

# 100% RAW Powerlifting Federation 2017 West Coast Powerlifting Championships

Name	Home Town	Division	Gender	Wgt	Class	SQUAT/CURL				BENCH				DEAD LIFT				TOTAL	LBS	Schwartz/Malone	Place	
						1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
<b>FULL POWER</b>																						
						<b>SQUAT</b>				<b>BENCH</b>				<b>DEADLIFT</b>								
Rocky Luedeker	Sedona, AZ	60-64	female	95.5	97	35	40	50		35	38.5	40		90	65	75	80	-84	170	374.8	1.1261	1
Jazminie Labato	Bullhead City, AZ	16-17	female	142.8	148	92.5	-98	98		47.5	52.5	55		153	97.5	105	112.5		265.5	585.3	0.8105	1
Janessa Giron	Phoenix, AZ	18-19	female	143.6	148	102.5	105	-107.5		52.5	57.5	-62.5		162.5	102.5	107.5	117.5		280	617.3	0.8052	1
Jessica Pevitt #	Glendale, AZ	30-34/open	female	162.5	165	110	-117.5	-117.5		52.5	55	57.5		167.5	127.5	135	-142.5		302.5	666.9	0.7322	1,2
Deana Tollefson # *	Goodyear, AZ	open	female	158.4	165	143	157.5	170		75	85	-94		255	165.5	185	-190		440	970	0.7453	1
Sabrina Mitchell #	Phoenix, AZ	30-34	female	161.1	165	97.5	-105	-105		57.5	63	-65		160.5	103	107.5	-115		268	590.8	0.7358	1
Andrea Johnson	Glendale, AZ	30-34	female	284.6	198+	75	-87.5	-92.5		57.5	-65	-65		132.5	85	92.5	105		237.5	523.6	0.5649	2
Rebecca Hall	Phoenix, AZ	30-34	female	214.7	198+	135	145.5	152.5		70	-75	75		227.5	147.5	160	168		395.5	871.9	0.6077	1
Robyn Powell	Surprise, AZ	50-54	female	281.1	198+	50	60	-75		45	50	-57.5		110	177.5	127.5	137.5		287.5	633.8	0.5649	1
Sue Nova	Glendale, AZ	55-59	female	230	198+	102.5	pass	pass		70	72.5	-77.5		175	127.5	-135	140	145	315	694.4	0.5858	1
Meesta Davis	Phoenix, AZ	open	female	287.4	198+	85	95	102.5		50	-57.5	-60		152.5	130	-140	140		292.5	644.8	0.5649	1
Michelle Lindsey	Glendale, AZ	30-34	female	217.4	198+	-130	135	145		-70	70	77.5		222.5	140	150	160		382.5	843.3	0.6036	1
Sam Hancock	Prescott, AZ	10=11	male	65	66	30	40	45		25	27.5	-30		72.5	40	50	60		132.5	292.1	1.2803	1
Paul Gillott	Prescott, AZ	60-64	male	132.1	132	25	pass	pass		90.5	100	105	110	130	100	pass	pass		230	507.1	0.8146	1
Lee Luedeker #	Sedona, AZ	65-69	male	147.7	148	-110	110	115		90	92.5	-97.5		207.5	155	165	170		377.5	832.2	0.7339	1
Daniel Woodley	Scottsdale, AZ	20-24/open	male	160.5	165	102.5	110	115		90	105	107.5		222.5	165	180	190		412.5	909.4	0.6822	1,1
Adrian Vargas	Bullhead city, AZ	25-29	male	156.6	165	150	157.5	-160		132.5	142.5	-147.5		300	55	pass	pass		355	782.6	0.6967	1
Josh Baker	Prescott, AZ	30-34	male	152.8	165	102.5	-125	-137.5		75	85	92.5		195	125	135	-160		330	727.5	0.7124	1
DR William Devito	Prescott, AZ	45-49	male	157.6	165	102.5	122.5	137.5		85	93	-100		230.5	125	137.5	160		390.5	860.9	0.693	1
Mathew Nelson	San Tan Valley, AZ	16-17	male	181.3	181	115	130	142.5		85	92.5	-100		235	140	155	170		405	892.9	0.6214	1
Ed Regua	Scottsdale, AZ	65-69	male	179	181	132.5	140	145		122.5	127.5	pass		272.5	170	185	185		457.5	1009	0.6262	1
Luke Musselman	San Tan Valley, AZ	16-17	male	195.8	198	192.5	212.5	230		110	120	-130		350	235	252.5	275		625	1378	0.5916	1
Justin Wagner	San Tan Valley, AZ	open	male	197.2	198	135	142.5	165		82.5	97.5	107.5		272.5	182.5	225	-232.5		497.5	1097	0.5879	2
Garrison Cobb *	Csa Grande, AZ	20-24/open	male	195.8	198	180	192.5	-200		142.5	152.5	-157.5		345	277.5	290	-300.5		635	1400	0.5916	1,1
Favion Ramirez	Csa Grande, AZ	20-24	male	193.4	198	200	215	227.5		147.5	170	-180		397.5	185	205	215		612.5	1350	0.5954	2
Brian Trail	Prescott, AZ	25-29	male	187.5	198	157.5	162.5	167.5		127.5	135	-142.5		302.5	237.5	247.5	-255		550	1213	0.6077	1
Mike Meadows	Bullhead city, AZ	45-49	male	195	198	187.5	-195	-195		132.5	142.5	-147.5		330	210	227.5	-232.5		557.5	1229	0.5916	1
Ron Kramer	Phoenix, AZ	50-54	male	196.2	198	82.5	82.5	87.5		60	65	-70		152.5	117.5	127.5	137.5		290	639.3	0.5897	2
Rob Clary	Cave Creek	50-54	male	192	198	115	125	132.5		115	125	137.5		270	170	185	190		460	1014	0.5878	1
George Herrera	Scottsdale, AZ	60-64	male	194.5	198	137.5	147.5	160		130	140	142.5		302.5	137.5	160	165		467.5	1031	0.5935	1
Trystan Dean	Prescott, AZ	14-15	male	218.1	220	110	120	127.5	132.5	105.5	107.5	110	115	237.5	165	175.5	-182.5		413	910.5	0.5568	1
Jared Morris	Fort Mead, AZ	20-24	male	212.4	220	187.5	195	205		120	-132.5	132.5		337.5	205	227.5	232.5		570	1257	0.5643	1
Larry Savage	Tucson, AZ	55-59	male	240	242	-155	155	165		145	147.5	150		315	200	205	210		525	1157	0.5379	1
Mathew Herbert	San Tan Valley, AZ	special athlete	male	250	275	112	120	130		90	95	100		230	185	195	205		435	959	0.5328	1
Thomas Navaro	Phoenix, AZ	25-29	male	269.7	275	142.5	170	-195		-115	130	150		320	185	225	-250		545	1202	0.5248	1
Gilbert Olivas	Phoenix, AZ	30-34/PFM	male	269	275	147.5	182.5	227.5		130	170	185		412.5	182.5	227.5	-270		640	1411	0.5248	1,1
Josh Hedgecock	Palm Desert, CA	45-49	male	246.5	275	160	-162.5	162.5		130	135	137.5		300	175	182.5	187.5		487.5	1075	0.5347	1
Shane Green	Keedysville, MD	35-39	male	350.8	SHW	200	-215	-235		117.5	132.5	-150		332.5	245	-260	-260		577.5	1273	0.4845	1
Leon Bradford # *	Mesa, AZ	open	male	330	SHW	270	285	297.5		190	197.5	210		507.5	277.5	290	302.5		810	1786	0.4932	1

<b>IRONMAN</b>																						
						<b>CURL</b>				<b>BENCH</b>				<b>DEADLIFT</b>								
Rocky Luedeker	Sedona, AZ	60-64	female	95.5	97	15	17.5	20	20.5	35	38.5	40		60	65	75	80	-84	140	308.6	1.1261	1
Katie Harris	Prescott, AZ	20-24	female	131.2	132	25	-30	-30		37.5	42.5	-50		67.5	75	82.5	95		162.5	358.2	0.8676	1
Bella Devito	Prescott, AZ	12=13	female	147.5	148	12.5	15	17.5		20	22.5	25		42.5	52.5	57.5	62.5		105	231.5	0.7867	1
Nellie McGlashen	Prescott, AZ	25-29	female	143	148	20	25	-30		37.5	42.5	50		62.5	62.5	70	92.5		155	341.7	0.8052	1
Tammy Ranney	Laveen, AZ	40-44	female	149	165	32.5	-35	-35		60	62.5	-67.5		95	87.5	92.5	100		195	429.9	0.7769	1
Sam Hancock	Prescott, AZ	10=11	male	65	66	10	12.5	-15		25	27.5	-30		40	40	50	60		100	220.5	1.2803	1
Paul Gillott	Prescott, AZ	60-64	male	132.1	132	40	47.5	-50		90.5	100	105	110	152.5	100	pass	pass		252.5	556.7	0.8146	1
Josh Baker	Prescott, AZ	30-34	male	152.8	165	35	40	45		75	85	92.5		137.5	125	135	-160		272.5	600.8	0.7124	1

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						1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
DR William Devito	Prescott, AZ	45-49	male	152.6	165	35	40	45		85	93	-100		138	125	137.5	160		298	657	0.7124	1
Joe Weissenburger	Prescott, AZ	80+	male	166.5	165	17.5	20	27.5		-52.5	-60	60		87.5	65	70	72.5		160	352.7	0.6624	1
John Peterson	Prescott, AZ	35-39	male	193.8	198	30	-37.5	37.5		47.5	-52.5	60		97.5	100	115	-137.5		212.5	468.5	0.5954	1
Mike Meadows	Bullhead city, AZ	45-49	male	193	198	52.5	57.5	-61		132.5	142.5	-147.5		200	210	227.5	-232.5		427.5	942.5	0.5954	1
Trystan Dean	Prescott, AZ	14-15	male	218.1	220	45	50	52.5		105.5	107.5	110	115	162.5	165	175.5	-182.5		338	745.2	0.5568	1
Abel Aungst	Glendale, AZ	35-39/PFM	male	208.6	220	52.5	-65	-65		135	-142.5	142.5		195	145	165	182.5	185	377.5	832.2	0.57	1
<b>PUSH/PULL</b>						<b>BENCH</b>				<b>DEADLIFT</b>												
Deana Tollefson	Goodyear, AZ	open	female	158.4	165					75	85	-94		85	165.5	185	-190		270	595.2	0.7453	1
Jacob Holly	Prescott, AZ	25-29	male	163.8	165					95	102.5	-105		102.5	170	-185	185		287.5	633.8	0.672	1
Lee Luedeker	Sedona, AZ	65-69	male	147.7	148					90	92.5	-97.5		92.5	155	165	170		262.5	578.7	0.7339	1
Alex Ramos	Prescott, AZ	16-17	male	174.2	181					95	100	105		105	165	-175	pass		270	595.2	0.6392	1
Garrison Cobb *	Csa Grande, AZ	20-24/open	male	195.8	198					142.5	152.5	-157.5		152.5	277.5	290	-300.5		442.5	975.5	0.5916	1,1
Brian Trail	Prescott, AZ	25-29	male	187.5	198					127.5	135	-142.5		135	237.5	247.5	-255		382.5	843.3	0.6077	1
Jeremy Maisenbach	Prescott, AZ	35-39	male	277.8	308					105	-112.5	120		120	177.5	190	200		320	705.5	0.5203	1
<b>BENCH ONLY</b>						<b>BENCH</b>																
Erika Grill	Peoria, AZ	45-49	female	193.2	198					75	87.5	-90		87.5					87.5	192.9	0.6442	1
Andy Gibson	Glendale, AZ	35-39/open	male	270.7	275					192.5	-200.5	200.5		200.5					200.5	442	0.5243	1
Joe Grant	Glendale, AZ	45-49/PFM	male	279.5	275					170	182.5	185		185					185	407.9	0.5192	1
<b>CURL ONLY</b>						<b>CURL</b>																
Rocky Luedeker	Sedona, AZ	60-64	female	95.5	97	15	17.5	20	20.5					20					20	44.09	1.1261	1
Janessa Giron	Poenix AZ	18-19	female	143.6	148	27.5	30.5	-35						30.5					30.5	67.24	0.8052	1
Erika Grill	Peoria, AZ	45-49	female	193.2	198	30	32.5	-35						32.5					32.5	71.65	0.6442	1
Ed Regua	Scottsdale, AZ	65-69	male	179	181	45	-50.5	pass						45					45	99.21	0.6262	1
Mike Meadows	Bullhead City, Az	45-49	male	195	198	52.5	57.5	-61						57.5					57.5	126.8	0.5916	1
Trystan Dean	Prescott, AZ	14-15	male	218	220	45	50	52.5						52.5					52.5	115.7	0.5568	1
Jared Morris	Fort Mohave, AZ	20-24	male	212.4	220	52.5	57.5	62.5						62.5					62.5	137.8	0.5643	1
<b>DEAD LIFT ONLY</b>														<b>DEADLIFT</b>								
.Ray .Muller	Glendale, AZ	80+	male	197.7	198									0	125	140	-160		140	308.6	0.5879	1
														0					0	0	0	
														0					0	0	0	
# Knee sleeves worn														0					0	0	0	
* Drug tested														0					0	0	0	