

2024 PULL UP PARK JAM



WHERE:

Search for "Ocean Front Green" in Santa Monica on Google Maps. This is in the [ORIGINAL Muscle Beach](#) click link for pinned location. **NOTE: the competition is NOT at the NEW Muscle Beach**, which is 2 miles south.

*There is a HUGE parking lot a 5-minute walk north. It's roughly \$15/day.

WHEN:

9:00am | ALL competitors check-in and weigh-in

Note: times are estimates, **IF we can move faster we WILL. Be ready! For example if we can begin The Main Event at 10:15am we WILL. Be warmed up and stretched!**

MUSCLE-UPS

9:30am | Opening Remarks

9:35am | Muscle-Ups

10:00am | Muscle-Up Awards presented by [Axumus](#)

MAIN EVENT

10:30am | Pull-Ups [2 athletes at a time]

12:00pm | Squats [2 athletes at a time]

1:30pm | Dips [2 athletes at a time]

3:00pm | Sit-Ups [3 athletes at a time]

4:30pm | Push-Ups [3 athletes at a time]

AWARDS

6:00pm | Awards

Catalyst Award

Best Form Awards presented by [Tesoros del Pais](#)

Belt Presentations

Event Awards

Overall Awards

WHAT to bring:

1. Portable Chairs - there's no seating at the beach!
2. Food -- there are LIMITED healthy food options at the venue.
3. Sunblock and sun-protective gear
4. Chilly weather gear -- the beach cools down late afternoon
5. Sanitizer and Toiletries

2024 PULL UP PARK JAM | Competitor Order

55 Total Pre-registered Competitors | **NO WALK-IN REGISTRATIONS PERMITTED.** We are at capacity.

Please line up to compete before you're called to help us stay on time.



Muscle-Ups (9:30am)

- 1 Juan Pinto
- 2 Amin Mekani
- 3 Miguel Robles
- 4 David Escalera
- 5 Aaron Gonzalez
- 6 Brayam Leycer
- 7 Khalid Flowers
- 8 Rahmouni Ilyes
- 9 AJ Fernandez
- 10 Ja'Ron Frazier
- 11 Carnell Specks
- 12 Drake Mendoza
- 13 Casey Johnson

Female | Group 1 (Begins Main Event 10:30am)

- 1 Jessica Beane
- 2 Rut Laureano
- 3 Jasmine Winings
- 4 Nicole Zapoli
- 5 Guadalupe Jara
- 6 Raina Patel
- 7 Monique Paul
- 8 Jessica Hong
- 9 Magda Pomares
- 10 Jenyfer Lara
- 11 Eldi Conner
- 12 Mari Gutierrez

Upperweight | Group 2 (Main Event)

- 1 Carnell Specks
- 2 Casey Johnson
- 3 Sidney Mayungbe
- 4 Jason Gonzalez
- 5 Drake Mendoza
- 6 Randall Davis II
- 7 Jorge Rodriguez
- 8 Sergio Marquez
- 9 Aaron Gonzalez
- 10 Zeek Lewis
- 11 Isaacc M
- 12 Aladdin M'ghaz
- 13 Miguel Robles
- 14 Andrew Thompson
- 15 Jose Guzman
- 16 Tyler Magistrelli
- 17 Eric Conner

Lowerweight | Group 3 (Main Event)

- 1 Johnathan Rickert
- 2 Nelson Mendoza
- 3 Januar Cervantes
- 4 Omari Jinaki
- 5 Ricardo Ramirez
- 6 Anthony Ceja
- 7 AJ Fernandez
- 8 Robert Winings
- 9 Jose Gordillo
- 10 Juan Pinto
- 11 YokeStatus
- 12 David Avila
- 13 Luis Chavez
- 14 Jay Frazier
- 15 Amin Mrknaci
- 16 Albert Fernandez
- 17 Khalid Fllowers
- 18 Maxwell Macdougall
- 19 Jack Olson
- 20 P Duarte
- 21 Francisco Asuncion
- 22 Brayam Leycer
- 23 Bryan Song
- 24 Rahmouni Ilyes
- 25 Jake Thompson
- 26 Julio LandaVerde