

USPA Alaka'i Real Steel Lift Off 5 December 11-12, 2021 Kapolei, HI

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
<b>Women Raw Powerlifting</b>				<b>Junior</b>													
52kg Jr 20-23																	
1	Katrina Ceria	HI	52kg	50.8	22	107.5	115	122.5	<del>62.5</del>	62.5	70	142.5	150	157.5	350	433.647	
								(127.5)						(160)			
60kg Jr 13-15																	
1	Aniya Fukui	HI	60kg	59.8	15	102.5	110	115	47.5	55	<del>60</del>	112.5	125	132.5	302.5	336.043	
67.5kg Jr 20-23																	
1	Kaleo Naone	HI	67.5kg	63.6	21	97.5	<del>107.5</del>	112.5	50	55	<del>60</del>	102.5	107.5	117.5	285	304.764	
SHW Jr 20-23																	
1	Bradina Anae	HI	SHW	180.0	21	240	250	257.5	142.5	152.5	162.5	242.5	260	<del>273</del>	680	541.895	
<b>Women Raw Powerlifting</b>				<b>Open</b>													
52kg Open																	
1	Katrina Ceria	HI	52kg	50.8	22	107.5	115	122.5	<del>62.5</del>	62.5	70	142.5	150	157.5	350	433.647	
								(127.5)						(160)			
56kg Open																	
1	Keri Parado	HI	56kg	55.6	33	102.5	107.5	110	55	60	<del>62.5</del>	105	110	112.5	282.5	329.013	
67.5kg Open																	
1	Virginia Ying	CA	67.5kg	66.0	33	90.0	97.5	105	35	40	<del>45</del>	112.5	125	<del>132.5</del>	270	282.419	
75kg Open																	
1	Susie Flores	HI	75kg	74.0	28	140.0	142.5	<del>145</del>	75	<del>77.5</del>	<del>77.5</del>	170	177.5	<del>182.5</del>	395	387.475	
2	Amber Carranco	HI	75kg	74.8	28	115.0	125	<del>142.5</del>	62.5	72.5	<del>82.5</del>	115	125	142.5	340	331.62	
3	Samantha Cadiente	HI	75kg	74.8	25	117.5	<del>122.5</del>	122.5	52.5	57.5	60	125	132.5	140	322.5	314.552	
4	Tia Melvin	HI	75kg	74.6	29	82.5	87.5	97.5	47.5	52.5	57.5	92.5	100	107.5	262.5	256.394	
82.5kg Open																	
1	Aurielle Polynice	HI	82.5kg	76.4	32	160	170	177.5	75	82.5	87.5	175	182.5	195	460	443.709	
90kg Open																	
1	Hoolaiikeyao Cabanilla	HI	90kg	83.8	25	142.5	150	160	97.5	102.5	<del>110</del>	145	150	162.5	425	391.509	
SHW Open																	
1	Bradina Anae	HI	SHW	180.0	21	240	250	257.5	142.5	152.5	162.5	242.5	260	<del>273</del>	680	541.895	
<b>Women Raw Powerlifting</b>				<b>Master</b>													
82.5kg Master 40-44																	
1	Kim Inoshita	HI	82.5kg	76.2	44	90.0	95	100	55	60	<del>62.5</del>	112.5	122.5	132.5	292.5	282.526	294.675

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
<b>Men Raw Powerlifting</b>																	
<b>Junior</b>																	
56kg Jr 16-17																	
1	Landon Gabriel Villareal	HI	56kg	55.4	16	80.0	87.5	102.5	57.5	65	<del>70</del>	125	137.5	<del>142.5</del>	305	275.609	
60kg Jr 20-23																	
1	Jeffrey Kuroda	HI	60kg	59.2	23	145.0	152.5	155	105	112.5	<del>120</del>	200	215	<del>222.5</del>	482.5	411.794	
67.5kg Jr 18-19																	
1	Logan Villareal	HI	67.5kg	67.0	18	135.0	<del>145</del>	<del>147.5</del>	80	87.5	<del>95</del>	182.5	190	<del>195</del>	412.5	319.653	
67.5kg Jr 20-23																	
1	Cheyne Nakamura	HI	67.5kg	64.8	21	165.0	<del>175</del>	175	120	125	127.5	<del>215</del>	215	227.5	530	421.012	
2	Raynante Cabalar-Armas	HI	67.5kg	67.0	21	170.0	185	<del>190</del>	130	140	145	185	190	200	530	410.706	
75kg Jr 18-19																	
1	Cameron-Keoni Kapihe	HI	75kg	74.0	18	<del>130.0</del>	140	<del>150</del>	80	87.5	<del>97.5</del>	165	175	180	407.5	294.888	
82.5kg Jr 13-15																	
1	Jai Dapitan	HI	82.5kg	78.6	13	90.0	102.5	<del>110</del>	55	<del>60</del>	<del>65</del>	110	125	<del>135</del>	282.5	196.858	
82.5kg Jr 18-19																	
1	Jack Lai	HI	82.5kg	81.4	18	180.0	200	210	<del>120</del>	120	130	220	235	250	590	402.739	
82.5kg Jr 20-23																	
1	Caramon Ramos	HI	82.5kg	80.2	22	175.0	192.5	210	102.5	115	<del>125</del>	197.5	217.5	240	565	389.022	
2	Aljon Padilla	HI	82.5kg	82.2	22	175.0	<del>187.5</del>	<del>187.5</del>	127.5	<del>137.5</del>	<del>137.5</del>	227.5	<del>235</del>	<del>235</del>	530	359.761	
90kg Jr 20-23																	
1	Noa Mena	HI	90kg	87.6	20	172.5	180	185	110	117.5	122.5	250	260	272.5	580	380.265	
2	Timothy Choi	HI	90kg	88.8	23	190.0	205	217.5	117.5	132.5	<del>142.5</del>	<del>215</del>	215	<del>220</del>	565	367.83	
100kg Jr 20-23																	
1	Kurt Villa	HI	100kg	98.4	21	232.5	245	255	137.5	147.5	155	245	262.5	<del>275</del>	672.5	416.869	
2	Jared Marcelo	HI	100kg	98.8	22	215.0	237.5	<del>257.5</del>	120	135.0	<del>145</del>	245	262.5	<del>275</del>	635	392.919	
<b>Men Raw Powerlifting</b>																	
<b>Open</b>																	
60kg Open																	
1	Jeffrey Kuroda	HI	60kg	59.2	23	145.0	152.5	155	105	112.5	<del>120</del>	200	215	<del>222.5</del>	482.5	411.794	
67.5kg Open																	
1	Billy Alcaide	AK	67.5kg	66.2	24	177.5	187.5	192.5	122.5	127.5	<del>130</del>	212.5	<del>222.5</del>	<del>230</del>	532.5	416.295	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Open																
1	Joshua Dapitan	HI	75kg	74.0	40	175.0	185	190	<del>-125</del>	125	132.5	182.5	207.5	215	537.5	388.963	388.963
														(227.5)			
2	Andrew Panon	HI	75kg	74.0	34	152.5	<del>-170</del>	<del>-182.5</del>	92.5	102.5	<del>-115</del>	205	222.5	<del>-237.5</del>	477.5	345.544	
3	Keegan Alfonso	HI	75kg	70.8	24	145.0	<del>-147.5</del>	147.5	100	<del>-102.5</del>	<del>-102.5</del>	182.5	190	<del>-195</del>	437.5	326.068	
4	Jeremy Medeiros Cesneros	HI	75kg	73.8	25	130.0	132.5	135	80	<del>-82.5</del>	<del>-82.5</del>	185	187.5	192.5	407.5	295.408	
	82.5kg Open																
1	Premar Namnama	HI	82.5kg	82.4	28	257.5	275	285	190	200	<del>-202.5</del>	290	305	<del>-317.5</del>	790	535.508	
2	Marvin Taeza	HI	82.5kg	81.2	27	195.0	210	<del>-227.5</del>	110	<del>-115</del>	120	240	265	275	605	413.565	
3	Micah Ito	HI	82.5kg	79.8	25	192.5	207.5	217.5	142.5	152.5	<del>-167.5</del>	207.5	220	230	600	414.34	
4	Kaulana Duldalao	HI	82.5kg	78.4	42	190.0	<del>-195</del>	195	150	<del>-155</del>	<del>-155</del>	210	230	245	590	411.77	420.005
5	Brendan Gallagher	HI	82.5kg	81.0	24	185.0	187.5	<del>-192.5</del>	130	137.5	<del>-142.5</del>	230	235	245	570	390.197	
DQ	Robert Bavero	HI	82.5kg	82.2	30	205.0	215	220	<del>-142.5</del>	<del>-145</del>	<del>-145</del>	227.5	242.5	<del>-255</del>	0	0	
	90kg Open																
1	Ryan Bantilan	HI	90kg	88.0	32	190.0	202.5	210	170	<del>-182.5</del>	<del>-182.5</del>	235	247.5	<del>-262.5</del>	627.5	410.432	
2	Eric Loyola	HI	90kg	86.6	52	185.0	202.5	<del>-207.5</del>	125	<del>-137.5</del>	<del>-137.5</del>	195	197.5	<del>-200</del>	525	346.294	403.432
3	Rolando Gomez	HI	90kg	89.0	28	135	147.5	160	<del>-125</del>	137.5	<del>-142.5</del>	177.5	200	<del>-210</del>	497.5	323.513	
4	Adrian Nico Lagpacan	HI	90kg	86.0	26	130.0	145	155	62.5	70	<del>-77.5</del>	172.5	190	195	420	278.064	
	100kg Open																
1	Joshua Jagers	HI	100kg	99.2	32	255.0	280	297.5	190	202.5	207.5	305	330	<del>-350</del>	835	515.757	
2	Jack Baker	HI	100kg	98.4	26	205.0	220	232.5	157.5	165	172.5	245	262.5	272.5	677.5	419.969	
DQ	Kalei Saffery	HI	100kg	91.8	35	165	182.5	192.5	<del>-185</del>	<del>-182.5</del>	<del>-182.5</del>	<del>-217.5</del>	235	<del>-245</del>	0	0	
	110kg Open																
1	Kekoa Marshall	HI	110kg	109.4	27	265.0	285	295	180	192.5	200	260	280	290	785	465.892	
2	Samuel Taft	HI	110kg	109.2	29	222.5	242.5	252.5	<del>-142.5</del>	155	167.5	272.5	295	310	730	433.551	
	140kg Open																
1	Keith Flores Jr	HI	140kg	133.6	31	335.0	355	<del>-365</del>	157.5	182.5	<del>-200</del>	205	252.5	<del>-302.5</del>	790	438.778	
	Men Raw Powerlifting																
	90kg Submaster																
1	Michael Kanemoto	HI	90kg	87.2	35	150.0	160	165	117.5	125	132.5	207.5	217.5	227.5	525	345.033	
	Men Raw Powerlifting																
	75kg Master 40-44																
1	Joshua Dapitan	HI	75kg	74.0	40	175.0	185	190	<del>-125</del>	125	132.5	182.5	207.5	215	537.5	388.963	388.963
														(227.5)			

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Master 55-59																
1	Sterling Nakamura	HI	75kg	72.8	59	<del>65.0</del>	65	<del>70</del>	55	60	62.5	97.5	102.5	107.5	235	171.891	226.037
	82.5kg Master 40-44																
1	Kaulana Duldalao	HI	82.5kg	78.4	42	190.0	<del>195</del>	195	150	<del>155</del>	<del>155</del>	210	230	245	590	411.77	420.005
	82.5kg Master 50-54																
1	Michael Kimura	HI	82.5kg	80.8	53	175.0	190	195	145	160	175	185	195	<del>215</del>	565	387.33	458.599
DQ	Cort Isernhagen	HI	82.5kg	82.0	52	<del>130.0</del>	<del>130</del>	<del>130</del>	105	110	<del>115</del>	160	170	182.5	0	0	0
	90kg Master 50-54																
1	Jason Roberts	HI	90kg	89.0	52	162.5	170	182.5	130	140	<del>142.5</del>	200	215	<del>227.5</del>	537.5	349.524	407.196
2	Eric Loyola	HI	90kg	86.6	52	185.0	202.5	<del>207.5</del>	125	<del>137.5</del>	<del>137.5</del>	195	197.5	<del>200</del>	525	346.294	403.432
	Women Classic Raw Powerlifting																
	90kg Open																
1	Morgan Weir	MO	90kg	89.4	33	130.0	147.5	157.5	80	95	<del>102.5</del>	132.5	155	170	422.5	377.786	
	Women Classic Raw Powerlifting																
	SHW Master 60-64																
1	Analia Zalopany	HI	SHW	100.2	60	<del>45.0</del>	45	50	60.0	65	70	110	115	122.5	242.5	206.776	277.08
	Men Classic Raw Powerlifting																
	67.5kg Master 60-64																
DQ	Deron Agaran	HI	67.5kg	66.8	60	<del>155.0</del>	<del>155</del>	<del>155</del>	130.0	135	<del>140</del>	165	175	<del>185</del>	0	0	0
	Men Single Ply Powerlifting																
	140kg Open																
DQ	Kamuella Wassman	HI	140kg	138.0	33	<del>327.5</del>	<del>327.5</del>	<del>327.5</del>	245	252.5	257.5	305	320	<del>330</del>	0	0	
	Women Raw Bench Only																
	52kg Jr 20-23																
1	Katrina Ceria	HI	52kg	50.8	22				<del>62.5</del>	62.5	70				70	86.729	
	Women Raw Bench Only																
	52kg Open																
1	Katrina Ceria	HI	52kg	50.8	22				<del>62.5</del>	62.5	70				70	86.729	
	Men Raw Bench Only																
	67.5kg Open																
1	Billy Alcaide	AK	67.5kg	66.2	24				122.5	127.5	<del>130</del>				127.5	99.676	

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	75kg Open																
1	Branden Ha	HI	75kg	72.2	44				160	170	<del>175</del>				170	125.034	130.41
	100kg Open																
1	Gilbert Ikehara	HI	100kg	98.4	55				135	145	152.5				152.5	94.532	115.801
<b>Men Raw Bench Only</b>				<b>Master</b>													
	67.5kg Master 60-64																
1	Deron Agaran	HI	67.5kg	66.8	60				130.0	135	<del>140</del>				135	104.842	140.489
	75kg Master 40-44																
1	Branden Ha	HI	75kg	72.2	44				160	170	<del>175</del>				170	125.034	130.41
	82.5kg Master 50-54																
1	Michael Kimura	HI	82.5kg	80.8	53				145	160	175				175	119.969	142.044
	90kg Master 50-54																
1	Jason Roberts	HI	90kg	89.0	52				130	140	<del>142.5</del>				140	91.039	106.06
	90kg Master 60-64																
1	Dean Furukawa	HI	90kg	86.2	63				137.5	142.5	<del>147.5</del>				142.5	94.226	133.895
	100kg Master 55-59																
1	Gilbert Ikehara	HI	100kg	98.4	55				135	145	152.5				152.5	94.532	115.801
	125kg Master 40-44																
1	Justin Evans	HI	125kg	123.6	41				192.5	207.5	212.5				212.5	120.868	122.077
<b>Women Raw Deadlift Only</b>				<b>Junior</b>													
	52kg Jr 20-23																
1	Katrina Ceria	HI	52kg	50.8	22							142.5	150	157.5	157.5	195.141	
														(160)			
<b>Women Raw Deadlift Only</b>				<b>Open</b>													
	52kg Open																
1	Katrina Ceria	HI	52kg	50.8	22							142.5	150	157.5	157.5	195.141	
														(160)			
	90kg Open																
1	Quynne Eharis	HI	90kg	89.0	28							160	172.5	185	185	165.752	

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	<b>Men Raw Deadlift Only</b>			Open													
	67.5kg Open																
1	Billy Alcaide	AK	67.5kg	66.2	24							212.5	<del>-222.5</del>	<del>-230</del>	212.5	166.127	
	<b>Men Raw Deadlift Only</b>			Master													
	67.5kg Master 60-64																
1	Deron Agaran	HI	67.5kg	66.8	60							165	175	<del>-185</del>	175	135.907	182.115
	90kg Master 50-54																
1	Jason Roberts	HI	90kg	89.0	52							200	215	<del>-227.5</del>	215	139.81	162.878
	<b>Best Lifters</b>																
	Bradina Anae	Raw	PL	Open	Women											<b>Record Color Codes</b>	
	Cheyne Nakamura	Raw	PL	Jr	Men											State	
	Premar Namnama	Raw	PL	Open	Men											National	
	Michael Kimura	Raw	PL	Master	Men												
	Michael Kimura	Raw	BPO	Master	Men												
	Meet Director:	Darren Matsumoto and Leonetta Richardson															
	Referees																
	International:	Darren Matsumoto and Leonetta Richardson															
	National:	Luvi Agpaoa, Donnie Francesca, Rowena Bagayas and Donna Bareng															
	State:	Michael Wong, Nestor Bagayas, Nicole Daoang and Mahealani Strong															
	Staff:	Tiffany Yoro and Kim Inoshita															
	Spotter/Loaders:	Sterling Kahumoku, Troy Nakasuji, Demetres Thompson, Allen Mahoe Jr, Christie Reindle, Ricci Moon, Wes Akamine, Sam Winders, Ku'u Kamiko, Mahina Komeiji, Kahea Lono															