

100% RAW UNITED STATES OPEN SINGLE LIFTS					
ZION CROSSROADS, VA MARCH 12, 2016					
Name	State/	Body WT	Division	Wt Class	
					Bench Press
Cara Vargas	VA-33	177.60	30-34	181	77.5
Cassidy Comly	PA-23	186.00	20-24	198	95
Rochelle Dubbs	PA-39	252.10	Open	198+	82.5
Rochelle Dubbs	PA-39	252.10	35-39	198+	82.5
Erica Fallano-Allen	MD-23		20-24	198+	50
Sarah Siegel	VA	220.00	Open	198+	80
Elliot Anderson	VA-15	132.14	14-15	132	97.5
Raymond Harris	VA-56	165.20	Open	165	142.5
Raymond Harris	VA-56	165.20	55-59	165	142.5
Winchester Eubank	DC-22	172.00	20-24	181	102.5
Axel Anderson	VA-45	179.10	45-49	181	142.5
Colton Cassell	VA-25	194.12	25-29	198	145
Chris Holloway	VA-36	240.10	Open	242	215.5
Chris Holloway	VA-36	240.10	35-39	242	215.5
Marcus Gregory	VA-40	250.00	40-44	275	122.5
Jeffrey House	GA-57	268.10	55-59	275	125
					Deadlift
Gladys Lopez	VA-72	140.20	70-74	148	57.5
Ashley Giancaterino	VA-26	147.20	Open	148	115
Cara Vargas	VA-33	177.60	30-34	181	145
Sarah Siegel	VA	220.00	Open	198+	175
Erica Fallano-Allen	MD-23	225.14	20-24	198+	142.5
Elliot Anderson	VA-15	132.14	14-15	132	142.5
Winchester Eubank	DC-22	172.00	20-24	181	100
Tracy Moody	VA-27	184.10	Open	198	292.5
Colton Cassell	VA-25	194.12	25-29	198	235
Marty Farris	VA-38	206.10	35-39	220	185
Michael Rochon	VA-36	209.20	35-39	220	195
Marcus Gregory	VA-40	250.80	40-44	275	152.5
Jeffrey House	GA-57	268.10	55-59	275	137.5
Bob Shirley	VA-63	266.00	60-64	275	190
					Strict Curl
Cassidy Comly	PA-23	186.00	20-24	198	40
Rochelle Dubbs	PA-39	252.10	Open	198+	35
Rochelle Dubbs	PA-39	252.10	35-39	198+	35
Erica Fallano-Allen	MD-23	225.14	20-24	198+	30
Matthew Stanton	VA-22	175.10	20-24	181	63
Winchester Eubank	DC-22	172.00	20-24	181	55
Tracy Moody	VA-27	184.10	Open	198	67.5
Marty Farris	VA-38	206.10	35-39	220	52.5
Jeffrey House	GA-57	268.10	55-59	275	57.5
Bob Shirley	VA-63	266.00	60-64	275	40

Officals					
William Thacker					
John Shifflett					
Belinda Hayes					
Scott Kuzma					