

## POWER SLAM 2023

Muzz's Gym, N. Wilkesboro, NC

26-Feb-23

Sanction: 365 Strong World Powerlifting Federation

## FINAL RESULTS - KILOS

Plac	Ag	Stat	Equip	W/	Squat	Squat2	Squat3	Squat4	Best3S	Bench1K	Bench2	Bench3	Bench4	Best3Be	Deadlift	Deadlift	Deadlift	Deadlift4	Best3De	TotalKg	Event		
e	Name	Sex	Division	B/W	C	1Kg	Kg	Kg	Kg	quatKg	g	Kg	Kg	Kg	nchKg	1Kg	2Kg	3Kg	Kg	adliftKg	TotalKg	Event	
1	MISSY TAYLOR	F	47 NC Bare	M2-U	55.4	56	120	127.5	132.5	137.5	132.5	85.5	90	-92.5	90	137.5	145	147.5	150	147.5	370	SBD	
1	MIRANDA WILLIAMS	F	28 NC Bare	N-X	82.3	82.5	125	132.5	145		145	87.5	90	95	95	137.5	145	152.5		152.5	392.5	SBD	
1	APRIL RAINEY	F	28 NC Bare	O-T	58.4	60	100	105	112.5		112.5	60	67.5	70	70	125	140	145		145	327.5	SBD	
1	MISSY TAYLOR	F	47 NC Bare	O-U	55.4	56	120	127.5	132.5	137.5	132.5	85.5	90	-92.5	90	137.5	145	147.5	150	147.5	370	SBD	
1	KARMEN TRIVETTE	F	14 NC Bare	T1-X	51.6	52	60	62.5	67.5	-72.5	67.5	40	42.5	-47.5	42.5	85	90	95	-102.5	95	205	SBD	
1	KATY SILVERS	F	41 NC Wrap	M1-T	105.4	110	145	157.5	177.5		177.5	67.5	77.5	80	80	142.5	157.5	-182.5		157.5	415	SBD	
1	KELLY JEFFRIES	F	45 NC Wrap	M2-U	88.4	90	75	92.5	102.5		102.5	52.5	60	-62.5	60	87.5	102.5	107.5		107.5	270	SBD	
1	KRISTEN SMITH	F	25 NC Wrap	N-X	84.8	90	147.5	152.5	157.5		157.5	65	70	72.5	72.5	137.5	145	160		160	390	SBD	
1	KRISTEN SMITH	F	25 NC Wrap	O-T	84.8	90	147.5	152.5	157.5		157.5	65	70	72.5	72.5	137.5	145	160		160	390	SBD	
1	KATY SILVERS	F	41 NC Wrap	O-T	105.4	110	145	157.5	177.5		177.5	67.5	77.5	80	80	142.5	157.5	-182.5		157.5	415	SBD	
1	ANIKA HARPER	F	42 NC Single	M1-U	95.8	100						110	115	117.5		117.5	137.5	155	167.5		167.5	285	BD
1	ANIKA HARPER	F	42 NC Single	O-U	95.8	100						110	115	117.5		117.5	137.5	155	167.5		167.5	285	BD
1	SHELLEY YATES	F	47 NC Multi-	M2-U	91.9	100						172.5	182.5	190	190	177.5	190	-207.5		190	380	BD	
1	SHELLEY YATES	F	47 NC Multi-	O-U	91.9	100						172.5	182.5	190	190	177.5	190	-207.5		190	380	BD	
1	LINSEY EUDY	F	36 NC Bare	O-U	88.6	90						87.5	97.5	-100	97.5						97.5	B	
1	LINSEY EUDY	F	36 NC Bare	S-U	88.6	90						87.5	97.5	-100	97.5						97.5	B	
1	ANIKA HARPER	F	42 NC Single	M1-U	95.8	100						110	115	117.5		117.5					117.5	B	
1	ANIKA HARPER	F	42 NC Single	O-U	95.8	100						110	115	117.5		117.5					117.5	B	
1	MELISSA SMITH	F	48 NC Multi-	M2-U	64.3	67.5						102.5	127.5	137.5	137.5						137.5	B	
1	MELISSA SMITH	F	48 NC Multi-	O-U	64.3	67.5						102.5	127.5	137.5	137.5						137.5	B	
1	ANIKA HARPER	F	42 NC Single	M1-U	95.8	100										137.5	155	167.5		167.5	167.5	D	
1	ANIKA HARPER	F	42 NC Single	O-U	95.8	100										137.5	155	167.5		167.5	167.5	D	
1	GARRETT RATLIFF	M	20 NC Bare	J-T	85.9	90	150	165	170		170	95	-100	100	100	192.5	212.5	227.5		227.5	497.5	SBD	
1	ANTONIO LOPEZ	M	22 NC Bare	J-T	123.6	125	220	235	245		245	160	170	-175	170	247.5	260	-267.5		260	675	SBD	
1	MARK ROBBINS	M	21 NC Bare	J-T	126.2	140	225	235	247.5		247.5	170	180	-182.5	180	230	242.5	250		250	677.5	SBD	
1	CHRIS MACERA	M	27 NC Bare	O-T	80.6	82.5	197.5	207.5	215		215	152.5	160	-167.5	160	207.5	217.5	227.5		227.5	602.5	SBD	
1	DAMORRIS JACKSON	M	27 NC Bare	O-T	97.9	100	212.5	222.5	230		230	152.5	160	165	165	260	280	297.5		297.5	692.5	SBD	
1	CHRISTOPHER JONES	M	39 NC Bare	O-T	108	110	215	227.5	235		235	160	167.5	172.5	172.5	260	272.5	277.5	282.5	277.5	685	SBD	
1	ADAM STACHAROWSKI	M	26 PA Bare	O-U	81.5	82.5	215	220	230		230	-142.5	142.5	-147.5	142.5	225	230	237.5		237.5	610	SBD	
1	DANIEL RAINEY	M	31 NC Bare	O-U	87.3	90	185	205	227.5		227.5	130	147.5	-160	147.5	200	220	235		235	610	SBD	
1	CHRISTOPHER JONES	M	39 NC Bare	S-T	108	110	215	227.5	235		235	160	167.5	172.5	172.5	260	272.5	277.5	282.5	277.5	685	SBD	
1	TATE MANNING	M	15 NC Bare	T1-X	65	67.5	132.5	142.5	150		150	102.5	110		110	147.5	157.5	162.5		162.5	422.5	SBD	
1	DUSTIN SPENCER	M	15 NC Bare	T1-X	78.2	82.5	102.5	107.5	110		110	62.5	65	72.5	72.5	145	152.5	160		160	342.5	SBD	
1	FRANCISCO MARTINEZ	M	18 NC Bare	T3-X	88.7	90	185	197.5	207.5		207.5	107.5	115	122.5	122.5	192.5	207.5	225	235	225	555	SBD	
1	ZECHARIAH SMITH	M	23 NC Wrap	J-U	89.1	90	272.5	-282.5	-282.5		272.5	177.5	182.5	187.5	187.5	235	242.5	247.5		247.5	707.5	SBD	
1	PHILIP LOVE	M	44 NC Wrap	M1-T	108	110	227.5	240	250		250	195	210	-220	210	227.5	260	272.5	282.5	272.5	732.5	SBD	
1	JOSHUA JEFFRIES	M	40 NC Wrap	M1-U	108.7	110	185	205	-217.5		205	110	120	130	130	192.5	205	-215		205	540	SBD	
1	TIM BOYCE	M	47 NC Wrap	M2-U	73.2	75	145	147.5	-150		147.5	97.5	102.5		102.5	142.5	147.5	155		155	405	SBD	
1	PHILIP LOVE	M	44 NC Wrap	MPF-T	108	110	227.5	240	250		250	195	210	-220	210	227.5	260	272.5	282.5	272.5	732.5	SBD	
1	ZECHARIAH SMITH	M	23 NC Wrap	MPF-U	89.1	90	272.5	-282.5	-282.5		272.5	177.5	182.5	187.5	187.5	235	242.5	247.5		247.5	707.5	SBD	
1	TIM BOYCE	M	47 NC Wrap	O-U	73.2	75	145	147.5	-150		147.5	97.5	102.5		102.5	142.5	147.5	155		155	405	SBD	
1	ZECHARIAH SMITH	M	23 NC Wrap	O-U	89.1	90	272.5	-282.5	-282.5		272.5	177.5	182.5	187.5	187.5	235	242.5	247.5		247.5	707.5	SBD	
1	ROGER PARDUE	M	61 SC Multi-	M5-U	94.9	100	-310	317.5	Pass		317.5										317.5	S	
DQ	ROGER PARDUE	M	61 SC Multi-	M5-U	94.9	100	-310	317.5	Pass		317.5	-200										DQ	SBD
1	KENT WALL	M	41 NC Bare	M1-T	122.3	125						165	175	-185	175	245	265	-285		265	440	BD	
1	ROBERT CUMMINGS	M	41 NC Bare	M1-T	93.7	100						110	125	-132.5	125						125	B	



1	DAMORRIS JACKSON	M	27	NC	Bare	O-T	215.83	220	468.5	490.52	507.06	507.06	336.202	352.74	363.759	363.759	573.196	617.288	655.869	655.869	<b>1526.69</b>	SBD		
1	CHRISTOPHER JONES	M	39	NC	Bare	O-T	238.1	243	474	501.55	518.08	518.08	352.736	369.27	380.294	380.294	573.196	600.754	611.777	622.8	611.777	<b>1510.15</b>	SBD	
1	ADAM STACHAROWSKI	M	26	PA	Bare	O-U	179.67	182	474	485.01	507.06	507.06	-314.16	314.16	-325.18	314.156	496.035	507.058	523.593		523.593	<b>1344.81</b>	SBD	
1	DANIEL RAINEY	M	31	NC	Bare	O-U	192.46	198	407.9	451.94	501.55	501.55	286.598	325.18	-352.74	325.179	440.92	485.012	518.081		518.081	<b>1344.81</b>	SBD	
1	CHRISTOPHER JONES	M	39	NC	Bare	S-T	238.1	243	474	501.55	518.08	518.08	352.736	369.27	380.294	380.294	573.196	600.754	611.777	622.8	611.777	<b>1510.15</b>	SBD	
1	TATE MANNING	M	15	NC	Bare	T1-X	143.3	149	292.1	314.16	330.69	330.69	225.972	242.51		242.506	325.179	347.225	358.248		358.248	<b>931.444</b>	SBD	
1	DUSTIN SPENCER	M	15	NC	Bare	T1-X	172.4	182	226	236.99	242.51	242.51	137.788	143.3	159.834	159.834	319.667	336.202	352.736		352.736	<b>755.076</b>	SBD	
1	FRANCISCO MARTINEZ	M	18	NC	Bare	T3-X	195.55	198	407.9	435.41	457.45	457.45	236.995	253.53	270.064	270.064	424.386	457.455	496.035	518.081	496.035	<b>1223.55</b>	SBD	
1	ZECHARIAH SMITH	M	23	NC	Wraps	J-U	196.43	198	600.8	-622.8	-622.8	600.75	391.317	402.34	413.363	413.363	518.081	534.616	545.639		545.639	<b>1559.75</b>	SBD	
1	PHILIP LOVE	M	44	NC	Wraps	M1-T	238.1	243	501.5	529.1	551.15	551.15	429.897	462.97	-485.01	462.966	501.547	573.196	600.754	622.8	600.754	<b>1614.87</b>	SBD	
1	JOSHUA JEFFRIES	M	40	NC	Wraps	M1-U	239.64	243	407.9	451.94	-479.5	451.94	242.506	264.55	286.598	286.598	424.386	451.943	-473.99		451.943	<b>1190.48</b>	SBD	
1	TIM BOYCE	M	47	NC	Wraps	M2-U	161.38	165	319.7	325.18	-330.7	325.18	214.949	225.97		225.972	314.156	325.179	341.713		341.713	<b>892.863</b>	SBD	
1	PHILIP LOVE	M	44	NC	Wraps	MPF-T	238.1	243	501.5	529.1	551.15	551.15	429.897	462.97	-485.01	462.966	501.547	573.196	600.754	622.8	600.754	<b>1614.87</b>	SBD	
1	ZECHARIAH SMITH	M	23	NC	Wraps	MPF-U	196.43	198	600.8	-622.8	-622.8	600.75	391.317	402.34	413.363	413.363	518.081	534.616	545.639		545.639	<b>1559.75</b>	SBD	
1	TIM BOYCE	M	47	NC	Wraps	O-U	161.38	165	319.7	325.18	-330.7	325.18	214.949	225.97		225.972	314.156	325.179	341.713		341.713	<b>892.863</b>	SBD	
1	ZECHARIAH SMITH	M	23	NC	Wraps	O-U	196.43	198	600.8	-622.8	-622.8	600.75	391.317	402.34	413.363	413.363	518.081	534.616	545.639		545.639	<b>1559.75</b>	SBD	
DQ	ROGER PARDUE	M	61	SC	Multi-	M5-U	209.22	220	-683	699.96		699.96	-440.92										<b>DQ</b>	SBD
1	KENT WALL	M	41	NC	Bare	M1-T	269.62	276					363.759	385.81	-407.85	385.805	540.127	584.219	-628.31		584.219	<b>970.024</b>	BD	
1	ROGER PARDUE	M	61	SC	Multi-	M5-U	209.22	220	-683	699.96		699.96											<b>699.961</b>	S
1	ROBERT CUMMINGS	M	41	NC	Bare	M1-T	206.57	220					242.506	275.58	-292.11	275.575							<b>275.575</b>	B
NS	KENNY BLACKMON	M	52	SC	Bare	M3-T																	<b>DQ</b>	B
1	BRYAN DAVIS	M	56	NC	Bare	M4-U	161.16	165					231.483	242.51	259.041	270.06	259.041						<b>259.041</b>	B
1	BRENNAN DAGENHART	M	38	NC	Bare	O-U	198.19	198					-424.39	440.92	468.478	468.478							<b>468.478</b>	B
1	TIMOTHY CHURCH	M	35	NC	Bare	S-T	165.01	165					270.064	303.13	-319.67	303.133							<b>303.133</b>	B
1	BRENNAN DAGENHART	M	38	NC	Bare	S-U	198.19	198					-424.39	440.92	468.478	468.478							<b>468.478</b>	B
1	DAWELL ROBINSON	M	35	NC	Bare	S-U	236.11	243					369.271	391.32	402.34	402.34							<b>402.34</b>	B
1	Zechariah Smith - 2	M	23	NC	Sleeve	MPF-U	196.43	198					391.317	402.34	413.363	413.363							<b>413.363</b>	B
1	JEFF GULLER	M	81	NC	Single	M9-T	184	198					203.926	209.44	214.949	214.949							<b>214.949</b>	B
1	BRANDON KEE	M	42	SC	Multi-	M1-T	296.52	309					523.593	-545.64	545.639	545.639							<b>545.639</b>	B
1	CHAD CHURCH	M	45	NC	Multi-	M2-U	197.31	198					501.547	545.64	-573.2	545.639							<b>545.639</b>	B
DQ	DAVID CRATER	M	49	NC	Multi-	M2-U	277.78	309					-970.02	-970.02	-970.02								<b>DQ</b>	B
1	ZACK VIERS	M	25	NC	Multi-	O-U	180.34	182					733.03	-772.71	-772.71	733.03							<b>733.03</b>	B
1	CHAD CHURCH	M	45	NC	Multi-	O-U	197.31	198					501.547	545.64	-573.2	545.639							<b>545.639</b>	B
DQ	STEPHEN LANE	M	35	SC	Multi-	O-U	273.81	276					-925.93	-925.93	-953.49								<b>DQ</b>	B
DQ	STEPHEN LANE	M	35	SC	Multi-	S-U	273.81	276					-925.93	-925.93	-953.49								<b>DQ</b>	B
1	SETH TOLBERT	M	26	NC	Unlim	O-U	204.48	220					551.15	-606.27	-606.27	551.15							<b>551.15</b>	B
1	JONAH BROOKS	M	20	NC	Bare	J-T	261.25	276									551.15	606.265	-650.36		606.265	<b>606.265</b>	D	
1	JAMES MEACHAM	M	42	NC	Bare	M1-U	193.78	198									567.685	-606.27	-606.27		567.685	<b>567.685</b>	D	
1	OLIVER GEORGE	M	56	VA	Bare	M4-T	250.88	276									319.667	407.851	451.943	501.547	451.943	<b>451.943</b>	D	
1	OLIVER GEORGE	M	56	VA	Bare	MPF-T	250.88	276									319.667	407.851	451.943	501.547	451.943	<b>451.943</b>	D	
1	JAMES MEACHAM	M	42	NC	Bare	O-U	193.78	198									567.685	-606.27	-606.27		567.685	<b>567.685</b>	D	
1	LONDON EFIRD	M	29	NC	Bare	O-U	360.19	SHW									777.122	810.191			810.191	<b>810.191</b>	D	
1	MITCHELL GELB	M	21	SC	Single	J-U	192.24	198									363.759	402.34	429.897		429.897	<b>429.897</b>	D	

### Strict Curl RESULTS - POUNDS

Plac	Ag	Stat	Equip	W /	Curl1L	Curl2LB	Curl3LB	Best3C	TotalLB			
e	Sex	e	Division	B / W	C	BS	S	S	urlLBS	S	Event	
1	Robert Cummings	M	41 NC	Raw	M1-T	206.8	220	95	115	125	125	C
1	Kent Wall	M	41 NC	Raw	M1-T	269.4	275	110	130	150	150	C
1	Oliver George	M	56 VA	Raw	M4-T	251	275	120	130	-150	130	C
1	Oliver George	M	56 VA	Raw	MPF-T	251	275	120	130	-150	130	C
1	Josh Burke	M	33 NC	Raw	O-T	190.6	198	105	125	135	135	C
1	Oliver George	M	56 VA	Raw	O-T	251	275	120	130	-150	130	C
1	Landon Efrid	M	29 NC	Raw	O-U	360.2	SHW	165	-170	Pass	165	C
1	Brennan Dagenhart	M	38 NC	Raw	S-U	198.2	198	135	-170	170	170	C