2024 California Fall Championships



Weightlifting

AAU – LICENSED BY THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC – 2025

TEAM JUANATAS-BOWENS



Powerlifting

Medals 1st through 4th
AAU Powerlifting & AAU Weightlifting Rules
Thompson Junior High School Weightroom
4200 Planz Rd, Bakersfield, CA 93309
Saturday, November 30, 2024
from 7:00am – 7:00pm
Youth Athletes

Contact Dr. Bryan Bowens at bryan.bowens@teamjuanatas-bowens.org or at 661-770-7280

AAU California Fall Championships 2024

Saturday, November 30, 2024

Thompson Jr. High 4200 Planz Rd, Bakersfield, CA 93309

SESSION	PLATFORM	START	STRENGTH SPORT	GENDER	WEIGHT CLASS	# LIFTERS
1	Red	8:30am	Weightlifting	All Males	30kg–140+kg	12
	Blue	8:30am	Weightlifting	All Females	30kg–100+kg	13
2	Red	11:00am	Powerlifting	All Females	30kg–100+kg	13
	White	11:00am	Push-Pull	All Push-Pull	30kg–140+kg	9
	Blue	12:00pm	Powerlifting	All Males	30kg–140+kg	14

Medals will be awarded within five minutes following the conclusion of each session. We appreciate your cooperation and prompt gathering at the designated platform to celebrate the achievements of our athletes.

Notice of Event Conduct at AAU Sanctioned Event

Team Juanatas-Bowens is pleased to host this Amateur Athletic Union (AAU) sanctioned event and welcome all athletes, parents, spectators, coaches, referees, and volunteers. As we strive to create a positive and respectful environment, we kindly request that everyone present uphold the highest standards of sportsmanship and decorum. Please extend courtesy and respect to all athletes, coaches, and volunteers, recognizing their hard work and dedication to the sport. Let us ensure a memorable and enjoyable experience for everyone involved. Thank you for your cooperation and support from Team Juanatas-Bowens

CALIFORNIA FALL PUSH PULL CHAMPIONSHIPS 2024 Thompson Jr. High School November 30, 2024

Name	Gender	Age	Division	Bodyweight	WeightClass	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	Wilks 2020
Allana Smith	Female	12	Y12-13	62.05	67.5	25	35	37.5	50	60	90	127.5	164.57
Brandon Moore	Male	15	T14-15	58.7	60	27.5	35	40	40	60	80	120	121.63
Briana Vasquez	Female	13	Y12-13	59.8	60	22.5	30	35	40	50	65	100	132.19
Caleb Delfin	Male	12	Y12-13	37.15	40	30	35	-40	60	70	75	110	152.85
Clyde Moore	Male	12	Y12-13	31.95	35	17.5	22.5	25	30	50	60	85	118.11
Coren Hudson	Male	12	Y12-13	85.3	90	-20	22.5	32.5	45	50	65	97.5	76.96
Draedy Martin	Male	13	Y12-13	49.85	52	20	30	35	45	50	70	105	121.16
Evelyn Moore	Female	13	Y12-13	53.95	56	22.5	30	-35	40	65	75	105	149.29
Gabriella Cardenas	Female	13	Y12-13	44.4	48	10	12	15	22.5	25	30	45	75.27
Gausha Martin	Male	12	Y12-13	64.35	67.5	20	30	35	40	45	70	105	99.39
Isaac Villegas	Male	13	Y12-13	101.85	110	-22.5	25	32.5	45	55	70	102.5	74.17
Ismael Vasquez	Male	12	Y12-13	60.75	67.5	25	30	-32.5	40	45	50	80	79.01
Jaime Rodriguez Soto Jr.	Male	13	Y12-13	99.05	100	35	50	60	100	130	-140	190	139.16
Jasmine Rodriguez	Female	13	Y12-13	72.05	75	20	25	-30	52.5	55	75	100	118.66
Jesus Romero Jr.	Male	16	T16-17	87.8	90	45	60	-67.5	100	-130	-130	160	124.33
Joshua Esparza	Male	18	T18-19	90	90	30	-35	-35	75	105	110	140	107.38
Juliana Vasquez	Female	13	Y12-13	60	60	22.5	30	-35	35	50	65	95	125.31
Liliana Layman	Female	7	Y6-7	45.5	48	7.5	12.5	15	27.5	40	-45	55	89.98
Markus Esparza	Male	17	T16-17	73.85	75	30	40	45	50	70	130	175	150.69
Neal Palacios	Male	12	Y12-13	67.5	67.5	20	25	35	60	65	-80	100	91.49
Skylynn Pinkett	Female	12	Y12-13	64.05	67.5	20	25	-30	35	50	65	90	113.92
Steven Short	Male	63	M60-64	96.7	100	55	70	80	210	225	235	315	233.25
Trace Brown	Male	13	Y12-13	79.45	82.5	45	-47.5	47.5	100	105	115	162.5	133.66

CALIFORNIA FALL POWERLIFTING CHAMPIONSHIPS 2024 Thompson Jr. High School November 30, 2024																
Name	**Sex**	**Age**	**Division**	**Bodyweight**	**WeightClass**	**S1**	**S2**	**S3**	**B1**	**B2**	**B3**	**D1**	**D2**	**D3**	**Total**	**Wilks 2020**
Allana Smith	Female	12	Y12-13	62.05	67.5	50	60	65	25	35	37.5	50	60	90	192.5	248.48
Brandon Moore	Male	15	T14-15	58.7	60	-30	30	-50	27.5	35	40	40	60	80	150	152.03
Briana Vasquez	Female	13	Y12-13	59.8	60	35	45	50	22.5	30	35	40	50	65	150	198.29
Caleb Delfin	Male	13	Y12-13	37.15	40	55	57.5	62.5	30	35	-40	60	70	75	172.5	239.69
Clyde Moore	Male	12	Y12-13	31.95	35	25	35	37.5	17.5	22.5	25	30	50	60	122.5	170.22
Evelyn Moore	Female	13	Y12-13	53.95	56	27.5	37.5	42.5	22.5	30	-35	40	65	75	147.5	209.71
Jaime Rodriguez Soto Jr.	Male	13	Y12-13	99.05	100	40	60	70	35	50	60	100	130	-140	260	190.43
Jasmine Rodriguez	Female	13	Y12-13	72.05	75	50	-60	-60	20	25	-30	52.5	55	75	150	177.99
Jesus Romero Jr.	Male	16	T16-17	87.8	90	40	-72.5	-72.5	45	60	-67.5	100	-130	-130	200	155.41
Joshua Delfin	Male	13	Y12-13	38	40	55	57.5	60	30	35	42.5	60	70	72.5	175	243.17
Joshua Esparza	Male	18	T18-19	90	90	-50	50	65	30	-35	-35	75	105	110	205	157.23
Juliana Vasquez	Female	13	Y12-13	60	60	30	35	45	22.5	30	-35	35	50	65	140	184.66
Liliana Layman	Female	7	Y6-7	45.5	48	15	20	25	7.5	12.5	15	27.5	40	-45	80	130.88
Neal Palacios	Male	12	Y12-13	67.5	67.5	30	35	45	20	25	35	60	65	-80	145	132.66
Skylynn Pinkett	Female	12	Y12-13	64.05	67.5	35	40	45	20	25	-30	35	50	65	135	170.89
Steven Short	Male	63	M60-64	96.7	100	75	85	100	55	70	80	210	225	235	415	307.3



Name : **AAU California Fall Weightlifting Championships - Women**

Site : Thompson Jr. High School City : Bakersfield

Date : 2024-11-30 Organizer : Team Juanatas-Bowens

Session 1: **Red Platform**

									Snatch			Best	Clean&Jerk			Best	**Total**			
Membership #	Start	Lot	Last Name	First Name	Cat.	B.W.	Team	Age	1	2	3	Snatch	1	2	3	C&J		Q-Points	Sinclair	Robi
W4YD54A5	1	9	Layman	Liliana	F 47.5	45.50	Team Juanatas-Bowens	7	9	10	11	11	14	15	19	19	30		49.798	2.173
W373EWA5	2	23	Boone	Isabel	F 52.5	49.05	Team Juanatas-Bowens	13	(11)	11	(12)	11	15	16	17	17	28		43.745	1.507
W5W968A5	3	12	Pinkett	Skylynn	F 67.5	64.05	Team Juanatas-Bowens	12	17	20	23	23	25	29	33	33	56		72.781	9.159
WYF75DA5	4	16	Wells	Jasmine	F 75.0	72.05	Team Juanatas-Bowens	13	17	(18)	18	18	28	30	36	36	54		65.718	7.887
WYE8C8A5	5	18	Vasquez	Briana	F 60.0	59.80	Team Juanatas-Bowens	13	20	24	(26)	24	25	30	(35)	30	54		73.245	7.775
W4YDDCA5	6	20	Moore	Evelyn	F 60.0	53.95	Team Juanatas-Bowens	13	20	24	(30)	24	29	35	40	40	64		93.110	23.477
WYE8CAA5	7	4	Vasquez	Juliana	F 60.0	56.80	Team Juanatas-Bowens	13	21	24	26	26	25	30	35	35	61		85.612	12.527
W373E6A5	8	17	Smith	Allana	F 67.5	62.05	Team Juanatas-Bowens	12	22	28	31	31	29	30	38	38	69		91.428	17.552

Announcer Alexander Dominguez **Marshal** Brianna Bowens **Timekeeper** Alexander Dominguez **Controller** OWLCMS

Referee 1 Jane Aguliar **Referee 2** Ada Guzman **Referee 3** Michelle Bowens



Name : **AAU California Fall Weightlifting Championships - Men**

Site : Thompson Jr. High School City : Bakersfield

Date : 2024-11-30 Organizer : Team Juanatas-Bowens

Session 2 : **Blue Platform**

									Snatch			Best	Clean&Jerk			Best	**Total**			
Membership #	Start	Lot	Last Name	First Name	Cat.	B.W.	Team	Age	1	2	3	Snatch	1	2	3	C&J		Q-Points	Sinclair	Robi
W4YDDCA5	1	3	Moore	Clyde	M 35	31.95	Team Juanatas-Bowens	12	14	15	18	18	18	21	24	24	42	386.722	116.346	20.678
W38D7YA5	2	5	Hudson	Coren	M 90	85.30	Team Juanatas-Bowens	12	(15)	15	16	16	20	21	32	32	48	60.975	59.269	1.274
WYE8C9A5	3	14	Vasquez	Ismael	M 67	60.75	Team Juanatas-Bowens	12	18	(19)	19	19	25	28	30	30	49	77.216	74.703	3.208
W6B9E8A5	4	7	Delfin	Caleb	M 40	37.15	Team Juanatas-Bowens	13	21	(24)	24	24	30	31	40	40	64	409.176	150.560	83.788
W6B9E9A5	5	19	Delfin	Joshua	M 40	38.00	Team Juanatas-Bowens	13	21	24	26	26	25	30	40	40	66	347.746	151.691	92.807
W373E3A5	6	15	Palacios	Neal	M 75	67.50	Team Juanatas-Bowens	13	23	24	25	25	30	33	34	34	59	85.344	83.601	4.041
W373E4A5	7	2	Rodriguez Soto Jr.	Jaime	M 100	99.05	Team Juanatas-Bowens	13	28	29	32	32	(37)	50	(60)	50	82	98.291	94.417	5.822
RS8D8E49A5	8	11	Romero Jr.	Jesus	M 90	87.80	Team Juanatas-Bowens	16	(29)	29	30	30	30	31	40	40	70	87.835	85.181	4.462

Announcer Alexander Dominguez **Marshal** Mikaella Bowens **Timekeeper** Alexander Dominguez **Controller** OWLCMS

Referee 1 Markus Dennis Esparza **Referee 2** Jesus Romero **Referee 3** Bryan Bowens

CALIFORNIA FALL SUPER TOTAL CHAMPIONSHIPS 2024 Thompson Jr. High School November 30, 2024																
Name	Sex	Age	Division	Bodyweight	Weight Class	Best Snatch	Best Clean and Jerk	Weightlifting Total	Best Squat	Best Bench	Best Deadlift	Powerlifting Total	Super Total	Wilks2020	Sinclair	Volume by Bodyweight
Allana Smith	Female	12	Y12-13	62.05	67.5	31	38	69	65	37.5	90	192.5	261.5	281.28	346.50	4.21
Briana Vasquez	Female	13	Y12-13	59.8	60	24	30	54	50	35	65	150	204	224.73	276.70	3.41
Caleb Delfin	Male	13	Y12-13	37.15	40	24	31	64	62.5	35	75	172.5	236.5	292.36	556.37	6.37
Clyde Moore	Male	12	Y12-13	31.95	35	18	24	42	37.5	25	60	122.5	164.5	231.81	455.69	5.15
Evelyn Moore	Female	13	Y12-13	53.95	56	24	40	64	42.5	30	75	147.5	211.5	250.59	307.70	3.92
Jaime Rodriguez Soto Jr.	Male	13	Y12-13	99.05	100	32	50	82	70	60	130	260	342	208.73	393.79	3.45
Jasmine Rodriguez	Female	13	Y12-13	72.05	75	18	36	54	50	25	75	150	204	201.72	248.27	2.83
Jesus Romero Jr.	Male	16	T16-17	87.8	90	30	40	70	40	60	100	200	270	174.83	328.56	3.08
Joshua Delfin	Male	13	Y12-13	38	40	26	40	66	60	42.5	72.5	175	241	291.75	553.90	6.34
Juliana Vasquez	Female	13	Y12-13	60	60	26	35	61	45	30	65	140	201	220.93	272.05	3.35
Liliana Layman	Female	7	Y6-7	45.5	48	11	19	30	25	15	40	80	110	149.97	182.59	2.42
Neal Palacios	Male	12	Y12-13	67.5	67.5	25	34	59	45	35	65	145	204	155.53	299.53	3.02
Skylynn Pinkett	Female	12	Y12-13	64.05	67.5	23	33	56	45	25	65	135	191	201.48	248.24	2.98