



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
Logan	Griffith	Youth	56KG	2001	Brian Kirkendall	Takeover Weightlifting	44	73	
Joseph	Gazmen	Senior	62KG	1984	Gary Miller	Aliquid Barbell	83	95	178
Stephen	L'Abbe	Junior	69KG	1998	Phil Sabatini	The Barbell Syndicate	93	104	197
Jose	Casado	Senior	69KG	1991	Jake Rowell	RVA Weightlifting	82	103	
Andrew	Der	Senior	69KG	1992	Toan Khuu	Ronin Barbell			
Elvis	Montoya	Senior	69KG	1992	Nathan James	Noble Barbell Club	84	105	189
Douglas	Carter	Senior	69KG	1985	Kenny Wright	Unrivaled Weightlifting			
Jamal	Anderson	Senior	69KG	1993	Phil Sabatini	The Barbell Syndicate	85	105	190
Keith	Wright	Senior	69KG	1990	Tina Foster	Total Training Inc.	90	127	215
Bryan	Holland	Senior	69KG	1988	Kenny Wright	Unrivaled Weightlifting			
Taylor	Rempe	Masters	77KG	1978	Douglas Esposito	Vanguard Gym Barbell Club			136
Ian	Struzzieri	Youth	77KG	2001	Brian Kirkendall	Takeover Weightlifting	62	75	137
Shawn	Davis	Senior	77KG	1987	Joe Gazmen	Aliquid Barbell			165
Kyle	Estep	Senior	77KG	1993		Unattached			168
Jhonny	Montoya	Senior	77KG	1993	Nathan James	Noble Barbell Club			184
Jacob	Parks	Senior	77KG			Unattached	80	110	190
Mark	Massie	Masters	77KG	1974	David Marmon	Unattached	91	111	202
Patrick	Stauffer	Masters	77KG	1984	Chris Lawyer	RVA Weightlifting			200



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
Melisa	Mayer	Senior	48KG	1988	Phil Sabatini	Unattached	38	60	98
Brandy	Edmonds	Senior	58KG	1990	Jake Rowell	RVA Weightlifting			147
Karan	Lawyer	Youth	53KG	2004	Chris Lawyer	RVA Weightlifting	38	42	80
Ryan	Metzger	Senior	53KG	1989		Unattached	64	82	146
Kumiko	Lippold	Senior	53KG	1993	Jake Rowell	RVA Weightlifting			105
Rachel	Krumm	Senior	53KG	1987	Rachel Krumm	Unattached	75	90	165
Nicole	Gibson	Senior	53KG	1993	Andrew Marquez	Unattached			
Olivia	Stankiewicz	Senior	53KG	1991	Jake Rowell	RVA Weightlifting			101
Olivia	Duran	Senior	53KG	1995	Devin Briscoe	Odyssey Weightlifting	58	75	133
Victoria	Carrasco	Senior	53KG	1985	Douglas Esposito	Unattached			
Kimberly	Ngo	Senior	58KG	1994	Toan Khuu	Ronin Barbell			85
Jazmin	Delvalle	Senior	58KG	1985	Chris Lawyer	RVA Weightlifting	50	60	110
Amanda	Harris	Senior	58KG	1990	Keith Wright	Total Training Inc.			113
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



SESSION 3: MEN 77A, 85B

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

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
John	Heng	Senior	77KG	1993	Chris Lawyer	RVA Weightlifting	95	116	211
Tevin	Steinke	Senior	77KG	1992	Toan Khuu	Unattached	89	106	205
Payton	Lamb	Senior	77KG	1982	Chris Lawyer	RVA Weightlifting			210
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
Kent	Ingalls	Senior	77KG	1982	Jacob Tsytkin	Forward Barbell	116	146	258
Roy	Fuller	Senior	85KG	1985	Jake Rowell	RVA Weightlifting			132
Cameron	Sims	Youth	85KG	1999	Keith Wright	Total Training Inc.	65	80	145
Randall	Bowles	Senior	85KG	1986	Khepri Atkinson	LHO Barbell	72	94	166
Sean	Pritchard	Masters	85KG	1980	Khepri Atkinson	LHO Barbell			180
Matthew	Maxwell	Junior	85KG	1996	Phil Sabatini	Unattached	85	112	197
Matthew	Jones	Junior	85KG	1997	Keith Wright	Total Training Inc.			198
Buster	Miscusi	Senior	85KG	1992	John weiss	757 Barbell Club	87	114	201
Richard	Becker	Senior	85KG	1991	Kenneth Wright	Unrivaled Weightlifting			204
Andrew	Farrell	Senior	85KG	1989	Khepri Atkinson	LHO Barbell	97	110	207
Thomas	Pender	Senior	85KG	1993		Unattached			207



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
Kjayla	Martin	75+KG	1997	Satoshi Mizuguchi	Stoneage Weightlifting	211
Samantha	Poeth	75KG	1987	Jason Poeth	Gayle Hatch Weightlifting	210
Rebecca	Gerdon	75KG	1991	Travis Mash	Mash Mafia Weightlifting	201
Taylor	Harris	75KG	1987	Chris Wilkes	Mash Mafia Weightlifting	197
Sylvia	Hoffman	69KG	1989	Zygmunt Smalcerz	East Coast Gold	192
Heather	Farmer	63KG	1989	Joe Gazio	Metropolitan Elite	192
Jennifer	Butler	58KG	1981	Ryan Marciszyn	East Coast Gold	186
Jaelyn	Long	63KG	1988	Jake Rowell	RVA Weightlifting	193
Stephanie	Lemmen	58KG	1988		High Desert Athletic Club	185
Katherine	Lee	58KG	1990	Dan Bell	Rubber City Weightlifting	176
Jacky	Bigger	63KG	1991	Don McCauley	Mash Mafia Weightlifting	173
Ellen	Kercher	53KG	1994	Satoshi Mizuguchi	StoneAge Weightlifting	171
Lindsey	Stroker	58KG	1986	Travis Mash	Mash Mafia Weightlifting	170
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
Kevin	Cornell	105KG	1988	Nick Cucunato	Unattached	360
Phil	Sabatini	94KG	1982	Leo Totten	The Barbell Syndicate/East Coast Gold	344
James	Tatum	85KG	1989	Travis Cooper	Unattached	343
Travis	Cooper	85KG	1988		Unattached	341
Coard	Wilkes	105KG	1989	Chris Wilkes	Mash Mafia Weightlifting	339
Daniel	Koppenhaver	105+KG	1986	Travis Mash	Mash Mafia Weightlifting	337
DJ	Shuttleworth	94KG	1992	Dane Miller	Garage Strength	332
Nathan	Damron	94KG	1996	Travis Mash	Mash Mafia Weightlifting	332
Frank	Murray	85KG	1988	Joe Gazio	Metropolitan Elite	330
Dylan	Cooper	94KG	1997	Travis Mash	Mash Mafia Weightlifting	318
Adam	Beytin	85KG	1982	Leo Totten	East Coast Gold	304
Matthew	Bergeron	85KG	1989	Chris Wilkes	Mash Mafia Weightlifting	291
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
Laura	Bligh	Masters	58KG	1980	Jake Rowell	RVA Weightlifting	67	94	161
Nicole	Tsetsilas	Senior	58KG	1993	Kenny Wright	Unrivaled Weightlifting			148
Erin	McDaniel	Senior	58KG	1983	Phil Sabatini	East Coast Gold	69	80	149
Mikisha	Freeman	Masters	63KG	1980	Sam Ernst	Unattached			152
Ashleigh	Hubbard	Junior	63KG	1997	Travis Mash	Mash Mafia Weightlifting	69	89	156
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	Greg Bradshaw	Unattached	42	56	94
Diana	Brown	Senior	63KG	1987	Shannon Scheller	TrueCore Barbell Club	57	65	122
Tatyana	Maizel	Senior	63KG	1993	Keith Wright	Total Training Inc.	67	82	149
Elizabeth	Bartlett	Senior	63KG	1984	Phil Sabatini	East Coast Gold	71	91	161
Meredith	Alwine	Junior	69KG	1998	Brian Kirkendall	CrossFit Takeover	73	96	169
Melissa	Kambourian	Masters	69KG	1974	Chris Lawyer	RVA Weightlifting	42	50	82
Jennifer	Brannon	Masters	69KG	1977	Douglas Esposito	Vanguard Gym Barbell Club	33	45	78
Erin	Barclay	Senior	69KG	1985	Bryan Munoz	RVA Weightlifting			
Sara	Wengstrom	Senior	69KG	1995	Sam Ernst	Unattached			
Gabrielle	Ocker	Senior	69KG	1994	Michael Towne	Solidarity Barbell			150
Blaze	Carmical	Senior	69KG	1990	Douglas Esposito	Vanguard Gym Barbell Club	52	60	102
Ashley	Young	Senior	69KG	1983	Forrest Agee	ECG/Central Maryland Gold	69	88	157
Mary	Dempsey	Senior	69KG	1988	Sam Fariss	Iron Crab Barbell			



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
Drew	Culver	Senior	85KG	1982		Unattached			260
Kareem	Selwaeh	Senior	85KG	1994	David Marmon	Unattached			268
Samuel	Jay	Senior	85KG	1989	Jeff Jenkins	Humble Beast Crossfit	126	150	273
Samuel	Ernst	Junior	85KG	1997	Pamela Pantini	Unattached	127	148	275
Sam	Fariss	Masters	94KG	1981	Lonnie Fariss	Iron Crab Barbell	109	134	243
Toan	Khuu	Masters	94KG	1981	John Deane	Ronin Barbell			
Danny	Habersetzer	Senior	94KG	1988	Jake Rowell	RVA Weightlifting			
Jia bao	Lin	Senior	94KG	1993	Jake Rowell	RVA Weightlifting			225
Andrew	Hale	Senior	94KG	1990	Douglas Esposito	Unattached			
Brandon	Leary	Senior	94KG	1989	Jake Rowell	RVA Weightlifting	100	125	223
Warner (Case)	Thompson	Senior	94KG	1989	Jake Rowell	RVA Weightlifting	115	136	251
Vignesh	Narayanaswamy	Senior	94KG	1990	Chris Lawyer	RVA Weightlifting	96	129	225
Jacob	Willis	Senior	94KG	1989	Joe Gazmen	Aliquid Barbell			
William	Foster	Senior	94KG	1983	Sarah Burkett	RVA Weightlifting	91	107	198
Daniel	Roberts	Senior	94KG	1982	Jake Rowell	RVA Weightlifting			258
Tyler	Forrest	Senior	94KG	1986	Judy Wash	Unattached			
Andrew	Oliver	Senior	94KG	1992	Tyler Cox	Unattached			



SESSION 8: WOMEN 75, 75+

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

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
Lori	Lorenzo	Masters	75+KG	1978	Doug Esposito	Vanguard Gym			
Jill	Nelson	Masters	75+KG	1971	Kenny Wright	Unrivaled Weightlifting	50	55	105
Judy	Wash	Masters	75+KG	1960	Tyler Forrest	Unattached			
Danielle	Seibert	Senior	75+KG	1990	Jake Rowell	RVA Weightlifting			
Pamela	Pantini	Senior	75+KG	1991	Sam Ernst	Unattached	70	85	155
Jennifer	Thomasson	Senior	75+KG	1981		Unattached			
Tori	Brady	Senior	75+KG	1993	Travis Mash	Mash Mafia	85	103	188
Deborah	Pollard	Senior	75+KG	1989	Jake Rowell	RVA Weightlifting			
Yvgeni	Henderson	Senior	75+KG	1988		Unattached			125
Terri	Roberts	Masters	75KG	1966	Chris Lawyer	RVA Weightlifting			
Melanie	Hall	Senior	75KG	1989	Jake/Gerry	RVA Weightlifting			
Monica	Wilson	Senior	75KG	1992	Jake Rowell	RVA Weightlifting			
Megan	Wood	Senior	75KG	1984	Jake Rowell	RVA Weightlifting	77	100	172
Lisa	Griffith	Senior	75KG	1986	Jake Rowell	RVA Weightlifting	55	76	131
Taylor	Magee	Senior	75KG	1992	Jamal Anderson	Unattached	48	67	
Teresa	Kiel	Senior	75KG	1987	Phil Sabatini	The Barbell Syndicate	80	90	170
Eleanor	Shaw	Senior	75KG	1987	Alexander Argueta	Energy Barbell Club	40	55	95
Megan	Parker	Senior	75KG	1987	Matt Bahan	Unattached	98	158	113



SESSION 9: MEN 105, 105+

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

First	Last	Group	WT	YOB	Event Coach	Team	SN	CJ	TOT
William	Galli	Senior	105KG	1982	Khepri Atkinson	LHO Barbell			
Donald	Jackson	Senior	105+KG	1982	John Filippini	Tough Temple Barbell Club	132	160	285
Michael	Stemler	Senior	105+KG	1987	Kenny wright	Unrivaled Weightlifting			230
Nick	Nickey	Junior	105KG	1998	Keith Wright	Total Training Inc.	85	125	210
Wayne	Clevenger	Masters	105KG	1968	ChrisLawyer	RVA Weightlifting	74	92	166
Jeff	Madden	Masters	105KG	1973	Khepri Atkinson	LHO Barbell			
David	Marmon	Masters	105KG	1978		Unattached			
Nick	Rowell	Senior	105KG	1987	Jake Rowell	RVA Weightlifting	121	148	268
Justin	Reidelbach	Senior	105KG	1989	Jake Rowell	RVA Weightlifting			267
Kenneth	Wright	Senior	105KG	1988	Kenny Wright	Unrivaled Weightlifting	114	142	248
Justin	Rodger	Senior	105KG	1982	Sam Lapp	Unattached	110	130	240
Nathan	Schwartz	Senior	105KG	1990	Chris Lawyer	RVA Weightlifting	105	130	245
Christopher	Cole	Senior	105KG	1990	John Deane	Ronin Barbell	115	125	240
Andrew	Boerum	Senior	105KG	1986	Sam Ernst	Unattached	116	147	260
Devin	Briscoe	Senior	105KG	1991	Olivia Duran	Odyssey weightlifting	120	137	257
Zachary	Butler	Senior	105KG	1984	Jason Struck	Unattached	95	118	213