

## 100% RAW POTOMAC OPEN 3-17-19 TYSONS CORNER, VA

| NAME                | State/Age | Division | Wt Class | Body Wt. | Squat   | Bench | Deadlift | Total   |
|---------------------|-----------|----------|----------|----------|---------|-------|----------|---------|
| Mariela Olivares    | MD-43     | 40-44    | 114      | 114.2    | 62.5    | 50    | 85       | 197.5   |
| Jasmine McAdams     | DC-24     | 20-24    | 123      | 114.1    | 85      | 57.5  | 125      | 267.5   |
| Gina Buhrman        | VA-53     | 50-54    | 123      | 125      | 70      | 42.5  | 97.5     | 210     |
| Brittney Howard     | VA-28     | Open     | 132      | 132.1    | 117.5   | 70    | 145      | 332.5   |
| Jennifer Bowe       | VA-29     | Open     | 132      | 125.1    | 57.5    | 45    | 87.5     | 190     |
| Kim Radder          | VA-61     | 60-64    | 132      | 132      | 57.5    | 40    | 97.5     | 195     |
| Linda Leightley     | VA-74     | 70-74    | 132      | 131.7    | 72.5    | 45.5  | 124.5    | 242.5   |
| Corinne Carpenter   | VA-33     | Open     | 148      | 145.3    | 100     | 55    | 117.5    | 272.5   |
| Denna Jones         | DC-29     | Open     | 148      | 141      | 87.5    | 50    | 132.5    | 270     |
| Rachael Hardison    | VA-31     | Open     | 148      | 146.6    | 105     | 65    | 137.5    | 307.5   |
| Laura Clancy        | VA-53     | Open     | 148      | 146.1    | 107.5   | 62.5  | 105      | 275     |
| Laura Clancy        | VA-53     | 50-54    | 148      | 146.1    | 107.5   | 62.5  | 105      | 275     |
| Gina Welch          | VA-54     | 50-54    | 148      | 147.1    | 72.5    | 45    | 102.5    | 220     |
| Tierra Tucker       | MD-29     | Open     | 165      | 163.6    | 140     | 98    | 147.5    | 385.5   |
| Maegan Sady         | DC-37     | Open     | 165      | 164      | 100     | 60    | 137.5    | 297.5   |
| Maegan Sady         | DC-37     | 35-39    | 165      | 164      | 100     | 60    | 137.5    | 297.5   |
| Alexandra Arkoian   | VA-41     | 40-44    | 165      | 163.5    | 92.5    | 65    | 132.5    | 290     |
| Despina Belle-Isle  | VA-60     | 60-64    | 165      | 156.3    | 100     | 52.5  | 130      | 282.5   |
| Allison Backman     | VA-29     | Open     | 181      | 178.7    | 95      | 52.5  | 112.5    | 260     |
| Michelle Risse      | VA-30     | Open     | 181      | 174.3    | 97.5    | 50    | 137.5    | 285     |
| Mona Espinosa       | VA-37     | Open     | 181      | 169      | 95      | 78    | 137.5    | 310.5   |
| Mona Espinosa       | VA-37     | 35-39    | 181      | 169      | 95      | 78    | 137.5    | 310.5   |
| Julie Marquette     | MD-62     | 60-64    | 181      | 180.8    | 65      | 37.5  | 70       | 172.5   |
| Mona Espinosa       | VA-37     | P/F/M    | 181      | 169      | 95      | 78    | 137.5    | 310.5   |
| Joell Frantz        | VA-55     | 55-59    | 198      | 190.4    | 107.5   | 65    | 140      | 312.5   |
| Brittany Wilson     | VA-30     | Open     | 198+     | 304.4    | 152.5   | 77.5  | 175      | 405     |
| Storme Gray         | VA-35     | Open     | 198+     | 333.5    | 150     | 82.5  | 157.5    | 390     |
| Gabriella Rocha     | VA-23     | Open     | 198+     | 212.2    | 80      | 52.5  | 105      | 237.5   |
| Maia Carter         | VA-14     | Open     | 198+     | 206      | 55      | 27.5  | 92.5     | 175     |
| Maia Carter         | VA-14     | 14-15    | 198+     | 206      | 55      | 27.5  | 92.5     | 175     |
| Gabriella Rocha     | VA-23     | 20-24    | 198+     | 212.2    | 80      | 52.5  | 105      | 237.5   |
| Storme Gray         | VA-35     | 35-39    | 198+     | 333.5    | 150     | 82.5  | 157.5    | 390     |
| Shaundranetta Wood  | DC-35     | 35-39    | 198+     | 252      | 132.5   | 67.5  | 172.5    | 372.5   |
| Garrison Sakes      | VA-19     | 18-19    | 148      | 148      | 157.5   | 107.5 | 205      | 470     |
| Ethan Mountfort     | MD-19     | 18-19    | 148      | 144.3    | 172.5   | 105   | 190      | 467.5   |
| Tyler McFadden      | VA-19     | 18-19    | 165      | 161.9    | 177.5   | 140   | 250      | 567.5   |
| Matt Tetreault      | VA-41     | 40-44    | 181      | 176.2    | 160     | 125   | 252.5    | 537.5   |
| James Donegun       | VA-35     | 35-39    | 198      | 194.4    | 207.5   | 175   | 207.5    | 590     |
| Roy Apseloff        | VA-61     | 60-64    | 198      | 194.9    | 95      | 95    | 237.5    | 427.5   |
| Jason Lizarraga     | VA-29     | Open     | 220      | 204.7    | 182.5   | 142.5 | 240      | 565     |
| Jake Thomas         | VA-31     | Open     | 220      | 244.7    | 190     | 125   | 200      | 515     |
| Raymond Crawbuck    | VA-26     | Open     | 220      | 214.6    | 165     | 120   | 185      | 470     |
| Henry Spencer       | DC-27     | Open     | 242      | 241.4    | 192.5   | 137.5 | 220      | 550     |
| Garrett Dawson      | VA-26     | Open     | 242      | 238.7    | 202.5   | 95    | 207.5    | 505     |
| Henry Spencer       | DC-27     | P/F/M    | 242      | 241.4    | 192.5   | 137.5 | 220      | 550     |
| Robert Dillingham   | VA-38     | Open     | 275      | 258.7    | 215     | 192.5 | 245      | 652.5   |
| Moses Atwood        | VA-20     | 20-24    | 275      | 264.5    | 200     | 102.5 | 227.5    | 530     |
| Robert Dillingham   | VA-38     | 35-39    | 275      | 258.7    | 215     | 192.5 | 245      | 652.5   |
| NAME                | State/Age | Division | Wt Class | Body Wt. | Column1 | Bench | Column2  | Column3 |
| Linda Leightley     | VA-74     | 70-74    | 132      | 131.7    |         | 45.5  |          |         |
| Marlene Henriques   | VA-79     | 75-79    | 148      | 138      |         | 27.5  |          |         |
| LaVette Ford        | VA-38     | 35-39    | 165      | 156.1    |         | 55    |          |         |
| Katherine Valtaggio | VA-41     | 40-44    | 198      | 191.5    |         | 70    |          |         |
| Tanya Radford       | DC-55     | 55-59    | 198      | 194      |         | 40    |          |         |
| Mona Espinosa       | VA-37     | Open     | 181      | 169      |         | 78    |          |         |
| Mona Espinosa       | VA-37     | 35-39    | 181      | 169      |         | 78    |          |         |
| Mona Espinosa       | VA-37     | P/F/M    | 181      | 169      |         | 78    |          |         |
| Nicole Green        | DC-46     | 45-49    | 181      | 178      |         | 45    |          |         |
| Jenne Massie        | DC-34     | Open     | 198      | 188.5    |         | 67.5  |          |         |
| Ismail Jackson      | MD-11     | Under 11 | 105      | 85.7     |         | 30    |          |         |
| Stephen Gregori     | MD-56     | Open     | 148      | 145.4    |         | 107.5 |          |         |
| Ryan Marciano       | MD-14     | 14-15    | 148      | 138.6    |         | 62.5  |          |         |
| Stephen Gregori     | MD-56     | 55-59    | 148      | 145.4    |         | 107.5 |          |         |
| Pete Miller         | VA-76     | 75-79    | 181      | 176.5    |         | 60    |          |         |
| Ray Jones           | VA-52     | 50-54    | 198      | 195.1    |         | 142.5 |          |         |
| Marcus Wood         | DC-43     | 40-44    | 275      | 243.6    |         | 145   |          |         |
| Bernie Rhoades      | VA-70     | 70-74    | 275      | 258      |         | 117.5 |          |         |
| Darius Johnson      | MD-37     | 35-39    | 308      | 278.6    |         | 147.5 |          |         |

