

29-Jun-19		Eastern USA Regional-Kg Full Power Results																																							
Name	Age	Div	Gear	Test ed/U ntest	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Team																	
Lindsay Seamans	34	Open	RC	T	114	114	102.5	107.5	-112.5		107.5	50	55	-57.5		55	162.5	110	117.5	125		125	287.5	Pride Conditioning																	
Bryan Hurtado	24	CO	R	T	220	220	185	200	210		210	140	-160	160		160	370	230	245	-252.5		245	615	Q Fitness/YMCA																	
Jordan Fender	25	Open	MP	U	192	198	317.5	-342.5	342.5		342.5	220	237.5	Pass		237.5	580	260	282.5	-295		282.5	862.5	Superflex Gym																	
Nathan Hardy	31	Open	MP	T	271	275	412.5	432.5	Pass		432.5	267.5	280	-300		280	712.5	287.5	310	-320		310	1022.5	Superflex Gym																	
James Cory McManus	38	Open	RC	U	159	165	-120	120	122.5		122.5	95	97.5	102.5		102.5	225	135	142.5	155		155	380	LA Fitness																	
Jason Sharpe	29	Open	RC	U	177.8	181	192.5	217.5	-235		217.5	127.5	142.5	150		150	367.5	192.5	217.5	-232.5		217.5	585	Unattached																	
Michael Cooper	25	Open	RC	U	216.5	220	267.5	287.5	295	-321	295	185	200	215		215	510	227.5	240	245		245	755	Unattached																	
Jordan Richardson	22	Open	RC	U	241	242	272.5	297.5	-317.5		297.5	132.5	142.5	145		145	442.5	227.5	250	265		265	707.5	Superflex Gym																	
Luke Coleman	21	Open	RC	T	235.5	242	215	230	-237.5		230	125	132.5	137.5		137.5	367.5	197.5	207.5	-212.5		207.5	575	Hill's Gym																	
Matt Borquez	31	Open	R	T	183	198	217.5	230	-235		230	167.5	177.5	-182.5		177.5	407.5	230	-237.5	245		245	652.5	Unattached																	
Chris Rivera	21	Open	R	T	188.8	198	182.5	190	-195		190	137.5	145	-147.5		145	335	222.5	242.5	-245		242.5	577.5	Unattached																	
Braxton Walton	23	Novice	R	X	197.5	198	200	207.5	212.5		212.5	132.5	142.5	147.5		147.5	360	215	225	232.5		232.5	592.5	NC Strength																	
Caleb Reynolds	27	Novice	R	X	220.2	220	147.5	160	172.5		172.5	110	120	-127.5		120	292.5	187.5	195	207.5		207.5	480	Unattached																	
Henry Spruill	29	Novice	R	X	219.5	220	157.5	170	-182.5		170	112.5	-127.5	-127.5		112.5	282.5	182.5	200	-217.5		200	502.5	Wood Fire Iron																	
Isaac Howard	28	MPF	RC	X	181.6	181	-185	200	-225		200	142.5	-160	-160		142.5	342.5	147.5	200	-232.5		200	542.5	Camp Lejeune																	
Kyler Barracks	27	MPF	RC	X	194	198	192.5	215	-227.5		215	-137.5	147.5	150		150	365	205	222.5	-245		222.5	587.5	Big Hog Barbell																	
Justin Wood	26	MPF	RC	X	271.5	275	250	275	300		300	165	180	-192.5		180	480	265	287.5	295		295	775	Superflex Gym																	
Willis Lewis	47	M2-Ms	SP	T	239	242	227.5	252.5	Pass		252.5	167.5	182.5	190		190	442.5	272.5	-307.5	Pass		272.5	715	Unattached																	

29-Jun-19		Eastern USA Regional-Lb Full Power Results																																							
Name	Age	Div	Gear	Test ed/U ntest	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Team																	
Lindsay Seamans	34	Open	RC	T	114	114	225.97	236.99	-248.02	0	236.99	110.23	121.25	-126.76	0	121.25	358.25	242.51	259.04	275.58	0	275.58	633.8225	Pride Conditioning																	
Bryan Hurtado	24	CO	R	T	220	220	407.85	440.92	462.97	0	462.97	308.64	-352.74	352.74	0	352.74	815.7	507.06	540.13	-556.66	0	540.13	1355.829	Q Fitness/YMCA																	
Jordan Fender	25	Open	MP	U	192	198	699.96	-755.08	755.08	0	755.08	485.01	523.59	Pass	0	523.59	1278.7	573.2	622.8	-650.36	0	622.8	1901.4675	Superflex Gym																	
Nathan Hardy	31	Open	MP	T	271	275	909.4	953.49	Pass	0	953.49	589.73	617.29	-661.38	0	617.29	1570.8	633.82	683.43	-705.47	0	683.43	2254.2035	Superflex Gym																	
James Cory McManus	38	Open	RC	U	159	165	-264.55	264.55	270.06	0	270.06	209.44	214.95	225.97	0	225.97	496.04	297.62	314.16	341.71	0	341.71	837.748	LA Fitness																	
Jason Sharpe	29	Open	RC	U	177.8	181	424.39	479.5	-518.08	0	479.5	281.09	314.16	330.69	0	330.69	810.19	424.39	479.5	-512.57	0	479.5	1289.691	Unattached																	
Michael Cooper	25	Open	RC	U	216.5	220	589.73	633.82	650.36	-707.68	650.36	407.85	440.92	473.99	0	473.99	1124.3	501.55	529.1	540.13	0	540.13	1664.473	Unattached																	
Jordan Richardson	22	Open	RC	U	241	242	600.75	655.87	-699.96	0	655.87	292.11	314.16	319.67	0	319.67	975.54	501.55	551.15	584.22	0	584.22	1559.7545	Superflex Gym																	
Luke Coleman	21	Open	RC	T	235.5	242	473.99	507.06	-523.59	0	507.06	275.58	292.11	303.13	0	303.13	810.19	435.41	457.45	-468.48	0	457.45	1267.645	Hill's Gym																	
Matt Borquez	31	Open	R	T	183	198	479.5	507.06	-518.08	0	507.06	369.27	391.32	-402.34	0	391.32	898.37	507.06	-523.59	540.13	0	540.13	1438.5015	Unattached																	
Chris Rivera	21	Open	R	T	188.8	198	402.34	418.87	-429.9	0	418.87	303.13	319.67	-325.18	0	319.67	738.54	490.52	534.62	-540.13	0	534.62	1273.1565	Unattached																	
Braxton Walton	23	Novice	R	X	197.5	198	440.92	457.45	468.48	0	468.48	292.11	314.16	325.18	0	325.18	793.66	473.99	496.04	512.57	0	512.57	1306.2255	NC Strength																	
Caleb Reynolds	27	Novice	R	X	220.2	220	325.18	352.74	380.29	0	380.29	242.51	264.55	-281.09	0	264.55	644.85	413.36	429.9	457.45	0	457.45	1102.3	Unattached																	
Henry Spruill	29	Novice	R	X	219.5	220	347.22	374.78	-402.34	0	374.78	248.02	-281.09	-281.09	0	248.02	622.8	402.34	440.92	-479.5	0	440.92	1063.7195	Wood Fire Iron																	
Isaac Howard	28	MPF	RC	X	181.6	181	-407.85	440.92	-496.04	0	440.92	314.16	-352.74	-352.74	0	314.16	755.08	325.18	440.92	-512.57	0	440.92	1195.9955	Camp Lejeune																	
Kyler Barracks	27	MPF	RC	X	194	198	424.39	473.99	-501.55	0	473.99	-303.13	325.18	330.69	0	330.69	804.68	451.94	490.52	-540.13	0	490.52	1295.2025	Big Hog Barbell																	
Justin Wood	26	MPF	RC	X	271.5	275	551.15	606.27	661.38	0	661.38	363.76	396.83	-424.39	0	396.83	1058.2	584.22	633.82	650.36	0	650.36	1708.565	Superflex Gym																	
Willis Lewis	47	M2-Ms	SP	T	239	242	501.55	556.66	Pass	0	556.66	369.27	402.34	418.87	0	418.87	975.54	600.75	-677.91	Pass	0	600.75	1576.289	Unattached																	

29-Jun-19 Eastern USA Regional-Kg Push Pull Results																		
Name	Age	Div	Gear	Test ed/U ntest	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Team
Lauren Madeira	30	Open	R	T	146	148	42.5	50	57.5		57.5	102.5	112.5	122.5		122.5	180	Wamsley's Gym
James Cory McManus	38	Open	R	U	159	165	95	97.5	102.5		102.5	135	142.5	155		155	257.5	LA Fitness
Bela Ghosh	50	M3-Ms	R	T	131	132	0											
29-Jun-19 Eastern USA Regional-Lb Push Pull Results																		
Name	Age	Div	Gear	Test ed/U ntest	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Team
Lauren Madeira	30	Open	R	T	146	148	93.696	110.23	126.76	0	126.76	225.97	248.02	270.06	0	270.06	396.828	Wamsley's Gym
James Cory McManus	38	Open	R	U	159	165	209.44	214.95	225.97	0	225.97	297.62	314.16	341.71	0	341.71	567.684	LA Fitness
Bela Ghosh	50	M3-Ms	R	T	131	132	0											
29-Jun-19 Eastern USA Regional-Kg Bench Press Results																		
Name	Age	Div	Gear	Test ed/U	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Team						
Zander Richardson	13	T1-Teen	R	T	130.2	132	47.5	52.5	57.5	-60	57.5	Gym 365						
Charles Wright	66	M6-Ms	R	T	198.5	220	102.5	-107.5	-115		102.5	Muzzes Gym						
Josh Mooe	34	Open	R	U	218	220	157.5	-165	-165		157.5	The Rock						
Brent Hindman	48	Open	R	U	319	SHW	190	195	-205		195	Carolina Fitness						
Josh Richardson-O	40	Open	R	U	240.9	242	195	-207.5	-207.5		195	Gym 365						
Josh Richardson-M1	40	M1-Ms	R	U	240.9	242	195	-207.5	-207.5		195	Gym 365						
Dustin Pate	27	Open	R	U	198.2	198	167.5	175	185		185	Anytime Fitness						
LB Bullins	35	Open	R	U	234.2	242	215	237.5	Pass		237.5	Beauty & Beast						
Doug Smithey-R	44	Open	R	U	275	275	230	250	-262.5		250	Muzzes Gym						
Bill Gillespie-O	59	Open	MP	T	308.6	308	387.5	-410	410		410	Unattached						
Bill Gillespie-M	59	M4-Ms	MP	T	308.6	308	387.5	-410	410		410	Unattached						
Doug Smithey-R	44	M1-Ms	R	U	275	275	230	250	-262.5		250	Muzzes Gym						
29-Jun-19 Eastern USA Regional-Lb Bench Press Results																		
Name	Age	Div	Gear	Test ed/U	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Team						
Zander Richardson	13	T1-Teen	R	T	130.2	132	104.72	115.74	126.76	-132.28	126.76	Gym 365						
Dustin Pate	27	Open	R	U	198.2	198	369.27	385.81	407.85	0	407.85	Anytime Fitness						
Josh Mooe	34	Open	R	U	218	220	347.22	-363.76	-363.76	0	347.22	The Rock						
LB Bullins	35	Open	R	U	234.2	242	473.99	523.59	Pass	0	523.59	Beauty & Beast						
Josh Richardson-O	40	Open	R	U	240.9	242	429.9	-457.45	-457.45	0	429.897	Gym 365						
Doug Smithey-R	44	Open	R	U	275	275	507.06	551.15	-578.71	0	551.15	Muzzes Gym						
Brent Hindman	48	Open	R	U	319	SHW	418.87	429.9	-451.94	0	429.897	Carolina Fitness						
Bill Gillespie-O	59	Open	MP	T	308.6	308	854.28	-903.89	903.89	0	903.886	Unattached						
Bill Gillespie-M	59	M4-Ms	MP	T	308.6	308	854.28	-903.89	903.89	0	903.886	Unattached						
Charles Wright	66	M6-Ms	R	T	198.5	220	225.97	-236.99	-253.53	0	225.97	Muzzes Gym						
Josh Richardson-M1	40	M1-Ms	R	U	240.9	242	429.9	-457.45	-457.45	0	429.897	Gym 365						
Doug Smithey-R	44	M1-Ms	R	U	275	275	507.06	551.15	-578.71	0	551.15	Muzzes Gym						