

USPA Tested Star Fitness Mountain Mayhem March 2, 2024 Elizabethton, Tennessee

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
	67.5kg Jr 18-19																
1	Lisa Hensley	TN	67.5kg	64.6	18	97.5	107.5	-115	62.5	-67.5	-70	112.5	120	130	300	317.81	
	75kg Jr 20-23																
1	Jordan Terlaje	NC	75kg	72.7	20	147.5	-160	170	-67.5	75	-82.5	160	175	-185	420	415.952	
Women Raw Powerlifting			Open														
	67.5kg Open																
1	Shehalis Bermudez	TN	67.5kg	66.6	41	122.5	130	-135	72.5	-77.5	-77.5	145	150	155	357.5	371.967	375.687
	75kg Open																
1	Katelyn Flora	TN	75kg	74.6	27	155	162.5	-165	80	82.5	-85	190	-197.5	-200	435	424.882	
	82.5kg Open																
DQ	Whitney Barrett	VA	82.5kg	78.7	31	102.5	107.5	112.5	-57.5	-62.5	-62.5	125	135	140	0	0	
	90kg Open																
1	Hunter Pugh	AL	90kg	83.3	26	125	-130	130	70	77.5	-82.5	135	142.5	-160	350	323.341	
	100kg Open																
1	Samantha Arnold	MD	100kg	95.2	30	87.5	100	105	65	77.5	-80	115	125	137.5	320	278.515	
	110+ Open																
1	Lauren Auestad	TN	110+	115	27	137.5	140	142.5	82.5	85	87.5 (92.5)	137.5	142.5	147.5	377.5	306.734	
Women Raw Powerlifting			Master														
	67.5kg Master 40-44																
1	Shehalis Bermudez	TN	67.5kg	66.6	41	122.5	130	-135	72.5	-77.5	-77.5	145	150	155	357.5	371.967	375.687
Men Raw Powerlifting			Junior														
	82.5kg Jr 18-19																
1	Garett Cody	MD	82.5kg	80.9	19	-210	210	-227.5	135	-145	145	102.5	227.5	247.5	602.5	412.741	
	82.5kg Jr 20-23																
1	Damien Cross	NC	82.5kg	81.7	22	200	212.5	222.5	105	115	-125	230	245	255	592.5	403.591	
2	Adrian Morales	NC	82.5kg	78.4	20	-200	205	-217.5	135	140	-145	215	-222.5	-222.5	560	390.832	
	100kg Jr 18-19																
1	Elijah Allen	NC	100kg	99.2	19	152.5	170	182.5	92.5	-102.5	-102.5	157.5	180	-187.5	455	281.041	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110kg Jr 20-23																
1	Andrew Morris	WV	110kg	103.8	22	227.5	250	265	160	167.5	175	227.5	250	265	697.5	422.629	
	Men Raw Powerlifting			Open													
	67.5kg Open																
1	Klifford Hawkins	TN	67.5kg	67.4	32	105	-----	-----	130	135	137.5	235	247.5	257.5	487.5	376.142	
	75kg Open																
1	Josh Trogdlon	KY	75kg	73.6	35	200	200	220	167.5	180	180	250	265	265	637.5	462.96	
2	Travis Davis	WV	75kg	73.6	33	152.5	170	182.5	112.5	125	127.5	207.5	222.5	237.5	530	384.892	
3	Bryan Adkins	WV	75kg	73.5	34	155	160	170	115	125	125	190	205	215	490	356.16	
	82.5kg Open																
1	Damien Cross	NC	82.5kg	81.7	22	200	212.5	222.5	105	115	125	230	245	255	592.5	403.591	
2	Adrian Morales	NC	82.5kg	78.4	20	200	205	217.5	135	140	145	215	222.5	-----	560	390.832	
	100kg Open																
1	Abraham Ocana	GA	100kg	99.9	29	225	240	242.5	162.5	170	170	260	272.5	277.5	675	415.653	
2	Jonathan Wooten	TN	100kg	94.5	24	180	182.5	185	110	115	122.5	200	205	210	517.5	326.765	
	110kg Open																
1	Andrew Morris	WV	110kg	103.8	22	227.5	250	265	160	167.5	175	227.5	250	265	697.5	422.629	
DQ	Ryan Worstall	TN	110kg	107.4	37	217.5	217.5	-----	-----	-----	-----	-----	-----	-----	0	0	
	Men Raw Powerlifting			Submaster													
	75kg Submaster																
1	Josh Trogdlon	KY	75kg	73.6	35	200	200	220	167.5	180	180	250	265	265	637.5	462.96	
	110kg Submaster																
DQ	Ryan Worstall	TN	110kg	107.4	37	217.5	217.5	-----	-----	-----	-----	-----	-----	-----	0	0	
	Men Raw Powerlifting			Master													
	82.5kg Master 50-54																
1	Seth Hendricks	TN	82.5kg	82.5	53	125	125	132.5	105	112.5	115	175	175	180	420	284.505	336.854
	100kg Master 45-49																
1	Sean Mcelwee	TN	100kg	97.4	45	205	215	217.5	140	147.5	152.5	190	200	202.5	572.5	356.504	376.112

USPA Tested Star Fitness Mountain Mayhem March 2, 2024 Elizabethton, Tennessee

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	100kg Master 65-69																
1	Michael Womelsdorf	TN	100kg	98.7	66	82.5	92.5	102.5	82.5	87.5	92.5	102.5	125	125	320	198.095	299.321
	Women Classic Raw Powerlifting			Junior													
	90kg Jr 13-15																
1	Emma Light	TN	90kg	84.4	15	77.5	82.5	92.5	25	30	32.5	87.5	100	105	230	211.16	
	Women Classic Raw Powerlifting			Open													
	67.5kg Open																
1	Melissa Smith	TN	67.5kg	65.8	35	130	137.5	142.5	65	67.5	67.5	137.5	147.5	148	353	369.896	
	Women Classic Raw Powerlifting			Submaster													
	67.5kg Submaster																
1	Melissa Smith	TN	67.5kg	65.8	35	130	137.5	142.5	65	67.5	67.5	137.5	147.5	148	353	369.896	
	Women Classic Raw Powerlifting			Master													
	110+ Master 50-54																
DQ	Rebecca Mckinley	TN	110+	126.8	51	40	40	40	27.5	32.5	32.5	30	47.5	65	0	0	0
	Men Classic Raw Powerlifting			Junior													
	75kg Jr 16-17																
1	Tyler Watson	TN	75kg	73.2	16	120	140	147.5	82.5	90	92.5	185	192.5	197.5	432.5	315.211	
	90kg Jr 20-23																
1	John Norris	NC	90kg	88.7	20	192.5	200	210	145	152.5	160	190	200	212.5	582.5	379.443	
	Men Classic Raw Powerlifting			Master													
	125kg Master 50-54																
DQ	Ronald Mckinley	TN	125kg	116.5	54	137.5	137.5	140	87.5	87.5	115	135.5	160	172.5	0	0	0
	Women Raw Bench Only			Open													
	67.5kg Open																
1	Melissa Smith	TN	67.5kg	65.8	35				65	67.5	67.5				67.5	70.731	
	Women Raw Bench Only			Submaster													
	67.5kg Submaster																
1	Melissa Smith	TN	67.5kg	65.8	35				65	67.5	67.5				67.5	70.731	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Bench Only				Master													
1	75kg Master 55-59 Karen Beam	NC	75kg	68.8	55				42.5	50	52.5				52.5	53.612	65.674
Men Raw Bench Only				Open													
1	75kg Open Josh Trogdlon	KY	75kg	73.6	35				167.5	180	180				167.5	121.64	
1	125kg Open Ethan Crawford	TN	125kg	123.5	28				182.5	195	195				182.5	103.831	
Men Raw Bench Only				Submaster													
1	75kg Submaster Josh Trogdlon	KY	75kg	73.6	35				167.5	180	180				167.5	121.64	
Men Raw Bench Only				Master													
1	82.5kg Master 50-54 Seth Hendricks	TN	82.5kg	82.5	53				105	112.5	115				115	77.9	92.234
1	125kg Master 50-54 Ronald Mckinley	TN	125kg	116.5	54				87.5	87.5	115				115	66.713	80.322
Women Raw Deadlift Only				Open													
1	67.5kg Open Melissa Smith	TN	67.5kg	65.8	35							137.5	147.5	148	148	155.084	
1	82.5kg Open Whitney Barrett	VA	82.5kg	78.7	31							125	135	140	140	133.004	
Women Raw Deadlift Only				Submaster													
1	67.5kg Submaster Melissa Smith	TN	67.5kg	65.8	35							137.5	147.5	148	148	155.084	
Men Raw Deadlift Only				Junior													
1	82.5kg Jr 18-19 Carson Phillips	NC	82.5kg	79.6	19							142.5	165	182.5	182.5	126.216	
Men Raw Deadlift Only				Open													
1	75kg Open Josh Trogdlon	KY	75kg	73.6	35							250	265	265	250	181.553	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	140+ Open																
1	Robert Carpenter	TN	140+	156.7	25							250	275	285	275	146.177	
	Men Raw Deadlift Only			Submaster													
	75kg Submaster																
1	Josh Trogdlon	KY	75kg	73.6	35							250	265	265	250	181.553	
	Men Raw Deadlift Only			Master													
	82.5kg Master 50-54																
1	Seth Hendricks	TN	82.5kg	82.5	53							175	175	180	180	121.931	144.366
	100kg Master 60-64																
1	Kevin Abelbeck	TN	100kg	98.6	63							160	167.5	170	167.5	103.737	147.41
	110kg Master 60-64																
1	Frank Beam	NC	110kg	102.8	63							182.5	227.5	---	227.5	138.399	196.665
	125kg Master 50-54																
1	Ronald Mckinley	TN	125kg	116.5	54							135.5	160	172.5	160	92.818	111.752
	Men Multi Ply Deadlift Only			Master													
	110kg Master 60-64																
1	Frank Beam	NC	110kg	102.8	63							182.5	227.5	---	227.5	138.399	196.665
	Women Raw Push-Pull			Junior													
	67.5kg Jr 20-23																
1	Shilo Dom	MD	67.5kg	63.9	23				75	82.5	82.5	130	142.5	150	232.5	247.918	
	Women Raw Push-Pull			Open													
	67.5kg Open																
1	Melissa Smith	TN	67.5kg	65.8	35				65	67.5	67.5	137.5	147.5	148	215.5	225.815	
	Women Raw Push-Pull			Submaster													
	67.5kg Submaster																
1	Melissa Smith	TN	67.5kg	65.8	35				65	67.5	67.5	137.5	147.5	148	215.5	225.815	
	Women Raw Push-Pull			Master													
	110+ Master 50-54																
1	Rebecca Mckinley	TN	110+	126.8	51				27.5	32.5	32.5	30	47.5	65	97.5	77.112	58.965

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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 Push-Pull			Master															
110kg Master 55-59																		
1	Joseph Holzschuh	TN	110kg	106	56				145	152.5	162.5	242.5	250	---	412.5	247.835	187.153	
125kg Master 50-54																		
1	Ronald Mckinley	TN	125kg	116.5	54				87.5	87.5	115	135.5	160	172.5	275	159.53	111.752	
Best Lifters											Record Color Codes							
Name		Equip	Events	Comp	Sex							State						
Andrew Morris		Raw	PL	Jr	Men							National						
Katelyn Flora		Raw	PL	Open	Women													
Josh Trogdlon		Raw	PL	Open	Men													
Meet Director:		Karl Davenport, Brandie Godsey, Tricia Emrich																
Referees																		
International:		Eric Freeman, Karl Davenport,																
National:		Carina Mone																
State:		Will Seaton, Katie Seaton, Jillian Leazer																
Staff:		Brittany Gasperson, Susan Freeman																
Spotter/Loaders:		Matthew Cole, Jonathan Gasperson, Lili Gasperson, Caitlin Edmond, Theaya Kelley																
Tested Lifters:		Lauren Austad, Josh Trogdlon, Adrew Morris, Katelyn Flora																