

IPA SHAMROCK SHOWDOWN

March 16, 2024
Troutdale, Oregon

| Name | Equipment | DIVISION | Division/Sub Division | Bodyweightlbs | WeightClasslbs | Best3Squatlbs | Best3Benchlbs | Best3Deadliftlbs | Totallbs |
|---------------------------------------|-----------|----------|-----------------------|---------------|----------------|---------------|---------------|------------------|----------|
| WOMEN'S DIVISIONS - FULL POWER | | | | | | | | | |
| Savanna Mal | Sleeves | AM | Amateur Raw Female | 165 | 165 | 352.7 | 181.9 | 363.8 | 898.4 |
| Josie Macklin | Sleeves | AM | Amateur Raw Female | 176 | 181 | 319.7 | 170.9 | 341.7 | 832.3 |
| Michelle Gallinger Schmidt | Sleeves | AM | Amateur Raw Female | 156 | 165 | 236.9 | 132.3 | 319.7 | 688.9 |
| Savannah Longoria | Sleeves | AM | Amateur Raw Female | 180 | 181 | 253.5 | 121.3 | 286.6 | 661.4 |
| Savanna Mal | Sleeves | AM | Junior Women | 165 | 165 | 352.7 | 181.9 | 363.8 | 898.4 |
| Michelle Gallinger Schmidt | Sleeves | AM | Masters Women 50-54 | 156 | 165 | 236.9 | 132.3 | 319.7 | 688.9 |
| Josie Macklin | Sleeves | AM | Open Women | 176 | 181 | 319.7 | 170.9 | 341.7 | 832.3 |
| Savannah Longoria | Sleeves | AM | Open Women | 180 | 181 | 253.5 | 121.3 | 286.6 | 661.4 |
| Kasey Croy | Wraps | AM | Open Women | 268 | 275 | 600.7 | 325.2 | 578.7 | 1504.6 |
| Kasey Croy | Wraps | PRO | Pro Raw Female | 268 | 275 | 600.7 | 325.2 | 578.7 | 1504.6 |
| Connie Nightingale | Multi-ply | PRO | Open Women | 145 | 148 | 451.9 | 259 | 325.2 | 1036.1 |
| Connie Nightingale | Multi-ply | PRO | Pro Equipped Female | 145 | 148 | 451.9 | 259 | 325.2 | 1036.1 |
| Connie Nightingale | Multi-ply | PRO | Submaster Women | 145 | 148 | 451.9 | 259 | 325.2 | 1036.1 |

| | | | | | | | | | |
|-------------------------------------|---------|-----|------------------|-----|-----|-------|-------|-------|--------|
| MEN'S DIVISIONS - FULL POWER | | | | | | | | | |
| Tryston Williams | Sleeves | AM | Amateur Raw Men | 222 | 242 | 435.4 | 303.1 | 556.7 | 1295.2 |
| Ethan Davis | Sleeves | AM | Amateur Raw Men | 180 | 181 | 363.8 | 259 | 468.5 | 1091.3 |
| Ryan Arnold | Sleeves | AM | Amateur Raw Men | 180 | 181 | 473.9 | 264.6 | 319.7 | 1058.2 |
| Craig Logman | Sleeves | AM | Amateur Raw Men | 211 | 220 | 303.1 | 165.3 | 319.7 | 788.1 |
| Curtis Logman | Sleeves | AM | Amateur Raw Men | 194 | 198 | 303.1 | 154.3 | 297.6 | 760.5 |
| Jesse Bronson | Sleeves | PRO | Master Men 40-44 | 218 | 220 | 424.4 | 352.7 | 462.9 | 1240 |
| Tryston Williams | Sleeves | PRO | Open Men | 222 | 242 | 435.4 | 303.1 | 556.7 | 1295.2 |
| Jesse Bronson | Sleeves | PRO | Open Men | 218 | 220 | 424.4 | 352.7 | 462.9 | 1240 |
| Michael Vest | Sleeves | PRO | Open Men | 191 | 198 | 402.3 | 242.5 | 429.9 | 1074.7 |
| Ryan Arnold | Sleeves | PRO | Open Men | 180 | 181 | 473.9 | 264.6 | 319.7 | 1058.2 |
| Jesse Bronson | Sleeves | PRO | Pro Raw Men | 218 | 220 | 424.4 | 352.7 | 462.9 | 1240 |
| Samuel Robins | Sleeves | PRO | Pro Raw Men | 255 | 275 | 440.9 | 330.7 | 446.4 | 1218 |

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|-------------------|-----------|----------|-----------------------|---------------|----------------|---------------|---------------|------------------|----------|
| Michael Vest | Sleeves | PRO | Pro Raw Men | 191 | 198 | 402.3 | 242.5 | 429.9 | 1074.7 |
| Samuel Robins | Sleeves | PRO | Submaster Men | 255 | 275 | 440.9 | 330.7 | 446.4 | 1218 |
| Ethan Davis | Sleeves | AM | Teen Men | 180 | 181 | 363.8 | 259 | 468.5 | 1091.3 |
| Craig Logman | Sleeves | AM | Teen Men | 211 | 220 | 303.1 | 165.3 | 319.7 | 788.1 |
| Curtis Logman | Sleeves | AM | Teen Men | 194 | 198 | 303.1 | 154.3 | 303.1 | 760.5 |
| Morgan Styvar | Wraps | PRO | Open Men | 231 | 242 | 556.7 | 413.4 | 650.4 | 1620.5 |
| Khoibeast Le | Wraps | PRO | Open Men | 165 | 165 | 562.2 | 314.2 | 622.8 | 1499.2 |
| Morgan Styvar | Wraps | PRO | Pro Raw Men | 231 | 242 | 556.7 | 413.4 | 650.4 | 1620.5 |
| Khoibeast Le | Wraps | PRO | Pro Raw Men | 165 | 165 | 562.2 | 314.2 | 622.8 | 1499.2 |
| Khoibeast Le | Wraps | PRO | Submaster Men | 165 | 165 | 562.2 | 314.2 | 622.8 | 1499.2 |
| Shaun Orta | Multi-ply | AM | Amateur Equipped Men | 233 | 242 | 606.3 | 380.3 | 512.6 | 1499.2 |
| Joe Michelson | Multi-ply | AM | Amateur Equipped Men | 332 | SHW | 540.133 | 440.925 | 501.55 | 1482.61 |
| Pacey Boomer | Multi-ply | AM | Amateur Equipped Men | 194 | 198 | 595.2 | 314.2 | 501.6 | 1411 |
| Dante Cowell | Multi-ply | AM | Amateur Equipped Men | 227 | 242 | 434.6 | 429.9 | 518.1 | 1382.6 |
| Daniel Leidheiser | Multi-ply | AM | Amateur Equipped Men | 196 | 198 | 407.9 | 407.9 | 534.6 | 1350.4 |
| Jake Domer | Multi-ply | PRO | Junior Men | 207 | 220 | 804.7 | 589.7 | 633.8 | 2028.2 |
| Pacey Boomer | Multi-ply | PRO | Junior Men | 194 | 198 | 595.2 | 314.2 | 501.6 | 1411 |
| Joe Michelson | Multi-ply | AM | Master Men 65-67 | 332 | SHW | 540.133 | 440.925 | 501.55 | 1482.61 |
| Daniel Leidheiser | Multi-ply | PRO | Masters Men 50-54 | 196 | 198 | 407.9 | 407.9 | 534.6 | 1350.4 |
| Jake Domer | Multi-ply | PRO | Open Men | 207 | 220 | 804.7 | 589.7 | 633.8 | 2028.2 |
| Jim Seratt | Multi-ply | PRO | Open Men | 238 | 242 | 1003.1 | 314.2 | 677.9 | 1995.2 |
| Bret Potter | Multi-ply | PRO | Open Men | 231 | 242 | 727.5 | 600.8 | 551.2 | 1879.5 |
| Shaun Orta | Multi-ply | AM | Open Men | 233 | 242 | 606.3 | 380.3 | 512.6 | 1499.2 |
| Dante Cowell | Multi-ply | AM | Open Men | 227 | 242 | 434.6 | 429.9 | 518.1 | 1382.6 |
| Jake Domer | Multi-ply | PRO | Pro Equipped Men | 207 | 220 | 804.7 | 589.7 | 633.8 | 2028.2 |
| Jim Seratt | Multi-ply | PRO | Pro Equipped Men | 238 | 242 | 1003.1 | 314.2 | 677.9 | 1995.2 |
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|-------------------------------------|-----------|----------|-----------------------|---------------|----------------|---------------|---------------|------------------|----------|
| MEN'S DIVISIONS - BENCH ONLY | | | | | | | | | |
| Dave Oneill | Unlimited | AM | Amateur Equipped Men | 379 | SHW | | 749.6 | | 749.6 |
| Blair Fisher | Unlimited | AM | Amateur Equipped Men | 306 | 308 | | 446.4 | | 446.4 |
| Corey Boomer | Unlimited | AM | Amateur Equipped Men | 291 | 308 | | 314.2 | | 314.2 |
| Kyle Bossum | Unlimited | AM | Amateur Raw Men | 238 | 242 | | 407.9 | | 407.9 |
| William Dirk | Unlimited | PRO | Master men 45-49 | 260 | 275 | | 936.9 | | 936.9 |
| Dave Oneill | Unlimited | AM | Master men 45-49 | 379 | SHW | | 749.6 | | 749.6 |
| Corey Boomer | Unlimited | AM | Master men 45-49 | 291 | 308 | | 314.2 | | 314.2 |
| Dan Logman | Unlimited | PRO | Masters Men 50-54 | 304 | 308 | | 612 | | 612 |
| Blair Fisher | Unlimited | PRO | Masters Men 60-65 | 306 | 308 | | 446.4 | | 446.4 |
| William Dirk | Unlimited | PRO | Open Men | 260 | 275 | | 936.9 | | 936.9 |
| Dave Oneill | Unlimited | AM | Open Men | 379 | SHW | | 749.6 | | 749.6 |
| Dan Logman | Unlimited | PRO | Open Men | 304 | 308 | | 612 | | 612 |
| Kyle Bossum | Unlimited | AM | Open Men | 238 | 242 | | 407.9 | | 407.9 |
| Emilio Paez | Unlimited | PRO | Open Men | 220 | 220 | | 402.3 | | 402.3 |
| William Dirk | Unlimited | PRO | Pro Equipped Men | 260 | 275 | | 936.9 | | 936.9 |
| Dan Logman | Unlimited | PRO | Pro Equipped Men | 304 | 308 | | 612 | | 612 |
| Emilio Paez | Unlimited | PRO | Pro Equipped Men | 220 | 220 | | 402.3 | | 402.3 |
| William Dirk | Unlimited | PRO | bench only | 260 | 275 | | 936.9 | | 936.9 |
| Dave Oneill | Unlimited | AM | bench only | 379 | SHW | | 749.6 | | 749.6 |
| Dan Logman | Unlimited | PRO | bench only | 304 | 308 | | 612 | | 612 |
| Blair Fisher | Unlimited | PRO | bench only | 306 | 308 | | 446.4 | | 446.4 |
| Kyle Bossum | Unlimited | AM | bench only | 238 | 242 | | 407.9 | | 407.9 |
| Emilio Paez | Unlimited | PRO | bench only | 220 | 220 | | 402.3 | | 402.3 |
| Corey Boomer | Unlimited | PRO | bench only | 291 | 308 | | 314.2 | | 314.2 |

INDICATES IPA WORLD RECORD

INDICATES IPA OR STATE RECORD

INDICATES BOTH IPA WORLD & OR STATE RECORD