

USPA Tested 2024 California State Championships February 17, 2024 Chino Hills, 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															
	52kg Jr 20-23																
1	Kirsten Serna	CA	52kg	52.0	23	110	120	<del>125</del>	60	<del>65</del>	65	137.5	<del>145</del>	145	330	402.237	
	60kg Jr 20-23																
1	Elise Sturzenacker	CA	60kg	60.0	21	100	110	<del>112.5</del>	57.5	<del>60</del>	<del>60</del>	142.5	<del>150</del>	<del>150</del>	310	343.649	
	90kg Jr 13-15																
1	Isabella Elliott	CA	90kg	86.9	15	135	147.5	155	77.5	<del>87.5</del>	87.5	152.5	167.5	172.5 (182.5)	415	375.863	
	90kg Jr 18-19																
1	Lesly Rodriguez	CA	90kg	88.2	19	137.5	145	157.5	45	50	<del>57.5</del>	120	137.5	145 (147.5)	352.5	317.108	
Women Raw Powerlifting		Open															
	48kg Open																
1	Megan Bibbo	CA	48kg	46.9	35	90	<del>92.5</del>	92.5	55	<del>57.5</del>	57.5	132.5	135	137.5	287.5	377.381	
	52kg Open																
1	Kirsten Serna	CA	52kg	52.0	23	110	120	<del>125</del>	60	<del>65</del>	65	137.5	<del>145</del>	145	330	402.237	
	67.5kg Open																
1	Anne Escobedo	CA	67.5kg	65.7	33	140	145	150	67.5	70	<del>75</del>	170	177.5	<del>185</del>	397.5	416.9	
2	Julia Rivera	CA	67.5kg	65.6	24	130	135	142.5	57.5	60	<del>65</del>	135	140	145	347.5	364.787	
3	Diana Duarte	CA	67.5kg	65.3	32	112.5	115	<del>120</del>	52.5	55	<del>57.5</del>	120	125	132.5	302.5	318.411	
	75kg Open																
1	Katherine Nolasco	CA	75kg	74.3	30	135	145	147.5	55	65	67.5	130	<del>145</del>	145	360	352.381	
2	Arenia Zarate	CA	75kg	68.2	29	112.5	120	127.5	60	67.5	<del>72.5</del>	140	147.5	<del>152.5</del>	342.5	351.504	
	90kg Open																
1	Isabella Elliott	CA	90kg	86.9	15	135	147.5	155	77.5	<del>87.5</del>	87.5	152.5	167.5	172.5 (182.5)	415	375.863	
2	Kayla Macchiavello	CA	90kg	88.1	28	135	145	150	65	70	75	155	170	182.5	407.5	366.774	
	110kg Open																
1	Arella Taghdis	CA	110kg	108.2	28	140	<del>147.5</del>	<del>155</del>	62.5	67.5	72.5	<del>152.5</del>	165	<del>175</del>	377.5	312.935	
	110+ Open																
1	Joy Marie Caparaz	CA	110+	127.5	31	195	207.5	<del>222.5</del>	77.5	85	<del>92.5</del>	<del>107.5</del>	207.5	217.5	510	402.825	

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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 Powerlifting		Submaster															
48kg Submaster																	
1	Megan Bibbo	CA	48kg	46.9	35	90	<del>92.5</del>	92.5	55	<del>57.5</del>	57.5	132.5	135	137.5	287.5	377.381	
Men Raw Powerlifting		Junior															
67.5kg Jr 13-15																	
1	Giancarlo Robes	CA	67.5kg	65.3	15	125	135	145	57.5	62.5	72.5	160	172.5	<del>182.5</del>	390	308.014	
75kg Jr 16-17																	
1	Miko Nakamura	CA	75kg	74.6	17	167.5	177.5	197.5	92.5	100	<del>112.5</del>	172.5	195	205	502.5	361.742	
75kg Jr 18-19																	
1	Andy Zhang	CA	75kg	74.8	19	<del>145</del>	<del>157.5</del>	157.5	112.5	120	125	187.5	202.5	<del>220</del>	485	348.545	
75kg Jr 20-23																	
1	Samuel Martinez	CA	75kg	75.0	23	187.5	195	205	120	125	130	<del>237.5</del>	247.5	257.5	592.5	425.073	
82.5kg Jr 18-19																	
1	Ryan Wight	CA	82.5kg	79.1	18	165	170	180	97.5	105	<del>110</del>	170	177.5	187.5	472.5	328.007	
82.5kg Jr 20-23																	
1	Armando Gonzalez	CA	82.5kg	82.2	22	220	230	235	130	140	142.5	220	235	247.5	625	424.247	
90kg Jr 16-17																	
1	John Burcham	CA	90kg	85.3	17	165	175	182.5	92.5	100	<del>107.5</del>	220	240	250	532.5	354.102	
90kg Jr 18-19																	
1	Idaen On	CA	90kg	89.5	19	232.5	252.5	<del>272.5</del>	142.5	150	<del>160</del>	<del>240</del>	240	<del>260</del>	642.5	416.613	
90kg Jr 20-23																	
1	Josiah Robles	CA	90kg	89.6	22	260	275	<del>---</del>	175	<del>192.5</del>	<del>185</del>	305	320	330	780	505.485	
2	Jeremiah Edmond	CA	90kg	88.5	22	210	220	230	120	127.5	137.5	<del>285</del>	285	<del>312.5</del>	652.5	425.535	
3	Isaiah Spicer	CA	90kg	88.8	22	205	215	<del>220</del>	150	<del>157.5</del>	<del>---</del>	255	265	272.5	637.5	415.03	
100kg Jr 20-23																	
1	Victor Lazum	CA	100kg	97.5	21	<del>260</del>	277.5	285	<del>140</del>	150	<del>152.5</del>	260	275	285	720	448.147	

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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 16-17																
1	Alexis Leon	CA	110kg	109.5	17	237.5	250	<del>255</del>	142.5	145	<del>147.5</del>	225	247.5	265 (270)	660	391.569	
	<b>Men Raw Powerlifting</b>			<b>Open</b>													
	67.5kg Open																
1	Nathan Banaag	CA	67.5kg	66.3	25	<del>160</del>	<del>165</del>	165	137.5	142.5	<del>150</del>	170	177.5	<del>200</del>	485	378.739	
2	Giancarlo Robes	CA	67.5kg	65.3	15	125	135	145	57.5	62.5	72.5	160	172.5	<del>182.5</del>	390	308.014	
	75kg Open																
1	Samuel Martinez	CA	75kg	75.0	23	187.5	195	205	120	125	130	<del>237.5</del>	247.5	257.5	592.5	425.073	
2	Miko Nakamura	CA	75kg	74.6	17	167.5	177.5	197.5	92.5	100	<del>112.5</del>	172.5	195	205	502.5	361.742	
3	Nguyen Nguyen	CA	75kg	72.9	31	135	142.5	150	75	<del>80</del>	<del>80</del>	155	170	<del>180</del>	395	288.661	
	82.5kg Open																
1	Armando Gonzalez	CA	82.5kg	82.2	22	220	230	235	130	140	142.5	220	235	247.5	625	424.247	
2	Jerry Huynh	CA	82.5kg	78.0	25	165	175	<del>180</del>	115	120	122.5	200	207.5	210	507.5	355.293	
DQ	Bishop Ward	CA	82.5kg	81.5	25	240	245	<del>252.5</del>	<del>175</del>	<del>175</del>	<del>175</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	
	90kg Open																
1	Josiah Robles	CA	90kg	89.6	22	260	275	<del>---</del>	175	<del>192.5</del>	<del>185</del>	305	320	330	780	505.485	
2	Adrian Tapia	CA	90kg	87.2	24	220	232.5	240	165	177.5	185	257.5	272.5	280	705	463.329	
3	Oswaldo Medina	CA	90kg	82.8	28	240	250	260	142.5	152.5	<del>160</del>	247.5	257.5	267.5	680	459.683	
4	Idaen On	CA	90kg	89.5	19	232.5	252.5	<del>272.5</del>	142.5	150	<del>160</del>	<del>240</del>	240	<del>260</del>	642.5	416.613	
5	Isaiah Spicer	CA	90kg	88.8	22	205	215	<del>220</del>	150	<del>157.5</del>	<del>---</del>	255	265	272.5	637.5	415.03	
6	Peter Sun	CA	90kg	85.6	48	187.5	197.5	207.5	130	<del>137.5</del>	<del>137.5</del>	<del>247.5</del>	247.5	<del>265</del>	585	388.276	425.939
7	Sonny Reyes	CA	90kg	85.5	44	137.5	150	157.5	<del>115</del>	115	<del>125</del>	172.5	187.5	195	467.5	310.485	323.835
8	Louie Maldonado	CA	90kg	87.1	24	115	<del>127.5</del>	137.5	85	92.5	<del>97.5</del>	150	157.5	167.5	397.5	261.397	
	100kg Open																
1	Victor Lazum	CA	100kg	97.5	21	<del>260</del>	277.5	285	<del>140</del>	150	<del>152.5</del>	260	275	285	720	448.147	
2	Kasey Soueidan	CA	100kg	99.9	30	<del>200</del>	200	<del>210</del>	140	150	<del>155</del>	250	270	<del>285</del>	620	381.785	
3	Wyatt Hill	HI	100kg	99.4	26	<del>195</del>	215	<del>220</del>	110	125	<del>135</del>	192.5	215	235	575	354.849	
DQ	Andrew Adcox	CA	100kg	91.8	26	265	<del>277.5</del>	<del>---</del>	142.5	150	<del>155</del>	<del>---</del>	<del>---</del>	<del>---</del>	0	0	
	110kg Open																
1	Alexis Leon	CA	110kg	109.5	17	237.5	250	<del>255</del>	142.5	145	<del>147.5</del>	225	247.5	265 (270)	660	391.569	
2	Od Farrow	CA	110kg	101.0	22	170	182.5	195	125	132.5	<del>147.5</del>	240	260	<del>272.5</del>	587.5	360.072	

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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	Phongsathorn Churnakos	CA	140+	150.8	42	245	265	280	165	177.5	182.5	295	312.5	<del>327.5</del>	775	416.171	424.494
Men Raw Powerlifting		Submaster															
	100kg Submaster																
1	Octavio Baeza	CA	100kg	99.9	36	177.5	187.5	<del>200</del>	97.5	105	112.5	215	220	<del>230</del>	520	320.207	
	110kg Submaster																
1	Eric Estrada	CA	110kg	104.9	38	125	142.5	<del>150</del>	85	95	<del>105</del>	150	162.5	177.5	415	250.381	
Men Raw Powerlifting		Master															
	82.5kg Master 55-59																
1	Raul Garcia	CA	82.5kg	80.3	56	127.5	140	142.5	87.5	95	<del>105</del>	160	175	185	422.5	290.693	362.203
	82.5kg Master 65-69																
1	Paul Milligan	CA	82.5kg	77.4	65	150	160	162.5	110	115	117.5	185	200	205	485	341.148	504.899
	82.5kg Master 70-74													(210)			
1	Arthur Fu	CA	82.5kg	78.1	71	<del>130</del>	<del>130</del>	130	105	<del>115</del>	<del>125</del>	<del>155</del>	<del>155</del>	155	390	272.82	458.611
	90kg Master 40-44																
1	Sonny Reyes	CA	90kg	85.5	44	137.5	150	157.5	<del>115</del>	115	<del>125</del>	172.5	187.5	195	467.5	310.485	323.835
	90kg Master 45-49																
1	Peter Sun	CA	90kg	85.6	48	187.5	197.5	207.5	130	<del>137.5</del>	<del>137.5</del>	<del>247.5</del>	247.5	<del>265</del>	585	388.276	425.939
	90kg Master 55-59																
1	Mark Lyons	CA	90kg	89.1	57	135	145	<del>150</del>	105	112.5	<del>115</del>	187.5	200	207.5	465	302.205	383.197
	100kg Master 50-54																
1	Randy Taloma	CA	100kg	98.2	50	167.5	<del>175</del>	182.5	105	110	112.5	180	<del>185</del>	192.5	487.5	302.465	341.785
	110kg Master 65-69																
1	George Pessell	CA	110kg	100.8	65	<del>200</del>	200	217.5	125	137.5	140	215	235	<del>247.5</del>	592.5	363.444	537.898
	140+ Master 40-44																
1	Phongsathorn Churnakos	CA	140+	150.8	42	245	265	280	165	177.5	182.5	295	312.5	<del>327.5</del>	775	416.171	424.494

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Classic Raw Powerlifting				Open													
	56kg Open																
1	Judy Oberlander	CA	56kg	54.7	60	<del>110</del>	110	113	60	62.5	<del>65</del>	117.5	120	125	300.5	353.818	474.116
								(115)									
	67.5kg Open																
1	Sandra Dominguez	CA	67.5kg	65.5	44	120	125	127.5	75	<del>82.5</del>	<del>82.5</del>	137.5	142.5	147.5	350	367.743	383.556
	75kg Open																
1	Michael Amaral	CA	75kg	72.2	25	90	95	97.5	57.5	60	62.5	110	115	120	280	278.345	
Women Classic Raw Powerlifting				Master													
	56kg Master 60-64																
1	Judy Oberlander	CA	56kg	54.7	60	<del>110</del>	110	113	60	62.5	<del>65</del>	117.5	120	125	300.5	353.818	474.116
								(115)									
	67.5kg Master 40-44																
1	Sandra Dominguez	CA	67.5kg	65.5	44	120	125	127.5	75	<del>82.5</del>	<del>82.5</del>	137.5	142.5	147.5	350	367.743	383.556
Men Classic Raw Powerlifting				Junior													
	90kg Jr 20-23																
1	David Boyce	CA	90kg	88.8	23	245	262.5	<del>---</del>	145	<del>150</del>	<del>---</del>	<del>265</del>	<del>265</del>	265	672.5	437.816	
	100kg Jr 16-17																
1	Ezequiel Alavez Nguyen	CA	100kg	98.5	16	215	220	230	147.5	155	162.5	215	220	230	622.5	385.702	
	140+ Jr 20-23																
1	Daniel Huerta	CA	140+	218.8	20	265	275	<del>282.5</del>	165	175	<del>182.5</del>	<del>200</del>	200	215	665	327.731	
Men Classic Raw Powerlifting				Open													
	100kg Open																
1	Ezequiel Alavez Nguyen	CA	100kg	98.5	16	215	220	230	147.5	155	162.5	215	220	230	622.5	385.702	
	140kg Open																
1	Ronnie Castro	CA	140kg	139.3	41	<del>280</del>	<del>280</del>	260	155	160	<del>---</del>	227.5	252.5	<del>---</del>	672.5	369.063	372.754
	140+ Open																
1	Michael Long	CA	140+	175	46	255	265	275	145	155	160	<del>280</del>	230	240	675	348.668	372.378

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Classic Raw Powerlifting				Master													
	140kg Master 40-44																
1	Ronnie Castro	CA	140kg	139.3	41	<del>260</del>	<del>260</del>	260	155	160	<del>---</del>	227.5	252.5	<del>---</del>	672.5	369.063	372.754
140+ Master 45-49																	
1	Michael Long	CA	140+	175	46	255	265	275	145	155	160	<del>230</del>	230	240	675	348.668	372.378
Men Single Ply Powerlifting				Master													
	90kg Master 55-59																
1	Jose Hernandez	CA	90kg	85.6	56	190	205.5	210	110	120	127	180	195	200	537	356.417	444.096
Men Raw Bench Only				Junior													
	100kg Jr 16-17																
1	Ezequiel Alavez Nguyen	CA	100kg	98.5	16				147.5	155	162.5				162.5	100.685	
Men Raw Bench Only				Open													
	90kg Open																
1	Roy Kwon	CA	90kg	87.0	42				152.5	160	170				170	111.86	
2	Sonny Reyes	CA	90kg	85.5	44				<del>115</del>	115	<del>125</del>				115	76.376	79.66
	100kg Open																
1	Ezequiel Alavez Nguyen	CA	100kg	98.5	16				147.5	155	162.5				162.5	100.685	
	140kg Open																
1	Tyrell Richardson	CA	140kg	137.3	31				215	<del>220</del>	<del>220</del>				215	118.475	
Men Raw Bench Only				Master													
	82.5kg Master 60-64																
1	Tom Lujan	CA	82.5kg	80.1	61				87.5	92.5	95				95	65.459	89.417
	90kg Master 40-44																
1	Sonny Reyes	CA	90kg	85.5	44				<del>115</del>	115	<del>125</del>				115	76.376	79.66
Women Raw Deadlift Only				Open													
	67.5kg Open																
1	Diana Duarte	CA	67.5kg	65.3	32							120	125	132.5	132.5	139.469	

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Women Raw Deadlift Only				Master													
1	60kg Master 45-49 Jennifer Widmann	CA	60kg	58.5	45							80	87.5	90	90	101.391	106.967
Men Raw Deadlift Only				Junior													
1	100kg Jr 16-17 Ezequiel Alavez Nguyen	CA	100kg	98.5	16							215	220	230	230	142.508	
Men Raw Deadlift Only				Open													
1	90kg Open Sonny Reyes	CA	90kg	85.5	44							172.5	187.5	195	195	129.507	135.076
1	100kg Open Ezequiel Alavez Nguyen	CA	100kg	98.5	16							215	220	230	230	142.508	
1	140kg Open Ronnie Castro	CA	140kg	139.3	41							227.5	252.5	<del>252.5</del>	252.5	138.57	139.956
Men Raw Deadlift Only				Master													
1	82.5kg Master 60-64 Tom Lujan	CA	82.5kg	80.1	61							135	145	<del>145</del>	145	99.911	136.478
1	82.5kg Master 65-69 Paul Milligan	CA	82.5kg	77.4	65							185	200	205 (210)	205	144.197	213.411
1	90kg Master 40-44 Sonny Reyes	CA	90kg	85.5	44							172.5	187.5	195	195	129.507	135.076
1	90kg Master 75-79 Howard Myers	CA	90kg	86.2	78							165	187.5	<del>187.5</del>	187.5	123.982	243.128
1	140kg Master 40-44 Ronnie Castro	CA	140kg	139.3	41							227.5	252.5	<del>252.5</del>	252.5	138.57	139.956

														Dots	McC			
Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Total	Total		
Best Lifters											Record Color Codes							
Name	Equip	Events	Comp	Sex											State			
Josiah Robles	Raw	PL	Jr	Men											National			
Anne Escobedo	Raw	PL	Open	Women														
Josiah Robles	Raw	PL	Open	Men														
George Pessell	Raw	PL	Master	Men														
Howard Myers	Raw	DLO	Master	Men														
Team Awards																		
1st Place:	Unit Strength: 2192 total Dots points, Kirsten Serna, Arenia Zarate, Giancarlo Robles, Arelle Taghdis, Joy Caparaz, Phong Churnakoses																	
2nd Place:	Olympus Athletics: 2156 total Dots points, Judy Oberlander, Elise Sturzenacker, Michael Amaral, Isaiah Spicer, David Boyce, Daniel Huerta																	
Meet Director:	Steve Denison																	
Referees																		
International:	Robert Speno, Richard Castro, Tracie Marquez, Tom Miller, Ceasar Amado																	
National:	Monica Benavides, Donnie Rogers, Melissa Avanesian																	
Spotter/Loaders:	Reis Willard, Gabe Sanchez, Luis Miranda, Ray Audelo, Omar Davalos																	
Tested Lifters:	Elise Sturzenacker, Samuel Martinez, Josiah Robles, Adrian Tapia, Osvaldo Medina, Wyatt Hill																	