

NORCAL POWERLIFTING HUMAN KINDNESS 11.10.2019\_FINAL

Name	Age	Sex	Weight (lb)	Weight Class	Division	Category	Squat (kg)			Bench (kg)			Deadlift (kg)			Best Total (kg)	Coefficient Wilk's	Coefficient Age (Foster, McCulloch)
							1	2	3	1	2	3	1	2	3			
<b>WOMEN'S POWERLIFTING</b>																		
Lily Davis	12	F	82	97	Youth	R/P	50	55	57.5	27.5	30	0	55	60	65	152.5	236.54	NA
Estefania Zapata-Rodriguez	29	F	97	97	Novice	R/P	75	80	85	50	52.5	55	102.5	110	120	260	366.11	366.11
Kai Moore	13	F	102	105	Teen	R/P	50	55	60	25	27.5	30	57.5	62.5	65	155	210.82	#N/A
Michaela Diaz	30	F	113.4	114	Open	R/P	80	82.5	87.5	35	40	0	110	115	120	247.5	311.14	311.14
Jessica Siasoco	26	F	113.6	114	Open	R/P	100	105	110	42.5	50	55	100	105	110	275	345.24	345.24
Tia Orona	25	F	123	123	Novice	R/P	62.5	70	0	37.5	0	0	45	80	0	187.5	221.26	221.26
Kiki Lee Caldell	24	F	118.2	123	Open	R/P	62.5	67.5	72.5	25	35	0	70	72.5	0	180	219.13	219.13
Janel Bustamante	40	F	119.8	123	Novice	R/P	70	80	82.5	45	50	0	120	125	130	262.5	316.22	316.22
Janel Bustamante	40	F	119.8	123	Open	R/P	70	80	82.5	45	50	0	120	125	130	262.5	316.22	316.22
Janel Bustamante	40	F	119.8	123	Master	R/P	70	80	82.5	45	50	0	120	125	130	262.5	316.22	316.22
Elisa Zuniga	44	F	120	123	Master	R/P	0	0	0							0	0.00	0.00
Jaylin Mica	16	F	123.8	132	Teen	R/P	57.5	62.5	65	37.5	40	0	85	90	97.5	202.5	237.75	268.65
Zoe Concha	20	F	142.2	148	Junior	R/P	92.5	102.5	105	47.5	55	0	117.5	127.5	135	295	311.26	320.60
Thea Fisher	21	F	133.2	148	Open	R/P	87.5	92.5	95	42.5	45	47.5	105	110	115	257.5	285.54	291.25
Kelly Huang	21	F	138.6	148	Junior	R/P	97.5	105	115	0	35	42.5	97.5	110	120	277.5	298.50	304.47
Kira Freeman	33	F	144.2	148	Novice	R/P	82.5	90	92.5	50	55	57.5	107.5	0	112.5	262.5	274.12	274.12
Kira Freeman	33	F	144.2	148	Open	R/P	82.5	90	92.5	50	55	57.5	107.5	0	112.5	262.5	274.12	274.12
Hillary Bowers	42	F	148	148	Open	R/P	92.5	97.5	97.5	42.5	45	50	107.5	115	120	267.5	274.09	279.57
Hillary Bowers	42	F	148	148	Master	R/P	92.5	97.5	97.5	42.5	45	50	107.5	115	120	267.5	274.09	279.57
Pattie Krebs	68	F	148	148	Master	R/P	30	35	0	25	27.5	30	57.5	65	67.5	132.5	135.77	213.97
Molly Jones	32	F	163.6	165	Novice	R/P	75	90	97	0	0	0				97	92.83	92.83
Pamlea Teding	36	F	149.4	165	Open	R/P	0	137.5	142.5	65	70	72.5	132.5	140	142.5	357.5	363.84	363.84
Pamlea Teding	36	F	149.4	165	Sub-maste	R/P	0	137.5	142.5	65	70	72.5	132.5	140	142.5	357.5	363.84	363.84
Shalynn Mancini	20	F	179.2	181	Junior	R/P	125	135	140	62.5	0	72.5	135	140	147.5	360	326.55	336.34
Tifany Rafighi	33	F	179.6	181	Open	R/P	107.5	112.5	117.5	47.5	55	65	112.5	122.5	132.5	315	285.39	285.39
Julie Southern	46	F	260.8	275	Master	R/P	37.5	50	55	47.5	57.5	0	100	110	120	232.5	186.40	199.07
Mandy Smith	39	F	291.2	308	Sub-maste	R/P	152.5	162.5	175	82.5	87.5	0	152.5	0	0	415	326.21	326.21
Tatum McGuire	31	F	315	308+	Open	R/P	152.5	160	167.5	77.5	80	82.5	162.5	170	180	430	333.18	333.18
<b>PUSH/PULL</b>																		

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							1	2	3	1	2	3	1	2	3			
Tifany Rafighi	33	F	179.6	181	Open	P/P				47.5	55	65	112.5	122.5	132.5	197.5	178.93	178.93
<b>DEADLIFT</b>																		
Hillary Bowers	42	F	148	148	Open	RDL				42.5	45	50	107.5	115	120	170	174.19	177.67
Lucretia Whitmore Govers	48	F	147.2	148	Novice	RDL							72.5	82.5	87.5	87.5	90.01	98.74
<b>BENCH ONLY</b>																		
Mandy Smith	39	F	291.2	308	Sub-maste	R/P				82.5	87.5	0				87.5	68.78	68.78
<b>MEN'S POWERLIFTING</b>																		
Jordan Mica	7	M	90.4	97	Youth	R/P	37.5	40	42.5	25	27.5	0	57.5	60	65	135	174.58	NA
Dimitri Grover	14	M	124.2	132	Teen	R/P	80	85	90	87.5	92.5	97.5	97.5	102.5	0	290	262.47	NA
Jayden Bautista	16	M	140	148	Teen	R/P	100	105	0	60	62.5	0	107.5	115	122.5	290	235.21	265.79
Jonathan Lee	17	M	147	148	Teen	R/P	142.5	155	0	60	67.5	72.5	160	167.5	182.5	410	319.25	344.79
Christian Lopez	26	M	136	148	Open	R/P	115	125	0	75	80	0	140	147.5	150	355	295.30	295.30
Adrian Balagtas	28	M	147.6	148	Open	R/P	155	155	165	0	105	0	217.5	0	0	487.5	378.35	378.35
Carlito Bareng	39	M	147.4	148	Open	R/P	170	185	0	110	0	0	200	210	217.5	512.5	398.19	398.19
Adam Ferber	69	M	141.6	148	Master	R/P	52.5	55	62.5	62.5	65	67.5	62.5	67.5	77.5	207.5	166.67	268.34
Patrick Narciso	16	M	153.2	165	Teen	R/P	130	135	137.5	72.5	77.5	82.5	147.5	155	160	380	286.37	323.60
Eli Romero	22	M	160.4	165	Junior	R/P	120	127.5	135	85	0	0	140	142.5	150	370	269.40	272.10
Charles Jacinto	24	M	162.4	165	Novice	R/P	127.5	142.5	150	110	115	120	165	175	185	455	328.35	328.35
Jason Mica	24	M	163.6	165	Open	R/P	192.5	205	212.5	137.5	0	0	267.5	277.5	0	627.5	450.47	450.47
Travis Buckman	36	M	160	165	Open	R/P	172.5	0	0	110	112.5	0	172.5	177.5	182.5	467.5	341.02	341.02
Travis Buckman	36	M	160	165	Sub-maste	R/P	172.5	0	0	110	112.5	0	172.5	177.5	182.5	467.5	341.02	341.02
Brian Kendall	41	M	159.4	165	Novice	R/P	142.5	147.5	0	102.5	112.5	117.5	142.5	147.5	152.5	417.5	305.38	308.43
Sean Rodriguez	18	M	172.8	181	Teen	R/P	120	122.5	130	0	102.5	0	142.5	150	155	387.5	268.04	284.12
Jeffrey Bai	23	M	186	181	Junior	R/P	152.5	162.5	0	102.5	105	0	160	170	0	437.5	289.26	289.26
Alex Le	25	M	178.4	181	Open	R/P	160	167.5	175	110	117.5	0	192.5	202.5	212.5	505	342.31	342.31
Gabriel Atwood	19	M	190.4	198	Teen	R/P	165	0	172.5	105	0	0	210	217.5	227.5	505	329.51	342.69
Gabriel Atwood	19	M	190.4	198	Open	R/P	165	0	172.5	105	0	0	210	217.5	227.5	505	329.51	342.69
Antonio Martelle	41	M	183	198	Novice	R/P	100	107.5	0	72.5	77.5	0	137.5	142.5	150	335	223.60	225.84
Antonio Martelle	41	M	183	198	Master	R/P	100	107.5	0	72.5	77.5	0	137.5	142.5	150	335	223.60	225.84

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							1	2	3	1	2	3	1	2	3			
Cesar Camacho	24	M	214.4	220	Open	R/P	137.5	142.5	147.5	100	102.5	107.5	150	162.5	172.5	427.5	263.19	263.19
Luis Cervantes	24	M	216.8	220	Open	R/P	132.5	137.5	0	0	0	100	145	147.5	152.5	390	238.98	238.98
Ivan Orona	26	M	194.8	220	Novice	R/P	115	142.5	147.5	105	112.5	0	150	172.5	182.5	442.5	285.19	285.19
Ramiro Vasquez	27	M	216.4	220	Novice	R/P	155	175	182.5	132.5	145	150	200	217.5	227.5	560	343.41	343.41
Jack Fleming	28	M	215.4	220	Open	R/P	192.5	207.5	212.5	137.5	0	0	232.5	242.5	0	592.5	360.89	360.89
Ryan Nolan	32	M	216.6	220	Open	R/P	132.5	145	172.5	92.5	0	0	175	0	0	440	269.72	269.72
Brian Teding	36	M	207.8	220	Novice	R/P	132.5	140	145	97.5	105	112.5	137.5	145	165	422.5	263.75	263.75
Brian Teding	36	M	207.8	220	Open	R/P	132.5	140	145	97.5	105	112.5	137.5	145	165	422.5	263.75	263.75
Ben Davis	48	M	206	220	Master	R/P	162.5	172.5	185	112.5	122.5	0	185	192.5	200	507.5	309.12	339.10
Doug Slaydon	63	M	218.8	220	Master	R/P	130	0	155	102.5	110	0	145	152.5	0	417.5	254.86	362.16
Eric Seager	41	M	234.8	242	Open	R/P	175	180	187.5	90	95	100	177.5	185	190	477.5	281.19	284.00
Eric Seager	41	M	234.8	242	Master	R/P	175	180	187.5	90	95	100	177.5	185	190	477.5	281.19	284.00
Darwin Holyan	30	M	256.5	275	Novice	R/P	200	217.5	230	135	147.5	0	230	250	272.5	650	370.56	370.56
Darwin Holyan	30	M	256.5	275	Open	R/P	200	217.5	230	135	147.5	0	230	250	272.5	650	370.56	370.56
Cale Pete	28	M	294.6	308	Novice	R/P	177.5	192.5	205	115	125	137.5	180	195	205	547.5	306.04	306.04
<b>PUSH/PULL</b>																		
TJ McConnell	38	M	199	198	Open	RPP				97.5	105	0	140	150	160	265		
Darnel Simpkins	42	M	301	308	Open	R/P				182.5	185	190	250	260	272.5	462.5	258.53	263.70
Darnel Simpkins	42	M	301	308	Master	R/P				182.5	185	190	250	260	272.5	462.5	258.53	263.70
<b>BENCH ONLY</b>																		
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