



OFFICIAL SCORESHEET

UPDATED 10/27/24

2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>OPEN MEN 55kg</b>																				
55	Dominic	Sanchez	AZ	2014	10	Perception Weightlifting	33.50	18	-20	20	20	26	30	31	31	51	1	134.000	10/19	Tempe, AZ
55	Joshua	Kist	NM	2014	10	High Desert Athletic Club	50.11	19	21	-22	21	23	25	28	28	49	2	86.944	10/26	Albuquerque, NM
55	Matthias	Felix	NM	2013	11	High Desert Athletic Club	32.00	16	-17	17	17	19	20	22	22	39	3	107.844	10/26	Albuquerque, NM
<b>OPEN MEN 61kg</b>																				
61	Brandan	Ho	NM	1997	27	Enchanted Strength Weightlifting	60.66	84	87	-91	87	107	110	113	113	200	1	305.239	10/26	Albuquerque, NM
61	Ashton	Mcallister	AZ	2010	14	Power & Grace Performance	57.25	57	60	62	62	70	75	78	78	140	2	223.100	10/19	Tempe, AZ
<b>OPEN MEN 67kg</b>																				
67	Chris	Harney	NM	1983	41	Fortis Weightlifting	67.00	86	-89	-92	86	104	106	-109	106	192	1	273.403	10/26	Albuquerque, NM
67	Flynn	King	NM	2008	16	High Desert Athletic Club	66.48	81	85	89	89	98	102	-107	102	191	2	273.400	10/26	Albuquerque, NM
67	James	Devall	AZ	2003	21	Fifty-One Fifty Weightlifting Club	62.00	75	80	-85	80	100	105	-108	105	185	3	277.930	10/19	Tempe, AZ
67	Philip	Salas	NM	1976	48	Fortis Weightlifting	65.33	60	63	66	66	77	80	83	83	149	4	215.813	10/26	Albuquerque, NM
67	Nicholas	Weingarten	NM	1951	73	Miller Weightlifting	67.00	45	48	-50	48	55	-58	-58	55	103	5	146.670	10/26	Albuquerque, NM
67	Stephen	Murray	AZ	2000	24	Alee Athletics	66.35	-80	-80	-80	-	95	100	103	103	-	-	-	10/19	Tempe, AZ
<b>OPEN MEN 73kg</b>																				
73	Mario	Mikha	AZ	1990	34	Unaffiliated	73.00	100	105	110	110	130	135	-140	135	245	1	330.262	10/19	Tempe, AZ
73	Antonino	Micela	AZ	2008	16	Performance One Weightlifting	71.45	84	88	-92	88	110	115	120	120	208	2	284.140	10/19	Tempe, AZ
73	Jean-Jacques	Cabou	AZ	1977	47	Catalyst	72.90	79	81	83	83	101	104	-107	104	187	3	252.290	10/19	Tempe, AZ
73	Carlos	Wendler	NM	2007	17	Las Cruces Weightlifting	73.00	63	66	68	68	78	82	84	84	152	4	204.897	10/26	Albuquerque, NM
73	Chris	Prentice	NM	1984	40	Fortis Weightlifting	70.91	58	60	63	63	75	78	81	81	144	5	197.649	10/26	Albuquerque, NM
73	Kolbi	Montoya	NM	2004	20	Strength Academy Weightlifting	71.28	-100	-100	-100	-	125	-134	-134	125	-	-	171.009	10/26	Albuquerque, NM
<b>OPEN MEN 81kg</b>																				
81	Martin	Glenn-Adams	AZ	1999	25	Fifty-One Fifty Weightlifting Club	73.80	-105	105	111	111	130	135	141	141	252	1	337.450	10/19	Tempe, AZ
81	Vincent	Yocco	AZ	1991	33	Unaffiliated	81.00	96	101	106	106	125	130	-138	130	236	2	299.220	10/19	Tempe, AZ
81	David	Amerson	AZ	2001	23	Sanctuary Barbell	73.40	95	-98	100	100	120	-123	-123	120	220	3	295.570	10/19	Tempe, AZ
81	Alex	Dejesse	AZ	1995	29	Unaffiliated	79.30	-100	100	-103	100	120	-125	-125	120	220	4	282.510	10/19	Tempe, AZ
81	Noah	Richter	AZ	2002	22	Unaffiliated	79.20	-90	90	-93	90	110	115	119	119	209	5	268.580	10/19	Tempe, AZ
81	Nathan	Culler	AZ	2006	18	Power & Grace Performance	81.00	85	-88	-90	85	107	110	-113	110	195	6	247.480	10/19	Tempe, AZ
81	Josh	Purcell	AZ	1983	41	Unaffiliated	78.15	85	89	-93	89	104	-109	-113	104	193	7	249.890	10/19	Tempe, AZ
81	David	Lochridge	NM	1988	36	Enchanted Strength Weightlifting	74.98	84	87	89	89	97	-103	-105	97	186	8	246.709	10/26	Albuquerque, NM
81	David	Partridge	AZ	1966	58	Kingman Barbell Club	78.50	77	80	-83	80	97	101	105	105	185	9	238.930	10/19	Tempe, AZ
81	Cedric	Mendoza	AZ	2000	24	Fifty-One Fifty Weightlifting Club	79.15	60	65	70	70	90	-95	95	95	165	10	212.110	10/19	Tempe, AZ
81	Moulero	Akobi	AZ	1996	28	Sanctuary Barbell	77.70	65	68	72	72	82	86	90	90	162	11	210.450	10/19	Tempe, AZ
81	Akobi	Nguyen	NM	1997	27	High Desert Athletic Club	79.80	65	68	-72	68	85	88	-91	88	156	12	199.624	10/26	Albuquerque, NM
81	Tyler	Melton	AZ	1979	45	Sanctuary Barbell	79.25	52	-55	55	55	70	-74	-75	70	125	13	160.570	10/19	Tempe, AZ
81	Joseph	derKinderen	NM	1965	59	Unaffiliated	78.70	50	52	-54	52	-54	54	-56	54	106	14	136.702	10/26	Albuquerque, NM



OFFICIAL SCORESHEET

UPDATED 10/27/24

# 2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>OPEN MEN 89kg</b>																				
89	Nathan	Cerwinski	AZ	2000	24	Performance One Weightlifting	89.00	128	133	136	136	168	172	-176	172	308	1	372.100	10/19	Tempe, AZ
89	Arturo	Quesada	AZ	2004	20	Performance One Weightlifting	88.50	105	110	115	115	130	135	140	140	255	2	309.090	10/19	Tempe, AZ
89	Eric	Renner	NM	1996	28	Miller Weightlifting	84.57	100	105	-115	105	120	128	-135	128	233	3	288.985	10/26	Albuquerque, NM
89	James	Braun	AZ	1979	45	Catalyst	85.10	93	-98	-100	93	112	118	123	123	216	4	267.030	10/19	Tempe, AZ
89	Sean	Chen	AZ	2003	21	High Desert Athletic Club	81.95	90	95	-100	95	115	120	-125	120	215	5	271.140	10/19	Tempe, AZ
89	Richard	Smith	AZ	1976	48	Performance One Weightlifting	88.60	-95	95	-100	95	115	120	-125	120	215	6	260.460	10/19	Tempe, AZ
89	Christian	Johnson	AZ	2000	24	Alee Athletics	89.00	90	-96	98	98	-115	115	-120	115	213	7	257.470	10/19	Tempe, AZ
89	Jett	Morris	AZ	2006	18	Unaffiliated	87.70	-85	-85	85	85	105	110	115	115	200	8	243.510	10/19	Tempe, AZ
89	David	Hoffer	AZ	1996	28	Sanctuary Barbell	88.40	92	95	-98	95	-104	104	-112	104	199	9	241.340	10/19	Tempe, AZ
89	Ivan	Gonzalez	NM	1996	28	Miller Weightlifting	87.15	82	87	-91	87	102	-107	107	107	194	10	236.950	10/26	Albuquerque, NM
89	Steven	Holtzman	AZ	1987	37	Unaffiliated	88.00	80	88	-93	88	98	103	-108	103	191	11	232.160	10/19	Tempe, AZ
89	Jose	Carmona	AZ	1977	47	Sanctuary Barbell	88.90	77	81	-83	81	100	104	108	108	189	12	228.580	10/19	Tempe, AZ
89	Xavier	Medrano	AZ	2009	15	Alee Athletics	89.25	85	-90	-90	85	95	101	-107	101	186	13	224.520	10/19	Tempe, AZ
89	Glenn	Canales	NM	1966	58	Unaffiliated	86.89	78	81	-84	81	96	-100	-101	96	177	14	216.511	10/27	Albuquerque, NM
89	Dylan	McCullough	AZ	2008	16	Performance One Weightlifting	88.90	-67	67	71	71	85	90	93	93	164	15	198.350	10/19	Tempe, AZ
89	Joseph	Trujillo	AZ	1965	59	Sanctuary Barbell	89.00	-61	61	-64	61	82	85	88	88	149	16	180.010	10/19	Tempe, AZ
89	Isaac	Menchaca	AZ	2008	16	Unaffiliated	85.95	-54	54	60	60	74	77	80	80	140	17	172.200	10/19	Tempe, AZ
<b>OPEN MEN 96kg</b>																				
96	Eugene	Shem	AZ	1987	37	High Desert Athletic Club	93.50	95	100	105	105	130	135	-140	135	240	1	283.420	10/19	Tempe, AZ
96	Michael	Thomas	AZ	1996	28	Sanctuary Barbell	93.80	90	95	100	100	127	132	138	138	238	2	280.650	10/19	Tempe, AZ
96	Zachary	Bustillos	NM	1997	27	Four Monkeys Weightlifting	94.09	100	105	110	110	120	126	-131	126	236	3	277.903	10/27	Albuquerque, NM
96	Marshall	Patzner	AZ	1998	26	Unaffiliated	94.20	90	-95	96	96	130	-135	-135	130	226	4	265.990	10/19	Tempe, AZ
96	Eugene	Mcdougall	AZ	1972	52	GTX Weightlifting	92.90	90	101	-106	101	110	116	121	121	222	5	262.940	10/19	Tempe, AZ
96	Belal	Aboabdo	NM	1996	28	Strength Academy Weightlifting	93.05	85	90	-95	90	100	105	110	110	200	6	236.709	10/27	Albuquerque, NM
96	Travis	Jewett	AZ	1981	43	Unaffiliated	95.75	74	77	80	80	96	99	102	102	182	7	212.640	10/19	Tempe, AZ
96	Cheng	Li	AZ	1992	32	Performance One Weightlifting	95.10	65	-68	68	68	85	-90	95	95	163	8	191.020	10/19	Tempe, AZ
96	Joseph	Parmoon	NM	1964	60	Fortis Weightlifting	93.02	56	59	-61	59	65	68	70	70	129	9	152.700	10/27	Albuquerque, NM
<b>OPEN MEN 102kg</b>																				
102	Zachary	White	AZ	2003	21	Performance One Weightlifting	100.80	128	133	136	136	158	-162	162	162	298	1	340.640	10/19	Tempe, AZ
102	Michael	McHenry	NM	1990	34	Strength Academy Weightlifting	101.47	112	117	122	122	143	148	-153	148	270	2	307.799	10/27	Albuquerque, NM
102	Steve	Vaughan	NM	1978	46	Fortis Weightlifting	102.00	83	87	91	91	117	122	-125	122	213	3	242.308	10/27	Albuquerque, NM
102	Adrian	Cederberg	NM	1997	27	Strength Academy Weightlifting	101.16	85	90	-95	90	100	-105	-105	100	190	4	216.869	10/27	Albuquerque, NM
102	Dan	Gradows	AZ	1977	47	Unaffiliated	101.00	55	61	66	66	70	80	86	86	152	5	173.610	10/19	Tempe, AZ
<b>OPEN MEN 109kg</b>																				
109	Doug	Clouse	AZ	1972	52	Performance One Weightlifting	105.50	112	-117	117	117	137	142	147	147	264	1	296.380	10/19	Tempe, AZ
109	Richard	Watkins	AZ	1987	37	Unaffiliated	103.35	96	98	-101	98	110	112	115	115	213	2	241.040	10/19	Tempe, AZ
109	Eric	Sapien	NM	1990	34	Unaffiliated	102.89	75	78	82	82	103	107	-112	107	189	3	214.261	10/26	Albuquerque, NM
109	Bernie	Salazar	NM	1989	35	Strength Academy Weightlifting	107.73	-58	63	68	68	80	-86	87	87	155	4	172.655	10/27	Albuquerque, NM
109	Gavin	Dahle	AZ	2009	15	Power & Grace Performance	107.65	68	-72	-75	68	80	-85	85	85	153	5	170.470	10/19	Tempe, AZ
<b>OPEN MEN +109kg</b>																				
109+	Shawn	Hanrahan	AZ	1973	51	Unaffiliated	124.00	-116	116	120	120	-145	-150	150	150	270	1	287.360	10/19	Tempe, AZ
109+	David	Hodgin	AZ	1995	29	Alee Athletics	113.60	-115	116	-125	116	150	-155	-160	150	266	2	290.830	10/19	Tempe, AZ
109+	Alan-Nghia	Duong	NM	1997	27	Strength Academy Weightlifting	115.02	95	100	107	107	140	-147	147	147	254	3	276.566	10/27	Albuquerque, NM
109+	Ronald	Legg	NM	1960	64	Unaffiliated	131.33	61	-62	-62	61	80	81	82	82	143	4	149.924	10/27	Albuquerque, NM



OFFICIAL SCORESHEET

UPDATED 10/27/24

2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location									
								1	2	3	Sna	1	2	3	C&J														
<b>MASTERS MEN 70-74</b>																				<b>SMF</b>									
67	Nicholas	Weingarten	NM	1951	73	Miller Weightlifting	67.00	45	48	-50	48	55	-58	-58	55	103	1	293.926	10/26	Albuquerque, NM									
<b>MASTERS MEN 60-64</b>																				<b>SMF</b>									
96	Joseph	Parmoon	NM	1964	60	Fortis Weightlifting	93.02	56	59	-61	59	65	68	70	70	129	1	231.188	10/27	Albuquerque, NM									
109+	Ronald	Legg	NM	1960	64	Unaffiliated	131.33	61	-62	-62	61	80	81	82	82	143	1	244.227	10/27	Albuquerque, NM									
<b>MASTERS MEN 55-59</b>																				<b>SMF</b>									
81	David	Partridge	AZ	1966	58	Kingman Barbell Club	78.50	77	80	-83	80	97	101	105	105	185	1	349.316	10/19	Tempe, AZ									
81	Joseph	derKinderen	NM	1965	59	Unaffiliated	78.70	50	52	-54	52	-54	54	-56	54	106	2	203.413	10/26	Albuquerque, NM									
89	Glenn	Canales	NM	1966	58	Unaffiliated	86.89	78	81	-84	81	96	-100	-101	96	177	1	316.539	10/27	Albuquerque, NM									
89	Joseph	Trujillo	AZ	1965	59	Sanctuary Barbell	89.10	-61	61	-64	61	82	85	88	88	149	2	267.855	10/19	Tempe, AZ									
<b>MASTERS MEN 50-54</b>																				<b>SMF</b>									
96	Eugene	Mcdougall	AZ	1972	52	GTX Weightlifting	92.90	90	101	-106	101	110	116	121	121	222	1	346.029	10/19	Tempe, AZ									
109	Doug	Clouse	AZ	1972	52	Performance One Weightlifting	105.50	112	-117	117	117	137	142	147	147	264	1	390.036	10/19	Tempe, AZ									
109+	Shawn	Hanrahan	AZ	1973	51	Unaffiliated	124.00	-116	116	120	120	-145	-150	150	150	270	1	372.706	10/19	Tempe, AZ									
<b>MASTERS MEN 45-49</b>																				<b>SMF</b>									
67	Philip	Salas	NM	1976	48	Fortis Weightlifting	65.33	60	63	66	66	77	80	83	83	149	1	269.335	10/26	Albuquerque, NM									
73	Jean-Jacques	Cabou	AZ	1977	47	Catalyst	72.90	79	81	83	83	101	104	-107	104	187	1	311.074	10/19	Tempe, AZ									
81	Tyler	Melton	AZ	1979	45	Sanctuary Barbell	79.25	52	-55	55	55	70	-74	-75	70	125	1	193.166	10/19	Tempe, AZ									
89	James	Braun	AZ	1979	45	Catalyst	85.10	93	-98	-100	93	112	118	123	123	216	1	321.237	10/19	Tempe, AZ									
89	Richard	Smith	AZ	1976	48	Performance One Weightlifting	88.60	-95	95	-100	95	115	120	-125	120	215	2	325.054	10/19	Tempe, AZ									
89	Jose	Carmona	AZ	1977	47	Sanctuary Barbell	88.90	77	81	-83	81	100	104	108	108	189	3	281.839	10/19	Tempe, AZ									
102	Steve	Vaughan	NM	1978	46	Fortis Weightlifting	102.00	83	87	91	91	117	122	-125	122	213	1	295.132	10/27	Albuquerque, NM									
102	Dan	Gradows	AZ	1977	47	Unaffiliated	101.00	55	61	66	66	70	80	86	86	152	2	214.061	10/19	Tempe, AZ									
<b>MASTERS MEN 40-44</b>																				<b>SMF</b>									
67	Chris	Harney	NM	1983	41	Fortis Weightlifting	67.00	86	-89	-92	86	104	106	-109	106	192	1	314.141	10/26	Albuquerque, NM									
73	Chris	Prentice	NM	1984	40	Fortis Weightlifting	70.91	58	60	63	63	75	78	81	81	144	1	224.331	10/26	Albuquerque, NM									
81	Josh	Purcell	AZ	1983	41	Unaffiliated	78.15	85	89	-93	89	104	-109	-113	104	193	1	287.124	10/19	Tempe, AZ									
96	Travis	Jewett	AZ	1981	43	Unaffiliated	95.75	74	77	80	80	96	99	102	102	182	1	250.065	10/19	Tempe, AZ									
<b>MASTERS MEN 35-39</b>																				<b>SMF</b>									
81	David	Lochridge	NM	1988	36	Enchanted Strength Weightlifting	74.98	84	87	89	89	97	-103	-105	97	186	1	267.186	10/26	Albuquerque, NM									
89	Steven	Holtzman	AZ	1987	37	Unaffiliated	88.00	80	88	-93	88	98	103	-108	103	191	1	254.447	10/19	Tempe, AZ									
96	Eugene	Shem	AZ	1987	37	High Desert Athletic Club	93.50	95	100	105	105	130	135	-140	135	240	1	310.628	10/19	Tempe, AZ									
109	Richard	Watkins	AZ	1987	37	Unaffiliated	103.35	96	98	-101	98	110	112	115	115	213	1	264.180	10/19	Tempe, AZ									
109	Bernie	Salazar	NM	1989	35	Strength Academy Weightlifting	107.73	-58	63	68	68	80	-86	87	87	155	2	185.086	10/27	Albuquerque, NM									



OFFICIAL SCORESHEET

UPDATED 10/27/24

# 2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>YOUTH MEN U13</b>																				
32	Matthias	Felix	NM	2013	11	High Desert Athletic Club	32.00	16	-17	17	17	19	20	22	22	39	1	107.844	10/26	Albuquerque, NM
36	Dominic	Sanchez	AZ	2014	10	Perception Weightlifting	33.50	18	-20	20	20	26	30	31	31	51	1	134.000	10/19	Tempe, AZ
55	Joshua	Kist	NM	2014	10	High Desert Athletic Club	50.11	19	21	-22	21	23	25	28	28	49	1	86.944	10/26	Albuquerque, NM
<b>YOUTH MEN 14-15</b>																				
61	Ashton	Mcallister	AZ	2010	14	Power & Grace Performance	57.25	57	60	62	62	70	75	78	78	140	1	223.100	10/19	Tempe, AZ
89	Xavier	Medrano	AZ	2009	15	Alee Athletics	89.25	85	-90	-90	85	95	101	-107	101	186	1	224.520	10/19	Tempe, AZ
89+	Gavin	Dahle	AZ	2009	15	Power & Grace Performance	107.65	68	-72	-75	68	80	-85	85	85	153	1	170.470	10/19	Tempe, AZ
<b>YOUTH MEN 16-17</b>																				
67	Flynn	King	NM	2008	16	High Desert Athletic Club	66.48	81	85	89	89	98	102	-107	102	191	1	273.400	10/26	Albuquerque, NM
73	Antonino	Micela	AZ	2008	16	Performance One Weightlifting	71.45	84	88	-92	88	110	115	120	120	208	1	284.140	10/19	Tempe, AZ
73	Carlos	Wendler	NM	2007	17	Las Cruces Weightlifting	73.00	63	66	68	68	78	82	84	84	152	2	204.897	10/26	Albuquerque, NM
89	Dylan	Mccullough	AZ	2008	16	Performance One Weightlifting	88.90	-67	67	71	71	85	90	93	93	164	1	198.350	10/19	Tempe, AZ
89	Isaac	Menchaca	AZ	2008	16	Unaffiliated	85.95	-54	54	60	60	74	77	80	80	140	2	172.200	10/19	Tempe, AZ
<b>JUNIOR MEN 18-20</b>																				
73	Kolbi	Montoya	NM	2004	20	Strength Academy Weightlifting	71.28	-100	-100	-100	-	125	-134	-134	125	-	-	171.009	10/26	Albuquerque, NM
81	Nathan	Culler	AZ	2006	18	Power & Grace Performance	81.00	85	-88	-90	85	107	110	-113	110	195	1	247.480	10/19	Tempe, AZ
89	Arturo	Quesada	AZ	2004	20	Performance One Weightlifting	88.50	105	110	115	115	130	135	140	140	255	1	309.090	10/19	Tempe, AZ
89	Jett	Morris	AZ	2006	18	Unaffiliated	87.70	-85	-85	85	85	105	110	115	115	200	2	243.510	10/19	Tempe, AZ



OFFICIAL SCORESHEET

UPDATED 10/27/24

# 2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>OPEN WOMEN 45kg</b>																				
45	Tierany	Lally	AZ	2008	16	Power & Grace Performance	36.35	33	35	36	36	39	42	44	44	80	1	162.860	10/19	Tempe, AZ
45	Briana	Dicosmo	AZ	2010	14	Power & Grace Performance	37.00	27	29	31	31	36	38	40	40	71	2	142.050	10/19	Tempe, AZ
45	Lucia	Tellez	NM	2009	15	Unaffiliated	44.85	20	23	25	25	27	30	32	32	57	3	95.763	10/26	Albuquerque, NM
45	Madison	Dicosmo	AZ	2013	11	Power & Grace Performance	29.25	20	21	-22	21	25	27	-29	27	48	4	123.030	10/19	Tempe, AZ
45	Gianna	Palmer	AZ	2015	9	Power & Grace Performance	29.20	13	14	15	15	15	16	18	18	33	5	84.750	10/19	Tempe, AZ
<b>OPEN WOMEN 49kg</b>																				
49	Noelle	Sallaz	AZ	1982	42	Unaffiliated	48.20	48	50	52	52	60	63	-65	63	115	1	182.160	10/19	Tempe, AZ
49	Alexandra	Ivanova	NM	1998	26	Miller Weightlifting	48.88	43	46	48	48	50	53	56	56	104	2	162.923	10/26	Albuquerque, NM
49	Tiffany	Gutknecht	AZ	1984	40	Performance One Weightlifting	47.50	38	41	-44	41	48	-50	50	50	91	3	145.830	10/19	Tempe, AZ
<b>OPEN WOMEN 55kg</b>																				
55	Jessica	Gianardi	NM	1993	31	Unattached	55.00	60	63	65	65	85	88	90	90	155	1	222.439	10/26	Albuquerque, NM
55	Cara	Farrell	NM	1982	42	Fortis Weightlifting	53.91	57	60	62	62	74	77	79	79	141	2	205.242	10/26	Albuquerque, NM
55	Amelia	Phillips	AZ	2009	15	Power & Grace Performance	51.30	-58	58	-61	58	77	-80	80	80	138	3	208.320	10/19	Tempe, AZ
55	Madison	Chambers	AZ	2003	21	Alee Athletics	55.00	52	55	57	57	65	67	69	69	126	4	180.820	10/19	Tempe, AZ
55	Maya	Litt	AZ	2009	15	Sanctuary Barbell	52.70	47	49	51	51	63	66	68	68	119	5	176.090	10/19	Tempe, AZ
55	Makenna	Walker	AZ	2007	17	Power & Grace Performance	53.90	43	45	47	47	-53	53	-56	53	100	6	145.580	10/19	Tempe, AZ
55	Kaiya	Blackhurst	AZ	2011	13	Power & Grace Performance	50.25	-40	40	42	42	53	56	-58	56	98	7	149.930	10/19	Tempe, AZ
55	Stephanie	Malek	NM	1991	33	Strength Academy Weightlifting	53.33	36	39	41	41	53	56	-59	56	97	8	142.299	10/26	Albuquerque, NM
55	Tovah	Kjolsrud	AZ	1979	45	Unaffiliated	54.70	38	40	42	42	50	-52	52	52	94	9	135.420	10/19	Tempe, AZ
55	Arryanna	Gardea	NM	2001	23	Strength Academy Weightlifting	52.59	35	39	-43	39	50	54	-58	54	93	10	137.827	10/26	Albuquerque, NM
55	Beth	Difelice	AZ	1966	58	Performance One Weightlifting	54.65	35	38	40	40	45	48	-50	48	88	11	126.860	10/19	Tempe, AZ
55	Mairread	Sheerin	AZ	1996	28	Performance One Weightlifting	49.75	35	-38	-38	35	43	45	48	48	83	12	128.250	10/19	Tempe, AZ
<b>OPEN WOMEN 59kg</b>																				
59	Norelle	Justice	AZ	1993	31	Performance One Weightlifting	59.00	67	70	-73	70	85	88	-91	88	158	1	215.600	10/19	Tempe, AZ
59	Carli	McBride	AZ	2004	20	Power & Grace Performance	59.00	62	65	-67	65	80	82	-85	82	147	2	201.142	10/19	Tempe, AZ
59	Kawena	Mason	AZ	2006	18	Power & Grace Performance	59.00	55	58	62	62	66	69	73	73	135	3	184.722	10/19	Tempe, AZ
59	Karie	Taylor	NM	1982	42	Fortis Weightlifting	57.89	54	55	57	57	75	77	-78	77	134	4	185.671	10/26	Albuquerque, NM
59	Colleen	Maring	AZ	1983	41	Unaffiliated	56.20	-55	55	59	59	-68	68	73	73	132	5	186.610	10/19	Tempe, AZ
59	Ariyana	Lacour	NM	1999	25	High Desert Athletic Club	57.13	53	56	58	58	68	71	74	74	132	6	184.532	10/26	Albuquerque, NM
59	Reagan	Case	AZ	2010	14	Power & Grace Performance	58.25	41	-43	43	43	54	-57	57	57	100	7	137.990	10/19	Tempe, AZ
59	Nicole	Mo	AZ	1995	29	Unaffiliated	57.75	-44	44	47	47	52	-56	-56	52	99	8	137.400	10/19	Tempe, AZ
59	Denise	Hopkins	AZ	1972	52	GTX Weightlifting	56.00	38	41	43	43	47	50	-52	50	93	9	131.800	10/19	Tempe, AZ
59	Lucille	Lopez	NM	1968	56	Unaffiliated	58.55	33	35	-37	35	45	48	51	51	86	10	118.268	10/26	Albuquerque, NM
59	Celine	Tellez	NM	1981	43	Unaffiliated	57.08	20	23	25	25	27	31	32	32	57	11	79.731	10/26	Albuquerque, NM



OFFICIAL SCORESHEET

UPDATED 10/27/24

# 2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>OPEN WOMEN 64kg</b>																				
64	Yuliana	Lopez	AZ	2000	24	Sanctuary Barbell	64.00	73	76	-78	76	98	101	-105	101	177	1	230.149	10/19	Tempe, AZ
64	Brena	Andrews	AZ	1995	29	Unaffiliated	63.45	72	75	78	78	93	-96	-98	93	171	2	223.510	10/19	Tempe, AZ
64	Jenny	Clouse	AZ	1975	49	Performance One Weightlifting	63.95	70	73	-75	73	82	-86	86	86	159	3	206.840	10/19	Tempe, AZ
64	Mahealani	Mason	AZ	2009	15	Power & Grace Performance	61.80	63	-66	66	66	79	82	85	85	151	4	200.580	10/19	Tempe, AZ
64	Tawny	Boyce	NM	1984	40	Fortis Weightlifting	62.79	59	-62	62	62	78	82	85	85	147	5	193.363	10/26	Albuquerque, NM
64	Huey-Shen	Chan	AZ	1996	28	Kilo Barbell Club	62.40	58	62	-66	62	71	75	-80	75	137	6	180.900	10/19	Tempe, AZ
64	Sina	Sontowski	NM	1998	26	Miller Weightlifting	62.93	55	58	61	61	66	69	72	72	133	7	174.709	10/26	Albuquerque, NM
64	Brynli	McBride	AZ	2007	17	Power & Grace Performance	62.80	55	58	-60	58	-73	73	-76	73	131	8	172.300	10/19	Tempe, AZ
64	Allison	Bignall	AZ	1998	26	Unaffiliated	64.00	47	-51	-52	47	67	69	-73	69	116	9	150.690	10/19	Tempe, AZ
64	Deanna	Montalbano	AZ	1973	51	Unaffiliated	63.20	44	47	-50	47	60	63	66	66	113	10	148.050	10/19	Tempe, AZ
64	Delaney	Brown	AZ	2010	14	Power & Grace Performance	62.15	45	48	51	51	57	-60	61	61	112	11	148.260	10/19	Tempe, AZ
64	Elena	Perez	NM	1969	55	Unaffiliated	60.39	35	36	38	38	40	42	45	45	83	12	111.872	10/26	Albuquerque, NM
64	Kari	Williams	AZ	1977	47	GTx Weightlifting	63.00	32	34	-37	34	45	48	-52	48	82	13	107.640	10/19	Tempe, AZ
64	Julie	Canepa	NM	1957	67	Miller Weightlifting	63.44	29	31	-33	31	40	43	45	45	76	14	99.345	10/26	Albuquerque, NM
64	Patricia	St onge	NM	1975	49	Unaffiliated	63.66	28	31	34	34	35	39	-43	39	73	15	95.224	10/26	Albuquerque, NM
64	Barbara	Rivers	NM	1953	71	Unaffiliated	60.29	-16	16	-17	16	22	23	24	24	40	16	53.971	10/26	Albuquerque, NM
<b>OPEN WOMEN 71kg</b>																				
71	Kayli	Kullos	AZ	1994	30	Alee Athletics	70.80	78	81	-85	81	100	-104	104	104	185	1	227.220	10/19	Tempe, AZ
71	Jessica	Walters	AZ	1979	45	Performance One Weightlifting	70.45	66	-70	70	70	83	86	-90	86	156	2	192.110	10/19	Tempe, AZ
71	Hannah	Mc	AZ	1991	33	Unaffiliated	71.20	57	59	62	62	75	-80	80	80	142	3	173.890	10/19	Tempe, AZ
71	Jessica	Gentry	NM	1979	45	High Desert Athletic Club	64.13	54	56	58	58	70	73	75	75	133	4	172.727	10/26	Albuquerque, NM
71	Alexandra	Hibbs	AZ	2007	17	Alee Athletics	67.60	55	60	-64	60	68	71	-75	71	131	5	165.010	10/19	Tempe, AZ
71	Mckenzie	Bieg	AZ	2001	23	Unaffiliated	66.05	50	53	57	57	70	73	-76	73	130	6	165.930	10/19	Tempe, AZ
71	Emaly	Pham	AZ	2005	19	Unaffiliated	70.45	-50	50	54	54	70	73	76	76	130	7	160.090	10/19	Tempe, AZ
71	Brittany	Turcott	AZ	1991	33	Sanctuary Barbell	70.40	49	52	-54	52	71	-74	-75	71	123	8	151.530	10/19	Tempe, AZ
71	Wendy	Olguin	NM	1995	29	Pacific Weightlifting	70.38	46	50	53	53	66	-68	-68	66	119	9	146.621	10/26	Albuquerque, NM
71	Samantha	Trendler	AZ	2007	17	Performance One Weightlifting	67.75	40	44	-50	44	55	58	61	61	105	10	132.100	10/19	Tempe, AZ
71	Kristen	Grazier	AZ	1982	42	Alee Athletics	68.60	42	-45	45	45	52	54	-56	54	99	11	123.690	10/19	Tempe, AZ
71	Teresa	Nystrom	NM	1965	59	Unaffiliated	70.36	-42	42	-45	42	50	54	57	57	99	12	121.997	10/27	Albuquerque, NM
71	Chloe	Thorpe	AZ	2008	16	Performance One Weightlifting	67.90	35	38	42	42	45	48	50	50	92	13	115.600	10/19	Tempe, AZ
71	Makenna	Cunningham	AZ	2005	19	Performance One Weightlifting	69.15	35	40	-44	40	45	-48	50	50	90	14	111.950	10/19	Tempe, AZ
71	Grace	Nadell	NM	1962	62	Miller Weightlifting	67.49	30	32	33	33	38	40	42	42	75	15	94.558	10/26	Albuquerque, NM



OFFICIAL SCORESHEET

UPDATED 10/27/24

2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>OPEN WOMEN 76kg</b>																				
76	Zavia	Burton	NM	2006	18	Miller Weightlifting	75.90	70	73	76	76	85	89	92	92	168	1	199.199	10/27	Albuquerque, NM
76	Lindsay	Perrizo	AZ	1988	36	Performance One Weightlifting	74.75	70	72	-75	72	85	-90	-91	85	157	2	187.550	10/19	Tempe, AZ
76	Pilar	Bennett	NM	1992	32	Miller Weightlifting	74.92	63	66	-70	66	80	84	87	87	153	3	182.565	10/27	Albuquerque, NM
76	Kodi	Mcbride	AZ	2010	14	Power & Grace Performance	74.65	65	-68	-68	65	-75	75	78	78	143	4	170.940	10/19	Tempe, AZ
76	Charelle	Brown	NM	1996	28	Strength Academy Weightlifting	74.03	58	-61	63	63	75	-79	80	80	143	5	171.646	10/27	Albuquerque, NM
76	Morgan	Huppenthal	AZ	1993	31	Performance One Weightlifting	75.90	45	50	55	55	70	75	80	80	135	6	160.070	10/19	Tempe, AZ
76	Yuet-Ming	Chan	AZ	1987	37	High Desert Athletic Club	75.05	50	53	-56	53	60	65	-70	65	118	7	140.680	10/19	Tempe, AZ
76	Madison	Kjos	AZ	2009	15	Power & Grace Performance	71.90	41	43	45	45	-50	50	53	53	98	8	130.390	10/19	Tempe, AZ
76	Dolores	Triviz	AZ	1957	67	Fifty-One Fifty Weightlifting Club	73.85	37	40	-43	40	45	49	52	52	92	9	110.560	10/19	Tempe, AZ
76	Patricia	Garcia	AZ	1988	36	Performance One Weightlifting	74.70	33	35	-38	35	45	-50	50	50	85	10	101.570	10/19	Tempe, AZ
76	JerriDine	Silva	NM	1983	41	Unaffiliated	75.60	25	28	32	32	35	39	-43	39	71	11	84.347	10/27	Albuquerque, NM
<b>OPEN WOMEN 81kg</b>																				
81	Katie	Otsuka	NM	1990	34	Strength Academy Weightlifting	77.42	58	61	64	64	78	82	85	85	149	1	175.012	10/27	Albuquerque, NM
81	Grace	Terberg	AZ	2003	21	Fifty-One Fifty Weightlifting Club	76.95	53	57	-61	57	65	70	75	75	132	2	155.490	10/19	Tempe, AZ
81	Nadine	Jones	AZ	1974	50	Unaffiliated	80.70	-45	45	49	49	60	64	-68	64	113	3	130.250	10/19	Tempe, AZ
81	Melissa	Selk	AZ	1977	47	Oro Strength	81.10	43	46	-49	46	62	-66	67	67	113	4	129.960	10/19	Tempe, AZ
81	Lily	Ontiveros	AZ	2012	12	Power & Grace Performance	77.90	45	48	50	50	55	58	-60	58	108	5	126.490	10/19	Tempe, AZ
81	Mayli	Udall	AZ	2008	16	Performance One Weightlifting	78.95	38	40	44	44	48	51	54	54	98	6	114.070	10/19	Tempe, AZ
81	Vanessa	Anaya	NM	1984	40	Fortis Weightlifting	79.52	38	41	-44	41	-51	51	55	55	96	7	111.380	10/27	Albuquerque, NM
81	Lenore	Grijalva	AZ	1960	64	Sanctuary Barbell	81.00	36	-38	-38	36	49	-52	-55	49	85	8	97.810	10/19	Tempe, AZ
81	Kinlee	Apalategui	AZ	2010	14	Power & Grace Performance	76.00	30	32	34	34	38	42	45	45	79	9	93.612	10/19	Tempe, AZ
81	Jaime	Gale	AZ	1959	65	Alee Athletics	84.95	30	33	-36	33	40	43	46	46	79	10	89.100	10/19	Tempe, AZ
<b>OPEN WOMEN 87kg</b>																				
87	Kaylee	Landa	AZ	2005	19	Power & Grace Performance	83.05	-89	89	92	92	108	111	-115	111	203	1	231.105	10/19	Tempe, AZ
87	Emily	Kessler-Lewis	NM	1995	29	Western NY	86.51	83	-86	87	87	104	107	-111	107	194	2	217.219	10/27	Albuquerque, NM
87	Celina	Ortega	AZ	2002	22	Alee Athletics	85.65	-71	71	-75	71	100	104	106	106	177	3	198.970	10/19	Tempe, AZ
87	Amy	Tunis	AZ	1981	43	Alee Athletics	83.20	69	72	75	75	87	-91	-91	87	162	4	184.290	10/19	Tempe, AZ
87	Jennifer	Fournier	AZ	1976	48	Sanctuary Barbell	84.90	44	-46	47	47	59	-61	-62	59	106	5	119.580	10/19	Tempe, AZ
87	Lindsey	Buchanan	AZ	1999	25	Unaffiliated	90.05	35	38	-41	38	45	50	-55	50	88	6	97.040	10/19	Tempe, AZ
<b>OPEN WOMEN +87kg</b>																				
87+	Rebecca	Walker	AZ	1997	27	Performance One Weightlifting	100.45	90	95	100	100	115	120	125	125	225	1	239.380	10/19	Tempe, AZ
87+	Consuelo	Rios	NM	1992	32	Strength Academy Weightlifting	123.39	77	-81	-83	77	100	104	-107	104	181	2	184.020	10/27	Albuquerque, NM
87+	Savannah	Armstrong	AZ	1999	25	Unaffiliated	99.80	60	65	-70	65	-82	82	85	85	150	3	159.890	10/19	Tempe, AZ
87+	Christina	Grijalva	AZ	2002	22	GTX Weightlifting	108.50	38	41	44	44	56	59	63	63	107	4	111.540	10/19	Tempe, AZ
87+	Melina	Burt	NM	1979	45	Four Monkeys Weightlifting	122.40	40	42	45	45	48	52	-55	52	97	5	98.740	10/27	Albuquerque, NM
87+	Courtney	Howard	AZ	1979	45	Peak Performance Barbell	92.60	-56	-56	56	56	-75	-75	-75	-	-	-	-	10/19	Tempe, AZ



OFFICIAL SCORESHEET

UPDATED 10/27/24

2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Table with columns: Cat, First Name, Last Name, State, YOB, Age, Team, Body Wt, Snatch (1, 2, 3), Best Sna, Clean & Jerk (1, 2, 3), Best C&J, Total, Place, Sinclair, Date, Location. Rows include categories like MASTERS WOMEN 70+, 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39.





OFFICIAL SCORESHEET

UPDATED 10/27/24

# 2024 Mountain South WSO Championship

Arizona - Nevada - New Mexico - Utah

October 19-27, 2024



Cat	First Name	Last Name	State	YOB	Age	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair	Date	Location
								1	2	3	Sna	1	2	3	C&J					
<b>YOUTH WOMEN U13</b>																				
30	Madison	Dicosmo	AZ	2013	11	Power & Grace Performance	29.25	20	21	-22	21	25	27	-29	27	48	1	123.030	10/19	Tempe, AZ
30	Gianna	Palmer	AZ	2015	9	Power & Grace Performance	29.20	13	14	15	15	15	16	18	18	33	2	84.750	10/19	Tempe, AZ
55	Kaiya	Blackhurst	AZ	2011	13	Power & Grace Performance	50.25	-40	40	42	42	53	56	-58	56	98	1	149.930	10/19	Tempe, AZ
64+	Lily	Ontiveros	AZ	2012	12	Power & Grace Performance	77.90	45	48	50	50	55	58	-60	58	108	1	126.490	10/19	Tempe, AZ
<b>YOUTH WOMEN 14-15</b>																				
40	Briana	Dicosmo	AZ	2010	14	Power & Grace Performance	37.00	27	29	31	31	36	38	40	40	71	1	142.050	10/19	Tempe, AZ
45	Lucia	Tellez	NM	2009	15	Unaffiliated	44.85	20	23	25	25	27	30	32	32	57	1	95.763	10/26	Albuquerque, NM
55	Amelia	Phillips	AZ	2009	15	Power & Grace Performance	51.30	-58	58	-61	58	77	-80	80	80	138	1	208.320	10/19	Tempe, AZ
55	Maya	Litt	AZ	2009	15	Sanctuary Barbell	52.70	47	49	51	51	63	66	68	68	119	2	176.090	10/19	Tempe, AZ
59	Reagan	Case	AZ	2010	14	Power & Grace Performance	58.25	41	-43	43	43	54	-57	57	57	100	1	137.990	10/19	Tempe, AZ
64	Mahealani	Mason	AZ	2009	15	Power & Grace Performance	61.80	63	-66	66	66	79	82	85	85	151	1	200.580	10/19	Tempe, AZ
64	Delaney	Brown	AZ	2010	14	Power & Grace Performance	62.15	45	48	51	51	57	-60	61	61	112	2	148.260	10/19	Tempe, AZ
76	Kodi	Mcbride	AZ	2010	14	Power & Grace Performance	74.65	65	-68	-68	65	-75	75	78	78	143	1	170.940	10/19	Tempe, AZ
76	Madison	Kjos	AZ	2009	15	Power & Grace Performance	71.90	41	43	45	45	-50	50	53	53	98	2	119.390	10/19	Tempe, AZ
81	Kinlee	Apalategui	AZ	2010	14	Power & Grace Performance	76.25	30	32	34	34	38	42	45	45	79	1	93.464	10/19	Tempe, AZ
<b>YOUTH WOMEN 16-17</b>																				
40	Tierany	Lally	AZ	2008	16	Power & Grace Performance	36.35	33	35	36	36	39	42	44	44	80	1	162.860	10/19	Tempe, AZ
55	Makenna	Walker	AZ	2007	17	Power & Grace Performance	53.90	43	45	47	47	-53	53	-56	53	100	1	145.580	10/19	Tempe, AZ
64	Brynli	McBride	AZ	2007	17	Power & Grace Performance	62.80	55	58	-60	58	-73	73	-76	73	131	1	172.300	10/19	Tempe, AZ
71	Alexandra	Hibbs	AZ	2007	17	Alee Athletics	67.60	55	60	-64	60	68	71	-75	71	131	1	165.010	10/19	Tempe, AZ
71	Samantha	Trendler	AZ	2007	17	Performance One Weightlifting	67.75	40	44	-50	44	55	58	61	61	105	2	132.100	10/19	Tempe, AZ
71	Chloe	Thorpe	AZ	2008	16	Performance One Weightlifting	67.90	35	38	42	42	45	48	50	50	92	3	115.600	10/19	Tempe, AZ
81	Mayli	Udall	AZ	2008	16	Performance One Weightlifting	78.95	38	40	44	44	48	51	54	54	98	1	114.070	10/19	Tempe, AZ
<b>JUNIOR WOMEN 18-20</b>																				
59	Carli	McBride	AZ	2004	20	Power & Grace Performance	59.00	62	65	-67	65	80	82	-85	82	147	1	201.142	10/19	Tempe, AZ
59	Kawena	Mason	AZ	2006	18	Power & Grace Performance	59.00	55	58	62	62	66	69	73	73	135	2	184.722	10/19	Tempe, AZ
71	Emaly	Pham	AZ	2005	19	Unaffiliated	70.45	-50	50	54	54	70	73	76	76	130	1	160.090	10/19	Tempe, AZ
71	Makenna	Cunningham	AZ	2005	19	Performance One Weightlifting	69.15	35	40	-44	40	45	-48	50	50	90	2	111.950	10/19	Tempe, AZ
76	Zavia	Burton	NM	2006	18	Miller Weightlifting	75.90	70	73	76	76	85	89	92	92	168	1	199.199	10/27	Albuquerque, NM
87	Kaylee	Landa	AZ	2005	19	Power & Grace Performance	83.05	-89	89	92	92	108	111	-115	111	203	1	231.105	10/19	Tempe, AZ