USAPL Northeastern USA Regional Bench Press Championships

Holiday Inn Hotel & Convention Center - Ft. Washington, Pennsylvania [USA]

Saturday/Sunday, October 18 & 19, 2008

Competition Director: Robert Keller

								SQUAT				BENCHPRESS				DEADLIFT						
NR	WT.	BDW.	NAME	AGE	DIVISION	STATE	GYM	1.	2.	3.		1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.	Coef.
1			**Mens Bench Press Only**																			
2	52.00	52.00	Tyler Whipple	15	Teen I [14 - 15]	Pennsylvania	Montrose High School PL Team					-80.0	-80.0	80.0	80.0				80.0	1.0	1.0	78.3
3	52.00	52.00	Tyler Whipple	15	High School JV	Pennsylvania	Montrose High School PL Team					-80.0	-80.0	80.0	80.0				80.0	1.0	1.0	78.3
4	56.00	57.70	Jordon Blanton	15	Raw/Unequipped	Pennsylvania	Montrose High School PL Team					65.0	75.0	-82.5	75.0				75.0	0.9	1.0	66.2
5	67.50	66.70	Cory Snow	15	Teen I [14 - 15]	Pennsylvania	Montrose High School PL Team					70.0	80.0	-87.5	80.0				80.0	0.8	1.0	62.2
8	75.00	74.50	David Macey	15	Raw/Unequipped	Pennsylvania	Montrose High School PL Team					82.5	-95.0	-95.0	82.5				82.5	0.7	1.0	59.0
6	75.00	75.00	Domonic Ambrosano	30	Open	Pennsylvania	Pennridge Powerlifting Team					157.5	160.0	-162.5	160.0				160.0	0.7	1.0	113.9
7	82.50	76.30	Nabeel Rokerya	15	Teen I [14 - 15]	New Jersey	North Brunswick HS PL Team					82.5	92.5	102.5	102.5				102.5	0.7	1.0	72.1
9	82.50	81.80	Mark Salandra	46	Open	New Jersey	Hillsborough High School					102.5	110.0	-115.0	110.0				110.0	0.7	1.0	74.0
8	82.50	81.80	Mark Salandra	46	Masters I [40 - 49]	New Jersey	Hillsborough High School					102.5	110.0	-115.0	110.0				110.0	0.7	1.0	74.0
9	90.00	89.80	Pete Grohoski	38	Open	Pennsylvania	Pottstown YMCA					227.5	240.0	-242.5	240.0				240.0	0.6	1.0	153.3
10	90.00	89.50	Ty Wagerle	32	Open	Pennsylvania	Old School Fitness					167.5	177.5	182.5	182.5				182.5	0.6	2.0	116.8
11	90.00	86.60	Bill Krench	55	Masters II [50 - 59]	Pennsylvania	New Image Fitness					137.5	142.5	145.0	145.0				145.0	0.7	1.0	94.4
12	90.00	89.90	Kevin D'Antonio	51	Masters II [50 - 59]	Pennsylvania	Pottstown YMCA					127.5	130.0	-137.5	130.0				130.0	0.6	2.0	83.0
16	90.00	86.80	David Guyger	62	Masters III [60 - 69]	Pennsylvania	New Image Fitness					137.5	147.5	-160.0	147.5				147.5	0.7	1.0	95.9
17	100.00	97.30	Reginald Dawson	34	Open	Pennsylvania	New Image Fitness					-195.0	207.5	-212.5	207.5				207.5	0.6	1.0	127.7
18	100.00	99.40	Sabre Schnitzer	39	Open	New York	The Living Room Gym					190.0	200.0	-205.0	200.0				200.0	0.6	2.0	122.0
19	100.00	97.80	Thomas Chwieroth	45	Open	Pennsylvania	New Image Fitness					192.5	-200.0	-200.0	192.5				192.5	0.6	3.0	118.2
20	100.00	97.80	Thomas Chwieroth	45	Masters I [40 - 49]	Pennsylvania	New Image Fitness					192.5	-200.0	-200.0	192.5				192.5	0.6	1.0	118.2
21	110.00	106.00	Patrick Riley	41	Police/Fire/Military	New Jersey	Fitness World					-170.0	-170.0	-170.0								
22	125.00	123.10	John Bogart	37	Open	New York	Muscles In Motion Fitness					305.0	-317.5	317.5	317.5				317.5	0.6	1.0	181.5
23	125+	173.90	Jeff Fiss	30	Open	Pennsylvania	Iron Sport Gym					250.0	-255.0	-255.0	250.0				250.0	0.5	2.0	135.3
24	125+	135.70	Kevin Johnson	53	Masters II [50 - 59]	New York	Muscles In Motion Fitness					250.0	260.0	-265.0	260.0				260.0	0.6	1.0	146.0
25			**OUT**																			
26	75.00		James Caudle	16	Teen II [16 - 17]	New Jersey																
27	110.00		Robert O'Donnell	54	Masters II [50 - 59]	Pennsylvania																
29																						
30																						

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								SQUAT				BENCHPRESS				DEADLIFT						
NR	WT.	BDW.	NAME	AGE	DIVISION	State	CLUB/TEAM	1.	2.	3.		1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.	Coef.
			Women																			
1	52.00	51.60	Erin Zenker	16	Teen II [16 - 17]	Pennsylvania	Brown's Gym	122.5	-132.5	-132.5	122.5	62.5	-65.0	-65.0	185.0	120.0	127.5	-137.5	312.5	1.3	1.0	391.3
2	52.00	51.60	Erin Zenker	16	High School JV	Pennsylvania	Brown's Gym	122.5	-132.5	-132.5	122.5	62.5	-65.0	-65.0	185.0	120.0	127.5	-137.5	312.5	1.3	1.0	391.3
3	56.00	55.20	Hesterki Range	41	Masters I [40 - 49]	South Africa	IPF South Africa Powerlifting	87.5	95.0	-102.5	95.0	52.5	55.0	-57.5	150.0	110.0	-117.5	-117.5	260.0	1.2	1.0	309.0
4	60.00	57.60	Tiffany Hammond	16	Teen II [16 - 17]	Pennsylvania	Pennridge Powerlifting Team	80.0	85.0	-90.0	85.0	37.5	40.0	42.5	127.5	90.0	97.5	102.5	230.0	1.1	1.0	264.4
5	60.00	58.40	Jackie Teman	23	Junior [20 - 23]	Pennsylvania	Old School Fitness	95.0	-107.5	-107.5	95.0	52.5	-60.0	-60.0	147.5	115.0	120.0	125.0	272.5	1.1	1.0	309.9
6	60.00	59.80	Ann Marie Kemmerer	54	Masters II [50 - 59]	Pennsylvania	Pennridge Powerlifting Team	60.0	67.5	70.0	70.0	47.5	50.0	52.5	122.5	92.5	97.5	102.5	225.0	1.1	1.0	251.2
7	67.50	65.30	Tina Crawford	43	Masters I [40 - 49]	Pennsylvania	Pennridge Powerlifting Team	60.0	65.0	67.5	67.5	37.5	40.0	42.5	110.0	92.5	97.5	105.0	215.0	1.0	1.0	224.5
8	67.50	63.90	Majorie Conte	71	Masters IV [70 - 74]	New Jersey	Centrex Fitness	52.5	60.0	-65.0	60.0	42.5	55.0	60.0	120.0	70.0	82.5	-95.0	202.5	1.1	1.0	214.9
9	82.50	79.80	Rebekah Lair	32	Open	Maryland	US Army - Washington DC	152.5	162.5	170.0	170.0	85.0	92.5	-95.0	262.5	142.5	152.5	-165.0	415.0	0.9	1.0	380.0
10	82.50	80.50	Barbara Chaszewicz	43	Masters I [40 - 49]	Pennsylvania	Pennridge Powerlifting Team	60.0	65.0	70.0	70.0	37.5	40.0	42.5	112.5	92.5	97.5	107.5	220.0	0.9	1.0	200.5
11																						
12			**Men**																			
13	56.00	53.20	Zane Swanger	16	Teen II [16 - 17]	New Jersey	Pennridge Powerlifting Team	80.0	82.5	87.5	87.5	52.5	55.0	57.5	145.0	130.0	137.5	140.0	285.0	1.0	1.0	272.6
14	67.50	66.00	Michael Stencler	16	Teen II [16 - 17]	Pennsylvania	Pennridge Powerlifting Team	97.5	102.5	107.5	107.5	102.5	107.5	110.0	217.5	147.5	152.5	155.0	372.5	0.8	1.0	292.1
15	67.50	63.80	Domenico Timpani	18	Teen III [18 - 19]	New Jersey	Brookdale CC PL Team	90.0	105.0	112.5	112.5	67.5	-77.5	-77.5	180.0	90.0	110.0	132.5	312.5	0.8	1.0	252.1
16	75.00	72.80	Tyler Schuhly	14	Teen I [14 - 15]	Pennsylvania	York Institute of Technology	60.0	70.0	82.5	82.5	30.0	42.5	50.0	132.5	100.0	110.0	120.0	252.5	0.7	1.0	183.6
18	75.00	72.70	David Steeley	16	Teen II [16 - 17]	Pennsylvania	Pennridge Powerlifting Team	95.0	100.0	-102.5	100.0	75.0	77.5	-80.0	177.5	-142.5	142.5	145.0	322.5	0.7	1.0	234.7
19	75.00	74.20	Andrew Hollenbeck	19	Teen III [18 - 19]	New York	Ithaca College	250.0	265.0	275.0	275.0	165.0	-177.5	177.5	452.5	255.0	275.0	290.0	742.5	0.7	1.0	532.6
21	75.00	75.00	Dan Ghebretzadich	25	Open	New York	Balley's Health Club	165.0	177.5	-185.0	177.5	-142.5	142.5	-150.0	320.0	187.5	207.5	-215.0	527.5	0.7	1.0	375.5
22	75.00	75.00	Mike Cagliola	38	Open	Pennsylvania	Garage Ink Powerlifting	232.5	240.0	-245.0	240.0	-192.5	-192.5	-192.5								
23	75.00	74.00	Dean Heimbach	44	Masters I [40 - 49]	Pennsylvania	Philadelphia Sports Club	135.0	142.5	150.0	150.0	105.0	112.5	120.0	270.0	150.0	160.0	167.5	437.5	0.7	1.0	314.4
24	75.00	74.50	Nick Theodorou	57	Masters II [50 - 59]	Pennsylvania	Twin Cities Powerlifting Team	157.5	170.0	182.5	182.5	25.0	45.0	Pass	227.5	217.5	235.0	250.0	477.5	0.7	1.0	341.5
25	75.00	73.90	Ian Wylie	25	Raw/Unequipped	Pennsylvania	Red Cedar Gym	147.5	165.0	170.0	170.0	127.5	-137.5	137.5	307.5	192.5	-205.0	205.0	512.5	0.7	1.0	368.6
26	75.00	74.50	Nick Theodorou	57	Raw/Unequipped	Pennsylvania	Twin Cities Powerlifting Team	157.5	170.0	182.5	182.5	25.0	45.0	Pass	227.5	217.5	235.0	250.0	477.5	0.7	2.0	341.5
27	75.00	74.50	Steve Nonemaker	19	Raw/Unequipped	New Jersey	Peak Fitness	150.0	175.0	-177.5	175.0	107.5	117.5	-120.0	292.5	150.0	167.5	172.5	465.0	0.7	3.0	332.6
28	82.50	80.30	Steve Krause	14	Teen I [14 - 15]	Pennsylvania	Pennridge Powerlifting Team	115.0	117.5	127.5	127.5	57.5	62.5	-67.5	190.0	142.5	147.5	155.0	345.0	0.7	1.0	234.8
29	82.50	80.60	Jordan Marcus	17	Teen II [16 - 17]	New Jersey	Hillsborough H.S. P/L Team	165.0	175.0	185.0	185.0	92.5	97.5	107.5	292.5	182.5	190.0	-200.0	482.5	0.7	1.0	327.6
30	82.50	80.00	Shane Avender	17	Teen II [16 - 17]	Pennsylvania	Pennridge Powerlifting Team	110.0	115.0	117.5	117.5	110.0	115.0	117.5	235.0	160.0	165.0	170.0	405.0	0.7	2.0	276.3
31	82.50	81.50	Michael Ginquinto	19	Teen III [18 - 19]	New Jersey	Mercer County CC PL Team	215.0	-227.5	-227.5	215.0	122.5	130.0	-137.5	345.0	237.5	262.5	-272.5	607.5	0.7	1.0	409.7
32	82.50	81.90	Chris Oaks	20	Junior [20 - 23]	Pennsylvania	University of Penn PL Team	-145.0	-145.0	155.0	155.0	-100.0	102.5	-110.0	257.5	200.0	-215.0	220.0	477.5	0.7	1.0	321.1
33	82.50	81.80	Paul Levande	23	University/Collegiate	Pennsylvania	University of Penn PL Team	130.0	140.0	-145.0	140.0	80.0	85.0	87.5	227.5	150.0	172.5	-185.0	400.0	0.7	1.0	269.2
34	82.50	82.50	Darren Nemow	34	Open	New Jersey	Pro Fitness	247.5	272.5	277.5	277.5	175.0	-187.5	187.5	465.0	272.5	292.5	-295.0	757.5	0.7	1.0	507.1
35	82.50	81.20	Joe Braca	45	Masters I [40 - 49]	Pennsylvania	The Underground Gym	232.5	255.0	-267.5	255.0	162.5	-170.0	-170.0	417.5	240.0	282.5	-305.0	700.0	0.7	1.0	473.1
36	82.50	81.40	Francis Kozub	45	Masters I [40 - 49]	New York	Rockport YMCA	192.5	212.5	-227.5	212.5	142.5	152.5	-160.0	365.0	200.0	220.0	230.0	595.0	0.7	2.0	401.6
37	82.50	80.10	Greg Eckard	41	Raw/Unequipped	Pennsylvania	Get - It - Back Fitness	-115.0	115.0	120.0	120.0	102.5	-115.0	-115.0	222.5	152.5	175.0	182.5	405.0	0.7	1.0	276.0
38																						
39			**OUT**																			
40	67.50		Beverly Crawford	16	High School JV	Pennsylvania	Pennridge Powerlifting Team															
41	75.00		Nabeel Rokerya	15	Teen I [14 - 15]	New Jersey	North Brunswick High School															
42	75.00		James Caudle	16	Teen II [16 - 17]	New Jersey	Hillsborough H.S. P/L Team															
43																						

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NR	WT.	BDW.	NAME	AGE	DIVISION	State	CLUB/TEAM	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.	Coef.
1	90.00	87.10	Jonathan Mayes	17	Teen II [16 - 17]	Pennsylvania	Pennridge Powerlifting Team	212.5	-222.5	-222.5	112.5	115.0	120.0	332.5	217.5	227.5	242.5	575.0	0.6	1.0	373.2
2	90.00	89.50	Ty Wagerle	32	Open	Pennsylvania	Old School Fitness	227.5	240.0	250.0	167.5	177.5	182.5	432.5	227.5	237.5	Pass	670.0	0.6	1.0	428.7
3	90.00	86.10	Martin Arters	30	Open	Pennsylvania	Old School Fitness	-227.5	227.5	242.5	-147.5	-152.5	-152.5								
4	90.00	86.10	Howard Asch	46	Masters I [40 - 49]	Pennsylvania	Garage Ink PL Team	220.0	230.0	237.5	157.5	165.0	172.5	410.0	220.0	230.0	-237.5	640.0	0.7	1.0	417.9
5	90.00	89.90	Ron Falcone	46	Masters I [40 - 49]	New Jersey	The Belmont Barbell	225.0	-237.5	237.5	170.0	-182.5	-182.5	407.5	200.0	-220.0	-220.0	607.5	0.6	2.0	387.8
6	90.00	89.70	Tim Meckley	48	Masters I [40 - 49]	Pennsylvania	Garage Ink PL Team	147.5	157.5	162.5	75.0	95.0	100.0	262.5	165.0	177.5	185.0	447.5	0.6	3.0	286.0
7	90.00	85.40	Francis Warner	51	Masters II [50 - 59]	New Jersey	Bally's Ftiness	-150.0	150.0	-160.0	92.5	Pass	Pass	242.5	-190.0	190.0	-235.0	432.5	0.7	1.0	283.8
8	90.00	87.00	Adam Hersperger	25	Raw/Unequipped	Pennsylvania	The Underground Gym	182.5	200.0	-205.0	140.0	-155.0	Pass	340.0	222.5	242.5	250.0	590.0	0.6	1.0	383.2
9	90.00	84.50	Andrew Halko	30	Raw/Unequipped	New Jersey	Penningtown Athletic Club	162.5	182.5	-200.0	160.0	-167.5	-167.5	342.5	235.0	245.0	-250.0	587.5	0.7	2.0	387.8
10	90.00	87.80	David Frankovic	22	Raw/Unequipped	New Jersey	Workout World Fitness	142.5	-157.5	160.0	105.0	112.5	120.0	280.0	185.0	192.5	205.0	485.0	0.6	3.0	313.5
11	90.00	84.50	Scott Davenport	35	Police/Fire/Military	Pennsylvania	Ultimate Gym & Fitness	185.0	195.0	202.5	-167.5	167.5	172.5	375.0	220.0	232.5	237.5	612.5	0.7	1.0	404.3
12	100.00	99.80	Carl Nowak	23	Junior [20 - 23]	Pennsylvania	Tri-State Sports Center	215.0	250.0	-270.0	-180.0	-192.5	-192.5								
13	100.00	99.30	Tom Getsinger	35	Open	Pennsylvania	Garage Ink PL Team	237.5	250.0	-257.5	-205.0	210.0	-212.5	460.0	237.5	262.5	270.0	730.0	0.6	1.0	445.4
14	100.00	96.20	Ron Zsido	34	Open	Pennsylvania	Garage Ink PL Team	232.5	247.5	255.0	197.5	205.0	210.0	465.0	232.5	245.0	-252.5	710.0	0.6	2.0	439.7
15	100.00	97.70	Jere Hess	25	Open	Pennsylvania	Garage Ink PL Team	242.5	255.0	272.5	157.5	167.5	177.5	450.0	232.5	252.5	260.0	710.0	0.6	3.0	436.1
16	100.00	99.40	Sabre Schnitzer	39	Raw/Unequipped	New York	The Living Room Gym	250.0	272.5	-290.0	190.0	200.0	-205.0	472.5	250.0	265.0	-272.5	737.5	0.6	1.0	449.7
18	100.00	99.60	Michael Barcelone	42	Raw/Unequipped	New Jersey	Vahala Gym & Fitness	230.0	242.5	252.5	142.5	155.0	162.5	415.0	227.5	237.5	245.0	660.0	0.6	2.0	402.1
19	100.00	99.50	George Davis	36	Raw/Unequipped	Pennsylvania	The Underground Gym	190.0	-195.0	-195.0	145.0	152.5	157.5	347.5	230.0	245.0	-252.5	592.5	0.6	3.0	361.2
21	100.00	99.80	Carl Nowak	23	Raw/Unequipped	Pennsylvania	Tri-State Sports Center	215.0	250.0	-270.0	-180.0	-192.5	-192.5								
22	100.00	99.70	Chris Anderson	36	Raw/Unequipped	Pennsylvania	Newtown Square YMCA	-182.5	-182.5	-182.5	137.5	-145.0	-145.0								
23	100.00	99.30	Tom Getsinger	35	Police/Fire/Military	Pennsylvania	Garage Ink PL Team	237.5	250.0	-257.5	-205.0	210.0	-212.5	460.0	237.5	262.5	270.0	730.0	0.6	1.0	445.4
24	110.00	108.50	Jason Alencewicz	21	Junior [20 - 23]	New Jersey	Jersey Fitness Shop	250.0	282.5	297.5	150.0	160.0	170.0	467.5	272.5	-290.0	300.0	767.5	0.6	**DQ**	453.5
25	110.00	110.00	Steve Mann	33	Open	Pennsylvania	Brown's Gym	337.5	365.0	-367.5	242.5	255.0	-260.0	620.0	292.5	-305.0	-305.0	912.5	0.6	1.0	536.8
26	110.00	107.40	Jim Nicolosi	28	Open	New Jersey	Oceanside Gym	262.5	277.5	292.5	182.5	190.0	195.0	487.5	227.5	237.5	245.0	732.5	0.6	3.0	434.2
27	110.00	108.60	Randy Boczkowski	27	Open	Pennsylvania	Body World Fitness	272.5	-287.5	-287.5	-175.0	175.0	-197.5	447.5	227.5	242.5	-255.0	690.0	0.6	4.0	407.6
28	110.00	102.50	Matt Berstein	35	Open	New Jersey	Pro Fitness	142.5	160.0	-170.0	170.0	185.0	187.5	347.5	227.5	237.5	-242.5	585.0	0.6	5.0	352.5
29	110.00	104.40	Timothy Cheung	28	Open	Pennsylvania	University of Penn PL Team	180.0	-200.0	200.0	25.0	Pass	Pass	225.0	180.0	220.0	242.5	467.5	0.6	6.0	279.8
30	110.00	102.50	Brian Lowery	42	Open	New Jersey	Howell YMCA	282.5	297.5	305.0	185.0	192.5	197.5	502.5	260.0	272.5	-282.5	775.0	0.6	2.0	467.0
31	110.00	108.40	Adrian Pone	43	Masters I [40 - 49]	Pennsylvania	US Army - Carlisle	142.5	167.5	-182.5	130.0	132.5	135.0	302.5	227.5	247.5	-272.5	550.0	0.6	1.0	325.1
32	110.00	106.10	Gerald Burke	64	Masters III [60 - 69]	Pennsylvania	Garage Ink PL Team	125.0	137.5	-150.0	132.5	142.5	147.5	285.0	132.5	-142.5	142.5	427.5	0.6	1.0	254.4
33	110.00	102.60	Stan Chatis	71	Masters IV [70+]	New York	Muscles in Motion Fitness	65.0	Pass	Pass	130.0	137.5	-142.5	202.5	200.0	207.5	-220.0	410.0	0.6	1.0	247.0
34	110.00	109.00	Lyndon Samuels	42	Raw/Unequipped	New Jersey	Fitness Factory Fitness	220.0	240.0	247.5	175.0	187.5	Pass	435.0	260.0	-277.5	Pass	695.0	0.6	1.0	410.1
35	125.00	112.50	Mathew Clark	43	Open	New Jersey	Jersey Fitness Shop	250.0	272.5	-282.5	212.5	-222.5	-222.5	485.0	225.0	250.0	-265.0	735.0	0.6	1.0	429.5
36	125.00	117.10	Bill McCarthy	27	Open	New Jersey	JM Power Center	272.5	287.5	292.5	-190.0	-190.0	-190.0		232.5	255.0	Pass				
37	125.00	117.40	Arte Knute	26	Open	Pennsylvania	Gold's Gym	-235.0	-235.0	-235.0	192.5	200.0	205.0								
38	125.00	112.50	Mathew Clark	43	Masters I [40 - 49]	New Jersey	Jersey Fitness Shop	250.0	272.5	-282.5	212.5	-222.5	-222.5	485.0	225.0	250.0	-265.0	735.0	0.6	1.0	429.5
39	125.00	112.70	Mark Bowen	52	Masters II [50 - 59]	Pennsylvania	The Underground Gym	220.0	237.5	250.0	145.0	-155.0	155.0	405.0	210.0	230.0	235.0	640.0	0.6	1.0	373.8
40	125+	150.70	Jason Hewes	28	Open	Pennsylvania	Extreme Fitness II	-287.5	-297.5	-297.5	-197.5	197.5	-215.0								
41			**OUT**																		
42	90.00		Matt Hastie	23	Junior [20 - 23]	Pennsylvania	Brown's Gym														
43	110.00		Robert O'Donnell	54	Masters II [50 - 59]	Pennsylvania	Bally's Ftiness														
44	125.00		Dom Fonio	46	Masters I [40 - 49]	Pennsylvania	Iron Sport Gym														
45																					