

USPA Drug Tested Dungeon Fitness Raw Strength February 8, 2020 Bremerton, WA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	SHW Open																
1	Miranda Pratt	WA	SHW	102.95	34	112.5	117.5	122.5	62.5	65	67.5	145	152.5	157.5	345	284.936	
	82.5kg Master 55-59																
1	Dottie Shaw	WA	82.5kg	80.65	58	80	90	97.5	47.5	52.5	57.5	105	110	122.5	272.5	248.22	320.452
Men Raw Powerlifting																	
	90kg Jr 20-23																
1	Joshua Arriola	WA	90kg	89.8	23	165	170	170	110	120	122.5	205	210	210	490	313.159	
	100kg Jr 20-23																
1	Nickolas Cannell	WA	100kg	100	23	230	247.5	257.5	145	160	165	230	250	265	687.5	418.413	
	75kg Open																
1	Kyle Mitchell	WA	75kg	73.85	22	167.5	175	182.5	137.5	145	150	190	195	200	522.5	376.409	
	90kg Open																
1	Cory Malone	WA	90kg	89.15	34	180	197.5	205	125	140	147.5	205	227.5	232.5	570	365.655	
2	Erik Peters	WA	90kg	88.85	28	170	185	197.5	112.5	120	132.5	215	227.5	227.5	532.5	342.185	
	110kg Open																
1	Chris Updegrove	WA	110kg	109.5	46	235	242.5	252.5	150	165	170	265	270	272.5	687.5	405.144	432.694
	125kg Open																
DQ	John Forsythe	WA	125kg	118.4	35	200	215	227.5	170	170	170	250	250	250	0	0	
	SHW Open																
1	Dustin Finley	WA	SHW	153.85	24	245	255	260	170	180	190	227.5	245	252.5	680	374.884	
	90kg Submaster																
1	Ivan Heath	WA	90kg	89.75	37	170	175	175	125	130	130	195	200	202.5	497.5	318.052	
	110kg Master 45-49																
1	Chris Updegrove	WA	110kg	109.5	46	235	242.5	252.5	150	165	170	265	270	272.5	687.5	405.144	432.694
Women Classic Raw Powerlifting																	
	67.5kg Open																
1	Sabreen Lakhani	WA	67.5kg	63.1	29	110	115	120	60	65	65	152.5	162.5	167.5	347.5	372.763	
Men Classic Raw Powerlifting																	
	82.5kg Open																
1	Giremine Ballestra	WA	82.5kg	80.15	23	165	165	175	85	95	102.5	185	185	192.5	455	310.265	

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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 Raw Bench Only																	
	67.5kg Jr 20-23																
1	Manny Ly	WA	67.5kg	65.05	22				102.5	107.5	112.5				107.5	85.43	
	82.5kg Jr 20-23																
1	Jonathan Garcia	WA	82.5kg	82.15	21				102.5	115	115				102.5	68.839	
	82.5kg Open																
1	Jonathan Garcia	WA	82.5kg	82.15	21				102.5	115	115				102.5	68.839	
	125kg Open																
DQ	Bernardo Urrego	WA	125kg	118.55	31				167.5	167.5	167.5				0	0	
Men Raw Deadlift Only																	
	125kg Open																
1	Bernardo Urrego	WA	125kg	118.55	31							215	220	227.5	227.5	131.177	
	75kg Master 55-59																
1	Michael Martin	WA	75kg	71.75	58							130	147.5	165	165	121.374	156.694
	110kg Master 70-74																
1	Bobby Dodd	WA	110kg	101.4	74							120	122.5	122.5	120	72.636	130.382
Men Raw Push-Pull																	
	140kg Open																
1	Richard Chris Sanchez	WA	140kg	138.8	27				152.5	167.5	172.5	225	240	270	437.5	244.781	
Best Lifters:																	
Chris Updegrove		Raw Open Men PL													Record Color Codes:		
State																	
Meet Director: Darleen Tippie																	
Thank you to our officials:																	
State: Ryan Turgano, Kim Koenig, Eric Leland and Darleen Tippie																	
Thank you to the spotter/Loaders:																	
Bryan Hayes, Ikaika Rodrigues, Robert Almazan, Daniel Pahutski and Craig Orwin																	