

2024 USAW Masters Nationals Start List

1 - USAW Masters Nationals

2 - USAW Masters Nationals Adaptive

3 - USAW Masters Nationals Service Member

Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps	
1	Red	Thu Mar 21	f	W80	59	125	83	BADER Emily	40	FOREVER YOUNG BARBELL	1	
					64	146	73	ROBINSON Deborah	90	Polaris Weightlifting	1	
		Weigh In 6:00 AM		W70	76	152	74	MOORE Rose Marie	61	Unaffiliated	1	
					64	352	65	RAY Patricia	58	Unaffiliated	1	
		Start 8:00 AM		W65	71	8	69	ARROW Holly	90	Eastside Barbell	1	
					76	371	66	MOORE Denise	90	Unaffiliated	1	
					76	76	67	COURNOYER Rene	64	Marin Heavy Athletics	1	
					87	119	65	M YOUNG Doncella	74	CHFP WEIGHTLIFTING CLUB	1	
1	Blue	Thu Mar 21	m	M90	89	24	91	FASSETT James	53	MILLER WEIGHTLIFTING	13	
					89	85	81	SHULL Glenn	135	Polaris Weightlifting	1	
		Weigh In 6:00 AM		M75	55	396	75	JOHNSON Ronald	65	Eastside Barbell	1	
					61	250	75	MILLER JEROME	100	Unaffiliated	1	
		Start 8:00 AM		M75	89	159	76	ARNOLD Philip	128	PARAMOUNT BARBELL CLUB	1	
					89	29	75	PAPARELLA William	112	Unaffiliated	1	
					437	76	76	CAVANO Robert	100	THE SPORTS PALACE	1	
					89	123	74	HANSEN Paul	109	KC WEIGHTLIFTING	13	
2	Red	Thu Mar 21	m	M75	96	25	77	NICKELL Donald	125	Unaffiliated	1	
					73	456	73	HOLLAND Clarke	118	Unaffiliated	1	
		Weigh In 8:00 AM		M70	114	73	73	WEINGARTEN Nicholas	114	MILLER WEIGHTLIFTING	1	
					81	172	71	CHIANG Gordon	122	Marin Heavy Athletics	1	
		Start 10:00 AM		M70	349	74	74	MATTHEWS Alvin	110	LAS VEGAS BARBELL	13	
					89	123	74	HANSEN Paul	109	KC WEIGHTLIFTING	13	
					96	6	72	RUSSELL Dan	108	Unaffiliated	1	
					55	183	62	GUTERRES Sandra	80	Ohana Dome Barbell Club	1	
2	Blue	Thu Mar 21	f	W60	263	64	64	KINJO Terri	77	Pacific Weightlifting	1	
					50	62	62	PETERS Donna	80	PARAMOUNT BARBELL CLUB	1	
		Weigh In 7:40 AM			W60	59	97	64	MOYLAN Kellie	80	1Kilo	1
						243	63	63	BENDER Angie	70	BlueWave Weightlifting	1
		Start 9:40 AM			W60	385	61	61	SEALS Laura	66	Eastside Barbell	1
						96	62	62	GARBER Kelly	110	PARAMOUNT BARBELL CLUB	1
						99	63	63	KOROTKIN Tierney	86	Team Aita	1
						64	325	62	DOHERTY Melissa	85	Eastside Barbell	1
						141	60	60	JOHNSON Deanna	80	Eastside Barbell	1
						312	60	60	BENNETT Debbie	78	Pilchuck Barbell	1
						236	64	64	SCHUSTER Jill	70	Corvallis Strength	1
						49	26	55	CASTRO Dana	81	Fort-Nash WLC WA	1
3	Red	Thu Mar 21	f	W55	55	406	58	EVANS Suzanne	85	PARAMOUNT BARBELL CLUB	1	
					192	58	58	GERHARD Susan	102	THE SPORTS PALACE	1	
		Weigh In 9:40 AM			W55	59	323	59	PEREZ Susannah	98	Long Beach Weightlifting	1
						93	58	58	ANZALDO Judith	80	PRECISION BARBELL	1
		Start 11:40 AM			W55	64	420	55	PICKING Michelle	130	Fourteen Forty Collective	1
						173	55	55	SPRAGUE Jennifer	106	RCF Weightlifting Club	1
						225	57	57	OLSZEWSKI Deborah	103	Group III Barbell	1
						185	57	57	MILLER LeAlyce	98	Pilchuck Barbell	13
						71	193	55	BODDY Kirstin	92	Unaffiliated	1
						324	57	57	MYERS Vicki	90	Daidalos Weightlifting	1
313	55		55	SPAULDING Gladys		84	McKenna Weightlifting	13				
370	55		55	ERICKSON Tonya		71	CROSSFIT FORT VANCOUVER BARBELL CLUB	1				

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps	
3	Blue	Thu Mar 21	f	W60	71	408	63	OLSSON Litsa	107	Unaffiliated	1	
						176	60	COE Carrie	100	Xcel Barbell	1	
		339				60	JORDAN Jodi	100	NorCal Weightlifting	1		
		66				60	KAZMIERCZAK Barbara	95	CALIFORNIA STRENGTH	1		
		Weigh In 10:00 AM			81	158	61	HERRING Brandi	96	Unaffiliated	1	
						111	63	BINZER Margaret	94	CHFP WEIGHTLIFTING CLUB	1	
		Start 12:00 PM			87	400	60	DAHLMAN Kathy	110	FRONT RANGE WLC	1	
						53	63	BOWENS Doreen	85	MURDER OF CROWS	1	
					87+	75	60	GALLOWAY Michelle	110	BOISE BARBELL	1	
						81	124	64	REED Clay	130	Unaffiliated	1
4	Red	Thu Mar 21	m	M60	89	293	61	DEGTYAREV Aleksandr	195	Unaffiliated	1	
						94	60	GOUGH Eric	156	CALIFORNIA STRENGTH	1	
		15				62	MCCLURE William	140	Joe Barbell Club	1		
		286				64	POWELL Stephen	180	Attitude Nation Barbell Club	1		
		Weigh In 12:00 PM			96	54	60	BERRY RAYMOND	145	CROSSFIT FORT VANCOUVER BARBELL CLUB	1	
						109	454	61	MADER Douglas	140	FRONT RANGE WLC	1
		Start 2:00 PM			109+	132	64	MADSEN Robert	190	Fort-Nash WLC WA	1	
						89	394	65	SIMMONS Charlie	144	Unaffiliated	1
					Thu Mar 21	76	429	65	LADANGA Arthur	118	LAS VEGAS BARBELL	1
							298	65	HAMMING Steve	170	Unaffiliated	1
Weigh In 12:00 PM	96	422	68	GURTIS JW	125	Unaffiliated	1					
		4	68	HERDER Douglas	123	Unaffiliated	13					
	219	66	BURK Joe	122	Texas Revolution Weightlifting Club	1						
	315	69	POLAKOWSKI Christopher	122	Delaware and Vermont Weightlifting	1						
	Start 2:00 PM	102	297	66	BARRY James	147	TITAN WEIGHTLIFTING ASSN	1				
			55	57	PIPER Vicki	125	Industrial Strength WLC	1				
5	Red	Thu Mar 21	f	W55	76	226	55	DORNBUSH Krista	110	Southern California Weightlifting Club	1	
						131	58	HAGEN Monica	97	Lotus Barbell Club	1	
		20				56	THURSTON Marni	129	TEAM SAVANNAH	1		
		233				55	WITTORFF Christine	94	Battle Born Barbell	1		
		Weigh In 1:45 PM			81	196	56	HOWELL Kelley	88	Eastside Barbell	1	
						336	56	WILLIAMS Zara	121	BlueWave Weightlifting	1	
		Start 3:45 PM			87	532	58	BEVANS Leanda	102	Alee Athletics	12	
						450	57	RAPPLIN Tracy	99	Marin Heavy Athletics	1	
					87+	441	56	HANSCOM Deborah	144	BOISE BARBELL	1	
						387	57	BERHOW Jana	100	CHFP WEIGHTLIFTING CLUB	1	
5	Blue	Thu Mar 21	m	M55	73	320	59	DITTLER Kevin	180	Scottsdale Barbell	1	
						282	58	NGUYEN Lan	160	Manhattan Barbell	1	
		115				57	CADDEN Tom	154	EAST COAST GOLD W/L TEAM	1		
		81				418	56	KUNITZ Daniel	203	Unaffiliated	1	
		Weigh In 1:45 PM			89	459	56	ARROYO Robert	230	Fort-Nash WLC WA	13	
						319	58	WINEGAR Weston	191	Unaffiliated	1	
		Start 3:45 PM			96	87	56	OSENBAUGH Ron	150	San Francisco Weightlifting Club	13	
						148	55	SCHANG Steve	137	HEAVY METAL BARBELL	13	
					419	57	STANGE Troy	190	RoseCity Barbell	1		
					232	58	JANICKI Charles	187	Unaffiliated	1		
194	56		FLAGG Marshall	180	CALIFORNIA STRENGTH	1						
59	57		DEHLE Darin	160	Eastside Barbell	1						
102	410	55	NICHOLLS Steve	230	Unaffiliated	1						
	274	58	PATTON Scott	184	PRECISION BARBELL	1						
	109+	395	59	TOWNE Christopher	180	Myo Barbell	1					

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps							
6	Red	Thu Mar 21 Weigh In 3:45 PM	f	W50	64	78	52	REDWINE Tiffany	120	Optimus Barbell Club	1							
						491	50	GRIFFIN Shannon	120	Unaffiliated	1							
						417	51	MONTALBANO Deanna	116	Unaffiliated	1							
						378	51	MILLIGAN Michelle	113	Valhalla Weightlifting	1							
						335	52	WIPFF Elizabeth	100	Joe Barbell Club	1							
						301	53	EMERY Amy	91	Unaffiliated	1							
		Start 5:45 PM			71	265	50	BOLLMAN Jolene	124	CROSSFIT FORT VANCOUVER BARBELL CLUB	13							
						304	54	AZULAY Halelly	122	PRECISION BARBELL	1							
						330	50	KENT Melanie	114	KC WEIGHTLIFTING	13							
						269	52	ANDERSON Emily	110	Marin Heavy Athletics	1							
						354	50	DUBBIN Margaret	110	BlueWave Weightlifting	1							
						475	52	POWERS Jennifer	101	Eastside Barbell	1							
						165	54	LOVELACE Katja	100	Unaffiliated	1							
						6	Blue	Thu Mar 21 Weigh In 4:15 PM	f	W50	45	272	53	CHRISTIAN Monique	87	NorCal Weightlifting	1	
49	103	52	DERE Linda	90	Unaffiliated							1						
	49	53	CHEN-EDWARDS Jenny	76	PRECISION BARBELL							1						
	393	53	LADAO Stella	130	LONG ISLAND WLC							1						
Start 6:15 PM	55	186	53	KWON GRACIA Mira	128							Haworth Weightlifting	1					
		100	54	SANSONE Rosanna	123							Marin Heavy Athletics	1					
		483	54	NELSON Jennifer	105			Unaffiliated			1							
		333	50	JORDA Danielle	90			SENSE Weightlifting Village			1							
		59	211	50	GALLI Catherine			112			Brooklyn Training Hall	1						
		8	Red	Fri Mar 22 Weigh In 6:00 AM	m			M50			67	157	50	PALMA Martin	180	Move Mountains Training	1	
												73	83	51	OSAWA Ryo	155	Unaffiliated	1
													222	50	LAW Michael	155	Brooklyn Training Hall	1
Start 8:00 AM	M45										67	180	46	LAU Tony	190	FOUNDATION BARBELL	1	
												89	49	WILLMOTH Jonathan	180	Unaffiliated	1	
						228	48		BARCLAY Sean	170		CALAVERA BARBELL	1					
				199		46	RIDENOUR Jonathan	148	HEAVY METAL BARBELL	1								
				73		155	45	FLORENDO Sid	190	Long Beach Weightlifting	1							
		266	45			PARENTO Theodore	175	CALAVERA BARBELL	1									
		8	Blue			Fri Mar 22 Weigh In 6:00 AM	m	M50	81	95	51	SONU CHIN	190	Unaffiliated	1			
										56	50	DAMASCO Nestor	180	BARBARIAN BARBELL CLUB	1			
Start 8:00 AM	89			195					50	BADER Ryan	230	PR WEIGHTLIFTING	1					
				129					50	EROS Danial	200	LAS VEGAS BARBELL	1					
				130					53	BOURGEOIS John	190	Unaffiliated	1					
				488	51				TOURKOW Adam	180	PRECISION BARBELL	1						
				218	54	MARTINEZ Ramiro			176	Unaffiliated	1							
				466	50	VILLANUEVA Freddie			175	Villain Barbell	1							
				96	261	52			MALKIN Robert	220	EAST COAST GOLD W/L TEAM	1						
					109	54			FEZZA Robert	200	POWER AND GRACE PERFORMANCE.	1						
102	160			51	GIVENS Jeremy	190			Bexar Barbell	1								
9	Red			Fri Mar 22 Weigh In 8:00 AM	f	W50			76	217	54	SCOTT Loretta	125	Team SAW	1			
										376	53	HATMAKER Lauren	122	Eastside Barbell	1			
										223	50	GUARNERY Natalie	110	Moran Academy	1			
		17	54				DEES-BARRIOS Candace	105		CALIFORNIA STRENGTH	1							
		Start 10:00 AM	81				5	50		JONES Nadine	113	Unaffiliated	1					
							472	54		WOOD Roberta	109	Unaffiliated	1					
				87			139	50	KORCHNAK Elizabeth	130	CHFP WEIGHTLIFTING CLUB	1						
							363	50	BAGANZ Joy	118	Locked & Loaded Strength	1						
				87+			162	53	TEEL Kristina	146	The Strength Shack	1						
							14	54	HANSCOM Karena	110	BOISE BARBELL	1						

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						482	50	BERRY Tammy	110	CROSSFIT FORT VANCOUVER BARBELL CLUB	1

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps	
9	Blue	Fri Mar 22	f	W45	49	80	47	DRISCOLL Krisanne	102	Heroic Barbell	1	
						262	49	SPIES Wendy	130	HASSLE FREE BBC	1	
		Weigh In 8:00 AM			55	344	45	SANDOVAL Caroline	102	Ape Arena	1	
						86	49	TOURKOW Jodi	101	PRECISION BARBELL	1	
		Start 10:00 AM			59	331	46	LAPATAS DEVA	100	Unaffiliated	1	
						345	46	HEJTMANEK Katherine	150	Brooklyn Training Hall	1	
						433	45	ISIDORO Nadia	130	Leo's Den	1	
						238	47	JURADO Audrey	120	BPM Barbell Club	1	
		242			48	JONES Soupha	110	CALAVERA BARBELL	1			
		10			Red	Fri Mar 22	m	M45	81	316	49	GUARNEROS Abraham
116	46		MARTENS Jurgen	188						LAS VEGAS BARBELL	1	
209	49		OSWALD Andrew	182						Unaffiliated	1	
52	48		BEN-HAIN Michael	175						Bexar Barbell	1	
Weigh In 10:00 AM	89		175	47		LEE James			207	LAS VEGAS BARBELL	1	
			65	46		ESPIRITU Ryan			180	Southern California Weightlifting Club	1	
Start 12:00 PM	96		69	49		HARBERT Shawn			173	Heroic Barbell	13	
			61	47		CARMONA Jose			150	Sanctuary Barbell	13	
			463	45		MILLER Josh			215	Heroic Barbell	1	
			81	47		REICHARD Mike			205	Southern California Weightlifting Club	1	
267	47	DEFINIS Peter	180	Denver Barbell Club	1							
10	Blue	Fri Mar 22	f	W45	64	126	48	GREENSLADE Valerie	145	Oly Concepts	1	
						88	47	PARKIN Crysta	142	Detour Barbell Club	1	
		Weigh In 10:00 AM				442	49	49	KLEIN Erin	125	Unaffiliated	1
							492	48	BRUNO Maria	125	EAST COAST GOLD W/L TEAM	1
		Start 12:00 PM				309	3	46	ALFARO Vanessa	120	LAS VEGAS BARBELL	1
							309	45	HARRISON Stacy	115	Smash Barbell	1
							423	49	MOORE Catherine	115	Unaffiliated	1
							135	47	VALENZUELA Jessica	95	Move Mountains Training	1
		104				46	CHAVEZ Josie	92	Eastvale Barbell	1		
		11				Red	Fri Mar 22	f	W45	71	474	48
283	46		SMITH Beth	123	Unaffiliated						1	
Weigh In 12:00 PM	204		43	46	BURROWS Kelly		120				LAS VEGAS BARBELL	1
			204	48	STANSEL Pennye		120				HEAVY METAL BARBELL	1
Start 2:00 PM	270		48	48	ARTIGA Samantha		120				CHFP WEIGHTLIFTING CLUB	1
			337	46	HORN Alexis		114				Team Aita	1
			364	47	VICKERY Megan		110				CROSSFIT FORT VANCOUVER BARBELL CLUB	1
			249	47	FALLICA Brandi		106				Southern California Weightlifting Club	1
425	45		THOMPSON Joy	106	BOISE BARBELL		1					
342	48		KINNEY Christy	99	PARAMOUNT BARBELL CLUB		1					
362	47	ANAYA EVERETT Aimee		CATALYST ATHLETICS	1							
11	Blue	Fri Mar 22	m	M50	109	355	51	DAVIS Ben	190	First Coast Weightlifting	1	
						212	52	HERRERA Paul	240	FRONT RANGE WLC	1	
						109+	73	MEHRTENS John	205	KJ Barbell	13	
						367	53	OSS Eric	198	Magnus Barbell	1	
		Weigh In 11:45 AM		102	9	45	DINIUS Jason	270	PR WEIGHTLIFTING	1		
					229	47	STERLING Max	206	Haworth Weightlifting	1		
		Start 1:45 PM		109	182	49	DRESSLER Aaron	237	Good Times Barbell Club	13		
					231	47	CORNWELL Kaleo	210	CALIFORNIA STRENGTH	1		
					27	48	WRIGHT Kevin	195	FOREVER YOUNG BARBELL	1		
					264	48	CAMPBELL James	195	IKON Strength	1		
444	45	SISNEROZ Martin	210	Heroic Barbell	1							
109+	446	48	ASPURIAS Orlando	210	No Guts No Glory BBC	1						

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						102	45	KRISTAL Jason	205	Unaffiliated	1

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12	Red	Fri Mar 22 Weigh In 2:00 PM	f	W45	76	276	47	HOVAN Amy	168	Eastside Barbell	1		
						245	46	KRAUSE Heather	115	CHFP WEIGHTLIFTING CLUB	1		
						254	47	DI FIORE Angela		Catalyst Masters	1		
		81			184	49	BROWN Katherine	164	Haworth Weightlifting	13			
					38	45	HABEL Paula	138	Unaffiliated	1			
					145	48	HILL Misty	107	SemperFit Barbell	1			
	87	334	45	MARTIN Anna	155	KC WEIGHTLIFTING	1						
		240	45	STERRETT Marissa	140	Vardanian Weightlifting	1						
		161	48	MALYUTINA Nataliya	138	Unaffiliated	1						
	Start 4:00 PM	87+	107	49	VALOSEK Jennifer	125	CALIFORNIA STRENGTH	1					
			343	48	HOPKINS Chelsea	151	Eastside Barbell	1					
			436	49	WELSHER Wendy	112	NorCal Weightlifting	1					
12	Blue	Fri Mar 22 Weigh In 2:00 PM	f	W40	45	375	40	BUSMAN Jessica	93	FOREVER YOUNG BARBELL	1		
						49	486	42	WONGTEP Panatda	116	CALIFORNIA STRENGTH	1	
						55	405	43	AGENA Karen	119	CHFP WEIGHTLIFTING CLUB	1	
		Start 4:00 PM			55	392	44	LUTTRELL Marjolene	117	TOUGH TEMPLE BARBELL CLUB	1		
						479	42	LIU Sabrina	110	Vice Weightlifting	1		
						239	42	JEMIONEK Mischa	105	McKenna Weightlifting	1		
13	Red	Fri Mar 22 Weigh In 4:00 PM	f	W40	59	412	40	HENSON Natasha	140	Pacific Weightlifting	1		
						82	44	BAUER Alice	130	Verdant Barbell	1		
						216	40	SUDJAPUN Andrea	128	TOUGH TEMPLE BARBELL CLUB	1		
						248	43	CHARD Erica	123	Catalyst Masters	1		
		Start 6:00 PM			59	246	40	CHOW Rebecca	119	HASSLE FREE BBC	1		
						206	40	MIYASAKI Kendele	115	Valley Strength Weightlifting	1		
						413	42	HUMPHREYS Jillian	100	TOUGH TEMPLE BARBELL CLUB	1		
						275	40	LEIVA Katherine		Team SAW	13		
13	Blue	Fri Mar 22 Weigh In 3:25 PM	m	M40	61	235	41	LOUIE Daniel	175	Marin Heavy Athletics	1		
						67	397	42	ARMSTRONG Aaron	227	MISSOURI VALLEY MASTERS	13	
							58	41	HARNEY Christopher	195	Fortis Weightlifting Club	1	
							40	41	MAO Kenneth	187	Leo's Den	1	
							358	42	RICHARDSON Wes	175	HEAVY METAL BARBELL	1	
						Start 5:25 PM	73	295	42	COZZA Mike	235	Unaffiliated	1
		409			42			BYBEE William	230	LAS VEGAS BARBELL	1		
		44			43			HERNANDEZ Carlos	210	CALAVERA BARBELL	1		
		289			41			BRAVO Lionel	202	BARBARIAN BARBELL CLUB	1		
		453			43			GIANG Johnathon	190	Unaffiliated	1		
		500			41			JOHNSON Edwin	190	Fortified Strength	1		
		Start 5:25 PM			73	374	44	MURRAY Aaron	186	Unaffiliated	1		
321	42		GARDEA Raymundo	185		Strength Academy Weightlifting	13						
327	42		ROBINSON Andrew	180		EMINENCE BARBELL CLUB	1						
279	41		HUBBLE Jonathan	179		Unaffiliated	1						
14	Red		Fri Mar 22 Weigh In 6:00 PM	f		W40	64	70	41	DISCIPULO Danice	116	Unaffiliated	1
								227	41	SUMODOBILA Trina	114	BARBARIAN BARBELL CLUB	1
		402			43			ALDAN Catherine	112	LAS VEGAS BARBELL	1		
		Start 8:00 PM	64		465			40	SKINNER Erica	112	HEAVY METAL BARBELL	1	
					34			43	WHITE Angela	110	Myriad Weightlifting	1	
					67			44	DEMARS Emily	110	Unaffiliated	1	
Start 8:00 PM	64	445	44	JOHNSON Ingrid	110	Heroic Barbell	1						
		481	41	CHAN Nina	108	Leo's Den	1						
		380	43	NGUYEN Melina	105	Myo Barbell	1						
Start 8:00 PM	64	384	41	MCCURDY Vanessa	1	Unaffiliated	1						

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14	Blue	Fri Mar 22	f	W40	71	51	43	TAYLOR Roslyn	120	Littleton Performance Barbell	1
						253	40	HEIBERG Emily	120	Industrial Strength WLC	1
						101	44	GROLL Delanie	118	Unaffiliated	1
		Weigh In 6:00 PM				45	42	COCHRAN Allyson	115	HEAVY METAL BARBELL	1
						326	43	LONG Carly	115	Unaffiliated	1
						28	43	ORWICK Dawn	110	FRONT RANGE WLC	1
		Start 8:00 PM				205	40	JACKSON Rachel	110	Puget Sound Weightlifting	1
						179	43	PEARSON CARNEY Sarah	107	Unaffiliated	1
						92	43	MACIAS Linda	105	Eastvale Barbell	1
15	Red	Sat Mar 23	f	W40	81	214	44	FELIX Julie	141	Vice Weightlifting	13
						351	40	BARRUS Stephanie	140	PRECISION BARBELL	1
						347	44	DAVYDOVA Vladislava	120	Unaffiliated	1
		Weigh In 6:00 AM				150	43	SOTO Sara	130	MURDER OF CROWS	1
						366	41	SEGADELLI Jen	130	PARAMOUNT BARBELL CLUB	1
						287	40	BAGBY Lisa	125	CHFP WEIGHTLIFTING CLUB	1
		Start 8:00 AM				136	42	FELIZ Yecenia	125	FOREVER YOUNG BARBELL	1
						356	40	ENGLEBRIGHT Amber	125	Gary's Gym	1
						449	43	THORNE Diana	125	Unaffiliated	1
15	Blue	Sat Mar 23	f	W40	64	203	41	WEST Lesley	145	Unaffiliated	1
						60	40	URSUA Flo	143	LAS VEGAS BARBELL	1
						278	42	HENESIAN Christina	140	Unaffiliated	1
		Weigh In 6:00 AM				91	43	EMERY Brenda	138	SBSC Weightlifting	1
						389	44	LO Baka	137	LAS VEGAS BARBELL	1
						151	42	SATTLER Charlene	130	Heartland Strength	1
		Start 8:00 AM				473	41	WHALEN Natalie	126	FRONT RANGE WLC	1
						33	43	GIRTON Christina	125	Pendulum Weightlifting	1
						207	44	WHITE Morgan	125	Unaffiliated	1
16	Red	Sat Mar 23	m	M40	81	156	40	KANE James	251	TEAM WESTERN NEW YORK	1
						142	43	BALTIERA Juan leo	235	Denver Barbell Club	1
						197	41	IGTIBEN Victor	235	Resident Barbell Club	1
		Weigh In 7:45 AM				403	42	JOHNSON Timothy	235	CODE 3 ATHLETICS	1
						79	40	ABILO Erlando James	222	BARBARIAN BARBELL CLUB	1
						71	41	NELSON Carl	217	MURDER OF CROWS	1
		Start 9:45 AM				357	42	CHAN Sai-Kit	205	THE SPORTS PALACE	1
						280	42	CONNER Brandon	200	ALLSOUTH Barbell	1
						16	Blue	Sat Mar 23	f	W40	71
288	40	TASH Jayme	159	Unaffiliated	1						
118	41	DELEAR Kelly	150	Brooklyn Training Hall	1						
Weigh In 7:45 AM	487	40	LENTINI Samantha	149	Heartland Strength			1			
	90	41	LEMMOND Carly	135	Denver Barbell Club			1			
	201	40	HORN Rebekah	130	Unaffiliated			1			
Start 9:45 AM	35	43	GUTIERREZ Daisy May	125	FOUNDATION BARBELL			1			
	478	40	WEST Amy	125	Joe Barbell Club			1			
	17	Red	Sat Mar 23	f	W40			76			
426						40	CORNEJO Angie		163	Wolf Pack Weightlifting	1
21						41	ROSARIO Stephanie		158	Alee Athletics	13
Weigh In 9:30 AM			277			40	TORRES Karen		140	Marin Heavy Athletics	1
			458			40	FORTUNA Alba		133	Brooklyn Training Hall	1
			23			42	BLANTON Erica		132	LAS VEGAS BARBELL	13
Start			244			40	BIEYRO Brigitte		130	Unaffiliated	1
			48			40	YATES Ashley		129	RoseCity Barbell	1
			257			42	BERONDA Brooke		125	Unaffiliated	1

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps	
		Start				208	40	HERNANDEZ Paige	120	CALAVERA BARBELL	1	
		11:30 AM				258	41	DUOME Samantha	112	LAS VEGAS BARBELL	1	
						63	42	MARSHALL Jessica	109	Ballard Barbell Club	1	
17	Blue	Sat			81	379	42	COOK Amanda	180	CALAVERA BARBELL	1	
		Mar 23				187	41	KENNEDY Christian	170	KC WEIGHTLIFTING	1	
						401	42	DOHERTY Kara	160	HASSLE FREE BBC	1	
		Weigh In	f	W40	87	108	42	SEPULVEDA Urbana	157	PRECISION BARBELL	1	
		9:30 AM				221	43	SHUMWAY Jenna	150	Southern California Weightlifting Club	1	
						36	43	CANN Amanda	148	Unaffiliated	1	
		Start				87+	391	43	DOUGLAS Kimberlee	190	Haworth Weightlifting	1
11:30 AM					314	41	DICKHUTE Stephanie	160	Heartland Strength	1		
18	Red	Sat				414	44	ADAMS Jason	220	Austin Barbell	13	
		Mar 23				281	44	ROBERTS Neil	215	TOUGH TEMPLE BARBELL CLUB	1	
						296	43	DOUGLAS Christopher	210	PARAMOUNT BARBELL CLUB	1	
		Weigh In	m	M40	89	300	42	TRAN Tom	210	Myo Barbell	1	
		11:30 AM				431	42	ROLAND Terrence	210	ALLSOUTH Barbell	1	
						439	40	BOLTON Jason	210	THE SPORTS PALACE	1	
						440	42	WEEKS John	210	TOUGH TEMPLE BARBELL CLUB	1	
		Start				489	41	CURBELO Jose	196	Unaffiliated	13	
		1:30 PM				105	44	SOZKESEN Efe	195	Standard Strength	1	
						386	42	BAUER Conrad		Unaffiliated	1	
18	Blue	Sat				303	40	TURNER Bryann	253	Unaffiliated	1	
		Mar 23				171	40	CUENCA Cesario	250	LAS VEGAS BARBELL	13	
					96	435	40	GARRETT Mike	250	95East Barbell Club	1	
						467	40	SCHREIBER Erik	228	Unaffiliated	1	
		Weigh In	m	M40		39	41	HOCKE Brandon	218	Evolution Barbell	1	
		11:30 AM				181	40	CHARPENTIER Nathan	217	Iron Haven Weightlifting	1	
						460	44	WAER Mat	240	The Strength Tank Weightlifting Club	1	
						102	372	40	GERLACH Jeffrey	225	Vardanian Weightlifting	13
						74	42	BAXTER Scott	220	Spoon Barbell Club	1	
						268	44	LEWIS Tim	209	KJ Barbell	1	
		Start				109	1	40	GODBAY Galen	250	Unaffiliated	1
		1:30 PM				109+	421	41	BOYD Matthew	270	Team SAW	1
							220	44	WALLS Chris	240	CROSSFIT FORT VANCOUVER BARBELL CLUB	13
19	Red	Sat				452	36	OKAMOTO Janyce	175	Black6 Barbell	1	
		Mar 23				259	38	GOLDSHER Eve	160	PARAMOUNT BARBELL CLUB	1	
						318	38	DVORIN Ashley	155	PR WEIGHTLIFTING	1	
						134	37	QUINONES Jessica	147	T & A Barbell	1	
		Weigh In	f	W35	59	493	38	BENNETT Patricia	145	Sanctuary Barbell	1	
		1:40 PM				485	37	FULGHUM Kate	140	Eastside Barbell	1	
						471	35	COSCIA Jillian	137	EAST COAST GOLD W/L TEAM	1	
						241	36	CRONIN Ashley	130	Unaffiliated	1	
						234	38	SHAW Mari	123	HASSLE FREE BBC	1	
						317	36	FOLEY Nicole	109	EAST COAST GOLD W/L TEAM	1	
		Start				428	39	KALISHCHUK Mariya	100	Unaffiliated	1	
		3:40 PM				106	37	SANCHEZ Cindy	98	LAS VEGAS BARBELL	1	
						167	38	RAZZ Sarah	98	XIOS Strength & Conditioning	1	
19	Blue	Sat			49	37	37	SANCHEZ Genessa	100	LAS VEGAS BARBELL	1	
		Mar 23				198	37	SAUCEDO Sara	100	Unaffiliated	1	
						407	36	CHARPENTIER Snow	158	Iron Haven Weightlifting	1	
		Weigh In	f	W35		138	38	PINE Jessica	145	EAST COAST GOLD W/L TEAM	13	
		1:40 PM				191	37	VEZINA Natalie Jean	140	Sanctuary Barbell	1	

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps
		1:40 PM			55	477	37	KUZMIK Alana	139	Union Weightlifting	1
						128	39	LAU Emily	123	FOUNDATION BARBELL	1
		Start				147	39	GLAB Kristin	120	MASS Strength	1
		3:40 PM				200	38	FUFIDIO Dominique	105	BlueWave Weightlifting	1

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps			
20	Red	Sat Mar 23	f	W35	64	31	38	QUAST Jessica	119	Ape Arena	1			
						7	37	MOYNIHAN Lindsey	115	Villain Barbell	1			
						154	39	WOOGEN Michelle	115	Eastside Barbell	1			
						382	38	SMILEY Sarah	115	FRONT RANGE WLC	1			
						121	35	AVERION Marie	113	Brooklyn Training Hall	1			
	Weigh In 3:30 PM	m	M35	71	306	35	CANLAS Alexandra	135	No Guts No Glory BBC	1				
					169	36	GIANG Nancy	132	Southern California Weightlifting Club	1				
					11	37	GUPTA Marisha	125	Indy City Barbell	1				
					19	35	KNIGHT ASHLEY	123	Unaffiliated	1				
					292	37	SOZA Jacqueline	120	Myo Barbell	1				
					451	39	MILLER Jenna	116	Enchanted Strength Weightlifting	1				
					170	38	ARNOLD Rebecca	114	Unaffiliated	1				
					434	39	CAIN Amethyst	112	Unaffiliated	1				
					424	37	BUZOVETSKY Olga	111	Unaffiliated	1				
					Start 5:30 PM	m	M35	73	55	497	35	MORALES ORTIZ Miguel	160	LAS VEGAS BARBELL
67	399	36	YEN Justin	185					Unaffiliated	1				
20	Blue	Sat Mar 23	m	M35	73	310	37	MCHALE Jonathan	245	Unaffiliated	1			
						72	36	HOWARD Jacob	225	Wolf Pack Weightlifting	1			
						13	37	EASTERLING Derrick	210	Team Aita	1			
						113	36	CLARAVALL Joshua	210	Unaffiliated	1			
						398	39	DUDDI Sunil	200	The Strength Tank Weightlifting Club	1			
						447	37	VUONG Vince	200	Unaffiliated	1			
						291	37	COLE Joey	195	Cully Strength	1			
						41	36	HIGGINS Sean	193	Unaffiliated	1			
						340	35	KIRSCHNER Jeremy	193	PARAMOUNT BARBELL CLUB	1			
						341	39	SANDELL Chris	185	Unaffiliated	13			
	Weigh In 4:00 PM	m	M35	73	237	38	HALPERIN Amy	170	Team SAW	13				
					120	39	JEFFERSON Stephanie	165	MASS Strength	1				
					359	35	JACKSON Denise	148	Unaffiliated	1				
					530	35	LOVE Samantha	141	PARAMOUNT BARBELL CLUB	123				
					256	35	GARMON Rachel	140	McKenna Weightlifting	1				
Start 6:00 PM	m	M35	73	251	35	BENEDIX Jamie	136	Wolf Pack Weightlifting	1					
				140	35	MANN Tara	125	Bull City Barbell	1					
				457	36	HOSTETLER Lauren	125	TEAM MONTANA	1					
				353	38	BARNES Ali	122	Karchut Barbell	1					
				210	35	BERRY Heather	120	Evolution Barbell	1					
21	Blue	Sat Mar 23	m	M35	81	98	38	YOUNG David	265	BlueWave Weightlifting	13			
						470	35	TAJIMA Alvin	265	Marin Heavy Athletics	1			
						166	36	DENNEY Aaron	245	ALLSOUTH Barbell	1			
						332	37	SCHUSTER Tony	230	Brooklyn Training Hall	1			
						377	39	WOLFE Chris	210	FRONT RANGE WLC	1			
						153	39	CHUNG Kenton	205	Leo's Den	1			
						189	35	HELFRICH Jason	205	Daidalos Weightlifting	1			
						299	37	NICHOLS Chris	205	NorCal Weightlifting	1			
						501	37	TUMAMAK Marc	200	Southern California Weightlifting Club	1			
						110	39	RITTER Zachary	197	AUSTIN WEIGHTLIFTING CLUB	1			
	Weigh In 6:00 PM	m	M35	81	190	35	SULLIVAN Michael	197	Champion Weightlifting	13				
					Start 8:00 PM	m	M35	81	190	35	SULLIVAN Michael	197	Champion Weightlifting	13

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22	Red	Sun Mar 24	f	W35	71	178	37	HARRIS Taylor	180	HEAVY METAL BARBELL	1
						346	36	ROSSMAN Karisa	170	Evolution Barbell	1
		462				39	ENRIQUEZ Alise	160	Eastside Barbell	1	
		369				35	NORDMEYER Jillian	158	CALAVERA BARBELL	1	
		416				39	SHOEMAKER Courtney	155	HEAVY METAL BARBELL	1	
		290				36	VAN VOORHIS Laura	152	CROSSFIT FORT VANCOUVER BARBELL CLUB	1	
		42				35	LINGAFELDT Melissa	140	HEAVY METAL BARBELL	1	
		84				37	WHYTE Reneshawn	140	CALAVERA BARBELL	1	
		149				39	LILLQUIST Erica	140	Southern California Weightlifting Club	1	
		285				35	ELEAZAR Rena	140	Brooklyn Training Hall	1	
22	Blue	Sun Mar 24	m	M35	89	215	37	SIMMONS Christopher	260	LAS VEGAS BARBELL	1
						144	37	ELDER Jacob	255	Bull City Barbell	1
		174				37	MARES Kris	252	HASSLE FREE BBC	1	
		271				38	MCRAE Taylor	250	Unaffiliated	1	
		133				35	GONZALEZ Kevin	240	Orlando Strength	13	
		499				38	MONTOYA Dominic	237	GARAGE STRENGTH	1	
		494				39	LEE Nicholas	235	MURDER OF CROWS	1	
		18				36	WONG Chris	230	SENSE Weightlifting Village	1	
		46				35	VIGLIENZONE Samuel	230	Unaffiliated	1	
		47				39	CASTRO Mario	225	Standard Strength	1	
490	37	BUSSELL Krystofer	220	MURDER OF CROWS	1						
368	38	COOPER Brady	211	Unaffiliated	1						
23	Red	Sun Mar 24	f	W35	76	388	38	PRESSLEY SCHLEH Challen	176	Marin Heavy Athletics	1
						443	39	ANDREW Kimberly	168	Eastside Barbell	1
		307				37	FEIST Amanda	165	GARAGE STRENGTH	1	
		360				38	MIYAMOTO Naoko	153	POWER AND GRACE PERFORMANCE.	1	
		496				36	TOWNSEND Andria	135	Unaffiliated	1	
		2				38	LE Kathleen	132	CHFP WEIGHTLIFTING CLUB	13	
		365				37	TREMAINE Andrea	131	Unaffiliated	1	
		10				35	KRZYSZTON Olga	130	Unaffiliated	1	
		302				39	MOORE Rachel	120	Montana Made	1	
		16				37	KRUSZEWSKI Jane	118	CHFP WEIGHTLIFTING CLUB	1	
468	35	PALMER Danielle	115	Heartland Strength	1						
23	Blue	Sun Mar 24	m	M35	96	30	37	SMARSH Brian	295	KC WEIGHTLIFTING	1
						252	37	EATON Steven	260	MASS Strength	13
		430				38	FRIMMEL Justin	245	1Kilo	1	
		168				36	LEVASHOV Kirill	220	Unaffiliated	1	
		202				36	LEUNG Arthur	220	CHFP WEIGHTLIFTING CLUB	1	
		255				38	GAINES Jack	220	Gaines' Gym	1	
		361				39	WILLSON Kyle	220	Unaffiliated	1	
		531				36	SANDBAL Dayton	220	NorCal Weightlifting	12	
24	Red	Sun Mar 24	f	W35	87+	308	37	CURTIS Katelyn	202	KC WEIGHTLIFTING	1
						484	38	MCGILLIVRAY Deanna	191	Enchanted Strength Weightlifting	1
		163				36	DOWGIN Samantha	185	CROSSFIT FORT VANCOUVER BARBELL CLUB	1	
		427				36	CHUCKA Samantha	157	POWER AND GRACE PERFORMANCE.	1	
		247				38	KORVELL Kristin	150	Puget Sound Weightlifting	1	
		411				35	ROBACK Lauren	138	LAS VEGAS BARBELL	1	
		260				39	SARFF Sarah	135	Valley Strength Weightlifting	1	
		455				37	ARNOLD Nicole	135	Southern California Weightlifting Club	1	
		117				36	HOLDRIDGE Andrea	134	Battle Born Barbell	1	
		62				36	ASHTON Allison	129	Battle Born Barbell	1	

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Sess	Pfm	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps				
24	Blue	Sun Mar 24	f	W35	81	328	35	THARP Chelsey	180	CATALYST ATHLETICS	1				
						143	36	NELSON Erin	175	Denver Barbell Club	1				
						137	38	BEERS Elyssabeth	160	Vardanian Weightlifting	1				
						383	37	GERASIMOS Jennifer	156	Unaffiliated	1				
						464	38	HANSON Courtney	155	Valley Strength Weightlifting	1				
						224	35	JARUSIRI Jemeline	130	LAS VEGAS BARBELL	1				
		Weigh In 10:30 AM			338	36	LAM Christina	130	Pacific Weightlifting	1					
					469	39	JAVIER Jennifer	130	LAS VEGAS BARBELL	1					
					Start 12:30 PM	77	36	WOMACK Annirose	180	Team Variant	1				
						498	36	ALEXANDER Laura	180	CATALYST ATHLETICS	1				
						480	36	MCHUGH Lauren	165	Unaffiliated	1				
						322	35	YOUNG Katherine	150	Unaffiliated	1				
		415				35	BEHREND Alexandra	140	BOISE BARBELL	1					
		404				37	TERESZCZENKO Alexandra	139	Rose City Barbell	1					
		25			Red	Sun Mar 24	m	M35	102	188	39	WOLFE Natalie	135	FRONT RANGE WLC	1
										273	38	CLEGG Samuel	260	Unaffiliated	1
										112	35	LINGAFELDT Seth	250	HEAVY METAL BARBELL	1
										381	36	GOMEZ Dom	230	Lift 6 for 6 Barbell Club	1
495	39		CHANG Herrick	230						Polaris Weightlifting	1				
64	38		ESCALANTE Erik	225						BARBARIAN BARBELL CLUB	1				
Weigh In 12:45 PM	284		37	ERICKSON Jason		205			Fog City BBC	1					
	68		37	WILP Kyle		290			1Kilo	1					
	Start 2:45 PM		177	36		CAPPETTA Jason			270	Tri State Barbell	1				
			213	35		BURK Jacob			261	Texas Revolution Weightlifting Club	1				
			127	38		CASTILLO Pablo			260	Strength Academy Weightlifting	1				
			57	37		STERLING Sean			235	Unaffiliated	1				
461		37	COGGINS Andy	213	ALLSOUTH Barbell	1									
				109+											