

USPA Drug Tested DOP Strength Throwdown November 19 2022 Kirkland, WA

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Junior														
60kg Jr 13-15																	
1	Eleanor Stivers	WA	60kg	59.5	14	75	85	87.5	52.5	57.5	<del>60</del>	125	135	140	285	317.613	
Women Raw Powerlifting			Open														
52kg Open																	
1	Kristina Francisco	WA	52kg	51.7	24	95	102.5	<del>107.5</del>	37.5	42.5	<del>50</del>	130	142.5	<del>155</del>	287.5	351.849	
56kg Open																	
1	Aracely Reyes	WA	56kg	53	27	95	102.5	107.5	47.5	<del>52.5</del>	52.5	100	107.5	112.5	272.5	327.809	
DQ	Jenny Vine	WA	56kg	54.8	31	75	82.5	90	<del>45</del>	<del>50</del>	<del>---</del>	110	120	127.5	0	0	
60kg Open																	
1	Ariel Starr	WA	60kg	59.7	37	122.5	130	<del>137.5</del>	72.5	77.5	<del>82.5</del>	150	165	175	382.5	425.365	
67.5kg Open																	
1	Kari Bennett	WA	67.5kg	65.7	24	97.5	105	107.5	60	62.5	65	127.5	132.5	<del>140</del>	305	319.885	
75kg Open																	
1	Ellen Smith	WA	75kg	74.1	27	147.5	160	167.5	95	100	105	160	170	<del>177.5</del>	442.5	433.758	
2	Melissa Campos	WA	75kg	74.1	24	152.5	162.5	167.5	70	75	77.5	150	157.5	<del>165</del>	402.5	394.548	
82.5kg Open																	
1	Jacinta Asuega	WA	82.5kg	82.5	31	160	172.5	182.5	<del>70</del>	75	<del>80</del>	185	197.5	210	467.5	433.901	
2	Sarah Dochow	WA	82.5kg	81.5	41	117.5	122.5	127.5	62.5	65	67.5	<del>145</del>	152.5	<del>160</del>	347.5	324.444	327.688
100kg Open																	
1	Kristine McMahon	WA	100kg	95.2	36	152.5	160	165	85	<del>90</del>	96	195	205	215	476	414.291	
2	Monika Uehlin	WA	100kg	93.3	32	120	125	130	85	90	<del>92.5</del>	135	140	145	365	320.375	
3	Deiondrea Berry	WA	100kg	98.9	24	132.5	142.5	<del>152.5</del>	62.5	67.5	70	130	137.5	147.5	360	308.538	
110kg Open																	
1	Rachael Glenister	CO	110kg	108.8	31	175	190	192.5	105	<del>115</del>	<del>115</del>	192.5	212.5	<del>215</del>	510	421.968	

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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															
60kg Submaster																		
1	Ariel Starr	WA	60kg	59.7	37	122.5	130	<del>-137.5</del>	72.5	77.5	<del>-82.5</del>	150	165	175	382.5	425.365		
67.5kg Submaster																		
1	April Blais	WA	67.5kg	62	38	97.5	102.5	<del>-110</del>	52.5	55	<del>-57.5</del>	102.5	112.5	117.5	275	298.68		
100kg Submaster																		
1	Kristine McMahon	WA	100kg	95.2	36	152.5	160	165	85	<del>-90</del>	96	195	205	215	476	414.291		
Women Raw Powerlifting			Master															
56kg Master 45-49																		
DQ	Beth Nibarger	WA	56kg	55.3	49	<del>-52.5</del>	55	<del>-60</del>	<del>-32.5</del>	<del>-35</del>	<del>-35</del>	75	80	87.5	0	0	0	
56kg Master 55-59																		
1	Gretchen Ciley	WA	56kg	55.4	57	75	80	<del>-85</del>	35	37.5	40	105	115	<del>-117.5</del>	235	274.35	347.876	
82.5kg Master 40-44																		
1	Sarah Dochow	WA	82.5kg	81.5	41	117.5	122.5	127.5	62.5	65	67.5	<del>-145</del>	152.5	<del>-160</del>	347.5	324.444	327.688	
2	Belinda Moon	WA	82.5kg	75.6	43	87.5	92.5	<del>-95</del>	40	<del>-45</del>	45	95	100	107.5	245	237.626	244.992	
3	Carly Way	WA	82.5kg	81.5	40	80	85	90	40	45	<del>-47.5</del>	97.5	102.5	110	245	228.744	228.744	
100kg Master 60-64																		
1	Dottie Shaw	WA	100kg	90.9	60	95	105	112.5	55	60	<del>-62.5</del>	<del>-132.5</del>	132.5	<del>-135</del>	305	270.729	362.776	
Men Raw Powerlifting			Junior															
75kg Jr 13-15																		
1	Ace Gunter	WA	75kg	72	15	125	132.5	145	75	82.5	92.5	150	160	175	412.5	303.955		
75kg Jr 16-17																		
1	Maxwell Ellingson	WA	75kg	74.5	16	155	162.5	170	97.5	102.5	107.5	195	207.5	215	492.5	354.85		
2	Lucas Blais	WA	75kg	74.1	16	147.5	167.5	177.5	92.5	<del>-102.5</del>	<del>-102.5</del>	175	<del>-207.5</del>	<del>-207.5</del>	445	321.743		
75kg Jr 20-23																		
1	Sebastian Stanham	WA	75kg	72.3	22	190	200	<del>-207.5</del>	120	125	<del>-132.5</del>	195	205	215	540	396.798		

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	82.5kg Jr 20-23																
1	Jacob Present	WA	82.5kg	82	23	215	227.5	232.5	122.5	130	<del>-135</del>	255	275	<del>-290</del>	637.5	433.333	
2	Ryan Westfall	WA	82.5kg	82.1	23	185	<del>-197.5</del>	<del>-207.5</del>	107.5	115	<del>-125</del>	195	215	225	525	356.615	
3	Daniel Tchaikovski	WA	82.5kg	79.2	22	140	147.5	152.5	105	110	112.5	155	165	167.5	432.5	300.012	
	90kg Jr 20-23																
1	Daniel Martinez	WA	90kg	84.6	22	210	227.5	232.5	127.5	<del>-137.5</del>	137.5	220	242.5	255	625	417.483	
2	Michael Ryabko	WA	90kg	89.6	22	165	177.5	<del>-190</del>	120	125	<del>-130</del>	200	210	222.5	525	340.23	
3	Phillip Pham	WA	90kg	83.4	20	165	172.5	<del>-182.5</del>	105	110	<del>-117.5</del>	207.5	<del>-215</del>	<del>-215</del>	490	329.903	
	100kg Jr 18-19																
1	Jason Kibe Jr	WA	100kg	98.5	19	187.5	195	205	<del>-120</del>	125	<del>-130</del>	235	240	245	575	356.271	
	110kg Jr 20-23																
1	Justin Zafra	WA	110kg	102.2	23	157.5	165	167.5	97.5	102.5	<del>-105</del>	182.5	195	202.5	472.5	288.147	
	125kg Jr 13-15																
1	Joseph Pangelinan	WA	125kg	120	15	242.5	250	255	145	<del>-155</del>	<del>-155</del>	225	247.5	272.5	672.5	386.221	
	Men Raw Powerlifting																
	75kg Open																
1	Sebastian Stanham	WA	75kg	72.3	22	190	200	<del>-207.5</del>	120	125	<del>-132.5</del>	195	205	215	540	396.798	
	82.5kg Open																
1	Brett Kempinski	WA	82.5kg	82	26	240	245	250	162.5	<del>-167.5</del>	<del>-170.5</del>	257.5	270	<del>-280</del>	682.5	463.921	
2	Jacob Present	WA	82.5kg	82	23	215	227.5	232.5	122.5	130	<del>-135</del>	255	275	<del>-290</del>	637.5	433.333	
3	Thomas Tang	OR	82.5kg	80.9	28	217.5	232.5	237.5	150	155	<del>-157.5</del>	232.5	242.5	<del>-247.5</del>	635	435.005	
4	Christopher Lacour	WA	82.5kg	80.8	39	212.5	220	<del>-227.5</del>	157.5	162.5	<del>-167.5</del>	230	232.5	<del>-235</del>	615	421.607	
5	David Le	WA	82.5kg	81.5	23	185	<del>-----</del>	<del>-----</del>	105	<del>-----</del>	<del>-----</del>	240	<del>-260</del>	267.5	557.5	380.285	
	90kg Open																
1	Ben Rama	WA	90kg	89.5	31	260	267.5	275	137.5	142.5	150	287.5	295	305	730	473.35	
2	Robert Ludwig	WA	90kg	87.1	29	200	220	227.5	155	170	<del>-177.5</del>	230	250	257.5	655	430.729	
3	Daniel Martinez	WA	90kg	84.6	22	210	227.5	232.5	127.5	<del>-137.5</del>	137.5	220	242.5	255	625	417.483	
4	Jesse Wells	WA	90kg	84.3	31	142.5	157.5	167.5	120	130	<del>-137.5</del>	185	205	227.5	525	351.37	



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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Classic Raw Powerlifting				Open													
125kg Open																	
1	John Monro	WA	125kg	122.3	27	285	<del>305</del>	315	160	172.5	<del>182.5</del>	265	287.5	305	792.5	452.306	
Men Classic Raw Powerlifting				Master													
125kg Master 50-54																	
1	James Erickson	WA	125kg	122.2	52	<del>155</del>	<del>155</del>	155	90	92.5	95	145	147.5	150 (152.5)	400	228.354	266.032
Women Raw Bench Only				Open													
100kg Open																	
1	Monika Uehlin	WA	100kg	93.3	32				85	90	<del>92.5</del>				90	78.996	
Women Raw Bench Only				Master													
56kg Master 50-54																	
1	Danna Snow	WA	56kg	53.7	53				57.5	62.5	65				65	77.495	91.754
Women Single Ply Bench Only				Master													
67.5kg Master 55-59																	
1	Isabelle Iliev	WA	67.5kg	63.5	55				117.5	<del>125</del>	<del>125</del>				117.5	125.768	154.066
Men Raw Deadlift Only				Open													
110kg Open																	
1	Jimmy Mccurry	WA	110kg	106	31							250	260	272.5 (280)	272.5	163.722	

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total			
Best Lifters																			
Name	Equip	Events	Comp	Sex								Record Color Codes							
Jacob Present	Raw	PL	Jr	Men								State							
Jacinta Asuega	Raw	PL	Open	Women								National							
Ben Rama	Raw	PL	Open	Men															
Dottie Shaw	Raw	PL	Master	Women															
Jay Lambert	Raw	PL	Master	Men															
Meet Director:																			
Zach Miller																			
Referees																			
International:																			
Marcus Wild																			
National:																			
Zach Miller																			
State:																			
Raymond Damasco, Leah Hardesty, Lisa Herrera, Lindsay Richman, Kiran Taj, Kristine McMahon, Lauren Plooster																			
Practical:																			
Sam Deason																			
Staff:																			
Claire Raleigh, Kayla Todd, Alexa Dimaano																			
Spotter/Loaders:																			
Ryan Todd, Jaris Beasley, Sam Dean, Josh Estalilla, Isidro Solis, Jestoni Gabuyo, Daniel Aumua, Austin Flynn																			
Kyle Brockway, Richard Brocker																			
Tested Lifters:																			
Jacinta Asuega, Ellen Smith, Ben Rama, Brett Kempfski, John Monro, Max Moon																			