

USPA 2023 Miami Throwdown November 18, 2023 Hialeah, Florida

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 18-19																	
1	Adriana Cain	FL	52kg	51.6	18	52.5	55	55	30	30	35	70	80	92.5	182.5	223.65	
52kg Jr 20-23																	
1	Lauren Ellis	FL	52kg	48.4	21	55	60	60	35	37.5	40	72.5	80	87.5	187.5	240.501	
56kg Jr 20-23																	
1	Hidy Aragon	FL	56kg	56.0	21	105	115	125	27.5	47.5	57.5	117.5	125	137.5	310	359.327	
DQ	Emily Conti	FL	56kg	54.6	22	75	80	85	40	42.5	42.5	92.5	97.5	105	0	0	
67.5kg Jr 20-23																	
1	Amber Clark	FL	67.5kg	65.5	20	112.5	122.5	127.5	57.5	62.5	67.5	165	172.5	178.5	368.5	387.181	
75kg Jr 13-15																	
1	Joanna Duran	FL	75kg	71.3	14	105	110	115	55	57.5	60	100	105	110	280	280.268	
Women Raw Powerlifting		Open															
56kg Open																	
1	Hidy Aragon	FL	56kg	56.0	21	105	115	125	27.5	47.5	57.5	117.5	125	137.5	310	359.327	
67.5kg Open																	
1	Nikki Baker	FL	67.5kg	61.4	29	132.5	137.5	142.5	75	80	82.5	165	172.5	182.5	407.5	445.258	
2	Tatiana Hernandez	FL	67.5kg	64.3	20	97.5	105	110	45	50	52.5	137.5	150	160	320	339.943	
3	Kelly Hafkey	FL	67.5kg	66.2	42	110	120	125	60	65	65	125	130	142.5	315	328.904	335.482
4	Dilmarys Gabin Fernande	FL	67.5kg	66.4	26	97.5	102.5	110	47.5	50	55	132.5	142.5	147.5	312.5	325.718	
5	Estefania Soto	FL	67.5kg	66.3	34	97.5	102.5	107.5	52.5	60	60	120	120	127.5	287.5	299.925	
75kg Open																	
1	Megan Heller	FL	75kg	74	25	122.5	130	135	57.5	60	60	122.5	130	137.5	320	313.904	
2	Randi Colwell	ON	75kg	71.6	31	100	105	110	55	57.5	60	142.5	147.5	150	312.5	312.077	
3	Joanna Duran	FL	75kg	71.3	14	105	110	115	55	57.5	60	100	105	110	280	280.268	
82.5kg Open																	
1	Catherine Brewer	FL	82.5kg	81	29	105	107.5	120	60	62.5	67.5	125	135	140	310	290.307	
2	Danielle Thomas	FL	82.5kg	79.9	25	97.5	105	110	50	55	60	105	115	125	280	263.994	
DQ	Andrea Patino	FL	82.5kg	80.9	30	132.5	140	140	0	72.5	72.5	135	142.5	150	0	0	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110+ Open																
1	Guadalupe Becerra	FL	110+	144.1	26	165	175	185	77.5	82.5	85	182.5	195	200	462.5	357.544	
2	Victoria Warren	FL	110+	111.85	29	120	127.5	137.5	60	67.5	72.5	137.5	147.5	155	347.5	284.867	
	Women Raw Powerlifting			Submaster													
	60kg Submaster																
1	Paola Natera	FL	60kg	60	39	85	90	92.5	47.5	50	55	120	130	137.5	272.5	302.079	
	Women Raw Powerlifting			Master													
	60kg Master 55-59																
1	Brenda Christine	FL	60kg	59.1	55	117.5	125	132.5	57.5	60	62.5	137.5	150	157.5	345	386.133	473.013
	67.5kg Master 40-44																
1	Kelly Hafkey	FL	67.5kg	66.2	42	110	120	125	60	65	65	125	130	142.5	315	328.904	335.482
	75kg Master 40-44																
1	Jen Eick	FL	75kg	72.3	40	132.5	142.5	152.5	75	80	85	147.5	157.5	167.5	405	402.302	402.302
	75kg Master 45-49																
1	Juliana Carvalho	FL	75kg	74.8	47	117.5	120	127.5	92.5	95	97.5	147.5	160	165	382.5	373.073	403.665
	90kg Master 50-54																
1	Dawn Bowman	FL	90kg	89.1	52	102.5	102.5	112.5	55	60	62.5	125	137.5	150	312.5	279.846	326.021
	Men Raw Powerlifting			Junior													
	67.5kg Jr 13-15																
1	Charles Cain	IL	67.5kg	67.2	14	82.5	90	95	52.5	57.5	62.5	97.5	102.5	110	257.5	199.109	
	67.5kg Jr 18-19																
1	Devin Turner	FL	67.5kg	67.3	19	157.5	170	175	77.5	82.5	92.5	202.5	220	227.5	470	363.03	
	67.5kg Jr 20-23																
1	Alex Triana	FL	67.5kg	65.8	20	150	150	160	85	95	102.5	165	182.5	185	410	321.971	
	75kg Jr 16-17																
1	Jayden Rosenberg	FL	75kg	72.9	17	177.5	182.5	200	102.5	110	117.5	200	210	217.5	520	380.01	
2	Ned Toth	FL	75kg	72.8	17	122.5	130	137.5	82.5	90	95	142.5	150	155	375	274.295	

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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 Jr 18-19																
1	Al Cornacchio	FL	75kg	72.8	18	140	147.5	155	77.5	77.5	82.5	165	167.5	167.5	395	288.924	
2	Taiden Ehman	FL	75kg	72.9	18	100	115	120	87.5	97.5	100	130	137.5	147.5	362.5	264.911	
	82.5kg Jr 18-19																
1	Gianni Restrepo	FL	82.5kg	81	18	127.5	137.5	147.5	87.5	95	100	177.5	190	200	442.5	302.916	
	82.5kg Jr 20-23																
1	Andres Daza	FL	82.5kg	81.9	21	210	225	232.5	135	142.5	145	230	242.5	255	612.5	416.63	
	90kg Jr 16-17																
1	Jacob Perez	FL	90kg	89.1	17	190	207.5	227.5	115	127.5	137.5	262.5	280	280	635	412.689	
	100kg Jr 13-15																
1	Christian Noah Zambrano	FL	100kg	90.5	14	70	80	80	45	52.5	57.5	90	105	115	252.5	162.814	
	100kg Jr 16-17																
1	Juan Carlo Flores	FL	100kg	99.3	16	152.5	160	172.5	125	137.5	142.5	250	257.5	257.5	565	348.831	
	100kg Jr 18-19																
1	Jayden O'Neal	FL	100kg	97.8	19	185	192.5	210.	92.5	100	110	227.5	237.5	252.5	572.5	355.849	
	100kg Jr 20-23																
1	Mike Friedrich-Tran	FL	100kg	96.8	23	192.5	200	212.5	130	137.5	142.5	225	240	250	582.5	363.745	
	110kg Jr 16-17																
1	Luciano Marrero	FL	110kg	108.7	16	152.5	162.5	175	112.5	117.5	122.5	142.5	197.5	207.5	500	297.473	
	110kg Jr 18-19																
1	Alex Enos	FL	110kg	107.1	18	195	212.5	235	115	120	140	197.5	215	235	567.5	339.576	
	125kg Jr 20-23																
1	Anthony Giguere	FL	125kg	110.3	21	202.5	212.5	225	132.5	137.5	145	250	262.5	275	632.5	374.226	
	Men Raw Powerlifting			Open													
	82.5kg Open																
1	David Castano	FL	82.5kg	82.2	24	205	220	230	155	160	162.5	245	260	272.5	665	451.399	
2	Ernesto Lopez	FL	82.5kg	75.6	35	180	192.5	200	102.5	110	117.5	217.5	227.5	230	540	385.45	
3	Maximiliano Munoz	FL	82.5kg	82.0	26	170	175	182.5	110	115	115	210	220	227.5	505	343.268	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
90kg Open																	
1	Maliik Gainer	FL	90kg	87.6	26	200	207.5	212.5	177.5	187.5	187.5	272.5	272.5	295	662.5	434.355	
2	Brandon Sevilla	FL	90kg	88.7	24	212.5	217.5	222.5	95	100	102.5	200	210	227.5	535	348.501	
3	Jason O'Donohoe	FL	90kg	90	36	155	165	175	92.5	105	110	200	217.5	227.5	507.5	328.15	
4	Nelson Cabrera	FL	90kg	87.3	32	125	135	142.5	120	130	135	165	182.5	190	455	298.848	
DQ	Cristofer Martinez	FL	90kg	90.0	32	205	205	205	180	190	---	275	---	---	0	0	
100kg Open																	
1	Chris Yanes	FL	100kg	98.5	36	205	215	225	150	152.5	155	215	225	235	592.5	367.114	
DQ	Ruslan Pasichenko	CT	100kg	91.4	32	235	240	240	152.5	157.5	160	245	245	245	0	0	
DQ	Diego Maceda	FL	100kg	97.9	27	230	230	230	147.5	160	165	250	272.5	290	0	0	
110kg Open																	
1	Jonathan De Souza	FL	110kg	104.7	28	260	265	272.5	167.5	172.5	185	262.5	272.5	280	737.5	445.298	
2	Joshua Carmichael	FL	110kg	109.9	35	230	247.5	260	142.5	155	165	275	295	300	710	420.654	
3	Oscar Benitez	FL	110kg	109	24	200	220	227.5	157.5	172.5	177.5	227.5	245	252.5	657.5	390.765	
DQ	Brian Borge	FL	110kg	108.6	25	165	165	165	100	102.5	102.5	160	170	170	0	0	
125kg Open																	
1	Eric Medina	FL	125kg	122.3	29	210	222.5	232.5	125	132.5	137.5	200	210	215	580	331.025	
140kg Open																	
1	Edward Tremols	FL	140kg	125.8	33	140	152.5	160	135	150	155	185	205	220	530	299.779	
2	Fernando Galan	FL	140kg	126.5	36	137.5	147.5	160	97.5	105	115	170	180	200	445	251.265	
140+ Open																	
1	Zebulun Drake	MS	140+	142.7	29	375	400	---	235	247.5	250	385	395	395	1045	569.642	
Men Raw Powerlifting																	
82.5kg Submaster																	
1	Brendan Walsh	FL	82.5kg	79.4	35	165	172.5	177.5	120	127.5	132.5	215	225	232.5	537.5	372.288	
90kg Submaster																	
1	Jason O'Donohoe	FL	90kg	90	36	155	165	175	92.5	105	110	200	217.5	227.5	507.5	328.15	
2	Jonathan Comas	FL	90kg	87.4	37	165	170	177.5	105	107.5	112.5	200	205	210	500	328.207	
3	Omar Walden	FL	90kg	86.4	37	132.5	137.5	147.5	115	125	132.5	187.5	197.5	207.5	480	317.001	

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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 Submaster																
1	Ty Bergens	FL	110kg	108.2	37	240	255	260	175	182.5	190	257.5	272.5	282.5	727.5	433.591	
2	Joshua Carmichael	FL	110kg	109.9	35	230	247.5	260	142.5	155	165	275	295	300	710	420.654	
3	Juan Vasco	FL	110kg	108.7	36	247.5	260	272.5	112.5	120	125	222.5	235	240	620	368.867	
	140kg Submaster																
1	Fernando Galan	FL	140kg	126.5	36	137.5	147.5	160	97.5	105	115	170	180	200	445	251.265	
	Men Raw Powerlifting			Master													
	82.5kg Master 45-49																
1	Joshua Stone	FL	82.5kg	80.5	48	85	95	110	102.5	110	112.5	160	175	185	407.5	279.964	307.121
	100kg Master 50-54																
1	Christian Zambrano	FL	100kg	99.5	50	165	170	175	127.5	132.5	137.5	210	215	220	522.5	322.308	364.208
	125kg Master 45-49																
1	Jose Ramirez	FL	125kg	119.2	45	142.5	152.5	165	102.5	110	117.5	160	172.5	185	452.5	260.455	274.781
	140kg Master 40-44																
1	Jonathan Follmar	FL	140kg	134.9	41	147.5	165	175	92.5	107.5	120	170	177.5	185	480	265.848	268.507
	Women Classic Raw Powerlifting			Open													
	67.5kg Open																
1	Lilith Ghazan	FL	67.5kg	63.9	34	82.5	95	107.5	55	60	65	97.5	110	127.5	300	319.894	
	Women Classic Raw Powerlifting			Submaster													
	100kg Submaster																
1	Carolyn Adair	FL	100kg	99.5	38	115	120	125	75	77.5	82.5	132.5	140	145	337.5	288.568	
	Women Classic Raw Powerlifting			Master													
	60kg Master 60-64																
1	Karen Lynn	FL	60kg	57.5	60	67.5	67.5	72.5	40	42.5	45	90	97.5	105	207.5	236.381	316.751
	67.5kg Master 40-44																
1	Dyan Donofrio	FL	67.5kg	62.5	40	70	80	87.5	50	55	55	75	85	85	210	226.96	226.96
	Men Classic Raw Powerlifting			Junior													
	75kg Jr 13-15																
1	Luciano Fernandez - Herr	FL	75kg	67.8	15	162.5	170	175	80	85	85	167.5	172.5	177.5	415	318.839	

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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 Jr 18-19																
1	Alexander Demarco	FL	75kg	74.5	19	112.5	112.5	132.5	80	87.5	92.5	127.5	142.5	157.5	377.5	271.991	
	Men Classic Raw Powerlifting			Open													
	100kg Open																
1	Allten Coma	FL	100kg	99.2	24	220	222.5	230	150	160	170	220	225	232.5	622.5	384.501	
	Men Classic Raw Powerlifting			Master													
	82.5kg Master 55-59																
1	Tim O'Brien	FL	82.5kg	78.8	57	192.5	202.5	210	127.5	130	135	192.5	202.5	207.5	545	379.198	480.824
	Men Single Ply Powerlifting			Master													
	110kg Master 55-59																
DQ	Scott Simonson	FL	110kg	109.7	56	222.5	222.5	240	227.5	227.5	227.5	---	---	---	0	0	0
	Women Raw Bench Only			Master													
	60kg Master 60-64																
1	Karen Lynn	FL	60kg	57.5	60				40	42.5	45				42.5	48.415	64.877
	Men Raw Bench Only			Open													
	90kg Open																
1	Steven Farland	FL	90kg	89.5	41				140	152.5	167.5				152.5	98.885	99.874
	100kg Open																
1	Ruslan Pasichenko	CT	100kg	91.4	32				152.5	157.5	160				157.5	101.06	
	125kg Open																
1	Jake Galinsky	FL	125kg	112.2	28				155	165	172.5				172.5	101.418	
	Men Raw Bench Only			Master													
	90kg Master 40-44																
1	Steven Farland	FL	90kg	89.5	41				140	152.5	167.5				152.5	98.885	99.874
	110kg Master 55-59																
DQ	Andres Hernandez	FL	110kg	108.1	57				142.5	142.5	142.5				0	0	0
	140+ Master 55-59																
1	Chris Kent		140+	144.1	58				182.5	187.5	187.5				187.5	101.934	131.597

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Men Single Ply Bench Only				Master													
	110kg Master 55-59																
DQ	Scott Simonson	FL	110kg	109.7	56				227.5	227.5	227.5				0	0	0
Women Raw Deadlift Only				Master													
	60kg Master 60-64																
1	Karen Lynn	FL	60kg	57.5	60							90	97.5	105	97.5	111.071	148.835
Men Raw Deadlift Only				Open													
	110kg Open																
1	Joshua Carmichael	FL	110kg	109.9	35							275	295	300	295	174.779	
	140kg Open																
1	Fernando Galan	FL	140kg	126.5	36							170	180	200	180	101.635	
Men Raw Deadlift Only				Submaster													
	110kg Submaster																
1	Joshua Carmichael	FL	110kg	109.9	35							275	295	300	295	174.779	
	140kg Submaster																
1	Fernando Galan	FL	140kg	126.5	36							170	180	200	180	101.635	
Women Raw Push-Pull				Submaster													
	110+ Submaster																
1	Stef Rubino	FL	110+	146.8	35				55	60	62.5	100	107.5	117.5	180	138.917	
Women Raw Push-Pull				Master													
	100kg Master 60-64																
1	Karen Mosos	FL	100kg	93.9	60				30	35	37.5	72.5	80	80	117.5	102.856	93.839
	110+ Master 70-74																
1	Andrea Follmar	FL	110+	115.9	71				30	35	40	72.5	80	85	125	101.325	115.822

Best Lifters					Record Color Codes		
Name	Equip	Events	Comp	Sex	State		
Amber Clark	Raw	PL	Jr	Women	National		
Andres Daza	Raw	PL	Jr	Men			
Nikki Baker	Raw	PL	Open	Women			

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Zebulun Drake	Raw	PL	Open	Men												
Brenda Christine	Raw	PL	Master	Women												
Ty Bergens	Raw	PL	Submaster	Men												
Meet Director:	Dustin Piatkowski															
Referees																
International:	Andrew Yerakadu															
National:	Dustin Piatkowski, Mike Walker, Vanessa Fernandez, Monica Chamel, Ray Ortiz, Molly Yerakadu															
State:	Alex Apostilides, Tina Phillips															
Staff:	Becky Simonson															
Spotter/Loaders:	Austin Hoogenboozem, Alex Castalonos, Mike Palaez, Mike Lopez, Esteban Cruz, Val Kazibiekov, Brandon Vouang, Joe Hernandez, Elan Ordonez, Nate Lopez															