

USPA Drug Tested Northwest Power Cup March 14-15, 2020 Kirkland, WA

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
52kg Jr 20-23																	
1	Jane Flegel	WA	52kg	51.6	21	85	95	105	42.5	47.5	50	130	140	147.5	300	441.42	
56kg Jr 20-23																	
1	Delaney Stone-Kerr	WA	56kg	54.3	23	105	112.5	115	55	57.5	60	152.5	127.5	165	340	481.066	
75kg Jr 20-23																	
1	Savannah Clendenin	WA	75kg	74.4	21	65	82.5	97.5	37.5	45	52.5	77.5	92.5	110	237.5	277.47	
2	Aiyana Mehta	WA	75kg	74.2	23	67.5	72.5	72.5	42.5	45	47.5	85	92.5	97.5	210	245.66	
90kg Jr 20-23																	
1	Alena Janssen	WA	90kg	87.2	23	155	165	177.5	62.5	67.5	72.5	162.5	175	187.5	425	465.758	
52kg Open																	
1	Jane Flegel	WA	52kg	51.6	21	85	95	105	42.5	47.5	50	130	140	147.5	300	441.42	
2	Samantha Emerman	WA	52kg	51.7	26	90	97.5	97.5	40	42.5	50	95	102.5	112.5	245	359.954	
3	Josephine Facio-Heineman	WA	52kg	51.2	29	70	80	77.5	40	42.5	47.5	87.5	90	95	217.5	399.73	
56kg Open																	
1	Jessica Martin	WA	56kg	54.9	39	115	120	127.5	60	65	72.5	157.5	167.5	172.5	360	505.224	
2	Lisa Hallet	WA	56kg	55.3	31	108	117.5	125	60	67.5	75	132.5	147.5	152.5	347.5	485.075	
3	Delaney Stone-Kerr	WA	56kg	54.3	23	105	112.5	115	55	57.5	60	152.5	127.5	165	340	481.066	
4	Maureen Wells	WA	56kg	55.9	42	77.5	87.5	87.5	48	50	52.5	105	115.5	120	243	336.58	343.31
60kg Open																	
1	Shandel Yanney	WA	60kg	57.6	27	130	140	145	67.5	72.5	75	155	165	172.5	390	528.84	
2	Bergen Buck	WA	60kg	59.6	27	115	127.5	127.5	65	72.5	77.5	125	132.5	137.5	320	423.968	
3	Sara Uffer	WA	60kg	58.6	25	92.5	95	100	47.5	50	52.5	102.5	112.5	125	272.5	365.15	
67.5kg Open																	
1	Rendall Davis	WA	67.5kg	64.9	29	102.5	112.5	115	52.5	57.5	62.5	102.5	110	117.5	282.5	354.792	
2	Arielle Kavalsky	WA	67.5kg	65.7	29	87.5	92.5	92.5	47.5	55	60	85	92.5	97.5	240	299.28	
75kg Open																	
1	Brianna Durand	WA	75kg	70.4	26	130	140	145	97.5	102.5	105	125	132.5	140	390	468.234	
2	Jamie Gartland	WA	75kg	72.7	31	112.5	117.5	122.5	67.5	70	72.5	120	112.5	137.5	332.5	392.782	
3	Yekaterina Grabar	WA	75kg	73.5	28	90	100	107.5	45	52.5	55	100	112.5	115	275	323.153	
90kg Open																	
1	Alena Janssen	WA	90kg	87.2	23	155	165	177.5	62.5	67.5	72.5	162.5	175	187.5	425	465.758	
2	Lisa Dimak	WA	90kg	86.2	32	117.5	127.5	137.5	67.5	70	72.5	145	155	162.5	360	396.108	
3	Melissa Cass	WA	90kg	83.8	27	90	95	100	67.5	72.5	75	120	127.5	137.5	312.5	347.344	
4	Danielle Love	WA	90kg	89.9	28	97.5	107.5	112.5	57.5	62.5	67.5	115	127.5	137.5	307.5	333.607	
SHW Open																	
1	Lauren Ray	WA	SHW	114.6	30	72.5	80	90	42.5	47.5	52.5	105	112.5	122.5	260	264.99	
56kg Submaster																	
1	Jessica Martin	WA	56kg	54.9	39	115	120	127.5	60	65	72.5	157.5	167.5	172.5	360	505.224	
75kg Submaster																	
1	Emily Emery	WA	75kg	71.5	38	100	107.5	115	62.5	67.5	72.5	137.5	150	152.5	340	404.97	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	56kg Master 40-44																
1	Maureen Wells	WA	56kg	55.9	42	77.5	87.5	87.5	48	50	52.5	105	115.5	120	243	336.58	343.31
	67.5kg Master 45-49																
1	Tory Sigurdson	WA	67.5kg	65.4	49	97.5	105	110	42.5	47.5	52.5	140	152.5	157.5	315	393.845	438.349
2	Leilani York	WA	67.5kg	64.3	46	97.5	97.5	102.5	65	67.5	70	110	115	120	292.5	369.369	394.486
										4th: 72.5				4th: 122.5			
	75kg Master 50-54																
1	Debbie Nelson	WA	75kg	72.7	54	82.5	95	105	45	50	55	130	142.5	150	297.5	351.44	423.13
	Men Raw Powerlifting																
	67.5kg Jr 20-23																
1	Yuto Ohki	WA	67.5kg	67.2	23	137.5	172.5	192.5	90	110	125	157.5	195	227.5	545	500.201	
								4th: 195									
	82.5kg Jr 18-19																
1	Rodrigo Teixeira	WA	82.5kg	81.9	18	190	205	220	115	125	135	240	260	275	590	476.602	
2	Mitchell Soohoo	WA	82.5kg	82.5	19	177.5	187.5	195	125	130	135	220	232.5	240	562.5	452.475	
	82.5kg Jr 20-23																
1	Ethan Temple	WA	82.5kg	82.4	23	170	182.5	195	120	125	130	215	227.5	242.5	567.5	456.838	
	90kg Jr 16-17																
1	Kyle Mcgee	WA	90kg	85.1	17	142.5	157.5	160	92.5	100	105	175	182.5	195	455	359.632	
														4th: 200			
	67.5kg Open																
1	Yuto Ohki	WA	67.5kg	67.2	23	137.5	172.5	192.5	90	110	125	157.5	195	227.5	545	500.201	
								4th: 195									
	75kg Open																
1	Hugo Baixeras	WA	75kg	74.3	27	132.5	160	182.5	125	132.5	137.5	245	265	272.5	585	501.755	
2	Baron Kiespert	WA	75kg	73.8	30	147.5	157.5	162.5	95	97.5	100	185	195	200	455	391.937	
	82.5kg Open																
1	Rodrigo Teixeira	WA	82.5kg	81.9	18	190	205	220	115	125	135	240	260	275	590	476.602	
2	Kyle Pine	WA	82.5kg	81.2	25	202.5	210	217.5	125	135	145	207.5	217.5	227.5	580	470.902	
3	Joshua Tompkins	WA	82.5kg	81.2	31	165	175	185	105	120	120	185	202.5	220	482.5	391.742	
	90kg Open																
1	Andrew Schendel	WA	90kg	87.2	35	205	220	230	145	155	165	295	310	320	715	557.629	
2	Garrett Kingsbury	WA	90kg	87.6	26	200	207.5	215	127.5	132.5	140	237.5	252.5	260	615	478.47	
3	Ladarrius Tate	WA	90kg	87.8	32	200	207.5	212.5	155	165	165	210	215	230	597.5	464.258	
4	Percy Williams	WA	90kg	89.3	32	147.5	147.5	147.5	132.5	147.5	147.5	202.5	212.5	227.5	522.5	402.377	
	100kg Open																
1	Joshua Liebelt	WA	100kg	96.9	26	230	242.5	250	145	150	155	245	262.5	275	675	499.298	
2	Maxwell Schreiber	WA	100kg	98.7	25	220	232.5	242.5	157.5	162.5	167.5	242.5	255	260	670	491.512	
3	Jesse Gagnon	WA	100kg	100	29	185	205	232.5	145	147.5	157.5	220	245	270	650	474.045	
4	Stewart Koeppen	WA	100kg	97.6	25	210	222.5	245	135	145	155	210	230	245	612.5	451.596	
5	Conor O'Shea	WA	100kg	94.3	26	185	200	210	140	150	157.5	215	230	230	565	423.355	
6	Chris Reilly	WA	100kg	97	29	155	157.5	160	117.5	122.5	127.5	220	232.5	240	515	380.791	
7	Zachery Millar	WA	100kg	96.9	29	165	185	200	115	125	127.5	175	190	197.5	507.5	375.398	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	110kg Open																
1	John Hagedorn	WA	110kg	110	30	200	215	220	185	177.5	187.5	235	250	255	652.5	457.99	
2	Brandon Blinn	WA	110kg	107.1	28	192.5	210	220	125	137.5	142.5	227.5	255	255	617.5	437.808	
3	Ernest Martinez	WA	110kg	106.3	31	170	182.5	187.5	125	132.5	137.5	215	227.5	240	560	398.216	
4	Thomas Perry	WA	110kg	105.4	52	185	195	195	105	115	125	205	215	220	535	381.723	444.707
5	Josh Vanlandingham	WA	110kg	100.2	36	125	152.5	165	115	125	137.5	175	185	200	490	357.063	
	125kg Open																
1	Michael Brown	WA	125kg	122.3	24	220	230	237.5	125	132.5	140	245	260	272.5	637.5	432.098	
2	James Wells	WA	125kg	119.2	43	232.5	245	252.5	125	135	140	232.5	245	260	625	426.938	440.173
3	Russell Heaton	WA	125kg	120.5	55	205	205	205	115	122.5	135	192.5	205	215	542.5	369.334	452.434
													4th: 220				
	82.5kg Submaster																
1	Chris Warner	WA	82.5kg	81.9	36	125	132.5	140	100	100	105	162.5	165	167.5	400	323.12	
	110kg Submaster																
1	Josh Vanlandingham	WA	110kg	100.2	36	125	152.5	165	115	125	137.5	175	185	200	490	357.063	
	75kg Master 75-79																
1	Bill Cecil	WA	75kg	74.9	76	65	72.5	87.5	52.5	52.5	60	102.5	112.5	112.5	252.5	215.46	404.2
	90kg Master 65-69																
1	Eric Hanson	OR	90kg	88.5	65	110	110	115	75	80	85	135	142.5	147.5	347.5	268.861	397.914
								4th: 117.5									
	110kg Master 50-54																
1	Thomas Perry	WA	110kg	105.4	52	185	195	195	105	115	125	205	215	220	535	381.723	444.707
	110kg Master 60-64																
1	Gregory Riggs	WA	110kg	107.1	64	85	92.5	95	80	92.5	92.5	142.5	152.5	157.5	332.5	235.743	341.827
													4th: 162.5				
	125kg Master 40-44																
1	James Wells	WA	125kg	119.2	43	232.5	245	252.5	125	135	140	232.5	245	260	625	426.938	440.173
	125kg Master 55-59																
1	Russell Heaton	WA	125kg	120.5	55	205	205	205	115	122.5	135	192.5	205	215	542.5	369.334	452.434
													4th: 220				
	Women Classic Raw Powerlifting																
	60kg Open																
1	Connie Yau	WA	60kg	58.1	31	110	120	127.5	55	60	62.5	132.5	142.5	150	330	444.807	
	82.5kg Open																
1	Megan Livingston	WA	82.5kg	78.7	30	147.5	155	155	70	75	77.5	147.5	152.5	160	392.5	447.215	
	SHW Master 55-59																
1	Cindy Buchan	WA	SHW	106	59	55	60	75	40	47.5	52.5	125	137.5	142.5	252.5	261.918	344.422
										4th: 55							
	Men Classic Raw Powerlifting																
	100kg Open																
1	Nathan Tebeck	OR	100kg	95.2	30	142.5	147.5	172.5	115	120	137.5	182.5	197.5	205	472.5	352.438	

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	82.5kg Master 40-44																
1	Dwayne Sigh	WA	82.5kg	79.3	40	182.5	192.5	202.5	125	125	130	220	232.5	242.5	550	452.925	452.925
Men Raw Bench Only																	
	82.5kg Jr 18-19																
1	Alex Martin	WA	82.5kg	81.1	18				125	130	130				130	105.625	
	82.5kg Open																
1	Jesus Fragoso	ID	82.5kg	75.1	46				125	135	140				135	114.993	122.813
	110kg Open																
1	John Hagedorn	WA	110kg	110	30				165	177.5	187.5				177.5	124.587	
	82.5kg Master 45-49																
1	Jesus Fragoso	ID	82.5kg	75.1	46				125	135	140				135	114.993	122.813
	100kg Master 60-64																
1	Michael Collins	WA	100kg	97.5	61				102.5	110	110				110	81.136	110.832
Women Raw Deadlift Only																	
	75kg Open																
1	Neta Fischer	WA	75kg	73.4	32							115	127.5	137.5	137.5	161.673	
	67.5kg Master 45-49																
1	Tory Sigurdson	WA	67.5kg	65.4	49							140	152.5	157.5	152.5	190.671	212.217
	75kg Master 50-54																
1	Debbie Nelson	WA	75kg	72.7	54							130	142.5	150	142.5	168.335	202.676
	SHW Master 55-59																
1	Cindy Buchan	WA	SHW	106	59							125	137.5	142.5	125	129.663	170.506
Men Raw Deadlift Only																	
	82.5kg Open																
1	Jesus Fragoso	ID	82.5kg	75.1	46							220	235	242.5	235	200.173	213.785
	110kg Open																
1	Brandon Blinn	WA	110kg	107.1	28							227.5	255	255	255	180.795	
	82.5kg Master 45-49																
1	Jesus Fragoso	ID	82.5kg	75.1	46							220	235	242.5	235	200.173	213.785
Men Single Ply Deadlift Only																	
	67.5kg Master 55-59																
1	Michael Martin	WA	67.5kg	67.1	58							135	155	170	170	156.179	201.627
Men Raw Push-Pull																	
	82.5kg Open																
1	Jesus Fragoso	ID	82.5kg	75.1	46				125	135	140	220	235	242.5	370	315.166	213.785
	100kg Open																
1	Jesse Gagnon	WA	100kg	100	29				145	147.5	157.5	220	245	270	417.5	304.483	
2	Matej Kohut	WA	100kg	93.6	29				110	120	125	190	205	212.5	332.5	250.04	

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	82.5kg Master 45-49																
1	Jesus Fragoso	ID	82.5kg	75.1	46				125	135	140	220	235	242.5	370	315.166	213.785
Best Lifters:																	
Delaney Stone-Kerr		Raw Jr Women PL														Record Color Codes: State	
Yuto Ohki		Raw Jr Men PL															
Shandel Yanney		Raw Open Women PL															
Andrew Schendel		Raw Open Men PL															
Russell Heaton		Raw Master Men PL															
Meet Director:		Zach Miller and Michael Estrella															
Thank you to our officials:																	
National:		Marcus Wild															
State:		Michael Estrella, Zach Miller, Leah Hardesty, Stark Ledbetter, Kim Koenig and Tory Sigurdson															
Staff:		Raymond Damasco and Mike Giannini															
Spotter/Loaders:		Jasper Haney, Vince Tabajonda, Karl Jones, Kiran Taj, Levi Book, Forrie Osborne, Isidro Solis, Laruen Plooster, Josh Estalilla															
Special thanks to all staff members, lifters and spotter/loaders that made this meet day run smoothly!																	