

2021 USA Nationals Powerlifting Championship																		
Greensboro, NC																		
24-Apr-21		Full Power Results - in Kilos																
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Nevaeh McIntosh	10	F-YF-R-T	183.8	198	70	85	-91	85	37.5	46	-47.5	46	131	80	95	97.5	97.5	228.5
Sarah Oesch	18	-T3F-RC-	157	165	107.5	117.5	122.5	122.5	65	-72.5	-72.5	65	187.5	127.5	145	150	150	337.5
Jessie Hunt	34	-OF-RC-	234.3	SHW	135	147.5	-150	147.5	77.5	82.5	-87.5	82.5	230	160	170	-182.5	170	400
Missy Taylor - O	45	F-OF-R-T	118.2	123	107.5	110	115	115	70	75	-80	75	190	115	122.5	132.5	132.5	322.5
Adrien Coder	27	-OF-RC-	120.2	123	115	137.5	-142.5	137.5	67.5	75	-77.5	75	212.5	130	152.5	160	160	372.5
Alisha Martin	23	F-OF-R-T	161.5	165	127.5	-142.5	142.5	142.5	70	77.5	-80	77.5	220	130	145	150	150	370
Jessica Blanks	27	-NF-RC-	159	165	95	-107.5	-117.5	95	-45	45	-60	45	140	92.5	102.5	125	125	265
Meredith Arnold - N	19	-NF-RC-	278.2	SHW	100	-107.5	110	110	62.5	67.5	-75	67.5	177.5	115	125	140	140	317.5
Missy Taylor - M	45	-M1F-R-	118.2	123	107.5	110	115	115	70	75	-80	75	187.5	115	122.5	132.5	132.5	322.5
Skyler Walters	11	M-YF-R-T	111.6	114	45	57.5	65	65	35	40	42.5	42.5	107.5	62.5	67.5	80	80	187.5
Dashiel Grant	12	M-YF-R-T	148	148				WD				0	0				0	0
Wyatt Plyler	19	-T3F-RC-	177.4	181	172.5	-185	185	185	102.5	105	-107.5	105	290	182.5	187.5	-190	187.5	477.5
Meredith Arnold - T	19	-T3F-RC-	278.2	308	100	-107.5	110	110	62.5	67.5	-75	67.5	177.5	115	125	140	140	317.5
Jack Samaha	13	M-T1F-R-	132	132	82.5	87.5	95	95	50	-52.5	52.5	52.5	147.5	92.5	97.5	102.5	102.5	250
Gerald "Junior" Swan	25	-OF-RC-	179	181	215	220	227.5	227.5	165	-167.5	-172.5	165	392.5	217.5	227.5	237.5	237.5	630
Chris Macera - FP	25	M-OF-R-T	162.4	165	165	-182.5	182.5	182.5	155	165	-170	165	347.5	175	187.5	202.5	202.5	550
"Howard" Lianhao Zhou - C	29	M-OF-R-T	178.7	181				WD	105	117.5	122.5	122.5	0	187.5	210	-222.5	210	0
Thomas LaRocco - MPF	42	MPFF-RC-	179.9	181	205	217.5	227.5	227.5	142.5	150	-160	150	377.5	205	220	-231	220	597.5
"Howard" Lianhao Zhou - M	29	-MPFF-R-	178.7	181				WD	105	117.5	122.5	122.5	0	187.5	210	-222.5	210	0
Thomas LaRocco - M	42	-M1F-RC-	179.9	181	205	217.5	227.5	227.5	142.5	150	-160	150	377.5	205	220	-231	220	597.5
		Full Power Results - in Pounds																
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Gerald "Junior" Swan	25	-OF-RC-	179	181	473.99	485.01	501.55	501.547	363.76	-369.27	-380.29	363.76	865.31	479.5	501.55	523.59	523.59	1388.898
Thomas LaRocco - MPF	42	MPFF-RC-	179.9	181	451.94	479.5	501.55	501.547	314.16	330.69	-352.74	330.69	832.24	451.94	485.01	-509.26	485.01	1317.2485
Thomas LaRocco - M	42	-M1F-RC-	179.9	181	451.94	479.5	501.55	501.547	314.16	330.69	-352.74	330.69	832.24	451.94	485.01	-509.26	485.01	1317.2485
Chris Macera - FP	25	M-OF-R-T	162.4	165	363.76	-402.34	402.34	402.34	341.71	363.76	-374.78	363.76	766.1	385.81	413.36	446.43	446.43	1212.53
Missy Taylor - O	45	F-OF-R-T	118.2	123	236.99	242.51	253.53	253.529	154.32	165.35	-176.37	165.35	418.88	253.53	270.06	292.11	292.11	711
Missy Taylor - M	45	-M1F-R-	118.2	123	236.99	242.51	253.53	253.529	154.32	165.35	-176.37	165.35	413.36	253.53	270.06	292.11	292.11	711
Adrien Coder	27	-OF-RC-	120.2	123	253.5	303	-314	303	148.81	165.35	-170.75	165.35	468.35	286.5	336	352.74	352.74	821.09

Alisha Martin	23	F-OF-R-T	161.5	165	281.09	-314.16	314.16	314.156	154.32	170.86	-176.37	170.86	485.01	286.6	319.67	330.69	330.69	815.702
Sarah Oesch	18	-T3F-RC-	157	165	236.99	259.04	270.06	270.064	143.3	-159.83	-159.83	143.3	413.36	281.09	319.67	330.69	330.69	744.0525
Jessie Hunt	34	-OF-RC-	234.3	SHW	297.62	325.18	-330.69	325.179	170.86	181.88	-192.9	181.88	507.06	352.74	374.78	-402.34	374.78	881.84
Wyatt Plyler	19	-T3F-RC-	177.4	181	380.29	-407.85	407.85	407.851	225.97	231.48	-236.99	231.48	639.33	402.34	413.36	-418.87	413.36	1052.6965
Jessica Blanks	27	-NF-RC-	159	165	209.44	-236.99	-259.04	209.437	-99.207	99.207	-132.28	99.207	308.64	203.93	225.97	275.58	275.58	584.219
Meredith Arnold - N	19	-NF-RC-	278.2	SHW	220.46	-236.99	242.51	242.506	137.79	148.81	-165.35	148.81	391.32	253.53	275.58	308.64	308.64	699.9605
Jack Samaha	13	I-T1F-R-	132	132	181.88	192.9	209.44	209.437	110.23	-115.74	115.74	115.74	325.18	203.93	214.95	225.97	225.97	551.15
Skyler Walters	11	M-YF-R-T	111.6	114	99.207	126.76	143.3	143.299	77.161	88.184	93.696	93.696	237	137.79	148.81	176.37	176.37	413.366
Meredith Arnold - T	19	-T3F-RC-	278.2	308	220.46	-236.99	242.51	242.506	137.79	148.81	-165.35	148.81	391.32	253.53	275.58	308.64	308.64	699.9605
Nevaeh McIntosh	10	F-YF-R-T	183.8	198	154.32	187.39	-200.62	187.39	82.673	101.41	-104.5	101.41	288.8	176.37	209.44	214.95	214.95	503.75
Dashiel Grant	12	M-YF-R-T	148	148	0	0	0	WD	0	0	0	0	0	0	0	0	0	0
"Howard" Lianhao Zhou - C	29	M-OF-R-T	178.7	181	0	0	0	WD	231.48	259.04	270.06	270.06	0	413.36	462.97	-490.52	462.97	0
"Howard" Lianhao Zhou - M	29	-MPFF-R	178.7	181	0	0	0	WD	231.48	259.04	270.06	270.06	0	413.36	462.97	-490.52	462.97	0

Push Pull Results - in Kilos

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 4	Best Deadlift	PL Total
"Howard" Lianhao Zhou - C	29	M-OF-R-T	178.7	181	105	117.5	122.5	122.5	187.5	210	222.5	222.5	345
"Howard" Lianhao Zhou - M	29	-MPFF-R	178.7	181	105	117.5	122.5	122.5	187.5	210	222.5	222.5	345

Push Pull Results - in Pounds

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 4	Best Deadlift	PL Total
"Howard" Lianhao Zhou - C	29	M-OF-R-T	178.7	181	231.25	259	270	270	413.25	462.75	490.5	490.5	760.5
"Howard" Lianhao Zhou - M	29	-MPFF-R	178.7	181	231.25	259	270	270	413.25	462.75	490.5	490.5	760.5

Bench Press Results - in Kilos

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench
Jennifer "Gigi" Eller - O	49	-OB-MP-	180.7	181	-160	-160	-160	DQ
Jennifer "Gigi" Eller - M	49	M2B-MP-	180.7	181	-160	-160	-160	DQ
Chris Macera - BP	25	M-OB-R-T	162.4	165	155	165	-170	165
Lakendrick Powers	34	M-OB-R-T	167.3	181	167.5	-175	-175	167.5
Zack Viers	24	I-OB-MP-	181.1	181	300	307.5	-312.5	307.5
Dustin McClure - O	41	I-OB-MP-	181.1	181	210	227.5	-237.5	227.5
Dustin McClure - MPF	41	MPFB-MP-	180.2	181	210	227.5	-237.5	227.5
Tim Metcalf - BP	60	I-M5B-R-	177.9	181	97.5	100	102.5	102.5
Dustin McClure - M	41	-M1B-MP-	180.2	181	210	227.5	-237.5	227.5

Bench Press Results - in Pounds								
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench
Zack Viers	24	I-OB-MP-	181.1	181	661.38	677.91	-688.94	677.914
Dustin McClure - MPF	41	MPFB-MF	180.2	181	462.97	501.55	-523.59	501.546
Dustin McClure - M	41	-M1B-MP	180.2	181	462.97	501.55	-523.59	501.546
Dustin McClure - O	41	I-OB-MP-	181.1	181	462.97	501.55	-523.59	501.546
Chris Macera - BP	25	M-OB-R-	162.4	165	341.71	363.76	-374.78	363.759
Lakendrick Powers	34	M-OB-R-	167.3	181	369.27	-385.81	-385.81	369.270
Tim Metcalf - BP	60	I-M5B-R-	177.9	181	214.95	220.46	225.97	225.971
Jennifer "Gigi" Eller - O	49	-OB-MP-	180.7	181	-352.74	-352.74	-352.74	DQ
Jennifer "Gigi" Eller - M	49	M2B-MP	180.7	181	-352.74	-352.74	-352.74	DQ
Deadlift Results - in Kilos								
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Tim Metcalf - DL	60	I-M5D-R-	181.1	181	125	137.5	145	145
Deadlift Results - in Pounds								
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Tim Metcalf - DL	60	I-M5D-R-	181.1	181	275.58	303.13	319.67	319.667
Strict Curl Results - in Pounds								
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Curl 1	Curl 2	Curl 3	Best Curl
Tim Metcalf	60	I-M5C-R-	181.1	181	100	-120	-120	100