

USPA 6th Mid-Atlantic Classic February 22, 2020 Federick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	60kg Jr 20-23																
1	Yelena Espinoza	MD	60kg	60	23	125	137.5	147.5	77.5	85	90	175	175	197.5	430	479.407	
2	Jodie Flores	MD	60kg	58.6	23	105	105	116	45	50	52.5	115	120	125	293.5	333.269	
	67.5kg Jr 18-19																
1	Emily Chen	MD	67.5kg	66.1	19	110	117.5	125	60	67.5	67.5	157.5	167.5	175	352.5	365.261	
	75kg Jr 20-23																
1	Claris Gandionko	MD	75kg	67.9	23	130	135	140	62.5	65	65	135	145	150	342.5	348.083	
	52kg Open																
1	Dayana Martinez	MD	52kg	52	25	87.5	87.5	95	52.5	57.5	60	125	125	130	285	355.281	
	56kg Open																
1	Ashley Ouzts	MD	56kg	53.7	36	92.5	100	107.5	52.5	55	57.5	117.5	122.5	132.5	287.5	349.571	
	60kg Open																
1	Yelena Espinoza	MD	60kg	60	23	125	137.5	147.5	77.5	85	90	175	175	197.5	430	479.407	
2	Maeghan Yon	VA	60kg	59.1	24	90	100	107.5	60	67.5	67.5	115	127.5	135	302.5	341.25	
3	Michelle Badders	WI	60kg	59.7	25	105	112.5	117.5	50	57.5	60	110	120	125	295	330.164	
4	Jodie Flores	MD	60kg	58.6	23	105	105	116	45	50	52.5	115	120	125	293.5	333.269	
	67.5kg Open																
1	Alexis Kajencki	MD	67.5kg	67	36	132.5	142.5	147.5	87.5	92.5	95	165	175	182.5	420	430.962	
2	Whitney Moran	MD	67.5kg	65.2	27	102.5	107.5	110	65	70	75	142.5	147.5	152.5	332.5	348.028	
3	Katie Kecman	MD	67.5kg	63.8	32	102.5	107.5	107.5	45	50	52.5	122.5	132.5	140	300	319.14	
4	Emily Costolo	MD	67.5kg	62.6	25	90	100	105	45	50	52.5	90	100	110	265	285.988	
	75kg Open																
1	Shelby Northern	MD	75kg	72.9	26	125	132.5	140	75	80	85	142.5	152.5	162.5	377.5	365.458	
2	Claris Gandionko	MD	75kg	67.9	23	130	135	140	62.5	65	65	135	145	150	342.5	348.083	
3	Laurie Gotte	MD	75kg	68.4	24	110	117.5	120	67.5	70	75	130	137.5	137.5	327.5	331.103	
	82.5kg Open																
1	Suzanne Witt	MD	82.5kg	81.2	29	110	120	125	60	65	67.5	135	150	160	352.5	319.929	
2	Jenice Rankins	MD	82.5kg	78.7	43	62.5	65	90	52.5	55	62.5	95	105	112.5	255	235.493	
	90kg Open																
1	Christina Tupper	NC	90kg	89.5	32	157.5	165	167.5	80	85	85	152.5	160	165	402.5	348.605	
2	Allison Gasca-Backman	VA	90kg	89	30	105	112.5	120	55	60	65	115	122.5	130	310	269.111	
3	Asevia Gacutan	NC	90kg	87.4	25	95	100	105	50	52.5	52.5	130	137.5	142.5	297.5	260.342	

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	56kg Submaster																
1	Ashley Ouzts	MD	56kg	53.7	36	92.5	100	107.5	52.5	55	57.5	117.5	122.5	132.5	287.5	349.571	
	67.5kg Submaster																
1	Michele Fettner	MD	67.5kg	66	38	102.5	110	122.5	65	70	75	120	127.5	137.5	330	342.342	
	56kg Master 40-44																
1	Rebecca Jones	VA	56kg	54.9	40	62.5	67.5	70	40	45	47.5	105	107.5	115	232.5	277.838	277.838
	60kg Master 40-44																
1	Nicole Alvarez	MD	60kg	57.7	40	90	97.5	100	50	55	57.5	97.5	105	115	272.5	313.212	313.212
	67.5kg Master 40-44																
1	Sarah Santangelo	MD	67.5kg	66	43	100	105	107.5	60	62.5	65	102.5	110	117.5	280	290.472	299.477
	82.5kg Master 40-44																
1	Katharine Armero	MD	82.5kg	81.4	42	115	125	132.5	57.5	62.5	62.5	147.5	155	161	351	318.146	324.509
	Men Raw Powerlifting																
	75kg Jr 16-17																
1	Jason King	MD	75kg	73.4	17	132.5	142.5	150	77.5	85	90	160	160	172.5	380	274.93	
	75kg Jr 20-23																
1	Joseph Midiri	PA	75kg	74.7	23	195	207.5	215	130	137.5	137.5	240	252.5	252.5	597.5	426.974	
2	James Ricci	CO	75kg	73.1	21	145	152.5	157.5	107.5	112.5	112.5	175	185	187.5	452.5	328.334	
	82.5kg Jr 16-17																
1	Andrew Thibodeau	VA	82.5kg	82	16	160	167.5	172.5	180	100	110	207.5	212.5	220	487.5	327.795	
	82.5kg Jr 18-19																
1	Nathan Manning	DE	82.5kg	78.4	18	125	127.5	132.5	80	85	87.5	155	160	165	385	266.266	
	82.5kg Jr 20-23																
1	Andrew Poe	MD	82.5kg	82	21	170	172.5	200	117.5	130	137.5	200	230	230	530	356.372	
2	Tyler Fronk	PA	82.5kg	81.5	20	155	167.5	177.5	110	117.5	122.5	205	217.5	222.5	522.5	352.635	
3	Johnathan Pezzella	VA	82.5kg	80.6	20	160	172.5	180	92.5	97.5	102.5	207.5	220	232.5	515	349.943	
4	Zubin Patel	VA	82.5kg	77.1	21	145	155	165	97.5	105	112.5	187.5	197.5	207.5	485	339.161	
	100kg Jr 20-23																
1	Matthew Schrodell	MD	100kg	99.1	21	210	220.0	227.5	130	137.5	142.5	225	235.0	245.0	615	375.642	
	110kg Jr 18-19																
1	Tate Newman	MD	110kg	108	18	187.5	197.5	205.0	137.5	145.0	150.0	230	250.0	272.5	627.5	371.417	

USPA 6th Mid-Atlantic Classic February 22, 2020 Federick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	SHW Jr 20-23																
1	Jeremiah Mkandawire	MD	SHW	182.2	21	287.5	305.0	312.5	192.5	202.5	207.5	240	255.0	272.5	792.5	425.652	
	67.5kg Open																
1	Brian Bowers	MD	67.5kg	65	27	170	190	200	87.5	97.5	102.5	202.5	217.5	227.5	510	405.552	
	75kg Open																
1	Joseph Midiri	PA	75kg	74.7	23	195	207.5	215	130	137.5	137.5	240	252.5	252.5	597.5	426.974	
2	Kristopher Macalinao	MD	75kg	75	31	165	172.5	177.5	105	107.5	-----	197.5	207.5	220	490	349.174	
	82.5kg Open																
1	Julian Baca	MD	82.5kg	82	38	195	210	217.5	135	145	150	215	230	237.5	597.5	401.759	
2	Samuel Lian	MD	82.5kg	82.5	28	185	200	207.5	125	132.5	135	227.5	237.5	247.5	590	395.241	
3	Andrew Poe	MD	82.5kg	82	21	170	172.5	200	117.5	130	137.5	200	230	230	530	356.372	
	90kg Open																
1	Janiel Suren	MD	90kg	89.6	24	230	242.5	242.5	137.5	145.0	-----	230	240.0	247.5	622.5	398.276	
2	Trevor Tremps	VA	90kg	89.4	24	170	185.0	192.5	110	120.0	125.0	220	235.0	255.0	572.5	366.744	
3	Kevin Velasco	MD	90kg	88.5	42	182.5	182.5	182.5	140	150.0	160.0	187.5	202.5	210.0	552.5	355.81	362.926
4	Chris Kron	MD	90kg	87.2	34	195	202.5	210.0	115	120.0	127.5	197.5	202.5	210.0	540	350.514	
5	David Andrews	MD	90kg	82.6	27	160	177.5	185.0	120	130.0	135.0	182.5	212.5	217.5	527.5	353.109	
6	Ryan Cluney	MD	90kg	87.6	35	160	170.0	182.5	112.5	117.5	120.0	192.5	212.5	217.5	517.5	335.081	
7	Jeremy Kim	MD	90kg	87.4	25	165	175.0	180.0	95	100.0	110.0	165	175.0	185.0	465	301.46	
8	Michael Kim	MD	90kg	86.1	26	150	157.5	165.0	105	110.0	115.0	165	175.0	185.0	460	300.656	
9	Jonathan Anker	MD	90kg	85.4	25	137.5	140.0	167.5	97.5	105.0	115.0	170	195.0	197.5	435	285.621	
	100kg Open																
1	Matt McGraw	MD	100kg	97	31	250	260.0	265.0	160	170.0	177.5	270	282.5	290.0	720	443.736	
2	Nicolas Nuala	MD	100kg	98.1	22	182.5	187.5	192.5	147.5	152.5	157.5	227.5	237.5	247.5	597.5	366.507	
DQ	Eselebor Okojie	MD	100kg	97.2	23	115	142.5	142.5	115	125.0	137.5	182.5	205.0	-----	0	0	
	110kg Open																
1	Michael Eaton	MD	110kg	107.7	43	227.5	250.0	272.5	170	182.5	187.5	295	320.0	-----	780	462.072	
2	Rashad Tucker	MD	110kg	101.2	34	217.5	227.5	235.0	132.5	137.5	142.5	245	255.0	260.0	637.5	386.134	
3	Tate Newman	MD	110kg	108	18	187.5	197.5	205.0	137.5	145.0	150.0	230	250.0	272.5	627.5	371.417	
4	Johnnie Baker	MD	110kg	105.7	50	180	197.5	212.5	137.5	137.5	150.0	240	245.0	255.0	617.5	368.154	416.013
5	Matthew Barrow	MD	110kg	109.5	40	185	195.0	210.0	142.5	142.5	155.0	225	250.0	272.5	615	362.42	362.42
6	Robert Heaney	MD	110kg	109.2	44	197.5	207.5	215.0	145	155.0	160.0	210	227.5	232.5	602.5	355.355	370.635
7	Ryan Moore	MD	110kg	108.3	31	205	215.0	227.5	142.5	147.5	150.0	210	215.0	225.0	590	348.926	

USPA 6th Mid-Atlantic Classic February 22, 2020 Federick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	125kg Open																
1	Clint Bissonnette	VA	125kg	120	33	205	205.0	210.0	150	160.0	160.0	240.0	250.0	260.0	615	353.564	
2	Alexander Hawkins	MD	125kg	124.4	24	182.5	192.5	202.5	127.5	132.5	137.5	232.5	245.0	255.0	595	339.388	
	SHW Open																
1	Thomas Fulks	MD	SHW	147.6	29	195	205.0	215.0	115	125.0	132.5	205	225.0	232.5	572.5	317.509	
	82.5kg Submaster																
1	Julian Baca	MD	82.5kg	82	38	195	210	217.5	135	145	150	215	230	237.5	597.5	401.759	
	90kg Submaster																
1	Peter Shaffer	MD	90kg	84.2	37	157.5	172.5	180.0	120	127.5	132.5	187.5	205.0	217.5	522.5	345.843	
2	Ryan Cluney	MD	90kg	87.6	35	160	170.0	182.5	112.5	117.5	120.0	192.5	212.5	217.5	517.5	335.081	
	90kg Master 40-44																
1	Kevin Velasco	MD	90kg	88.5	42	182.5	182.5	182.5	140	150.0	160.0	187.5	202.5	210.0	552.5	355.81	362.926
2	William Keith	MD	90kg	88.9	40	147.5	150.0	160.0	147.5	155.0	155.0	185	192.5	195.0	502.5	322.806	322.806
	90kg Master 55-59																
1	Donald Berry	MD	90kg	88.7	59	160	175.0	175.0	105	110.0	115.0	170	185	197.5	482.5	310.344	408.102
	100kg Master 45-49																
1	Tom Haifley	MD	100kg	99.2	45	200	215.0	227.5	150	162.5	170.0	250	265.0	277.5	667.5	407.576	429.992
	100kg Master 55-59																
1	Jim Sands	MD	100kg	93.3	58	145	155.0	157.5	75	82.5	90.0	147.5	165.0	172.5	400	250.88	323.886
	100kg Master 60-64																
1	Timothy Spickler	MD	100kg	98.7	61	137.5	145	150.0	90	95.0	100.0	175	185.0	190.0	440	269.192	367.716
	100kg Master 65-69																
1	Gary Perlow	VA	100kg	97.8	68	140	147.5	150.0	100	107.5	110.0	165	177.5	182.5	440	270.248	425.911
	110kg Master 40-44																
1	Matthew Barrow	MD	110kg	109.5	40	185	195.0	210.0	142.5	142.5	155.0	225	250.0	272.5	615	362.42	362.42
2	Robert Heaney	MD	110kg	109.2	44	197.5	207.5	215.0	145	155.0	160.0	210	227.5	232.5	602.5	355.355	370.635
	110kg Master 50-54																
1	Johnnie Baker	MD	110kg	105.7	50	180	197.5	212.5	137.5	137.5	150.0	240	245.0	255.0	617.5	368.154	416.013
Women Classic Raw Powerlifting																	
	82.5kg Open																
1	KaMaria Bain	MD	82.5kg	80	34	140	147.5	147.5	65	70	73	155	165	172.5	385.5	352.733	

USPA 6th Mid-Atlantic Classic February 22, 2020 Federick, MD

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Classic Raw Powerlifting																	
	90kg Jr 16-17																
1	Joseph Mountcastle	MD	90kg	86.3	17	215	227.5	240.0	145	155.5	155.5	227.5	235.0	247.5	620	404.736	
	100kg Jr 20-23																
1	Jason Sizemore	MD	100kg	99.6	23	187.5	205.0	217.5	142.5	150.0	155.0	232.5	257.5	275.0	630	384.048	
	90kg Open																
1	Eric Phares	MD	90kg	89.7	29	185	---	---	120	125.0	132.5	182.5	192.5	220.0	537.5	343.731	
	100kg Open																
1	Andrew Williams	VA	100kg	90.3	29	207.5	225.0	240.0	137.5	147.5	160.0	250	272.5	282.5	660	420.618	
2	Jason Sizemore	MD	100kg	99.6	23	187.5	205.0	217.5	142.5	150.0	155.0	232.5	257.5	275.0	630	384.048	
	82.5kg Master 60-64																
1	Charles Walton	NC	82.5kg	82.2	62	155	155.0	170.0	122.5	132.5	140	185	205.0	217.5	507.5	340.736	474.645
Men Single Ply Powerlifting																	
	82.5kg Jr 20-23																
1	Tristan Howerton	MD	82.5kg	80.5	23	215	230.0	250.0	120	130.0	137.5	227.5	240.0	250.0	600	408	
	82.5kg Open																
1	Tristan Howerton	MD	82.5kg	80.5	23	215	230.0	250.0	120	130.0	137.5	227.5	240.0	250.0	600	408	
	100kg Open																
1	Donald Riffle	MD	100kg	99.1	51	272.5	290.0	290.0	170	177.5	182.5	272.5	287.5	300.0	750	458.1	
Women Raw Bench Only																	
	67.5kg Open																
1	Alisa Ellis	VA	67.5kg	66	51				105	107.5	111				111	115.151	132.079
	67.5kg Master 50-54																
1	Alisa Ellis	VA	67.5kg	66	51				105	107.5	111				111	115.151	132.079
Men Raw Bench Only																	
	67.5kg Open																
1	Mike Vito	MD	67.5kg	65.6	59				125	142.5	147.5				142.5	112.447	147.867
	75kg Open																
1	John Morgan	MD	75kg	73	35				132.5	135	140				135	98.064	

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	90kg Open																
1	Semaj Pollard	DE	90kg	86.5	25				175	175.0	177.5				177.5	115.712	
	100kg Open																
1	Zane Esche	MD	100kg	98.8	37				155	172.5	185.0				185	113.146	
	125kg Open																
1	Kevin Pirri	MD	125kg	119.8	30				195	205.	217.5				217.5	125.084	
	100kg Submaster																
1	Zane Esche	MD	100kg	98.8	37				155	172.5	185.0				185	113.146	
	67.5kg Master 55-59																
1	Mike Vito	MD	67.5kg	65.6	59				125	142.5	-147.5				142.5	112.447	147.867
	100kg Master 40-44																
1	Craig Acampora	MD	100kg	97.7	43				160	170.0	180.0				180	110.592	114.02
Men Raw Deadlift Only																	
	140kg Open																
1	Robert Elshafey	MD	140kg	127.1	28							192.5	195.0	215.0	215	122.12	

Best Lifters:

Joseph Midiri	Raw Jr Men PL
Yelena Espinoza	Raw Open Women PL
Michael Eaton	Raw Open Men PL
Tom Haifley	Raw Master Men PL
Kevin Pirri	Raw Open Men BPO

Record Color Codes:
State
National

Meet Director: Johnny Layne

Thank you to our officials:

International	Johnny Layne and Nick Tsourounis
National	Spencer Flanagan
State	Al Arvey, Rose Brown Eagle, James Mingle and Tyler Keen
	George Spohrer, Jamaal Grimes, Pamela Freud, Travis Roger and Jessica Rogers

Support Staff:

Spotter/Loaders	Dave May, Alexander Mcneal, Tracy Anderson, Corey Byington, Cody Figgatt, Joshua Jennings, Angel Arias, Logan Nelson and Kris Hale
Announcer	George Spohrer and Johnny Layne

Sponsors:

Bench Blokz, Intense Attire, Platform Ready, Bent Bar Strength, Metal Empire Productions, Papa Bear Strong Foundaton and Intense Prints