	
	90kg Open																
1	Erika Johnson	CA	90kg	88.0	36	110	115	125	60	65	<del>75</del>	142.5	150	167.5	357.5	321.936	
Women Raw Powerlifting		Master															
	67.5kg Master 50-54																
1	Rosanna Wait	CA	67.5kg	67.4	53	60	70	80	35	40	45	80	90	95	220	227.321	269.148
	67.5kg Master 60-64																
DQ	Gail Silver	CA	67.5kg	65.7	64	<del>77.5</del>	<del>77.5</del>	<del>77.5</del>	47.5	<del>50</del>	<del>50</del>	102.5	<del>105</del>	<del>105</del>	0	0	0
	82.5kg Master 50-54																
1	Marry Morales	CA	82.5kg	76.1	54	<del>50</del>	55	60	40	<del>52.5</del>	<del>52.5</del>	85	95	105	205	198.145	238.567
Men Raw Powerlifting		Junior															
	67.5kg Jr 20-23																
1	Gordon Bach	CA	67.5kg	62.1	23	135	140	147.5	97.5	102.5	<del>107.5</del>	185	195	205	455	373.536	
	75kg Jr 18-19																
1	Derrick Pham	CA	75kg	74.0	18	175	182.5	187.5	92.5	97.5	<del>102.5</del>	220	230	235	520	376.299	
	90kg Jr 18-19																
1	Sean Perez	CA	90kg	88.0	19	<del>150</del>	<del>165</del>	165	90	<del>100</del>	<del>105</del>	185	<del>200</del>	207.5	462.5	302.51	
	90kg Jr 20-23																
1	Thien Nguyen	CA	90kg	89.0	20	<del>210</del>	<del>220</del>	220	125	<del>132.5</del>	<del>132.5</del>	227.5	240	<del>250</del>	585	380.412	
	100kg Jr 18-19																
1	Duke Jamison	CA	100kg	93.2	18	152.5	160	177.5	100	102.5	105	227.5	<del>240</del>	<del>240</del>	510	324.154	

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	110kg Jr 20-23																
DQ	Dallin Bass	UT	110kg	103.1	22	230	<del>-242.5</del>	<del>-245</del>	145	155	<del>-160</del>	<del>-257.5</del>	<del>-272.5</del>	<del>-272.5</del>	0	0	
	<b>Men Raw Powerlifting</b>		<b>Open</b>														
	60kg Open																
1	Aleks Xander Paragas	CA	60kg	58.4	27	135	142.5	<del>-150</del>	102.5	107.5	<del>-112.5</del>	165	182.5	187.5	437.5	377.67	
	67.5kg Open																
1	Patrick Franco	CA	67.5kg	64.0	30	170	180	187.5	117.5	125	<del>-132.5</del>	225	232.5	<del>-240</del>	545	437.041	
	75kg Open																
1	Alex Gonzales	NM	75kg	72.6	24	130	<del>-145</del>	<del>-150</del>	95	102.5	<del>-107.5</del>	165	180	<del>-190</del>	412.5	302.275	
	90kg Open																
1	Thien Nguyen	CA	90kg	89.0	20	<del>-210</del>	<del>-220</del>	220	125	<del>-132.5</del>	<del>-132.5</del>	227.5	240	<del>-250</del>	585	380.412	
2	Christian Blanco	CA	90kg	89.0	26	127.5	142.5	157.5	95	<del>-102.5</del>	<del>-107.5</del>	160	165	170	422.5	274.742	
	100kg Open																
DQ	Efrain Vargas	CA	100kg	95.8	26	<del>-160</del>	<del>-160</del>	<del>-160</del>	<del>-115</del>	<del>-115</del>	<del>-115</del>	<del>-205</del>	<del>-205</del>	<del>-205</del>	0	0	
	110kg Open																
1	Ken Grond	CA	110kg	104.3	28	217.5	230	242.5	172.5	182.5	187.5	225	237.5	250	680	411.218	
2	Antwaunne Johnson	CA	110kg	108.2	36	205	212.5	230	142.5	150	<del>-160</del>	247.5	<del>-257.5</del>	257.5	637.5	379.951	
3	Kevin Yip	CA	110kg	103.9	21	170	185	192.5	100	105	110	205	215	227.5	530	321.011	
4	Kevin Tinawin	CA	110kg	102.3	22	190	200	<del>-210</del>	115	125	<del>-132.5</del>	<del>-185</del>	<del>-185</del>	185	510	310.888	
	125kg Open																
1	Nick Ochoa	CA	125kg	119.3	24	150	170	<del>-200</del>	<del>-100</del>	<del>-102.5</del>	102.5	170	187.5	<del>-197.5</del>	460	264.698	
	<b>Men Raw Powerlifting</b>		<b>Master</b>														
	100kg Master 55-59																
1	Raul Lara	CA	100kg	95.3	56	220	230	<del>-235</del>	160	165	170	235	242.5	<del>-250</del>	642.5	404.1	503.508
	<b>Women Raw Bench Only</b>		<b>Master</b>														
	52kg Master 55-59																
1	Angela Tronske	CA	52kg	48.8	57				40	42.5	<del>45</del>				42.5	54.189	68.712

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Best Lifters											Record Color Codes					
Name	Equip	Events	Comp	Sex							State					
Thien Nguyen	Raw	PL	Jr	Men							National					
Patrick Franco	Raw	PL	Open	Men												
Meet Director:	Steve Denison and Mike Tronske															
Referees																
International:	Steve Denison, Mike Tronske, Roy Taylor, Kat Colson, Tanya Reed, Anne Escobedo															
National:	Richard Castro, Donnie Rogers															
State:	Ray Audelo, Ollie Meadows,															
Staff:	Cynthia Graham															
Practical test:	Dixie Walters															
Spotter/Loaders:	Gabe Sanchez, Ray Audelo, Derrick Thompson, Mariela Flores															
Tested Lifters:	Shen Amora, Patrick Franco, Aleks Paragas															