



SESSION 1: MEN THROUGH 69, 77B

7/16: Weigh in 5-6AM, Lift 7AM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Nicholas	Erickson	Youth	50KG	2002	Chris Lawyer	RVA Weightlifting			70
Rubble	Kazi	Junior	56KG	1998	Keith Wright	Total Training Inc.			
Logan	Griffith	Youth	56KG	2001	Brian Kirkendall	Takeover Weightlifting	44	73	117
Joseph	Gazmen	Senior	62KG	1984	Gary Miller	Aliquid Barbell	83	95	178
Bryan	Holland	Senior	69KG	1988	Kenny Wright	Unrivaled Weightlifting			
Douglas	Carter	Senior	69KG	1985	Kenny Wright	Unrivaled Weightlifting			
Andrew	Der	Senior	69KG	1992	Toan Khuu	Ronin Barbell			
Jose	Casado	Senior	69KG	1991	Jake Rowell	RVA Weightlifting	82	105	185
Elvis	Montoya	Senior	69KG	1992	Nathan James	Noble Barbell Club	84	105	189
Jamal	Anderson	Senior	69KG	1993	Phil Sabatini	The Barbell Syndicate	85	105	190
Stephen	L'Abbe	Junior	69KG	1998	Phil Sabatini	The Barbell Syndicate	93	104	197
Keith	Wright	Senior	69KG	1990	Tina Foster	Total Training Inc.	90	127	215
Ian	Struzzieri	Youth	77KG	2001	Brian Kirkendall	Takeover Weightlifting	62	75	137
Shawn	Davis	Senior	77KG	1987	Joe Gazmen	Aliquid Barbell			165
Jhonny	Montoya	Senior	77KG	1993	Nathan James	Noble Barbell Club			184
Jacob	Parks	Senior	77KG	1986		Unattached	80	110	190
Bradley	Jenkins	Youth	77KG	1999	Brandon Brickner				195



SESSION 2: WOMEN THROUGH 53, 58B

7/16: Weigh in 8-9AM, Lift 10AM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Isis	Lemus	Youth	31KG	2005	Chris Carey	Newfound Weightlifting			61
Arianna	Levine	Junior	48KG	1996	Brenden McDaniel	East Coast Gold	50	67	117
Nicole	Gibson	Senior	53KG	1993	Andrew Marquez	Unattached			
Victoria	Carrasco	Senior	58KG	1985	Douglas Esposito	Unattached			
Karan	Lawyer	Youth	53KG	2004	Chris Lawyer	RVA Weightlifting	38	42	80
Olivia	Stankiewicz	Senior	53KG	1991	Jake Rowell	RVA Weightlifting			101
Kumiko	Lippold	Senior	53KG	1993	Jake Rowell	RVA Weightlifting			105
Olivia	Duran	Senior	53KG	1995	Devin Briscoe	Odyssey Weightlifting	58	75	133
Ryan	Metzger	Senior	53KG	1989	Lauryn Hutchinson	Unattached	64	82	146
Kimberly	Ngo	Senior	58KG	1994	Toan Khuu	Ronin Barbell			85
Nicole	Fiorella	Senior	58KG	1988	Phil Sabatini	The Barbell Syndicate	38	58	96
Heather	Childress	Youth	58KG	1999	Keith Wright	Total Training Inc.			116
Alice	Babashak	Junior	58KG	1997	Keith Wright	Total Training Inc.			126
Brittney	Reker	Senior	58KG	1988	Shannon Schellor	True Core Barbell	53	75	128
Casey	Smith	Masters	58KG	1981	Rachel Krumm	Unattached	55	75	130
Nicole	Tsetsilas	Senior	58KG	1993	Kenny Wright	Unrivaled Weightlifting			148
Rachel	Krumm	Senior	58KG	1987	Rachel Krumm	Unattached	75	90	165



SESSION 3: MEN 77A, 85B

7/16: Weigh in 11-12PM, Lift 1PM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Mark	Massie	Masters	77KG	1974	Phil Sabatini	Barbell Syndicate	91	111	202
Tevin	Steinke	Senior	77KG	1992	Toan Khuu	Unattached	89	106	205
Payton	Lamb	Senior	77KG	1982	Chris Lawyer	RVA Weightlifting			210
John	Heng	Senior	77KG	1993	Chris Lawyer	RVA Weightlifting	95	116	211
Bryan	Munoz-Leon	Senior	77KG	1991	Jake Rowell	RVA Weightlifting	98	125	223
Willie	Day	Senior	77KG	1985	Ashley young	Central Maryland Gold	106	137	240
Tyler	Lonjin	Senior	77KG	1992	Phil Sabatini	The Barbell Syndicate	114	138	252
Troy	Fries	Junior	77KG	1996	Owen McAteer	Lonely Boy Barbell	117	146	256
Christopher	Crowder	Masters	85KG	1974		Unattached			
Randall	Bowles	Senior	85KG	1986	Khepri Atkinson	LHO Barbell	72	94	166
Sean	Pritchard	Masters	85KG	1980	Khepri Atkinson	LHO Barbell			180
Matthew	Jones	Junior	85KG	1997	Keith Wright	Total Training Inc.			198
Richard	Becker	Senior	85KG	1991	Kenneth Wright	Unrivaled Weightlifting			204
Forrest	Agee	Senior	85KG	1983	Ashley Young	Central MD Gold/ECG	112	142	252



SESSION 4: INVITATIONAL WOMEN

7/16: Weigh in 2-3PM, Lift 4PM

First	Last	WT	YOB	Coach	Team	TOTAL
Rachael	Davis	75+KG	1991	Glenn Pendlay	Unattached	218
Jaclyn	Long	63KG	1988	Jake Rowell	RVA Weightlifting	193
Heather	Farmer	63KG	1989	Joe Gazio	Metropolitan Elite	192
Jennifer	Butler	58KG	1981	Ryan Marciniszyn	East Coast Gold	186
Stephanie	Lemmen	58KG	1988		High Desert Athletic Club	185
Katherine	Lee	58KG	1990	Cyrus Peterson	Unattached	176
Mary	Hall	53KG	1989	Phil Sabatini	The Barbell Syndicate/East Coast Gold	161
Sarah	Carter	48KG	1992	Don McCauley	Mash Mafia Weightlifting	154



SESSION 5: INVITATIONAL MEN

7/16: Weigh in 5-6PM, Lift 7PM

First	Last	WT	YOB	Coach	Team	TOTAL
Phil	Sabatini	94KG	1982	Leo Totten	The Barbell Syndicate/East Coast Gold	344
James	Tatum	85KG	1989	Travis Cooper	Unattached	343
Coard	Wilkes	105KG	1989	Chris Wilkes	Mash Mafia Weightlifting	339
DJ	Shuttleworth	94KG	1992	Dane Miller	Garage Strength	332
Frank	Murray	85KG	1988	Joe Gazio	Metropolitan Elite	330
Leo	Hernandez	85KG	1987	Victor Gallego	East Coast Gold	327
Adam	Beytin	85KG	1982	Leo Totten	East Coast Gold	304
Matthew	Bergeron	85KG	1989	Chris Wilkes	Mash Mafia Weightlifting	291
Jacob	Wyatt	77KG	1991	Travis Mash	Mash Mafia Weightlifting	280
Sean	Hutchinson	62KG	1987	Aaron Adams	That Team	257



SESSION 6: WOMEN 58A, 63, 69

7/17: Weigh in 6-7AM, Lift 8AM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Tatyana	Maizel	Senior	58KG	1993	Keith Wright	Total Training Inc.	67	82	149
Erin	McDaniel	Senior	58KG	1983	Phil Sabatini	East Coast Gold	69	80	149
Laura	Bligh	Masters	58KG	1980	Jake Rowell	RVA Weightlifting	67	94	161
Berta	Granados Ortega	Masters	63KG	1980	Nelson Chen	RVA Weightlifting			
Amy	Robinson	Masters	63KG	1977	Sam Fariss	Iron Crab Barbell			
Erin	Potter	Masters	63KG	1977	Gene Byard	Unattached	42	56	94
Diana	Brown	Senior	63KG	1987	Shannon Scheller	TrueCore Barbell Club	57	65	122
Ashleigh	Hubbard	Junior	63KG	1997	Travis Mash	Mash Mafia Weightlifting	69	89	156
Elizabeth	Bartlett	Senior	63KG	1984	Phil Sabatini	East Coast Gold	71	91	161
Mary	Dempsey	Senior	69KG	1988	Sam Fariss	Iron Crab Barbell			
Erin	Barclay	Senior	69KG	1985	Bryan Munoz	RVA Weightlifting			
Sara	Wengstrom	Senior	69KG	1995	Sam Ernst	Unattached			
Melissa	Kambourian	Masters	69KG	1974	Chris Lawyer	RVA Weightlifting	42	50	82
Laura	Bankston	Senior	69KG			Unattached	49	66	115
Kristen	Perez	Senior	69KG	1988	Sam Ernst	Forward Barbell	63	75	138
Gabrielle	Ocker	Senior	69KG	1994	Michael Towne	Solidarity Barbell			150
Ashley	Young	Senior	69KG	1983	Forrest Agee	ECG/Central Maryland Gold	69	88	157
Meredith	Alwine	Junior	69KG	1998	Brian Kirkendall	CrossFit Takeover	73	96	169
Katie	Boyer	Senior	69KG	1989		Big Shoulders Barbell Club	82	93	174



SESSION 7: MEN 85A, 94

7/17: Weigh in 9-10AM, Lift 11AM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Keith	Jackson	Masters	85KG	1974		Compound CrossFit	100	120	220
John	Deane	Senior	85KG	1983	Toan Khuu	Ronin Barbell	112	147	255
Kent	Ingalls	Senior	85KG	1982	Jacob Tsyarkin	Forward Barbell	116	146	258
Drew	Culver	Senior	85KG	1982	Jason Struck	Unattached			260
Kareem	Selwaeh	Senior	85KG	1994	David Marmon	Unattached			268
Samuel	Ernst	Junior	85KG	1997	Pamela Pantini	Unattached	127	148	275
Andrew	Hale	Senior	94KG	1990	Douglas Esposito	Unattached			
Tyler	Forrest	Senior	94KG	1986	Judy Wash	Unattached			
Andrew	Oliver	Senior	94KG	1992	Tyler Cox	Unattached			
Jacob	Willis	Senior	94KG	1989	Joe Gazmen	Aliquid Barbell			
Matt	Glowacki	Senior	94KG	1995	John Deane	Ronin Barbell	82	98	180
Andrew	Farrell	Senior	94KG	1989	Khepri Atkinson	LHO Barbell	97	110	207
Vignesh	Narayanaswamy	Senior	94KG	1990	Chris Lawyer	RVA Weightlifting	96	129	225
Jia bao	Lin	Senior	94KG	1993	Jake Rowell	RVA Weightlifting	109	127	236
Sam	Fariss	Masters	94KG	1981	Lonnie Fariss	Iron Crab Barbell	109	134	243
Daniel	Roberts	Senior	94KG	1982	Jake Rowell	RVA Weightlifting			258
Andrew	Boerum	Senior	94KG	1986	Sam Ernst	Unattached	116	147	260
Samuel	Jay	Senior	94KG	1989	Jeff Jenkins	Humble Beast Crossfit	126	150	273



SESSION 8: WOMEN 75, 75+

7/17: Weigh in 12-1PM, Lift 2PM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Monica	Wilson	Senior	75KG	1992	Jake Rowell	RVA Weightlifting			
Deborah	Pollard	Senior	75KG	1989	Jake Rowell	RVA Weightlifting			
Terri	Roberts	Masters	75KG	1966	Chris Lawyer	RVA Weightlifting			
Sara	McGeorge	Senior	75KG	1994	Chris Carey	Newfound Weightlifting			
Melanie	Hall	Senior	75KG	1989	Jake Rowell	RVA Weightlifting			
Eleanor	Shaw	Senior	75KG	1987	Alexander Argueta	Energy Barbell Club	40	55	95
Taylor	Magee	Senior	75KG	1992	Jamal Anderson	Unattached	48	67	115
Teresa	Kiel	Senior	75KG	1987	Phil Sabatini	The Barbell Syndicate	80	90	170
Judy	Wash	Masters	75+KG	1960	Tyler Forrest	Unattached			
Jennifer	Thomasson	Senior	75+KG	1981	Khepri Atkinson	LHO Barbell			
Jill	Nelson	Masters	75+KG	1971	Kenny Wright	Unrivald Weightlifting	50	55	105
Megan	Parker	Senior	75+KG	1987	Matt Bahan	Unattached	98	158	113
Pamela	Pantini	Senior	75+KG	1991	Sam Ernst	Unattached	70	85	155
Megan	Wood	Senior	75+KG	1984	Jake Rowell	RVA Weightlifting	77	100	172
Tori	Brady	Senior	75+KG	1993	Travis Mash	Mash Mafia	85	103	188



SESSION 9: MEN 105, 105+

7/17: Weigh in 3-4PM, Lift 5PM

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Bryan	Deem	Masters	105KG	1970	Khepri Atkinson	LHO Barbell			
Jeff	Madden	Masters	105KG	1973	Khepri Atkinson	LHO Barbell			
George	Templeton	Masters	105KG	1978		CF Postal Barbell Club	69	88	157
Nick	Nickey	Junior	105KG	1998	Keith Wright	Total Training Inc.	85	125	210
William	Metts	Masters	105KG	1978	Kevin Quirk	Central Maryland Gold	97	116	213
Zachary	Butler	Senior	105KG	1984	Jason Struck	Unattached	95	118	213
Christopher	Cole	Senior	105KG	1990	John Deane	Ronin Barbell	115	125	240
Justin	Rodger	Senior	105KG	1982	Sam Lapp	Unattached	110	130	240
Nathan	Schwartz	Senior	105KG	1990	Chris Lawyer	RVA Weightlifting	105	130	245
James	Willet	Senior	105KG	1988	Nathan James	Noble Barbell Club	111	135	246
Devin	Briscoe	Senior	105KG	1991	Olivia Duran	Odyssey weightlifting	120	137	257
Nick	Rowell	Senior	105KG	1987	Jake Rowell	RVA Weightlifting	121	148	268
Wayne	Clevenger	Masters	105+KG	1968	Chris Lawyer	RVA Weightlifting	74	92	166
Charlie	Hightower	Masters	105kg+	1961	Jake Rowell	RVA Weightlifting	75	95	170
Michael	Stemler	Senior	105+KG	1987	Kenny Wright	Unrivaled Weightlifting			230
Kenneth	Wright	Senior	105+KG	1988	Kenny Wright	Unrivaled Weightlifting	114	142	248
Julian	Lannigan	Senior	105+KG	1988	Jordan Binder	CF Tidewater Barbell Club	107	145	252
Donald	Jackson	Senior	105+KG	1982	John Filippini	Tough Temple Barbell Club	132	160	285