

## IPA SPRING THROWDOWN

April 20, 2024  
Pheonix, Arizona

Name	Equipment	Division	Bodyweightlbs	WeightClasslbs	Best3Squatlbs	Best3Benchlbs	Best3Deadliftlbs	Totallbs
<b>WOMEN'S DIVISIONS - FULL POWER</b>								
Adeline Baldenegro	Raw_amateur	Women's Raw Amateur Junior (20-23)	146.6	148.75lbs (67.5kg)	190	120	255	565
<b>WOMEN'S DIVISIONS - BENCH ONLY</b>								
Dorothy Sosnicki	Raw_amateur	Women's Raw Amateur Master (60-64) Bench Only	240	242.50lbs (110kg)		165		165
Dorothy Sosnicki	Raw_amateur	Women's Raw Amateur Open Bench Only	240	242.50lbs (110kg)		165		165
<b>MEN'S DIVISIONS - FULL POWER</b>								
Christopher Stephens	Raw_amateur	Men's Raw Amateur Junior (20-23)	173	181.75lbs (82.5kg)	380	260	510	1150
Michael Lindsey	Raw_amateur	Men's Raw Amateur Sub-Master (35-39)	214	220.25lbs (100kg)	445	335	445	1225
John Lindsey	Raw_pro	Men's Raw Pro Master (40-44)	216.8	220.25lbs (100kg)	505	520	580	1605
Roger Paz	Raw_pro	Men's Raw Pro Master (45-49)	198	198.25lbs (90kg)	615	335	640	1590
John Lindsey	Raw_pro	Men's Raw Pro Open	216.8	220.25lbs (100kg)	505	520	580	1605
Joshua Franklin	Raw_pro	Men's Raw Pro Open	215.4	220.25lbs (100kg)	545	325	615	1485
<b>MEN'S DIVISIONS - BENCH ONLY</b>								
Kingsley Sorge	Equipped_pro	Men's Equipped Pro Master (45-49) Bench Only	303	308.5lbs (140kg)		875		875
Jimmy Seaver	Equipped_pro	Men's Equipped Pro Master (55-59) Bench Only	211.8	220.25lbs (100kg)		755		755
Jimmy Seaver	Equipped_pro	Men's Equipped Pro Open Bench Only	211.8	220.25lbs (100kg)		755		755
Kingsley Sorge	Equipped_pro	Men's Equipped Pro Open Bench Only	303	308.5lbs (140kg)		875		875
Kenneth Breit	Equipped_pro	Men's Equipped Pro Open Bench Only	282	308.5lbs (140kg)		740		740
Jase Joshua	Equipped_pro	Men's Equipped Pro Open Bench Only	300	308.5lbs (140kg)		725		725
John Lindsey	Raw_pro	Men's Raw Pro Master (40-44) Bench Only	216.8	220.25lbs (100kg)		520		520
John Lindsey	Raw_pro	Men's Raw Pro Open Bench Only	216.8	220.25lbs (100kg)		520		520

INDICATES IPA WORLD RECORD