

2009 USAPL Southern California Regionals

Santa Clarita, CA

November 7, 2009

Meet Director: Lance Slaughter

Powerlifting Results														
Women	Div	Wt. Class (kg)	Bwt (kg)	Age	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	PL Total
Stephanie Whiting	50-59	48	45.7	61	70	70	70	40	42.5	45	80	87.5	92.5	207.5
Raw Women														
Janelle Mault	40-49	75	72	40	47.5	52.5	57.5	40	45	47.5	125	137.5	137.5	240
Joni Ragsdale	50-59	67.5	63.1	51	57.5	65	70	42.5	47.5	47.5	87.5	97.5	105	212.5
Jan Rapoport	50-59	67.5	62.7	52	52.5	57.5	57.5	35	37.5	37.5	52.5	62.5	72.5	160
Tiffany Martinez-Wright	Open	60	59.4	37	47.5	52.5	65	40	45	45	75	85	90	187.5
Men														
Darren Matsumoto	40-49	67.5	67.3	44	252.5	252.5	267.5	192.5	192.5	192.5	220	232.5	242.5	677.5
Lothar Vallot	50-50	90	89.7	57	115	122.5	130	95	102.5	107.5	132.5	142.5	150	382.5
Ted Stewart	50-59	125	124	53	215	227.5	237.5	132.5	145	155	215	237.5	245	637.5
Darren Matsumoto	Open	67.5	67.3	44	252.5	252.5	267.5	192.5	192.5	192.5	220	232.5	242.5	677.5
Ryan Spencer	Open	75	73.9	36	227.5	240	250	137.5	147.5	160	272.5	272.5	302.5	670
Jason Longfellow	Open	82.5	79.9	22	235	235	250	150	155	160	227.5	250	277.5	655
David Jurgens	Open	90	87.9	28	260	260	260	167.5	175	182.5	285	305	320	762.5
Kevin Smith	Open	125	111	21	140	145	150	125	132.5	137.5	182.5	202.5	207.5	490
Raw Men														
Travis Hollis	16-17	67.5	61	17	90	102.5	110	65	77.5	87.5	125	137.5	142.5	340
Greg Darnell	18-19	75	71	19	107.5	117.5	130	87.5	102.5	107.5	157.5	172.5	182.5	402.5
Michael Brown	40-49	90	89.3	49	135	142.5	145	115	122.5	125	170	180	190	457.5
Daniel Mahan	40-49	100	97.9	43	220	235	240	137.5	145	147.5	225	245	265	630
Sam Graham	40-49	100	94.3	40	110	110	115	162.5	162.5	162.5	142.5	150	182.5	427.5
Mark Byers	40-49	125+	125.9	43	135	150	150	125	137.5	145	150	172.5	185	472.5
Kevin Jordan	50-59	100	99.6	52	170	182.5	192.5	117.5	125	130	190	205	205	527.5
Michael Wolmesdorf	50-59	100	99	51	115	125		102.5	107.5	115	125	137.5		377.5
Gordon Santee	60+	67.5	67	63	102.5	112.5	125	87.5	95	97.5	185	195	200	422.5
Robert Mattison	60+	67.5	67.1	72	75	90	100	95	102.5	105	165	165	175	367.5
John Killin	60+	82.5	82.3	60	140	150	157.5	87.5	92.5		190	197.5	202.5	445
Matthew Reep	Open	75	72.8	35	140	145	152.5	155	160	163.5	175	185	195	511
Ryan Steffen	Open	82.5	76.5	27	140	150	165	97.5	105	117.5	167.5	185	195	455
Vithuran Arumoli	Open	82.5	79.7	21	115	122.5	130	77.5	85	90	170	190	195	410
Erik Kasabuske	Open	90	89.2	26	225	242.5	250	140	147.5	147.5	270	290	295	680
Michael Chapdelaine	Open	90	86.4	32	162.5	175	185	145	152.5	157.5	195	210	225	567.5
Jason Couse	Open	90	87.5	39	165	180	185	125	137.5	137.5	167.5	180	185	490
Daniel Green	Open	100	98.2	26	260	272.5	275	175	180	180	295	310	315	757.5
Connor Barickman	Open	100	96.4	22	147.5	162.5	175	115	122.5	132.5	157.5	170	185	482.5
Patrick Voosen	Open	100	91.4	21	150	160	167.5	105	120	122.5	157.5	175	185	475
Phillip Russell	Open	110	109.7	27	207.5	212.5		162.5	165	165	225	245		597.5
Gary Hagins	Open	110	108.7	26	185	210	232.5	102.5	125		185	230	262.5	565
Adam Johnson	Open	125	123.8	30	232.5	247.5	260	152.5	165	170	250	272.5	290	715

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Bench Press Only Results

Raw Women	Div	Wt. Class (kg)	Bwt (kg)	Age	BP-1	BP-2	BP-3
Megan Behounek	Open	75	70.9	26	37.5	42.5	-50
Tracee Patterson	Open	90	86	36	62.5	67.5	72.5
Men							
William Garcia	18-19	56	55.3	19	120	135	142.5
Hoddy Fritz	40-49	100	93.9	43	157.5	165	170
Ron Garcia	40-49	125	113.4	46	182.5	190	-195
Michael Murray	50-59	110	101.1	50	190	195	200
Alvin Waldon	50-59	110	106.2	58	192.5	-200	-200
Dave Cummerow	60+	82.5	82.5	60	145	150	-157.5
Les Oeri	Open	90	88.6	57	140	155	-165
Luis Castillo	Open	100	94.4	25	167.5	182.5	-192.5
Kyle Ransom	Open	100	96.2	20	105	112.5	117.5
Alvin Waldon	Open	110	106.2	58	192.5	-200	-200
Ron Garcia	Open	125	113.4	46	182.5	190	-195
Raw Men							
Slade Rheahme	16-17	90	88.7	16	-130	-130	-130
Gary Strassberg	40-49	82.5	81.7	41	102.5	107.5	110
Michael Sweet	40-49	90	89.4	49	120	130	-137.5
Alvin Waldon	50-59	110	106.2	58	192.5	-200	-200
Mike "Irish" Kane	60+	90	86.9	69	-110	-120	-120
Matt Goodwin	Open	75	74.8	26	137.5	155	-165
Alvin Waldon	Open	110	106.2	58	192.5	-200	-200
Deadlift Only Results							
Raw Women	Div	Wt. Class (kg)	Bwt (kg)	Age	DL-1	DL-2	DL-3
Tracee Patterson	Open	90	86	36	137.5	150	162.5
Raw Men							
Gary Strassberg	40-49	82.5	81.7	41	130	150	157.5
Michael Sweet	40-49	90	89.4	49	165	182.5	190
Raymond Cavileer	50-59	82.5	78.7	56	185	205	210
Brock Paul	Open	100	98	23	225	232.5	-235

Referees

Bill Ennis	IPF Cat II
Gretchen Buerki	National
Steve Heyl	National
Lance Slaughter	National
Snow Baehr	State
Jason Bowers	State
John Planas	State

Competition Staff

Tom Miller	Expeditor
Melody Jordan	Score Cards
Hung Pham	Computer Scoring
Lance Slaughter	Announcer

Platform Staff

John Planas, Brent Tanaka, Jon Kim, Spencer Gill, Larry Pollack, Bruce Mendoza, Daniel Weigel, Sean Waxman, Julien Pineau