

2026 Cap City Open

Session	Date	Gndr	Group	Cat	Lot	Age	Name	Total	Team	Comps	
1 RED	Sun Apr 26 Weigh In 6:00 AM Start 8:00 AM	F	Open	48	68	34	NGUYEN, Lucy	135	BLACK & RED BARBELL CLUB	Open	
					33	35	PRASHAW, Jessica	120	CHFP WEIGHTLIFTING CLUB	Open	
				53	39	36	FELDBERG, Marissa	80	EAST COAST GOLD W/L TEAM	Open	
					81	28	STRONG, Caitlin	70	CHFP WEIGHTLIFTING CLUB	Open	
				58	75	32	TOMASELLO, Julia	165	Southern California Weightlifting Club	Open	
					57	29	RAMIOULLE, Julie	106	CHFP WEIGHTLIFTING CLUB	Open	
					1	30	RAWE, Jennifer	100	CHFP WEIGHTLIFTING CLUB	Open	
					24	40	LIQU, Alice	95		Open	
					83	30	YU, Jun	80		Open	
					93	39	ALMEIDA, Sandy	40		Open	
1 BLUE	Sun Apr 26 Weigh In 6:00 AM Start 8:00 AM	M	Open	U13	36	78	13	SOWAYAN, Adam	60	TOUGH TEMPLE BARBELL CLUB	Open, U13
				JR	79	76	20	HAMMOND, Ryan	180	George Mason Olympic Weightlifting Team	JR, Open
				60	49	25	HAILESELASSIE, Natnael	100	George Mason Olympic Weightlifting Team	Open	
					65	7	28	KATIGBAK, Matthew	180	The Overheaders	Open
				3		50	CASANOVA, Gregory	160	BAM Weightlifting Club	Open	
				71	32	37	CABILES, Cristopher	210		Open	
					44	42	SALAZAR, Rodrigo	205	Jerks That Jerk	Open	
					5	34	DER, Andrew	200	Jerks That Jerk	Open	
					50	22	WRIGHT, Ethan	185	George Mason Olympic Weightlifting Team	Open	
					110	32	RAMOS ABREU, Josue	165	CHFP WEIGHTLIFTING CLUB	Open	
					79	124	50	COREA, Nicholas	180	TOUGH TEMPLE BARBELL CLUB	Open
				34		23	BELTRAN-GONZALEZ, Bryan	155	George Mason Olympic Weightlifting Team	Open	
				2 RED	Sun Apr 26 Weigh In 8:00 AM Start 10:00 AM	F	Open	63	86	46	PLAZIBAT, Antonia
89	32	BRIN, Alicia	140							Open	
8	40	WEDDLE, Catherine	125						BAM Weightlifting Club	Open	
58	33	KADRY, Nadia	120						TOUGH TEMPLE BARBELL CLUB	Open	
52	34	SUTHERLIN, Lillian	114						EAST COAST GOLD W/L TEAM	Open	
28	37	KIM, Ashlee	105						BLACK & RED BARBELL CLUB	Open	
63	44	HUMPHREYS, Jillian	100						TOUGH TEMPLE BARBELL CLUB	Open	
15	40	MEREDITH, Kristin	100						Mach10 Weightlifting Club	Open	
73	48	STEPHENS, Sally	95						Echo Weightlifting	Open	
88	24	KIM, Minji	90						George Mason Olympic Weightlifting Team	Open	
2 BLUE	Sun Apr 26 Weigh In 8:00 AM Start 10:00 AM	M	Open	79	54	41	JENKINS, Jeffrey	274	HUMBLE BEAST WEIGHTLIFTING	Open	
					48	27	RANNO, Noah	260	1Kilo	Open	
					56	35	NEPOMUCENO, Matt	240	BAM Weightlifting Club	Open	
					26	36	EVERHART, Timothy	225	CHFP WEIGHTLIFTING CLUB	Open	
					87	21	NAIR, Keshav	220	George Mason Olympic Weightlifting Team	Open	
					47	29	PAARPORN, Anthony	190	CHFP WEIGHTLIFTING CLUB	Open	
					88	40	34	LESE, Michael	167		Open
						70	33	BROWN, Jesse	160		Open
						104	30	FORTIER, Sam	150		Open
						62	59	GOLDBERG, David	125	TOUGH TEMPLE BARBELL CLUB	Open
71	33	MCCLAIR, Drew	95		Open						
3 RED	Sun Apr 26 Weigh In 10:00 AM Start 12:00 PM	F	Open	JR	69	100	20	WARMZYARY, Shania	90	George Mason Olympic Weightlifting Team	JR, Open
				69	36	42	GIORDANO, Lisa	174		Open	
					64	30	SCHMIDT-MCCARTHY, Jayda	160	BAM Weightlifting Club	Open	
					90	30	DIAZ, Noel	120	BAM Weightlifting Club	Open	
					22	41	LIU, Sara	116	Echo Weightlifting	Open	
					51	24	FOWLER, Sophia	113		Open	
					69	32	ETIENNE, Fayola	110	DC Barbell	Open	
				116	45	FUNAHASHI, Aya	93	Jerks That Jerk	Open		
				77	6	38	REN, FeiFei	92	BLACK & RED BARBELL CLUB	Open	
					77	31	APICELLA, Miquela	55		Open	
67	41	TUNGUL, Samantha	42	CHFP WEIGHTLIFTING CLUB	Open						
3 BLUE	Sun Apr 26 Weigh In 10:00 AM Start 12:00 PM	M	Open	JR	88	119	17	AHN, Samuel	173	Just Commit Performance	JR, Open
				88	99	30	BATOR, Andrew	280	MISSISSIPPI BARBELL	Open	
					105	33	SENEVIRATHNE, Kaneel	270		Open	
					121	38	WHITE, Michael	255		Open	
					25	37	TOLENTINO, Eric	241	TOUGH TEMPLE BARBELL CLUB	Open	
					95	28	PEI, Kevin	240	TOUGH TEMPLE BARBELL CLUB	Open	
					107	30	WRIGHT, Austin	207	CHFP WEIGHTLIFTING CLUB	Open	
					122	42	YU, wai	205	Mach10 Weightlifting Club	Open	
					85	34	BULUSU, Ananth	200	Just Commit Performance	Open	
					106	41	SHAND, O'Neil	180	Mach10 Weightlifting Club	Open	
9	36	WRIGHT, Issac	175			Open					

4 RED	Sun Apr 26 Weigh In 12:00 PM Start 2:00 PM	F	Open	77	102	35	SALAZAR, Melissa	180	EAST COAST GOLD W/L TEAM	Open
					12	31	RICHARDS, Abigail	165	DC Barbell	Open
					43	27	MELOUN, Audrey	140	TOUGH TEMPLE BARBELL CLUB	Open
					38	28	LOUGHRAN, Isabelle	135		Open
					11	39	BEHRLE, Megan	125	TCR Barbell	Open
					53	22	KRAGNESS, isabella	120	Just Commit Performance	Open
					10	22	CARREON, Christina	120	George Mason Olympic Weightlifting Team	Open
					31	44	LEE, Courtney	110		Open
					127	41	MYERS, Heather	110	BAM Weightlifting Club	Open
					112	40	DUNNER, Abby	110		Open
					23	39	GARAFFO, Kristen	108	TOUGH TEMPLE BARBELL CLUB	Open
					61	26	NGUYEN, Jennifer	105		Open
					4 BLUE	Sun Apr 26 Weigh In 12:00 PM Start 2:00 PM	M	Open	94	84
72	30	SAYGER, James	280	CHFP WEIGHTLIFTING CLUB						Open
113	27	ZWILLING, Ben	230	Samsara Weightlifting Club						Open
14	29	KINSEY, Lucas	230	Just Commit Performance						Open
29	27	PIDAPARTI, Ashvin	220	Samsara Weightlifting Club						Open
66	38	HASHMI, Imran	200							Open
65	30	LADD, Eric	195	CHFP WEIGHTLIFTING CLUB						Open
92	33	PHAM, Christian	195	CHFP WEIGHTLIFTING CLUB						Open
2	28	DONNELLY, John	190							Open
35	41	LAKHANI, Aditya	180	TOUGH TEMPLE BARBELL CLUB						Open
16	30	JONES, Ben	170	CHFP WEIGHTLIFTING CLUB						Open
21	38	ALLEN, Isiejah	0	CHFP WEIGHTLIFTING CLUB						Open
5 RED	Sun Apr 26 Weigh In 2:00 PM Start 4:00 PM	F	Open	86						101
					97	43	CHANGWAILING, Carla	120	DC Barbell	Open
					45	35	GOLDSTEIN, Rina	115		Open
					115	34	FAUST, Erika	108	CHFP WEIGHTLIFTING CLUB	Open
				86+	80	36	BEREZNAI, Kristi	160		Open
					109	43	JORDAN, Christina	141	CHFP WEIGHTLIFTING CLUB	Open
					46	28	CARLISLE, Elizabeth	141		Open
					91	31	CABEL, Danielle	140		Open
					114	41	ARCHER, Kristal	108	CHFP WEIGHTLIFTING CLUB	Open
					42	25	BENECKE, Riley	79		Open
5 BLUE	Sun Apr 26 Weigh In 2:00 PM Start 4:00 PM	M	Open	110	111	31	CHIANG, Alexander	290	Mach10 Weightlifting Club	Open
					96	26	TONEY, Jenner	290		Open
					79	32	ARGAEZ, Andrew	240		Open
					94	35	HASE, Christopher	230	BLACK & RED BARBELL CLUB	Open
					55	25	SOLIS RAMIREZ, Juan	229	Just Commit Performance	Open
					118	38	CLARK, Collin	225		Open
					98	43	KABAY, Ed	212		Open
					19	25	KIRKLAND IV, Robert	210	Just Commit Performance	Open
				4	35	MOSCH, Matthew	130	TOUGH TEMPLE BARBELL CLUB	Open	
				110+	103	38	PICONE, Taylor	170	CHFP WEIGHTLIFTING CLUB	Open
123	38	ANDERSON, Kyle	160			Open				