



USAPL Northeastern USA Regional Bench Press & Powerlifting Championships



Valley Forge Convention Center / King of Prussia, Pennsylvania

October 17 & 18, 2009

NR	WT.	BDW.	NAME	AGE	TRAINING CENTER	STATE	DIVISION	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.	
								1.	2.	3.	1.	2.	3.		1.	2.	3.				
Women																					
1																					
2	48.00	46.20	Kristi Polizzano	16	Brown's Gym -- Clarks Summit	Pennsylvania	Open	60.0	72.5	-77.5	72.5	45.0	-52.5	-52.5	117.5	92.5	102.5	-117.5	220.0	299.5	1.0
3	48.00	46.20	Kristi Polizzano	16	Brown's Gym -- Clarks Summit	Pennsylvania	Varsity High School	60.0	72.5	-77.5	72.5	45.0	-52.5	-52.5	117.5	92.5	102.5	-117.5	220.0	299.5	1.0
4	48.00	46.20	Kristi Polizzano	16	Brown's Gym -- Clarks Summit	Pennsylvania	Raw/Unequipped	60.0	72.5	-77.5	72.5	45.0	-52.5	-52.5	117.5	92.5	102.5	-117.5	220.0	299.5	1.0
5	48.00	46.90	Diana Solash	38	NY Sports Club -- NYC	New York	Raw/Unequipped	77.5	-80.0	-80.0	77.5	45.0	47.5	-50.0	125.0	85.0	-87.5	-87.5	210.0	282.9	2.0
6	52.00	51.00	Tammy Cutrona	43	Fitness Factory -- Rockaway	New Jersey	Open	80.0	92.5	97.5	97.5	65.0	70.0	167.5	112.5	120.0	127.5	295.0	373.3	1.0	
7	52.00	51.00	Tammy Cutrona	43	Fitness Factory -- Rockaway	New Jersey	Master [40 - 49]	80.0	92.5	97.5	97.5	65.0	70.0	167.5	112.5	120.0	127.5	295.0	373.3	1.0	
8	52.00	50.60	Shelbie Jones	18	Pennridge PL Team -- Perkasio	Pennsylvania	High School Varsity	-62.5	67.5	-72.5	67.5	35.0	37.5	-40.0	105.0	85.0	92.5	-97.5	197.5	251.4	1.0
9	52.00	50.60	Theresa Jesinger	28	World Gym -- Setauket	New York	Raw/Unequipped	62.5	67.5	-72.5	67.5	45.0	52.5	57.5	125.0	70.0	82.5	92.5	217.5	276.9	1.0
10	56.00	52.60	Jenna Hardy	15	Pennridge PL Team -- Perkasio	Pennsylvania	JV High School	65.0	67.5	-72.5	67.5	42.5	47.5	-50.0	115.0	87.5	92.5	97.5	212.5	262.6	1.0
11	56.00	55.20	Natalie Gulla	19	Drexel University -- Philadelphia	Pennsylvania	Collegiate	-67.5	70.0	-72.5	70.0	37.5	40.0	-42.5	110.0	82.5	92.5	102.5	212.5	252.9	1.0
12	60.00	58.20	Jacqueline Teman	24	Old School Fitness -- Exton	Pennsylvania	Open	112.5	-120.0	-140.0	112.5	-55.0	57.5	-62.5	170.0	125.0	140.0	147.5	317.5	362.5	1.0
13	60.00	57.40	Tiffany Hammond	17	Pennridge PL Team -- Perkasio	Pennsylvania	Varsity High School	82.5	92.5	97.5	97.5	50.0	-52.5	-52.5	147.5	107.5	110.0	117.5	265.0	305.8	1.0
14	60.00	58.80	Anne Marie Kemmerer	55	Pennridge PL Team -- Perkasio	Pennsylvania	Master [50 - 59]	60.0	67.5	-75.0	67.5	50.0	-52.5	-52.5	117.5	100.0	105.0	110.0	227.5	257.6	1.0
15	60.00	57.40	Kori Harris	33	Peak Fitness -- Ewing	New Jersey	Raw/Unequipped	60.0	65.0	-70.0	65.0	52.5	-57.5	-57.5	117.5	95.0	105.0	112.5	230.0	265.4	1.0
16	67.50	67.00	Gail Moore	62	Underground Gym -- Flouertown	Pennsylvania	Open	120.0	132.5	-140.0	132.5	75.0	80.0	-85.0	212.5	127.5	135.0	142.5	355.0	364.3	1.0
17	67.50	65.90	Nicole Eick	24	Greyskull BB -- Folsom	Delaware	Open	67.5	-75.0	77.5	77.5	37.5	42.5	45.0	122.5	102.5	112.5	117.5	240.0	249.2	2.0
18	67.50	66.60	Elizabeth Leon	29	Greyskull BB -- Folsom	Pennsylvania	Open	75.0	-82.5	85.0	85.0	45.0	47.5	-52.5	132.5	95.0	102.5	107.5	240.0	247.3	3.0
19	67.50	65.20	Tina Crawford	44	Pennridge PL Team -- Perkasio	Pennsylvania	Master [40 - 49]	75.0	80.0	82.5	82.5	47.5	50.0	52.5	135.0	115.0	122.5	127.5	262.5	274.8	1.0
20	67.50	62.70	Christine Keisling	53	Spring Valley YMCA -- Collegeville	Pennsylvania	Master [50 - 59]	-30.0	-30.0	30.0	30.0	30.0	35.0	-40.0	65.0	35.0	45.0	55.0	120.0	129.3	1.0
21	67.50	62.80	Marjorie Conte	72	YMCA -- Redbank	New Jersey	Master [70 - 79]	57.5	62.5	67.5	67.5	52.5	-60.0	-60.0	120.0	80.0	92.5	-95.0	212.5	228.8	1.0
22	67.50	61.80	Jessica Kratz	36	YMCA -- Kutztown	Pennsylvania	Raw/Unequipped	100.0	110.0	117.5	117.5	55.0	65.0	-72.5	182.5	130.0	140.0	145.0	327.5	356.9	1.0
23	75.00	74.90	Cydney Smith	38	YMCA -- Belfonte	Pennsylvania	Open	167.5	177.5	-185.0	177.5	112.5	120.0	-125.0	297.5	170.0	182.5	185.0	482.5	459.1	1.0
24	75.00	74.80	Maureen Tierney	43	Pure Focus -- Bricktown	New Jersey	Raw/Unequipped	62.5	70.0	75.0	75.0	35.0	40.0	-42.5	115.0	90.0	105.0	-110.0	220.0	209.5	1.0
25	82.50	79.80	Barbara Chaszczewicz	44	Pennridge PL Team -- Perkasio	Pennsylvania	Raw/Unequipped	82.5	87.5	97.5	97.5	42.5	45.0	47.5	145.0	127.5	135.0	-142.5	280.0	256.6	1.0
26	90.00+	118.40	Jessica Marhsall	58	VIP Fitness -- Ft. Lee	New Jersey	Master [50 - 59]	-45.0	-45.0	45.0	45.0	-45.0	-45.0	-45.0		82.5	87.5	95.0	95.0		
27																					
Men																					
29	56.00	55.80	Dillon Walker	16	Penn Manor HS PL Team	Pennsylvania	Open	95.0	100.0	-107.5	100.0	57.5	62.5	-65.0	162.5	142.5	152.5	-165.0	315.0	287.8	1.0
30	56.00	55.80	Dillon Walker	16	Penn Manor HS PL Team	Pennsylvania	Teen [16 - 17]	95.0	100.0	-107.5	100.0	57.5	62.5	-65.0	162.5	142.5	152.5	-165.0	315.0	287.8	1.0
31	56.00	54.70	Zane Swanger	17	Pennridge PL Team -- Perkasio	Pennsylvania	Teen [16 - 17]	92.5	97.5	-102.5	97.5	52.5	55.0	57.5	155.0	140.0	145.0	-147.5	300.0	279.5	2.0
32	56.00	54.70	Zane Swanger	17	Pennridge PL Team -- Perkasio	Pennsylvania	Varsity High School	92.5	97.5	-102.5	97.5	52.5	55.0	57.5	155.0	140.0	145.0	-147.5	300.0	279.5	1.0
33	60.00	59.80	Michael Kuhns	23	Garage Ink -- New Freedom	Pennsylvania	Open	260.0	275.0	Pass	275.0	195.0	205.0	-207.5	480.0	160.0	175.0	182.5	662.5	566.8	1.0
34	60.00	59.30	Tim Borgia	47	YMCA -- Erie	Pennsylvania	Open	155.0	165.0	172.5	172.5	112.5	-120.0	-120.0	285.0	182.5	-200.0	-200.0	467.5	403.0	2.0
35	67.50	66.50	Mark Turner	20	Brown's Gym -- Clarks Summit	Pennsylvania	Open	200.0	217.5	230.0	230.0	140.0	-150.0	150.0	380.0	192.5	207.5	220.0	600.0	468.2	1.0
36	67.50	66.80	Michael Santiago	36	Giant Fitness -- Clementon	New Jersey	Open	152.5	165.0	177.5	177.5	142.5	-152.5	-152.5	320.0	207.5	215.0	-225.0	535.0	416.0	2.0
37	67.50	67.40	Michael Stencler	17	Pennridge PL Team -- Perkasio	Pennsylvania	Teen [16 - 17]	132.5	-140.0	-140.0	132.5	110.0	115.0	117.5	250.0	185.0	190.0	-195.0	440.0	339.6	1.0
38	67.50	66.50	Mark Turner	20	Brown's Gym -- Clarks Summit	Pennsylvania	Junior [20 - 23]	200.0	217.5	230.0	230.0	140.0	-150.0	150.0	380.0	192.5	207.5	220.0	600.0	468.2	1.0
39	67.50	62.50	Lee Fredericks	23	Central Connecticut University	Connecticut	Junior [20 - 23]	125.0	137.5	-147.5	137.5	102.5	110.0	-115.0	247.5	160.0	175.0	182.5	430.0	336.8	2.0
40	67.50	66.20	Robert Polizzano	50	Brown's Gym -- Clarks Summit	Pennsylvania	Master [50 - 59]	102.5	115.0	-122.5	115.0	110.0	-120.0	-120.0	225.0	125.0	140.0	150.0	375.0	293.7	1.0
41	67.50	65.60	Jack Wolff	71	Pure Focus Gym -- Bricktown	New Jersey	Master [70 - 79]	115.0	130.0	140.0	140.0	72.5	77.5	Pass	217.5	175.0	187.5	-192.5	405.0	319.6	1.0
42	67.50	67.00	Richard Nolan	83	Bio Fitness -- NYC	New York	Master [80 - 89]	60.0	67.5	70.0	70.0	55.0	60.0	62.5	132.5	110.0	117.5	122.5	255.0	197.8	1.0
43	67.50	62.50	Lee Fredericks	23	Central Connecticut University	Connecticut	Raw/Unequipped	125.0	137.5	-147.5	137.5	102.5	110.0	-115.0	247.5	160.0	175.0	182.5	430.0	336.8	1.0
44	67.50	66.20	Robert Polizzano	50	Brown's Gym -- Clarks Summit	Pennsylvania	Raw/Unequipped	102.5	115.0	-122.5	115.0	110.0	-120.0	-120.0	225.0	125.0	140.0	150.0	375.0	293.7	2.0
45	67.50	66.80	Michael Santiago	36	Giant Fitness -- Clementon	New Jersey	Police/Fire/Military	152.5	165.0	177.5	177.5	142.5	-152.5	-152.5	320.0	207.5	215.0	-225.0	535.0	416.0	1.0
46																					
47																					
Out																					
48	48.00		Emily Moon	19	Brown's Gym -- Clarks Summit	Pennsylvania	Open														
49	56.00		Judy Greener	55	YMCA -- Long Branch	New Jersey	Master [50 - 59]														
50																					

Meet Director: Robert Keller

